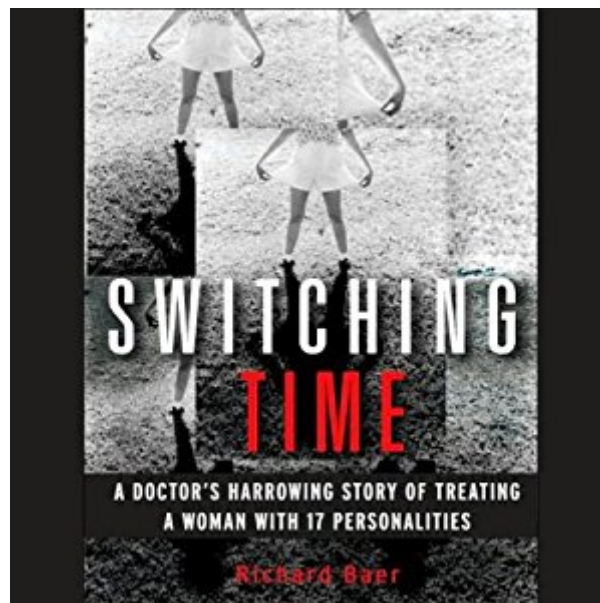




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# Switching Time: A Doctor's Harrowing Story Of Treating A Woman With 17 Personalities



## Synopsis

Switching Time is the first story centering on multiple personality disorder to be told by the treating physician. It is the incredible saga of a young woman stranded in unimaginable darkness who, in order to survive, created seventeen different versions of herself. In 1989, Karen Overhill walked into the office of psychiatrist Richard Baer complaining of depression. She poured out a litany of complaints, but in the disengaged way of someone who has experienced a terrible trauma. Slowly, Baer began to peel back the layers, eventually learning that Karen had been the victim of childhood sexual abuse. As time passed, though, his patient worsened and began to talk continually of suicide. Details of her abuse accumulated until he saw, via hypnosis, the true dimension of what Karen had suffered. Baer was at a loss to explain Karen's sanity, precarious though it was, until he received a letter from a little girl, Claire. One by one, Karen's "alters" began showing themselves—men, women, young boys, a toddler, black, white, vicious, nurturing, prim, licentious. And their "stepping out" confronted Baer with the challenge of a lifetime. Somehow, to save Karen, he would have to gain the trust of her alters in order to destroy them. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

This was a painful book to read, but oh so worth it. I have always been fascinated by the multiple or split personality concept, but never really delved into it. Richard Baer had a patient for many years and through his hard work and her deep desire to "get better", they forged through what must have

been a mountain of personal issues for the patient, as Baer carefully documented it. When the splits were integrated into his patient and she moved on to a more normal life, free of the childhood sexual abuse that had caused these multiple personalities to develop in the first place, the two discussed using these copious notes to write a book, enlighten readers, and let her share her painful past. I am so glad I read it, no matter how hard it was a few times to go on.

I loved this book! I read it in one day, just couldn't put it down! I've read other books on this subject, multiple personalities, but this one read different as it was written by the Dr. who treated Karen. It tells some of the early abuse suffered by her, it isn't graphic, but it is horrendous! It is no small wonder she shattered. I told a friend about the great book I was reading and she asked to read it when I was finished. She read it in 2 days. I will be sharing it with my daughter when I go visit. I won't give away spoilers, just say it is an amazing read!

This book is extraordinary in so many ways - most of all, in the courage and partnership of Dr. Baer and his patient, Karen, and their work over 18 years to make Karen whole. I was fascinated and moved by their relationship and totally amazed by Karen's condition and the multiple personalities she developed to protect herself from horrific abuse. There are not enough superlatives to describe their story and the skill with which Dr. Baer tells it in this heartbreaking and hopeful book. Five stars and then some.

At times this was a very painful to read. It contains the worst descriptions of childhood abuse I have ever heard, including books like *A Child Called It*. But unlike many real-life stories, *Switching Time* is matter-of-fact (devoid of hyperbole or fabricated drama) and spends as much time on the good as the bad. This balance, and the ultimate triumph of the patient over her past, creates a tale that is ultimately deeply heartening and uplifting. Interestingly, it successfully presents some aspects of Multiple Personality Disorder in a positive light - as a brilliant coping mechanism in the face of horrific abuse. The story the book tells and message it leaves are both fascinating and meaningful, and I therefore highly recommend this book. It will be well worth your time.

Excellent book, better-written than 'Sybil,' in my opinion. It was fascinating to get insight into the psychiatrist's way of directing the treatment behind the scenes even as he allows the patient to work through things at her own pace. It was interesting to compare the similarities between this patient and 'Sybil' and to see the differences in the selves' structure, too. This book contains some

extremely disturbing material. No one who suffers from multiple personality disorder ever has a pleasant life growing up, and what Karen suffers is more horrific than what Sybil did. If this kind of subject matter causes you significant emotional distress, this book is not for you.

This is an incredibly tough read. I would only recommend this book to those seriously pursuing psychology and mental disorders. The author gives a very detailed and graphic description of the abuse the woman received. I had to put the book down multiple times and just walk away for a bit. It gives a hopeful picture of the positive effects of therapy and ultimately ends on a high note.

This book was heartbreaking, riveting, horrifying and fascinating. This is a true story about child abuse, written by the psychiatrist who treated the victim. I loved the sensitivity with which he wrote, even when relaying some completely awful things that happened to this woman as a little girl. This is an excellent book that opens your eyes to some of the evil that exists in our world, and hopefully also opens our eyes to spot victims of child abuse. MPD has always been fascinating to me, and I could not put this book down. If you have any interest in MPD, you must read this book. It may be difficult for some to read, but the ending is worth it.

This book caught me by surprise. Here I thought dual personalities was the norm. But 18? Wow!! I was challenged to put myself in the main character's shoes as well as trying to understand the psychiatrist's position. He seemed as puzzled as I was. This is a wonderful story & experience. Could put the book down to relax & quickly again had to pick it up. Well worth my time.

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