

## CHAPTER ELEVEN

### INTEGRATION OF THE PSYCHIC SIBLINGS

For both Becky and myself, the goal of psychotherapy of a person with MPD is integration. With someone so complicated as Marie, this had to be done in carefully controlled stages, each one preparing for the next.

The first stage was integration of the alter-personalities who had been created over the years to serve the protective needs of the Original Personality. They all needed to be brought back to their rightful owner, the Original Personality. This is called "Psychological Integration." That was what the doctor intended to do before he moved.

I also knew that each psychologically integrated MPD patient needed to go through "Spiritual Integration" when the patient and Essence had become so attuned to each other there was no longer any essential difference between the attitudes of the two. This would return the mind to the original state of blending, thus recreating the Birth Personality. This would return the mind to the state that existed from birth until the first dissociation of the ISH/Essence from the Original Personality. Between the Psychological and Spiritual Integrations, the Essence would be teaching the Original Personality all she needed to know to become a fully functioning person in society.

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During Marie's last year of therapy, I started planning to leave town. I had to work fast to first bring about her Psychological Integration. Becky and Faith convened a planning conference to commune about how to do their part, inside Marie's mind.

Becky: "Faith, my charge [Marie] is getting close to the first integration. Michael's charge [Ralph Allison] needs to understand that Mary Lou, the false-front one who is growing up, is going to become integrated with all of the psychic sisters my charge and the little ones had to deal with. Michael's charge has not yet discovered

the Original Personality, Marie. How are we going to tell Michael's charge what is going to happen?"

Faith: "Becky, we need to continue with the planned first integration process during which Mary Lou takes on all of the traits of the psychic sisters. Then, when she has become integrated with them, Michael's charge can continue to do therapy with Mary Lou. Then he can discover the original Marie when the acting out starts again."

Becky: "Faith, the first thing that we need to do is to have Sad Marie, whom Michael's charge has known as the patient who comes every time, collapse at the clinic. Then Mary Lou, the growing false-front one, gets the traits of all of the departing sisters. Is that not correct?"

Faith: "That is correct. After the first planned integration process, which we calculate to last a week or so in the hospital, the growing up Mary Lou needs to start therapy with Michael's charge. Then he can start pulling the veils away from your charge. That should be the time the Original Personality, Marie, will become known."

"Don't you agree, Becky, that Michael's charge has done extremely well? Now that he has passed all of the tests we had to give him, he is ready to meet the Original Personality before he departs."

Becky: "Michael's charge has shown great restraint with our charge, but don't you think it is best we bring forth the original one before the first integration begins? After all, he is departing, and we are concerned that he might not be able to finish the job that was assigned to him."

Faith: "Becky, Michael's charge will finish what needs to be completed by him before he departs, as that is part of his life plan. Michael has told us that. Then we will be able to finish the last bit of integration after he departs."

Becky: "Faith, after Mary Lou integrates all of the personalities into her, therapy starts

again. Then we need to have Michael's charge meet the Original Personality. After he meets with her, she will become integrated, and Michael's charge will then be allowed to leave. Then we will continue with the final phase at the hospital we have chosen. Is that not correct?"

Faith: "Yes, Beck, that is correct. Michael's charge will be delighted to finally meet the original one. Your charge has been very patient for these many years, but we know it is time for her to accept her role in life and live this life as she was designed to do."

Becky: "Faith, it is time, and Michael's charge knows the process, as that is why we had him picked out for quite a long time. By having access to Akashic Records from the whole family structure, I was able to have my charge live and experience each memory with the same intensity and feelings as if it were happening to her now. I know it is difficult for my charge, but my charge is stronger than she ever thought she was. Faith, I thank you for this job assignment, but you know it has been very difficult for me to keep Marie alive and sane."

Faith: "Yes, Becky, but you are the honor student, and you have grown and developed in all of the other past lives when you have been assigned to your charge. You never tried to do it your way and not listen to us. Hope and Charity have been watching, and you have gained in their favor. You are an outstanding(tu)Tj8.6400 0.0000 TD(re,)TjET1.00000 0.00000 0.00000 1.00000 0.0000 0.0000 cm3000 0.0000 cm0.00de

ward."

Ruth (Michael's Spiritual Guardian) and Hope (Faith's Spiritual Teacher): "Michael and Becky, the only advice we have is that you help your respective charges in this process of integration. It will be most important, Michael, to make sure that your charge does not change his plan of moving. Becky, your charge will try everything possible to make Michael's charge stay. You are not to do anything but keep talking to your charge and insisting that she grow up. You will accept no other behavior."

Michael: "Ruth, my charge understands how critical this integration process is, but can I not explain to my charge that this is only the first part of the process? My charge will be confused when he finally meets the original Marie."

Ruth: "Michael, no; your charge cannot know the plan for the original Marie, and therefore it must be kept hidden. If not, Becky's charge and your charge will not be able to meet again, and neither one will be able to fulfill and complete their life plans."

Michael and Becky: "Thank you, Ruth and Hope. We will do exactly as you have instructed. We cannot interfere with either of our charges' life plans."

While I had to leave up to Becky and her associates the overall plan of Personality Integration, I knew what I had to do in my personal dealings with each alter-personality I met. My job was to conduct the individual psychotherapy needed to prepare each of them for their role as a part of the person who would be Marie Francis Kelly.

I needed to do nothing to the helper or the false-front alter-personalities. Each helper was only useful when there was a hostile persecutor to be kept under control. When the hostile ones were "neutralized," the associated helpers could "retire." The false-front ones were "sitting on the shelf" waiting to be invited into the Original Personality, for whom they had been stand-ins for so many years. When the original Marie was ready to take

charge, they were ready to give her the traits they had carried on her behalf.

My primary therapy was with the "hostile psychic siblings" who had made Marie's life a living hell. I had to deal with them one by one, and my script was the same with all of them. The primary steps I had to follow were ABREACTION, REFRAMING, ACCEPTANCE, and DISCHARGE.

ABREACTION is the expression of forgotten material in the presence of a therapist. In his work with Sad Marie, I uncovered the basic story of the specific conflict that led Becky to create the angry alter-personality in attendance. Then both would understand the dynamic forces that led to the creation of this particular alter-personality. This could not be done by interviewing the alter-personality herself, since she could not have memory of what happened before her creation. Also, each alter-personality was programmed to act in a certain way, and, if lying was one of her traits, her story would have no value in therapy. Therefore I needed access to historical information which was reliable and accurate. This is why I relied on interviewing age regressed Maries to learn accurate history.

Becky and the CIE assured me that the Marie I interviewed under age-regression was the actual personality that existed at that time. They assured me that the history given me by this "five-year-old Marie" was that which had been stored in the Akashic Records at that age. Becky, the ISH, was Marie's "memory manager," and was in charge of delivering the nature and volume of memory she needed to have. Thus, the age regressed Marie could tell me what had happened with her, her parents and her relatives, before the creation of that angry alter-personality under consideration. However, only the barest details of the traumatic situation needed to be revealed in therapy to give me an outline of the problem. It added nothing for the "five-year-old Marie" to learn how many times a week her father sodomized her. That would only cause unnecessary anxiety to the

"young" patient. All I needed to know was the reason the alter-personality was so angry with her father at that age.

REFRAMING of the conflict situation was my task. Each time, I had to think up a way to encourage my patient to neutralize her conflictual feelings. I had to know the traditional ways in which children of that age viewed their parents and themselves, so that I had a reasonably accurate opinion of what a child of that age, in that culture, might feel about the people involved. In the case of sexual assault, I could reasonably assume that a child might believe that the parent had good reason to behave hurtfully toward the child, since children tend to believe that "parents always love good children and punish bad children." Therefore, if a child was punished, the child must be "bad." It would be normal for the child to believe she must have done something naughty to deserve the "punishment."

By understanding the psychology of normal children at different ages, I could make reasonable assumptions that could be shared with the patient. If the patient agreed she had thought that way, I must think of new explanations for the events both of us now know happened. That was where the "frozen movie frame" technique was useful.

In that technique, the false-front is put into a hypnotic trance and asked to visualize the traumatic scene just before the assault took place. As she sees her angry father enter her room intent on raping her, she "freezes the frame" of the memory, and I instruct her to enter into her father's mind, where she is to read his thoughts and perceive his emotions. Inevitably, she will find out he is thinking thoughts that are contrary to her childish assumptions and is feeling emotions that were generated by others in the household, not by his daughter. As a result of "reading her father's mind," she has a convincing experience that persuades her that her childish point of view is incorrect. She can then reframe the conflictual situation so that she can move out of the "bad daughter" role

and put appropriate responsibility on the angry adults.

Where does this "knowledge" of her parents at the time of the sexual assault come from? It has been stored in the Akashic Records since the incident, by the Essences of the parents. In therapy of this type, the child's ISH is given clearance to bring to the hypnotized patient all the information needed to understand about what her parents were thinking and feeling at the time they harmed their child.

ACCEPTANCE was my next goal, once the story has been revealed. Each time Marie revealed such a story of trauma, I explained to Mary Lou what had been described in the past forty minutes she was age regressed. I had to tell her the basic plot of how and why that "hostile psychic sister" was created. Then I urged her to accept the history as "hers" and be willing to feel a sample of the pain she had long dissociated from her consciousness. To permit that emotional experience, Becky "poked a pinhole" in the barrier against those feelings and let her feel just enough to appreciate that emotion. Becky carefully dosed it so Mary Lou would not become disabled or overwhelmed by that feeling. Then she could "own" the entire experience, both memory and emotions.

Much conflict and debate exists about how traumatic memories such as these are managed at the time of the trauma. What is important to understand is that there are two components to each traumatic memory, the "Geographical Memory" of who, what, where, when, and how the event happened, and the "Emotional Overlay," the feelings and attitudes created in the human as a result of that episode. The human mind is capable of disconnecting the two, for the sake of homeostasis. For therapy to be successful, both aspects have to be accepted by the present day patient. Only then can the false-front grow beyond that age and thus be better prepared for the ultimate integration ceremony.

My actions at that point were critical. I must not introduce a new Emotional Overlay. I

needed to be very supportive of the patient who is being asked to "own" this terrible history of being sodomized, for example. I must avoid adding any new Emotional Overlay into the equation, such as my own disgust. I must act as a professional reporter of the story told me, not an advocate for revenge. I may feel that way as a person, but, as a professional therapist, then is not the time to express personal feelings about the subject.

DISCHARGE of negative emotions is the next order of business for the patient and therapist. Here is where the traditional therapeutic approach is inadequate in dealing with multiples. Over the years these patients have accumulated large "volumes" of anger-energy, which, to them, is real. It may not exist in the belief system of the therapist, but it is real to the multiple. The "emotional energy" has to be cleansed out of the patient's mind and body. Here is where my "bottle technique" came in handy. I used an available physical object, one that could be discarded afterwards, and which would not be dangerous if thrown on the floor. In Santa Cruz, I had boxes of baby food jars available when my twins were growing up. But, for Sad Marie, glass jars would have been too dangerous if she threw them on the floor. Since I took a bag lunch to the clinic and saw her in the afternoons, I always had an empty aluminum soft drink can left over from lunch. Those were perfect, as they fit into one hand. They were also crushable, with a suitable crunchy sound. They bounced on the floor but did not break. I used such cans, as well as playing dough cans, for the discharge of anger-energy when the alter-personality was ready to shed the negative energy from her system. The playing dough cans were available in the cupboard of any clinic office used for children-patients.

After the negative energy was gone, the alter-personality was like a vessel that had just been emptied of a filthy liquid. Since "nature abhors a vacuum," the vessel needed to be filled with something before it was filled with anger-energy overflowing from another persecutor. That was when I told my patient to open up her coronal

chakra and let the loving agape energy of the universe come into her head, body and limbs, to fill all the space that was now empty. When she had accomplished that goal, I had a reformed alter-personality, ready for Personality Integration at the later time to be decided by Becky, Faith, Hope, and Charity.

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My last six months in Yolo County were difficult. I decided my tenure at the MHS had to end as soon as I could find another job somewhere on the Pacific coast. Both my wife and I had been raised in California, and my wife had spent most of her girlhood two blocks from the beach. If she couldn't see the ocean every day, she felt lost. She had grudgingly moved to Davis when Dr. McIver hired me, but she was not happy with the hot summers and the flat, boring landscape. She had been in the habit of going down to the ocean when she wanted to think things over, but that was now impossible.

Dr. McIver and the Woodland Clinic psychiatrists came to an impasse on their contract renewal negotiations. For several months, I had to take night call and handle admissions to Yolo General Hospital. That, in addition to the heavy pressure of the daytime clinic schedule, was too much for me, and my abdomen began to hurt again. My doctor found an active ulcer on my stomach x-rays and started me on the proper medicine. But I knew that I had to get out of that pressure-cooker job.

When my wife came back from a week visiting friends in Santa Cruz, she announced that she intended to move back to the coast, as she could no longer take the physical discomfort of living in that hot town. I had already made up my mind I needed to find a new job, so I agreed we should look for a spot on the Pacific coast again. We surveyed the counties from the northern to the southern border of California, traveled to where the jobs were, and finally decided to locate in a small town on the Central Coast of California.

All this time I was working with all the

Maries, trying my best to do a workmanlike job in preparing her for the integration of her alter-personalities. I knew no one else who would pick up where I would leave off, so I had to hurry to get everything done before I left. I had accepted another job, and I had promised to be there when my children finished school. That barely gave us time to sell our home, buy a new one, let the children finish school and clean up all the loose ends that accompany moving.

During my job search, I had to leave Marie in the care of the staff at the MHS clinic, none of whom were comfortable with her constant crises. Becky and the CIE made many modifications in their approach to her mental state to support what I had time to do, and they dealt with some issues for which my presence was not essential. They did all they could to relieve me of responsibilities for those aspects of therapy that they could do themselves. They left for me only those duties that required an outside agent.

Marie went into an absolute, hysterical panic at the idea of leaving her. She had finally found someone who could help her get well, and now he was packing up and leaving town. Had she done something to displease him, to make him want to move away from her? She hoped not, but, as she felt she had hurt so many people over the years, she knew she must have done something to alienate him.

I did not tell her about my difficulties at home or on the job, since I did not feel it was proper for a therapist to reveal too much about his personal life to any patient. I did not explain any of the reasons for my decision -- only that I planned to move before the next summer started.

Her panic knew no bounds. In her mind she had to do something to make me change my mind. What could that be? She had been doing what I wanted, going in for therapy twice a week and letting me age regress her to whatever age I wanted her to be. Then she had listened to what I had to say and did what I told her to do. That was the way to get well, Becky and I said.

But, if she got well, then I would have no interest in her. Maybe she could slow it down and make me want to stay longer to help her get better. How long could she stall me by going slower?

Becky had a strong talk with Marie and told her to keep up the pace that she was used to. Becky was not going to stand for her slowing down and

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sueded them to drop the charges by telling them he had given her permission to drive the car.

In exploring Grace's mind set at that time, we learned that Grace was afraid her church members would look down upon her if they found out her son was having sex outside of marriage. By looking into Grace's mind, Sad Marie also learned that Grace was trying to protect her son from marrying this "low-class" girl because she, herself, had married a low-class husband.

When Sad Marie had realized the reasons for Grace's hostility toward her, she was able to discharge all her hatred against Grace into a soft drink can, and Grace was then reformed into a pleasant, peaceful helper.

Age-regression to age 28 found her in a depressed, suicidal state. Having found religion and immersed herself in it, she had just come from church where the pastor had preached that everyone should talk to God. He implied that, if anyone didn't talk to God, he or she must be a sinner.

Sad Marie drove out to Folsom Lake where she spent the next four hours trying to talk to God, asking Him for a way to be happy. God didn't talk back, so she felt she must be guilty of some horrible sin.

In that session, an angry alter-personality, Mary, came out and told me she hated me and wanted to kill me. She was blocked by a helper, Jessica, who kept her under control. Jessica said we needed to deal with the origin of Mary in their next session, as she was created by her hatred of her previous psychiatrist.

Becky told me that, when I finished dealing with Mary, Sad Marie would be no more. Her end of tour had come.

At the next session, age-regression to age 28 found Sad Marie in ARH under the care of Dr. Hazelton, who finally gave up on her, after she ran away from the hospital too many times. He sent her to Crestwood Manor, where she fainted in front of him. He ignored her while she was unconscious on the floor.

In the office, Mary tried to choke me, as a

representative of the "terrible psychiatrists" group. After I patiently explained that any psychiatrist in Dr. Hazelton's position would have given up on her and done just as he had done, Mary finally agreed to give up her hostility to doctors, and she shoved her anger-energy into a can of playing dough.

All of this was done in the presence of several of Sad Marie's closest friends, who had accompanied her to the office this time. As soon as Mary had shoved out her anger-energy, Sad Marie started losing her memory. Without a purpose, she had no reason to exist. Sad Marie disintegrated before their eyes.

She did not recognize her friends in the room and appeared to be totally disoriented. She did not know me. She did not know her own name. She did not know what to do with objects in the room. She was unsafe to go anywhere alone, so I called Dr. Newbury and told him she had to go into the psychiatric ward immediately. Her friends walked her to their car and drove her to the hospital for admission.

When Mary had changed into a helper, the first phase of Psychological Integration started. Becky and Faith had timed it perfectly. They had requested Sad Marie's friends be there. Becky's job was to let all the alter-personalities come into Sad Marie without interference during the next week in the hospital.

When Mary was neutralized, Sad Marie, the one who had brought the body in for therapy, ceased to exist. She was just a shell, a "body" with no mind, purpose or function. Becky knew that Sad Marie could not function on any level. The hospital was the only place for her charge. Sad Marie could not open a door, write or spell. She was completely helpless. She had no memory. All Becky could do was to stand by and be there for her charge, but she could not to interfere with the process of integration.

Becky and Michael kept in constant communication as the process continued. Becky and Faith had been having discussions for a long time with Sad Marie, letting her know when she would

no longer be in charge of the body. Sad Marie was grateful that she did not have to carry the body in for therapy any longer. She was disturbed that I had not taken time for her. She was grateful to know that she did not have to say goodbye to anyone. She knew, when she brought the body in for this particular therapy session, she would never be in again.

With the collapse and the disappearance of Sad Marie, the maturing Mary Lou had to acclimate herself quickly to the new situation she found herself in. It took Mary Lou until the next day to realize she was now the one who would bring the body in for therapy. When the body collapsed as Mary was neutralized, that was sad Marie's "final swan song."

Since her charge could not sign her name on the admission form, Becky signed for Sad Marie and answered Dr. Newbury's questions. Becky knew her responsibility was to get her charge into the hospital room, settle down, and go to sleep.

Inside her mind, Becky and Faith reviewed the tasks that lay ahead of them for the next week.

Becky: "Faith, it will be a sad time for each of these alter-personalities to leave. But now they are going to be giving their gifts to Mary Lou. We know how difficult it is for each of those who were her persecutors and who protected Marie for all these years. The time has come for them to finally leave."

Faith: "Becky, you have to let them know that their tours of duty are now over. They do not need to protect your charge anymore. The gifts they bring to Mary Lou will be extremely important to the Original Personality when she finally meets with Dr. Allison."

Becky: "I understand, Faith, but how can we make sure that they will give up and not come back?"

Faith: "Becky, they have given up already, and most have been on the sidelines for quite a long time now."

Becky: "You are quite right, Faith."

By the second day on the ward, under the

supportive kind care of Dr. Newbury, a now 31-year-old alter-personality named Mary Lou was ready to cooperate with the plan explained to her by Becky and Faith. She knew she was going to take into herself all the characteristics of a certain group of alter-personalities. Then, later, she would integrate into the original Marie, who would then be ONE. But this hospital admission was Mary Lou's show, and she had been groomed to play her part expertly.

Over the next week, I made daily hospital rounds after clinic hours, and, at most sessions, one or more alter-personalities came forth to bid me farewell. Each one came out to say goodbye to their now-favorite therapist, and then they faded forever. After they had integrated, Becky and Faith came forth to explain to me which qualities the preceding alter-personality had contributed to Mary Lou this time.<sup>1</sup>

Inside the mind, each day Becky addressed the alter-personalities who were due for integration into Mary Lou. She turned to the longtime helpers first, as they were to be the initial ones to integrate with Mary Lou. It was now time for Michelle, Wendy, and Helen to leave their gifts. Their colors were a royal purple, with white streaks. As each imparted her gifts to Mary Lou, the light turned so bright the CIE were blissful. Each alter-personality thanked Mary Lou for becoming one. Mary Lou silently thanked each of them for protecting her for these many years. Each in turn thanked Becky for her wisdom and help over the years. Becky thanked each of the rescuers for her diligence and stick-to-itiveness in the face of all the turmoil that the other psychic sisters had created. Michelle, Wendy, and Helen then disappeared and left Mary Lou to absorb the brilliance and the love those

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<sup>1</sup> To avoid confusing the reader, all the alter-personalities who have been mentioned in previous stories who came forth during this hospitalization have been listed in the appendix to this chapter, along with specific information about their reasons for existence.



three gave to her.

Turning to the reformed alter-personalities inside Marie, Becky said, "Lisa Kay, Lynn, and Marcia, it is time for you to finally impart your special gifts to Mary Lou, whom you have protected all of these years. You have truly done your duty, and now is the time to become one with my charge. We understand how difficult it is for you to leave. But you have to remember that you all will be part of the true Original Personality forever, and the gifts that you give to her will be unique unto you alone."

When Lisa Kay, Lynn and Marcia finally agreed with Becky, there appeared a cloud of blue, green and yellow "vapors" billowing up inside Mary Lou. Each of these "ex-hostile psychic sisters" had a special brilliance to her when each, each in turn, imparted a special gift unto Mary Lou. The colors changed to a brilliant clear light that is impossible to describe. There are truly no words that can do it justice.

Each of them told Mary Lou they truly loved her and were sorry for the hell they had put her through. Each thanked Becky for the opportunity to help bring Mary Lou back together.

Once the clear brilliant light appeared, their gifts had been given, and they became one with Mary Lou. When that happened, Becky and the CIE cried (figuratively), as the process was now becoming complete. Becky "felt the saddest" of all. Her charge was now going to live her life, but first these processes of Psychological Integration had to happen. Then Becky would have her wish fulfilled.

The sight of the reformed psychic sisters coming together inside Mary Lou's mind was truly wonderful. It was a sad time when the sisters came together again as each had a specific function to play out. When the integration process started, it was not only a joyous occasion, but also a sad time. One could feel sorry for the sisters who fought so hard for Mary Lou that they turned into her worst enemies. The sight inside Mary Lou, when they become one, was truly one to behold.

The sound of integration was like a rushing wind, gentle but calm. It was like the sound of waves breaking on the rocky shore. It was soothing. That noise was the sound of the reformed sisters entering into Mary Lou. When the rescuers entered, the sound was that of a nightingale who sings his first song so quietly and still, but enough so one knows he is there. When both the reformers and the rescuers were one inside Mary Lou, these sounds combined made for a quiet still symphony of joyous music that was refreshing to hear.

The smells sniffed by Mary Lou were intense. For the reformed ones, the smell was of an intensely sweet substance, as from a strong flower. It was like a puissant perfume that almost makes the human sick to the stomach as too sweet but is never quite overpowering enough to make one sick. But one wants more of it, as it is a pleasant smell.

The smell of the rescuers was different, being the smell of the fresh morning, untouched, clean and refreshing. It was the smell of freshly mowed lawn, of snow falling, and of a mountain breeze. When the rescuers entered and the two were combined into Mary Lou, the sight, sounds, and smells were a constantly pleasant music that could only be experienced by the patient herself. The patient was incapable of telling the doctor what was happening inside, what she was experiencing as smells, sights, and sounds. There was a constant harmony that only Becky and the CIE could experience, an adventure that was very moving for them.

Becky was blissful, but also "sad" at the same time, as she was seeing her creations becoming one with her charge.

After the first three helpers had integrated into her, Mary Lou had a grief reaction, mourning for their loss. Dr. Newbury handled that situation quite capably, as he understood her sense of loss of not having those psychic sisters anymore. She was able to cry, which was a major improvement in the way she usually handled grief. She had rarely been able to cry about any sad situation before.

At the same time, she was aware I was working as fast as I could to complete this integra-

tion before I moved out of town. She had become so dependent on my help that she did not think it possible to survive without my regular presence to guide her. She had no other dad to whom she could turn.

Becky and Faith kept presenting to me the alter-personalities who were waiting their turns to integrate. Each day one or more came forth to say goodbye. After the helpers came forward to leave their gifts, the reformed "hostile psychic sisters" were next. They each presented Mary Lou with a little bit of anger toward social injustices, and flashbacks on the scenes that had created them. Whereas she could take in several helpers at one session, she could only integrate one reformed persecutor a day.

Near the end of her hospital stay, Mary Lou had the feeling that, with the next reformed persecutor, she would have to yell and scream to process the old anger. She didn't want to upset the nurses or other patients on that small ward, so I took her to my clinic office after closing time. No one would be there at that late hour, and she could have her "primal scream" session in privacy.

We arrived at the clinic office late in the evening for this anticipated noisy session. Mary Lou visualized a black castle inside herself and saw herself on the rack, being stretched apart. She screamed a bloody howl. Then she saw herself being chased by a man with a sword. These scenes represented the torture and rape by her father. This time she screeched so piercingly that my eardrums almost burst. Then arrived the "star of the show," Grace, who gave Mary Lou anger and feelings of self worth. With that dramatic session completed, Mary Lou felt much relieved, composed herself, and I drove her back to the WMH psychiatric ward, our mission completed.

A dozen alter-personalities were integrated into Mary Lou during the 19 days she was on the WMH ward. The last one to go was Sad Marie, the one who brought the body into the clinic all those times. Once Sad Marie had delivered to Mary Lou "kindness, tenderness, compassion, and tolerance,"

the patient was ready for discharge to outpatient status to continue Psychological Integration with me in the Yolo County MHS clinic.

The next three months were the most hectic of the entire course of therapy. I was closing my cases at the clinic, interviewing for positions, finding a house to move into, and explaining to my children why they would have to move again. All the while I was trying to conduct Mary Lou's therapy correctly so that I could get the final phase of Psychological Integration completed prior to my move.

Mary Lou was not going to let me go easily. In her fertile imagination, she came up with all kinds of mean little mental critters (thought-forms or IIC) to hound and harass me, all designed to keep me in town for as long as possible. She was not willing to accept and manage her anger by herself. These imaginary thought-forms wanted to kill anyone in the office. I did not follow the psychiatric textbook and try to psychoanalyze any of them. I got rid of them quickly and efficiently in whatever way Michael told me to. There were still plenty of legitimate alter-personalities to be interviewed and processed before the next phase of integration could be completed.

It was only during the last 90 days of treatment that many of my patient's inner dynamics became clear to me. I had originally mistaken Mary Lou for the Original Personality and had spent a great deal of effort in persuading her to grow up and take her "rightful" place as "head of the household." But I was incorrect in that assumption.

Now Charity sent forth a one-year-old Marie, the alter-personality created when her father sexually molested her on her first birthday. She reported Mother finding her bleeding after the assault and taking her to see Dr. Frank. The doctor could not determine why the child was bleeding vaginally. She returned home from the visit to Dr. Frank and went to sleep for the next 30 years, waking only now to find herself talking to a psychiatrist. I again made a mistake by thinking that this one-year-old Marie was the original one I had been

looking for so long.

When this Marie went back to sleep at age one, a Nancy alter-personality was formed to contain the anger she had toward her father for violating her and at Dr. Frank for not discovering the reason and then stopping the abuse. Nancy lasted from the first birthday until she was 23 months old, when her mother took a business trip, leaving Father to babysit for a week. He molested her three times a day during that week, and she couldn't take it any longer. Nancy then went to sleep, and Becky had to create another false-front alter-personality to take over from her.

Accompanying Nancy during this time was Patty, who was created when Father started sticking his penis into her mouth. She, too, gave up her anger toward her father to become ready for integration.

All this time, Mary Lou was announcing her suicidal intentions to any staff members who would listen. I conferred with the CIE, but they all told me they could do nothing to stop her feeling this way, but she did not need hospitalization at the moment. They were keeping watch, but they reminded me they could only interfere to rescue her if she made a suicidal act.

More alter-personalities from early childhood came out in these last sessions, such as Nellie. She had been made at two and a half years of age when her father started raping her anally. The next one was Zee, who began at age six. She was a nonverbal one, since she had been unable to tell Mother about the assaults Marie suffered from a group of boys at that age. She wrote notes to me to explain her concerns. She was integrated into Mary Lou during a session at Sihaya House.

Finally, the grand finale of all this drama occurred with the appearance a seven-year-old Marie who wanted to die because of all the bad things she had done in her life. She tried to run out of the clinic so she could get run over by a car in the street outside. I had to physically pull her back into the waiting room after she ran to the front door. She was then replaced by Brandi, who

claimed to have seduced most of her prior doctors. She was unsuccessful with me.

Brandi was replaced by a six-month-old Marie who was mute, but wrote notes stating that she was Marie Francis McKenzie. She could not say anything because she was afraid of being hurt by her father. She also felt that she must die.

I tried to make friends with her, but she kept writing notes that she had to die. Finally, Charity told me this was the original Marie, the one who had been born into the body. She had gone into hiding when first stabbed between her legs by her mother at the age of six months. Charity explained that she, Charity, had not anticipated the Original Personality coming out right at that moment, and I had better get her into the hospital where she would be safe. I admitted Mary Lou to Yolo General Hospital that afternoon.

During the next few days in the YGH medical ward, I talked with the original Marie Francis McKenzie, who had arrived to be in charge of the body, though not right then. The 31-year-old Mary Lou was the social being for the moment, as she was the only one with any interpersonal skills. The original Marie was emotionally and experientially an infant. During the hospitalization, she absorbed into herself all the childhood false-front alter-personalities, aged one to 13, left over in her "psychic closet."

When Mary Lou returned to the clinic for her sessions, out came a mute alter-personality named Julie, who had been formed at age 13 when Marie had been raped by four 18-year-old boys on her way home from school. She had screamed when attacked, and the boys had choked her until she passed out. Not only did they sexually assaulted her, they also cut her breasts. Their choking had made Julie mute.

Then arrived Arlene, who had been created at age 15 to seduce Marie's stepfather, Sam Garrett, so that he would not have sexual intercourse with her younger sister. Her partner, Pat, had also been created then, as another protector of the sister. Pat used a knife to defend Marie and her sister

from their stepfather. When she came home from school and found Garrett in bed with her sister, Pat attacked him and pulled him off her sister.

The clinic business manager then asked me to investigate a family by the name of Henderson, as they were costing the MHS more money than any other family in treatment. Every member was in two different kinds of therapy programs. If the wife was a multiple, that might explain it. No matter what I tried, I found no evidence she was a dissociator. This woman had befriended Mary Lou, so I heard both sides of their relationship. Mrs. Henderson told me that she had talked to Charity in Mary Lou, and what she reported Charity saying did not match what Mary Lou told me Charity had said. With Mary Lou coming up with such wild, unbelievable stories then, I accepted Mrs. Henderson's story as the truth.

Once I told Mary Lou I did not believe Charity's version of what had happened between the two patients, she stopped believing in Charity, and Charity had no access to her consciousness. Her disbelief in Charity also blocked all access to her mind by Becky, Faith, or Hope. If her doctor didn't believe Charity, why should she? That choice was a catastrophe for Mary Lou, since Charity was at the top of her spiritual decision making tree.

A week later, Mrs. Henderson admitted to me she had lied to me about what Charity had said. I went to Mary Lou and asked to talk to Charity. When she graciously appeared, I apologized to her and expressed my dismay at being misled. She gently reminded me she could not lie to anyone. She accepted my apology and asked me to trust her thereafter. I have kept my promise and have never regretted it.

My prompt apology avoided what could have been a major catastrophe. If any crisis had occurred to Mary Lou before I had made my peace with Charity, she would have been cut off forever from belief in and communication with Charity and the other CIE. Without belief in Charity, Mary Lou would not have had communication with her ISH and the CIE. Mary Lou could have committed

suicide as her belief in them would have been destroyed. She could have driven her car off a cliff in that hopeless state of mind, because, to her, there would have been no reason for living. She would not have believed anyone inside her who might have offered her a reason for stopping at the edge of the cliff and giving the matter a second thought.

Fortunately for both of us, I reestablished my trust in Charity, once I realized the mistake I had made. When I made peace with Charity, Mary Lou again started believing in and listening to Charity, which was essential for her survival.<sup>2</sup>

Therapy progressed to cover the days of Marie's marriage to Kelly. Heather had been created partially deaf and speechless during the early days of the marriage. She was designed to be unable to hear his yelling at Marie. She could not talk, so she was able to ignore Kelly.

Randy was a male alter-personality from that marriage. He warned me that, if Kelly was invited for a session, he would try to stab him with a knife. Nevertheless, I invited the exhusband, and the stories of marital combat were processed and the emotions discharged into several playing dough cans.

Another incident that seemed to have created a few alter-personalities was Marsha's romance with a divinity student, Owen Robbins, whom she expected to marry when he received his ministerial certificate. However, he changed his mind when he was ordained. An alter-personality, Tammy, came out to complain about Owen's "lying" to Marsha about his intentions. As a result of his rejection, Marsha had rammed her car into a house, resulting in another hospitalization in ARH.

The final scenario involved her transfer from ARH to Crestwood Manor. She had created

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<sup>2</sup> At Marie's marriage several years later, I again met Mrs. Henderson, who had lied to me about Charity. After she had joined Alcoholics Anonymous, the entire family had dropped out of therapy in the MHS! She had finally found the type of therapy she had needed all along.

Sue to stop the degradation from the body searches at ARH. Richard was involved in objecting to body searches by the male attendants. All of them explained their reasons for existence, and all agreed to give up their hostile feelings and join with the original Marie Francis McKenzie.

The final psychological integration session took place in the clinic office on May 28, 1981. After all the last stories had been processed and all the bad feelings had been shoved into playing dough cans, Sue, Richard, and Mary Lou all integrated into the original Marie Francis McKenzie.

The next phase to be played out was the first 90 days of the integrated Marie Francis Kelly. Becky's role as her Inner Self Helper (ISH) was almost at an end.

Two days later, an integrated Marie Francis McKenzie came to my office. She agreed to use her legal name of Marie Francis Kelly, as that was how her identification was listed. She agreed to continue to attend the Stepping Stones program for the next three months. Since she didn't know her own way around the city in which her body had lived for 31 years, I advised her to explore the area to get acquainted with her hometown. I did not want this newly arrived one to get lost. She was still upset about her mother, who refused to acknowledge her former multiplicity and still denied that there had ever been anything wrong with her daughter.

To have a proper ceremony celebration, I asked my now integrated patient to imagine in front of us a delicious chocolate cake adorned with 31 burning candles. She promptly visualized it as I suggested. After making her secret wish for the future, she blew out all the imaginary candles.

Next, Social Worker Hilburton, who had agreed to be her therapist after I left the next week, came into the room to meet with us. I wanted Marie to feel I formally sanctioned this transfer to Hilburton as her continuing therapist. So I used the words I had often heard my minister/father use to bind couples together in holy wedlock. I decided

that such a culturally sanctioned ceremony might help link Marie to Hilburton. I pronounced them "patient and therapist, by virtue of the authority vested in me by the Director of Mental Health of the State of California." With that formal transfer of "therapisthood," I considered my duties as therapist to Marie Francis McKenzie completed.

I last visited Marie on June 3, 1981. I wanted her to fill out a research questionnaire on MPD, and I met her at her apartment, in the company of her roommate. She spent an hour answering the questions, and that was the last time I met with her until I attended her wedding.

I did what I could to leave her in competent hands, since Hilburton, her social worker, had sat in on most sessions, and I thought Hilburton knew what to do to keep her intact. I had done all I could do to bring about a consolidation of all the personality fragments.

Hilburton made a treatment contract to see Marie for the next several months, while she also attended the Stepping Stones Day Treatment Center. But, in her mind, he could not replace me, no matter how well he behaved as a therapist. Unfortunately, he had been playing along with me, appearing to agree with what I was doing and why I was doing it. All the time, he doubted the diagnosis of MPD, regardless of what he saw in front of him every day he was in the office with our patient switching personalities.

Marie was in a panic, trying to grow up without her adopted parents. She was emotionally still a small child, while everyone around her expected her to act like an adult. How was she supposed to do that without someone there to tell her how adults behaved? Her pleading and obvious dependency grated on Hilburton, who began to feel used by Marie.

At the same time, Marie refused to listen to her Essence, Becky. Nor would she listen to the CIE. Without me there to give those helpers my stamp of approval, she acted like the rebellious child she was and r

upon her consciousness, unless her physical life was in immediate danger. The integrated Marie was exercising, with a vengeance, the free will "The Creator" had given her.

Marie was totally lost and had to protect herself from harm. She did not want to live the life that I had given her. Why should she, when I was not around to see her live this so-called "wonderful life?" As far as Marie could see, nothing had changed, and nothing was going to change, not ever. So, Marie wanted to be sick and avoid taking responsibility for her own thoughts, feelings, and actions.

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During the six months before my departure, Marie was still living in the housing supplied by the MHS, first in Sihaya House, and then at the Satellite House. She had dropped out of college, so she had no friends to talk to who were not also chronic psychiatric patients. She attended Stepping Stones Day Treatment five days a week, so her usual companions were other mentally ill persons, one of whom was Devin Fields.

When she first met Fields, she needed someone to tell her anything which would make her feel good about herself. Her dad was leaving, and she didn't think she could make it on her own alone. Fields was a confidence man, a survivor, one who had learned to milk the system. He was, at age 18, looking for an older woman. He didn't want to work, and he wanted to be taken care of. He knew older women would want to take care of him like his mother had. His mother had been in complete control of him, and now he was looking for a woman to support him, but one whom he could also control, as his mother had him.

Everyone in Stepping Stones was aware of Sad Marie's history of MPD, and Fields used that as leverage to get better acquainted with her. The maturing Marie Lou was desperately longing for acceptance and approval. Fields gave her that sense when he began to inquire about her alter-personalities. Little did she know he had his own agenda. He figured eventually he might need

a mental excuse for his misbehavior, and he saw in her the perfect instructor for how he might fake multiplicity.

He and Marie began to get cozy in the day center, holding hands and looking at each other like a pair of love sick puppies. The staff members took them into an office where they laid out some ground rules. Martinez told them that they were getting too serious about each other, and the staff would not stand for any open displays of affection. Holding hands was okay, but there would be no kissing here or in the van. In spite of this warning, Fields made his moves when the group went on their walks, when he and Marie sneaked their pecks.

The relationship warmed up in the last two months before I departed, with the original Marie growing up. Emotionally, that one was only one to two years old then. But, she had also absorbed the traits of all the false-front alter-personalities up to the age of 13. So, in some ways, she was also barely in her teens, when the hormones start raging unfettered by any sexual or social experience with the opposite sex.

She and Fields had many fights, usually after one of her therapy sessions. She would then apologize to Fields, stating that she had been stirred up by something that had come up in therapy, even if it was not true. She always took the blame for their fights, as he never saw anything wrong in his behavior. The CIE had a deadline to meet, as all the integration had to occur before my departure. They pushed my patient hard, and no one else was there to tell her she did a good job. Fields pushed her to make a commitment to him, and they fought almost every therapy day and made up on the day afterwards.

When I moved from Davis, the integrated Marie was left with Fields as her only friend and supporter. She started making IIC to live her life for her. Only Fields was interested in what she did. She moved out of Sihaya House to the Satellite House, and Fields began to stay overnight with her. Finally, the CIE had had enough of that. They had

to get her ONE before the relationship went any farther, since their plan was to have them get married.

Hilburton was supposed to be seeing Marie at the clinic, but she canceled four appointments, he canceled five, and he was out sick three times. When they did get together, Marie was angry with the way he behaved. She felt that he did not want her to be there. As far as Marie was concerned, no one could take Dr. Allison's place.

When she was in the Davis clinic office with Hilburton three months after I left, she saw what she thought was her father's face in the office window. Her anger overflowed, and she put her right fist through the window.

Becky had had enough of her charge running her own life and trying to destroy it when she had no right to.

By putting her fist through that window pane, Marie destroyed any future chances of her being a signer. The ER doctor sutured the wounds, but the scars eliminated her ability to flex her fingers in the ways necessary to fully convey the meanings of the phrases she needed to interpret. A few days later, she was admitted to the seclusion room at YGH after "threatening to kill herself because of breaking up with her boyfriend."

She stayed in YGH for three days and was discharged after a conference with several perplexed staff members. She was readmitted to YGH four days later after she told Hilburton she was thinking of driving her car off the highway into the river. She felt she had little to live for after she had waited by the clinic to kiss Fields goodbye, but he did not show up. She drove to his home in Woodland to return two gifts she had made for her, and he slammed the door in her face.

This time, the staff sent her as a voluntary admission to Napa State Hospital, the place chosen by Becky. She and Faith needed to clean up the mess that the integrated Marie had made in the first 90 days of her new life. They needed the isolation and privacy in which to do their own brand of psychotherapy.

At the interview with the intake psychiatrist, Becky gave the history she thought he needed to know. After that, no staff member interviewed her, even when she asked to sign out Against Medical Advice (AMA). Only the nurses saw her at the pill lines and looked out upon her and the other patients from their glass barricaded nursing station.

Marie was housed in a four-bed ward, in the bed against the barred window on the far wall. The thick steel door was locked at night. There was a toilet in the room this time. At 7:00 a.m. the patients were released from their rooms. They were not allowed back in until 4:00 p.m., when the doors were locked again.

Across the hall from the ward was the day room, where the nurses conducted therapy meetings. A TV room with overstuffed chairs

writing what Becky and Faith were telling her inside her head. She didn't want the staff to think she was a hallucinating schizophrenic, or she never would have gotten out of there.

Becky felt it was important Marie write out what they said to her, since Marie always felt better when she wrote out her thoughts. Writing cleared her mind, so she could see the issue under debate more clearly. The talk inside seemed chaotic to her, but, when she wrote in sequential form, linking words into meaningful sentences, their lessons became meaningful to her.

During those two weeks, Becky and Faith told her, "Marie, enough is enough. You created these thought-forms who have no substance. They should not be here in the first place. You'd better stop this. We want you to start taking control. You promised your dad. Enough is enough. We are tired of this." Becky wanted Marie to remember her promises to her dad and realize that, only if she took charge of her life now, could he be proud of her.

Marie could not throw away the new life Dr. Allison had given her. She had chosen to grow up, but now she had to live the life ordained for her from the beginning, the one she had forsaken when she had gone away the first time.

Becky told her that her life was not going to be easy one, but it would be a very useful one, and others would learn from her past and her future. This was why she was still there and why she still had to experience severe difficulties after she was totally integrated. Marie believed her.

When Marie had her conversations with Becky, Faith and Hope, she was always concerned about the future. If she started living this new life, could it turn out wrong? Would she be hurt worse than before? What was she going to do then? Their answer was, "We are always with you; just call on us, and we will help you."

She wondered if she would create other alter-personalities. They told her, "That is never going to happen. You have come a long way, your life is chosen, and you will never again live the life

that you had before. You have to teach and be of help to others."

A basic goal of Becky and the CIE was to eliminate forever Marie's ability to use her old standby defensive mechanism of dissociation. No longer did they wish to have to repair the splits that she had created in her mind since infancy. She was now one person, and they intended to use this time at Napa State Hospital to forever remove Marie's ability to dissociate and create new psychic entities.

Once they got Marie into the state hospital and had her first

Manes.



this world because she was destined to, and her fear started going away. Then she could reverse the dissociative process. She told everybody she wanted them back inside her, and she was taking control. She reversed her dissociation after her psychological integration and came back to being one person after nine days in Napa State Hospital.

In the past, Becky had always been able to go to the "psychic warehouse" where all of Marie's "personality traits" had been stored. She selected the traits needed to meet the demands of the moment and fashioned an alter-personality to deal best with the crisis the young Marie could not face. Now the "warehouse" was bare, as all the parts formerly stored there were now in their proper places in the integrated Marie. The only action left was for the CIE to demolish the warehouse itself. This they did, plowing the walls and roof under so that the warehouse no longer existed. Marie could no longer wish for an alter-personality to be fashioned to keep her from feeling human emotions. No longer could Becky do her the favor of creating an alter-personality that would act in a socially appropriate fashion. Now Marie had to react in the mature ways she had learned from Becky, the CIE, and her doctor/dad.

At that point, Becky was no longer Marie's ISH, as that job was completed. Becky returned to her rightful place as Marie's Essence, exactly as exists in every human being from birth. Becky was beginning to see her wish come true. She had worked herself out of the job as Marie's ISH.

Marie never dissociated after leaving Napa State Hospital. She occasionally became depressed and suicidal, but she has never dissociated. She no longer has that capacity.

Becky had known all the time that the new Marie had all the positive characteristics needed to reverse the dissociative defenses she was so used to using by now. All Marie had to do was to use the traits all the various alter-personalities had passed on to her at the time of her Psychological Integration.

The rest of the time she spent fighting to

get out of the hospital. She finally was allowed to sign out Against Medical Advice. She called her mother, who drove her back to Yolo County. The hospital staff prepared no discharge medications for her to take with her. Fortunately, she had no withdrawal symptoms.

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When Faith had first noticed Fields at the Day Care Center, she knew he was the right man to be the integrated Marie's next husband. He had many negative traits common to American men, more than any other available man. Therefore, he would be the best mate for Marie to marry after her Psychological Integration. Marie needed to survive an abusive marriage as an integrated person.

Faith saw Fields as a manipulator, controller, addict, user, abuser and coercer of others, as well as one who was frequently suicidal, angry and then remorseful. He wanted someone vulnerable to him, and Marie was that person. Marie was a woman into whose life he could worm his way and over whom he could easily gain control. He would provide her with such an emotion roller coaster ride no other future male could possibly do anything worse to her.

I had interviewed Fields during psychiatric rounds at the Yolo County Hospital. His father was an alcoholic, his older brother was in prison for murder, and his mother had had a nervous breakdown when her son was convicted. Fields had crashed into a brick wall while riding a bicycle, and he had had seizures ever since. He was diagnosed as minimally brain damaged, and he had serious problems controlling his impulses and in learning in school. He had been in a treatment center for disturbed adolescents in Sacramento before moving to Yolo County. There, he had made many superficial suicide attempts. Now, he had been hospitalized for cutting his wrists again. He had never held a job and had no trade. He was homeless and depressed about his lack of social supports.

To me, this was one young man who deserved the diagnostic label of Borderline Personality Disorder. Fields fit all of the criteria listed in

the diagnostic manual:

1. He makes frantic efforts to avoid real or imagined abandonment.
2. He has a pattern of unstable and intense relationships.
3. He has a markedly and persistently unstable self-image or sense of self.
4. He is impulsive in at least two areas that are self-damaging, such as gambling, binge eating, drug and alcohol abuse, unsafe sexual behavior, or reckless driving.
5. He displays recurrent suicidal behavior, gestures, threats or self-mutilation.
6. He displays marked reactivity of mood for a few hours at a time.
7. He has chronic feelings of emptiness.
8. He frequently displays inappropriate, intense anger and has difficulty controlling his anger.
9. During times of extreme stress, he may have temporary paranoid ideas or dissociative symptoms lasting minutes or hours.

Fields attended Stepping Stones Day Treatment Center when Marie did, but I hoped that, when she left there, she would leave him behind. Such was not to be the case.

When Faith told Becky that Fields was to be Marie's next husband, Becky was as displeased as she could be. She already had guided Marie through one abusive marriage, and she was not eager to face another one. She debated with Faith, urging her to change her mind about letting this romance continue. Faith told her Fields had been picked, and she, Becky, had no choice in the matter. She told Becky that, since Marie would not listen to either of them now, she was going to marry Fields, and Marie felt she had to make it work.

Becky appealed to Charity next. "Charity, please pick somebody else to fall in love with my charge. I've done my job in helping her survive her marriage with George Kelly."

Charity communed in response, "Becky, that is exactly why he was selected to be the integrated Marie's next husband. You know how it

works. She has to live an integrated life in the same difficult relationships she handled so poorly while dissociated. Now is the time for her to use all the talents and traits you and Michael's charge worked so hard to instill into her in their proper places. You underestimate the strength and abilities of your charge. You have seen her fail in so many relationships you have had no experience with her doing well. We would not have had you go this far only to have her fail again. She will not fail, but, to succeed, she must be given the greatest challenge of all.

"Becky, you must go along with this part of the plan, as you have with all that has come before. Please return to your charge and listen to Faith, your Guardian, as you have been doing all along. Keep still, but available, until your charge is ready to listen to you again. Everything that will happen is according to her life plan -- every beating, every insult, every controlling move. Your job is to keep your charge alive through it all, and you are our top student in that field."

When Fields proposed marriage to Marie, he overdid himself with ceremony. He bought her a red rose. He kneeled and asked for her hand in marriage. If Becky could have had a human physical reaction, she would have vomited. Fields and Marie agreed to have the ceremony in a church, as that was of great importance to her. She had eloped the first time, and the emotionally two to 13-year-old Marie believed all good women married in church.

Marie had found a church home in the Northminster Presbyterian Church, where the Reverend Larry Meadows was the pastor. He was a friendly, warm man, and, when Fields met him, Fields wanted to go to church with Marie for the first time in his life. He liked Pastor Meadows that much. Here was a man he could admire.

When Marie approached Pastor Meadows about performing their marriage, he first told her, "No, I don't think this marriage is a good idea. He's a lot younger than you are. But my policy is to have at least three sessions for premarital counsel-

ing to give me enough time to decide whether or not I will perform the marriage. Are you and Devin willing to do that?"

Fields readily agreed to the meetings. During the first one, they filled out compatibility questionnaires. They returned a second time to discuss their relationship. During their third meeting with Pastor Meadows, he reviewed with them the results of the questionnaires. All this time, Marie and Fields attended church services together, appearing to all as the perfect young couple, so much in love.

During those three meetings, Becky had been conversing with Pastor Meadow's Essence, who was as concerned as was Becky about the wisdom of this proposed marriage. His Essence definitely did not want to have any part of sanctioning what appeared to be a catastrophe waiting to happen. Becky told him she had no choice. The wedding must be accomplished. Pastor Meadow's Essence did not like the idea any more than Becky had, and he took his appeal to the highest level, Charity, as had Becky. Charity turned him down, also, and told him the marriage must happen. At that moment, Pastor Meadows told the couple he agreed to bend his rules and officiate at their wedding.

When Marie called me at my new office to tell me about her planned marriage to a man whom I had seen at his worst, I gulped and bit my tongue. I had been through a marriage of my own natural daughter, and I was glad she had chosen well. I had been through the marriages of two of my unintegrated multiples, and both alliances had ended in total disaster.

After all the energy I had expended on Marie, I did not want to be a witness to another catastrophe like those two other marriages. But it was not up to me to decide whom any of my daughters married. They would have to take that responsibility for themselves. I had no faith in my personal ability to pick proper spouses for any of my children. But to select someone as messed up as Fields was ridiculous! I hoped Becky still existed

and knew what she was doing, since she would be on the scene all day long every day. I figured she would not have allowed it to happen if it were not part of Marie's life plan.

Marie asked me to give her away at her wedding to Fields. She tried to find Rebecca Worth, her mom, but could not locate her. The couple arranged for a wedding in the chapel of her church, with Pastor Meadows officiating. I drove up for the day and caught up on the news from the Yolo County MHS, as most of the guests were either employees or patients of that agency. All went well, as the happy bride and groom had a traditional church ceremony, after which they went off together in a shower of rice. While I drove home, I prayed all the way that Becky and Faith knew what they were doing.

Their marriage started out in the usual way, with each of them trying to get to know each other better. Fields played the role of the considerate, loving, newlywed husband, as long as the need prevailed. But, during this time, Marie did not want to listen to any words from Becky. She was well now. To listen and respond to a voice inside her head would be a sign of mental illness. She wanted to stay outside the MHS forever. With her dad gone, the system had nothing to offer her, and she now hated the MHS.

After a euphoric start, Fields started yelling at her, putting her down, and Marie began to get the first twinges of insecurity. She had been out in the world for less than two years. Fields was her only anchor in an otherwise strange society. She did not know how to handle the changes she saw in her husband. She did not know that the inner resources of Becky were available, as she would not even acknowledge her existence.

In addition, the integrated Marie had no personal memory of having been married before. As far as she was concerned, this was her first marriage. She was going to make this marriage work, based on what she thought a "good wife" ought to do. Her models were TV shows of white American family life. What she didn't realize was

that the actors had six scriptwriters telling them the "right ways" to solve complex problems in half an hour.

After eight months of marriage, Marie found she had given up all rights of American citizenship to Fields. She was no longer a free woman, but a slave to this domineering male chauvinist pig. He listened in on all her phone calls and went with her everywhere. He followed her into the laundry room when she washed their clothes. He went with her to the doctor's office and to the grocery store. She couldn't look at her own mail. He told her when to eat and when to go to sleep. He wanted her to be next to him all the time, 24 hours a day. She thought that, if that would make him happy, she would go along with his demands.

She thought it was cute that he wanted to be with her all the time until she realized she no longer had any friends. Fields had driven them all away. She had no more free choice of her own. He had taken that away. The only things she had that he did not know about were Becky and the CIE. He knew they had existed once before, but he did not take them into account during the marriage. He acted as if they did not exist, and that was understandable, since Marie did not want to acknowledge them, either. But they were there, watching all the time. They were on the job, but they had to be asked to help before they could do her any good.

He started to beat her physically. Anything she said or did could be an excuse to "punish" her for her misdeeds. Because of her constant black eyes and bodily bruises, she didn't want to leave her house. She didn't want anyone to see what was happening to her.

She didn't want to feel like a failure in her own right. She wanted to have a good life and make Dr. Allison proud of his "daughter." She knew he would not be proud of what she had let herself become since he moved away. She hoped that she would never run into him again after letting him down by repeating the same mistakes she had made in her previous marriage.

Fields had her in his control. She had lost

all her friends, was never alone, and he was abusing her sexually, verbally, and physically. She was taking prescription narcotics for her back pain, and she also had stomach pain when she ate any food. No doctor could determine what was causing her abdominal pains, but she persisted in looking for an answer. Finally, one doctor located the problem -- gastric polyps (growths from the inside lining of her stomach). He removed them through a gastro-scope, but they kept growing back. She had to have them removed four more times.

With her use of the prescribed narcotics, she was unfeeling, which was just what she wanted. She wanted to be dead, and this way she could feel dead. She wanted to sleep forever.

Then her doctor discovered her gallstones, and the surgeon removed them. Fields appeared to be concerned about her welfare and played the role of the dutiful husband until she came home from surgery. Then he started where he had left off. She was again totally under his control and would do anything he said to avoid being beaten up.

Three weeks after Marie was discharged from the hospital, Fields wanted to go white water rafting. She knew she would pay the price later, if she didn't do as he commanded. On return from the trip, she was in such terrible pain she drove herself to the hospital ER. The doctor found her surgical incision to be infected and hospitalized her for another week. She took pain medication to sleep and to avoid being aware. She lied to the doctor, and he kept giving her more medicine until she was addicted to it. She loved the feeling of not existing. But it was not to last.

Marie wanted to have another baby, in the vain hope a child would cement their marriage. But she could not get pregnant. Her doctor did a laparoscopy and found tumors throughout her pelvis, and he advised her the time had come to remove her uterus. He promised to try to save her remaining left ovary.

Before she went into surgery, her doctor assured her he would do whatever he could to save all the organs he could. But, when she came out of

the anesthesia, she found he had done a total hysterectomy and had removed her remaining ovary.

Marie was never to have children in her new life. The only child she would ever have was the one Marie Francis Kelly had delivered, so she knew she had to get better acquainted with this son of the other Marie. Fortunately, Mark had always considered her his mother, so that was an easy task to accomplish.

When she came home after the hysterectomy, Fields was not the considerate husband he had playacted being in the past. He hated the attention she was now getting, so she had to pretend not to be sick when he was around, which was difficult. He was always around.

Marie didn't think of leaving him. She had to stick by her husband, and that was that. Then Fields joined the army. He left for four months of training, after which he was to be assigned to a base. After two months, he was discharged as unfit for military service. Marie's period of reprieve was over when he showed up on her doorstep and surprised her. She had lost her freedom from his domination again.

While Marie was doing volunteer work for the Child Protective Services, her home life with Fields was horrible. Once, because she had been gone too long to please him, he tried to cut the brake cables of her car.

The marriage further deteriorated as Fields made a series of suicide attempts, which had been his manipulative method for many years. Marie discovered, to her horror, that he was a closet alcoholic, after finding liquor bottles in the closets, automobile and toilet tanks. She decided to go to Alanon to learn to deal with his problem, and there she learned that she had her own addiction problem with prescription drugs. Her focus shifted from him to herself. While he went to AA, she went to NA.

To help them accomplish the 12 steps of AA and NA, both had sponsors in their program. Marie was determined to follow the program, come what may. Fields was just playacting, as usual.

When Marie was assigned a female sponsor in NA to help her with the 12 steps, Fields started revolting and having temper tantrums again. By then Marie had matured even more, and she was determined not to take his abuse. But the pressure was unrelenting, and she gave up.

That evening, she filled her bathtub with the hottest water she could stand, hoping the heat would help take away some of the hurt she felt all over. After going to NA, she had decided to stop her narcotic prescription use on her own. She quit all at once, and went into withdrawal. She had been up all night, her legs cramped, and only by sitting in hot water could she get any semblance of relief. A whole bottle of a nonnarcotic over-the-counter analgesic had not been enough to kill the pain, as the hurting was inside her mind as well as in her back. She was tired of suffering all the time, and she wanted it to end. She knew that, in the old days, all she had to do was to make an alter-personality to take the pain from "her," but she did not have that option anymore. The CIE had taken that away from her at Napa State Hospital.

What could she do to end this misery?

At the foot of the tub she had placed a radio, from which emanated Elvis Presley singing "Heartbreak Hotel." With the music enfolding her, she was obsessed with the idea that her troubles would be over if only she put her foot up and tipped the radio into the bath water. Electrocutation would be quick and irreversible. That would end her suffering. All she had to do was kick the radio in with her.

She put her foot up out of the bath water, the toe ready to touch the radio, and suddenly a scream shrieked so loudly inside it nearly took her head off. "NO!" Becky was so overwhelming, Marie's foot went down, the radio toppled onto the floor and broke apart.

Becky screamed at her again and said, "Get yourself out of this tub, get dressed, go down to a meeting somewhere now! This is where you are going!"

She just sat there, and Becky repeated her

instructions again, only louder. Marie realized she had better move. She woke up her husband, told him she had almost done herself in, and that she was going to an NA meeting now.

Fields said, "Well, why do you think that you need to do that? You don't need to do that. You're not sick."

She replied, "I am sick. I'm getting out of here. Somebody told me I have to leave and go to a meeting. I am going to a meeting."

He said, "Okay then, enjoy yourself."

She went to an NA meeting where she found a new sponsor and started working the program again.

Then, Marie was getting only \$9 reimbursement per day from her volunteer jobs. Their only other sources of income were their SSI checks. Their bills were overwhelming, so Fields decided they had to move.

He kept harassing her, but she deliberately blocked him out. When he hit her, it didn't hurt now. When he threw barbed words at her, they didn't sting as before. Becky had effectively reinforced her psychic defenses, by wrapping a tube of "spiritual rubber" around her, and everything Fields threw at her bounced off.

Fields quit AA because he was losing control over his wife.

When Fields told her they were going to move into a cockroach infested one-bedroom apartment in the sorriest part of town, she knew the marriage was over. When he showed Marie the place, Becky immediately provided her with flashbacks of what George Kelly had done to Sad Marie, her predecessor. In a moment of earthly time, Becky had her relive that period of the first marriage with the full sights, sounds, smells and skin sensations that had been stored in her file in the Akashic Records. Becky left nothing out. Marie was there, reliving those horrible scenes, with not a scintilla of sensory stimuli missing. Marie became physically sick to her stomach and vomited on the floor.

Marie became determined not to let that

happen to her again. She told Fields they were through, and she wanted a divorce. The only way he would agree was for her to cosign Chapter 13 bankruptcy papers. Marie agreed, as that seemed a small price to pay to get rid of him.

While he moved out of their apartment to his own place, Marie had arranged to visit a friend so she would not have to take any more of his abuse. When she came back, she discovered he had cleaned her out -- he had taken everything except one broken chair and the mattress on the floor. That was all he left her with which to start her new life.

For the next month, Marie had to make a choice -- either pay the rent or eat. She decided to pay the rent. She was as low on the social scale as one can get in American society. Marie rummaged through strangers' garbage cans for food rather than ask her mother for a dime. She didn't need her mother making her feel guilty again, as she was already filled with that sour emotion. Becky took this opportunity to teach her a lesson in humility. Since Marie had no friends now, Becky and the CIE were the only ones she had to listen to, and they were making her feel more humble each day. She came to trust them again. When she came out on the other side of this humility trip, they were back in her favor, and she has never ignored them since. Fortunately for her, a job offer came during that month, and she started climbing the ladder out of her hole.

After Fields moved out, he left a message on Marie's door saying, "I have went to drive my last race. If I come back alive, then it was meant to be. It not, have a good life."

Marie asked Pastor Meadows for advice, and he told her she didn't have do anything. He knew Fields would try anything to make her feel sorry for him and come back to him. While they were talking, a police officer arrived and reported there was a man in the Sacramento Medical Center who did not know his name but might be the husband of Marie Fields. He asked her to accompany him to the hospital to identify the man.

Marie looked at Pastor Meadows and said, "What do I do?"

He replied, "Let me go and take care of it."

"No, let me deal with this."

"Okay, Marie, but give me a call in case you can't."

She went to the hospital, walked into the hospital room, and took one long look at Fields. He had a scrape on his head and a cut on his face, his arm was in a sling, and his leg was in a cast.

He said, "Hi, there, hon."

He made her sick.

The only thing Marie could say was, "Hi. So you didn't die."

"No."

"Well, how is the car?"

"Well, I think it's gone."

"Well, why weren't you? I hope you really enjoy your life now. Don't ever call me again." With that, she walked out.

Three years later, Fields was on trial for molesting a boy, and Marie was called to testify for him. She told his attorney she would not be a good witness for him. The attorney said she was all he had.

On the stand he asked her if Fields had ever molested her son. Marie said, "No."

Then the district attorney asked her if he had ever hurt her, and Marie had to tell the truth. In spite of the objections by the defense attorney, she buried Fields. He was sentenced to 48 years in state prison.

When Marie joined NA again, she began to grow spiritually. Only then did she start to understand things clearly. Then Becky decided it was time she volunteered for Child Protective Services. Becky explained to her, since she was abused, in some small ways she could help to make these children's lives better.

She was right. Marie loved it, even though so many of those children hated adults and felt that all grownups were horrible threats to them. The first program she started working for was called Driver's Escort, where she spent four hours a day,

three days a week driving abused children to doctors' appointments and other places to get the help they needed.

One child tried to jump from her car because he did not want to face his parents in the therapy session they were going to. They were on the freeway going 55 mph when he unbuckled his seat belt and opened the car door. Marie grabbed the back of his shirt and steered the car to the side of the road. She parked, locked all the doors, and said, "I'm not leaving here until I have an okay from you that you are not going to jump. And I want you to sign it now."

He said, "I'm not going to sign anything because I'm going to kill myself because I'm not going."

She said, "Okay, I'll tell you what -- I will take you back right now, and I will talk to your counselor."

The boy replied, "Okay, I'll agree to that."

Marie wrote it all out on a piece of paper in the glove compartment. He read it and signed it. She signed it and took him back, as she had promised.

The counselor talked to him and said to him, "Okay, this is what you are going to do. I am going to ride in the car with Marie, sitting right beside you. All three of us are going to go inside that room and talk to the therapist."

The boy responded, "I don't want you in there, but I want Marie there."

The counselor said, "No, she's a volunteer. The only time they are to do that is if we know that everything is fine."

He repeated his stand. "I don't want you there. I want Marie there." He turned to Marie and asked, "Is that okay with you?"

Marie replied, "Fine with me; I don't care, as long as I don't have to say anything."

He said, "No, you just sit there, look nice, and don't worry about it."

She did as he asked. The child felt a lot more comfortable and was quiet and calm during the session. Thereafter, Marie went with him to

every session and sat there quietly.

The therapist was pleased the boy was calm and could talk rationally. He expressed his emotions while always holding onto Marie's hand. He would put his head on her shoulder as she put her arm around him to hug him. The therapist thought it was all quite positive. The therapy must have worked as the boy eventually went back with his parents, and they did fine.

Later, Marie learned that the boy felt that, because Marie said she was going to take him back and had him sign that contract, she was more concerned about his welfare than getting him to an appointment

The second program was called J-Room program where she spent four hours a day, two days a week. That stood for Juvenile Room, a small room where the attorneys and social workers would come to interview children who had been taken away from their parents. It was meant to be a friendly place for the child to be where he or she would feel no outside pressures. There was no place for the children to go outside and play -- just a lot of games for them to play, and two cribs for the babies.

The parents were not allowed to visit the children in the J-Room. Still, when the parents came to check in for court, they could see their children in there. Some parents made a ruckus when they found out where their children were staying. They often tried to get into the room, and Marie had to call the security guard to take the parents away.

These were abusive parents, of course, and Marie was in the middle of parents and about 50 children struggling with each other. Some children became so upset after seeing their parents that they threw chairs, hit, screamed, and broke toys. She was the one who had to deal with the children after their parents left.

The door was always locked, and attorneys would come in to interview one child while the others were running around the room. There was no private space. If any child wanted to go to the

bathroom, all had to go to the bathroom together.

One week there were no other volunteers available, and Marie had to work five consecutive eight-hour shifts in the J-Room. One Tuesday morning, the social worker brought in a boy who had been severely sexually abuse. He started acting out by pulling down his pants and trying to masturbate in front of Marie. He then took hold of a young girl there and tried to do it with her. Marie sat him down, then she called for a security guard and a social worker. They took him to another part of the building.

The next day, five children from this boy's family were housed in the J-Room because they had been sexually and physically tortured by their parents. When the oldest boy saw their parents going by, he yelled at his siblings that he had seen them. Marie was fixing them peanut butter and jelly sandwiches with a kitchen knife. When the boy yelled at his brothers and sisters, they started throwing the chairs around and trashing the room. Marie went into the middle of the melee, and one of them hit her with a chair.

The oldest boy grabbed the knife she had left on the counter and came after Marie, who was "down for the count." He attempted to stab her with the butter knife.

She blocked his swing and knocked him down, and the younger children calmed down, seeing that she had bested their big brother. Marie then called for security, but, before the guard arrived, she had talked the boy down. She took the knife away from him and asked him what had happened.

He said, "Mom and Dad walked by. They are going to find me, and they are going to kill me. So I have to kill everybody."

She told him she understood, and she gave him a big hug just as the security guard came in and took all the children out of the room, back to the juvenile detention center.

Marie closed up the J-Room and asked her supervisor if she could go back to talk to those children. Her supervisor gave permission, and



Marie sat with all five children, who explained what they had been going through with their parents. They told her how angry they were at their parents for what their parents had done to them. The children cuddled around her, wanting to be nurtured and loved. They knew Marie was the kind of person they needed right then.

The staff members watching them through the two-way mirror saw her hugging the children and letting them sit on her lap. They realized she was a very trusting person -- stupid maybe -- but trusting. She spent a half hour calming down the children.

On Thursday of that week, she had six children plus a baby in diapers to look after. Five attorneys walked in to talk to the children. The mother of the baby showed up and demanded entrance. She pounded on the glass door window, but Marie would not let her in. The woman became physically threatening, and the attorneys had to escort her away. After that crisis, Marie decided that a training program for volunteers was essential, so she designed one. By the time Marie left, Sacramento County's volunteers were able to cope with whatever crises might come their way.

When Marie had been with CPS for about a year, she was honored with two citations for her good work and was promoted to Administrative Assistant for the J-Room program. She did not get paid, but she was now in charge of building a new J-Room, staffing and training new volunteers, and speaking at the local colleges to recruit new volunteers. Marie was the right person to train the new volunteers because anything that could happen to a volunteer in the J-Room had happened to her.

During the month before she was hired for her first salaried job, she was helping with the new training program for the J-Room volunteers. She was also involved in planning for the construction of a new J-Room. The new facility has a gigantic play area for the children, and bathrooms on the side where security is available. No one can come in without being buzzed in, and there are now interview rooms for private conferences.

Becky decided Marie needed some more challenges to raise her self esteem. She sent her to apply for a part-time job with Sacramento County Board of Education, where she was hired in the Regional Occupational Program (ROP) to tutor high school students studying to pass their General Education Development (GED) certificate, the equivalent of a high school diploma. Since most of those students were in special education classes or close to failing in regular classes, Marie traveled to different schools in Sacramento County to tutor selected students. There she learned from their teachers the best approach to reach each student. Each teacher had written out a plan for each student, so she followed each student's plan.

Marie was assigned reading, reading comprehension, sentence structure, spelling, and English courses. The student's grades were usually D's when she arrived, but, when she left after working a year with five students, they were all getting B's. She saw many of her students graduate from high school with their classes.

The next year Marie was invited to be a teacher's assistant at Valley High School in a classroom of continuing education students who were also studying for their GED. The teacher wrote out the lesson plan, and Marie conducted the class alone when the teacher was out for any reason.

To maintain discipline, Marie drew on Becky and her CIE to find what each student lacked, and she had a well-behaved class with all the students involved in everything she had going on. At Christmas time, they made her a Christmas wreath in appreciation of her efforts. Every student in the classroom signed it, as they were sad she was leaving for a paying job.

The next step in Becky's plan was for Marie to be a volunteer Visiting Friend at the Sacramento Children's Home, which housed children who might be adopted or given back to their parents. Marie was assigned one teen-aged girl, but she kept comparing Marie to her mother. That doomed any relationship Marie tried to develop

with her.

During that volunteer period, Becky had her working for CPS for a year, half a day in the J-Room and half a day as driver escort. Then Marie volunteered to be a part-time tutor while acting as administrative assistant in the J-Room for six months. Next she was a volunteer friend while working in the ROP as a tutor. She worked an eight-hour day but was only paid for the part-time tutoring position.

Becky next decided it was time for Marie to apply to the Department of Rehabilitation, where her counselor sent her to computer classes after certifying her as having a back problem. That particular disability label qualified her for a test for a governmental job.

Marie was nervous at the prospect of being interviewed for a full-time position. But she ranked among the top five candidates. Four months later, Marie was called for an interview with a public agency in Sacramento. The department supervisor offered her the job right then. Marie thought, *"Not bad for an ex-MPD patient who was never going to be able to hold down any job of any sort!"*

She worked in that department for two and a half years, but there was so much stress on that job, Marie finally decided enough was enough. Her alcoholic supervisor went out for lunch and returned unable to stand up straight. After Marie typed some documents for her, she denied she ever dictated what Marie had typed.

By then, Marie had made contacts with other departments in the building. After a supervisor let her know there would be an opening soon, Marie interviewed for the position. The next month, she had another job, in an information center.

There, Marie answered phone calls from all over the state. She handled questions regarding her department's available services and forwarded callers to the proper person. The center had been known as a disaster area before she came there. While she was there, she pulled it together and received a number of commendations. Thus, the

reputation of the organization was enhanced. As soon as she left, the center disintegrated again.

While there, she had to deal with staff members in charge of recording the data she needed to retrieve to handle calls. She learned her way around the files quickly, and she sat down with the other staffers to learn how they organized their information.

Marie arrived at her next desk from the information center. She was promoted to a higher paying job in the same branch where she had to perform as acting supervisor many times. She was first trained, and then she trained someone else. If no manual existed for that position, Marie wrote one.

Marie then promoted to the journeyman level for her classification, Program Technician II. She needed little, if any, supervising, as she trained her supervisor in what she did, since the lady had no idea what Marie really did.

When Marie was hired into the first office, she was frightened of failure, so she did her best to make the office more efficient. She was still growing up, but she had never had to deal with office politics before. Because of the frequent bickering that went on, she was often in tears. She had never before worked in such a crowded, complicated environment, and she didn't know how to handle the stresses there. But Becky pushed her on, because it was time for her to learn these skills.

In one office, her supervisor feared computers, but Marie was quite comfortable with them. She got a computer, and they asked her to learn a database system in which she could categorize the various magazine subscriptions that were on order. All the information was then on 3"x5" cards, listing 1,000 subscriptions.

She was expected to do it on her off time, including her lunch breaks. For two months she came in early, stayed late, and took all her coffee breaks at that computer, to complete the cataloging. The day she entered the last subscription, she jumped up and down, screaming with joy. Marie knows she saved her employer lots of money the

first year, but she was never recognized for it.

On one assignment as an office assistant, she was asked to be the timekeeper for 25 employees. This also required her docking other employees who were not showing up on time. At the same time, she was also asked to make up blanket purchase orders. On this job, she caught three of the employees messing with her files. She was very compulsive about checking her files three times a day to make sure they were filed correctly.

When she discovered that her files were not in their right order, she took it up with her supervisor. Marie heard the three suspected girls laughing while she was talking with the supervisor. She then saw them go into her file cabinet, pick out a file and place it in another drawer.

She reported this to her supervisor, who refused to believe that any of her staff would do such a thing. To prove it, she booby-trapped her files so she could tell if any were moved. She told her supervisor what she had done, and, the next day, they both inspected Marie's file cabinet. They discovered that files had been moved around, just as Marie had told her. The supervisor agreed that someone was trying to disgrace her. She wouldn't do anything about it, so Marie transferred to another office.

No one at work knew she had come to the agency through a rehabilitation program. There were no special provisions for her. Only much later, when she had become best friends with two of her co-workers, did she tell them anything about her medical or psychiatric background. This was all done outside the office, as they were aware that no secrets were safe inside the office.

In that office, her education continued. Because of her history of back injury, she had been advised by her doctor not pull files from the archives, but her new supervisor kept telling her to do so. No one else was going to do it for her. So she went to the archives and did it. If she hadn't, she would have been written up for insubordination.

In the same office, she was told when she

could go to the bathroom. If she needed to go during a break, she had to tell her supervisor when she was coming back. If she was not back from the break when promised, the supervisor would watch her and write down the time. It did not matter that she had come in an hour early for work that day or that she worked through her lunch hour. The supervisor spent her time watching her instead of doing her own job.

On that job, she had to deliver faxes to people immediately. No one was ever in the office to whom she could deliver the faxes, so they would come down on her when they did not get their faxes on time. Yet, if she had to keep telling everyone that she had to leave to deliver a fax, she would never have had time to deliver them. Again, she was written up for insubordination.

This harassment finally got to Marie, who became depressed and suicidal. She started writing notes to herself. A co-worker saw one of these notes and called her supervisor. He called the Human Resources Department, and they made her see their psychiatrist. She told him calmly why she was so depressed. She said, "These guys are on my case, and I'm not going to get promoted because these guys won't leave me alone. This is the way I'm feeling, and I don't like it."

The supervisors had told the psychiatrist Marie had a gun, but Marie had never owned a gun. When she told him all that had been going on, he told her, "I agree that what you have been through would get anybody down. Why don't we just write it up that you are afraid of not being promoted, that you need to take a stress management course, and that they cannot hold this stuff against you? I will also write that they need to change the staff where you work because the harassment has got to stop."

After reading the psychiatrist's report, her supervisor apologized to her, but then the supervisor instructed other people working there to watch Marie for her. When Marie found out about that, she confronted her supervisor and said, "I do not appreciate this. If you want to watch me, why don't

you come and watch me? They are not my supervisors. You are. They are just co-workers. They are not in charge of me. You come in and watch me. You are my supervisor. You watch me."

She agreed to stop the practice and remove all the information about those observations from Marie's personnel file. She was then promoted to a higher level position, staff around her was changed, and she cross-trained into another job in the same department.

Becky takes full responsibility for keeping Marie's "feet to the fire." She pushed her all the way through this harassing process. She made sure Marie got plenty of mixed messages from others, that she got harassed, and that she had to suffer jealousy from office politics. To top it all off, Becky even engineered a sexual harassment situation.

When Marie was ready to move to her new position, she was asked to train her replacement, another young lady, Melissa Silverman. A male co-worker in the old section, Harold Seigel, who had a higher ranking than either Marie or Silverman, had already been written up several times for sexual harassment of other female employees. Marie had witnessed these situations. Seigel told Marie that he didn't want any dumb people working in his section, and Marie asked him what he meant by that. He said, "Melissa is dumb. I don't want her in here. Make sure she doesn't get out of her training."

Marie wrote that down.

Then Seigel told Marie, "Melissa is dumb. Melissa has filed sexual harassment charges against someone in another department?"

correctly in the past. But her friends could talk her into taking it easier, and she learned to settle for what she could do within the time available. It didn't help to work around two other women who didn't do much of anything and then find that she was doing three people's work. She learned to tell her supervisor that she could only do so much in one shift and lay it in his or her lap to solve the problem.

Marie dropped a hint that she was in one of the 12-Step programs, without saying which one. MacAdam was relieved to know Marie had a sponsor she could talk to when she got stressed. If she hadn't had such a listening post, her friend would have referred her for counseling. Most of them in the office had been in some kind of psychotherapy.

The other girl friend of Marie's at work, Annie Miller, was also supportive of Marie throughout the time Marie was employed there. Miller and Marie had originally met at a 12-Step meeting. Miller was a resourceful woman who spoke her mind. Marie was beginning to learn to do so but in a controlled way.

Miller knew that the co-workers saw Marie as "strange." One sample of her "strangeness" was that she would buy everyone in the office some kind of treat for no obvious reason. If Marie won at Bingo, she would bring in baked goods as a way of sharing her good fortune. She would go out of her way to celebrate co-workers' birthdays. She would decorate offices, bring in cakes, pass around cards to be signed and bring in small gifts. But the co-workers could not believe that Marie was being that nice without wanting something in return.

Miller let their co-workers know Marie wanted to be liked just like everybody else. She knew that Marie enjoyed being pleasant to others. She advised her not to go out of her way to bring treats to the office. The co-workers might enjoy them, but they would continue to treat her with the same disdain.

Marie had the support of Miller in all her efforts in learning how to deal with the backbiting

office workers and overreacting supervisors. She provided a constant source or reality checking and feedback for Marie as she wended her way through that bureaucracy.

Never in the office did Marie tell anyone about any of her personal history or ask for any special indulgence. She faced up to the demands of the workload in front of her and did all she could to accomplish work assigned to her section. She always managed to pull her load, check out the facts to see where the problems really were, and defuse any criticism that was unwarranted.

When Marie was reintroduced into the working world, she was seen as another new hire off the streets, and no one gave her any special consideration. She did her best to fit into the crew already there, made friends selectively, and tried to conform to the expectations they had of a newcomer. She stood out in no way that would identify her as a former "mental patient" and, to this day, only her two best friends know anything about her personal history. She took the guff that comes with a bureaucratic agency, coped with office politics and, the expectation that all employees "do more with less," and she has not asked for favors because of physical or mental limitations. She has done what was expected of her, and more, and she has taken home the same paycheck all others received. She is now well skilled in the ways of the workforce and can qualify for any job her training and experience make available.

I no longer had to play the role of her psychotherapist. I am still her emotional dad and give her feedback on her social behavior when we are together. She consults me by phone when she has a question for a dad. I give her advice based on what I would ordinarily tell a teenager in our culture who is trying to learn the ways of the world from someone with experience. In her other role as an adult with a job to do, I have supported her efforts to improve her work skills and education and have been a listening post to her as she tries to decide on constructive changes to make in her life. I have made it clear to her that she now has full

responsibility for all the decisions that she makes, but she should listen to the advice that is available from both inside and outside her mind.

Marie has come through the other side of hell. She has reexperienced the same exact hurts that she was not able to cope with when she was dissociating, and she has come through them with flying colors. She has grown, learned and developed, all with the experiences of her Essence, Becky.

Becky anticipates that Marie will be ready for Spiritual Integration with her when she is about 25 years old, emotionally. That would make her 56 years old, chronologically. By then Marie should have accepted as hers all of the memories of all her various alter-personalities, and she will be a mature woman in our society.

Becky is teaching Marie a new lesson every day, and growth is difficult for a teenager who wants to rebel against all authority figures. But that is to be expected. Marie has been grateful for her new life. She is emotionally 31 years younger than her chronological age. She is still operating according to the Life Plan "The Creator" set out for her and is becoming the woman she is meant to be.

#### ALTER-PERSONALITIES INTEGRATED IN FIRST PHASE (WMH)

1. GRACE, an alter-personality of the persecutor type, was formed at age 19, and was most active at ages 19 and 27. She was rehabilitated on January 12, 1981 (Chap. 6) and was integrated into Marie on Jan. 30 1981 (Chap. 6). She contributed anger to the integrated person. Her reason for existence was mixed messages from the orthodontist, aggravated by Jim Robert's mother's beating her. Her first appearance in the text is in Chapter 1.

2. HELEN, an alter-personality of the helper type, was formed at age five, and was most active from ages five through nine. She integrated into Marie on January 22, 1981. She contributed a desire to learn to the integrated person. Her reason for existence was to be the student. Her first appearance in the text is in Chapter 3.

3. HONEY, an alter-personality of the helper type, was formed at age two and was most active from ages two through six. She was integrated into Marie on January 25, 1981. She contributed humility before "The Creator" to the integrated person. Her reason for existence was to let Marie know "The Creator" is there and will protect her, so she will be fine. Her first appearance in the text is in Chapter 11.

4. JESSICA, an alter-personality of the helper type, was formed at age 10, and was most active from ages 10 through 22. She was integrated into Marie on January 28, 1981. She contributed love & happiness to the integrated person. Her reason for existence was to reinforce other helpers in dealing with persecutors. Her first appearance in the text is in Chapter 11.

5. KATE, an alter-personality of the helper type, was formed at age 10 and was most active from ages 10 through 22. She was integrated into Marie on January 21, 1981. She contributed happiness to the integrated person. Her reason for existence was to reinforce other helpers in dealing with persecutors. Her first appearance in the text is in Chapter 11.

6. KATHY, an alter-personality of the helper type, was formed at age 10 and was most active from ages 10 through 16. She was integrated into Marie on January 24, 1981. She contributed self confidence to the integrated person. Her reason for existence was to let Marie know she was a worthwhile and contributing person in her life. Her first appearance in the text is in Chapter 11.

7. LISAKAY GRAYCE, an alter-personality of the persecutor type, was formed at age eight, and was most active from ages eight through 30. She was rehabilitated on July 26, 1979 (Chap. 4) and was integrated into Marie on January 28, 1981. She contributed ability to have fun and to take risks to the integrated person. Her reason for existence was Father killing her pet dog. Her first appearance in the text is in Chapter 2.

8. MARCIA WEBB, an alter-personality of the persecutor type, was formed at age 11 and was most active at age 20. She was rehabilitated on August 4, 1980 (Chap.1) and was integrated into Marie on January 26, 1981. She contributed anger and flashbacks to the integrated person. Her reason for existence was Father ignoring her and her inability to challenge his will in court. Her first appearance in the text is in Chapter 1.

9. MARIE FRANCIS KELLY, a sad alter-personality of the false-front type, was formed at age 21, and was most active from ages 21 through 31. She was integrated into Marie on February 2, 1981 (Chap. 5). She contributed tenderness, tolerance, kindness, and compassion to the integrated person. Her first appearance in the text is in Chapter 1.

10. MARY, an alter-personality of the persecutor type, was formed at age 23 and was most active from age 23 through 32. She was rehabilitated on January 20, 1981 and was integrated into Marie on February 1, 1981. She contributed anger against doctors and self-assertiveness to the integrated person. Her reason for existence was hatred of Dr. Hazelton. Her first appearance in the text is in Chapter 11.

11. MEGAN, an alter-personality of the helper

type, was formed at age 28 and was most active from ages 28 through 29. She was integrated into Marie on January 22, 1981. She contributed confidence and sadness. Her reason for existence was to deal with court issues. Her first appearance in the text is in Chapter 1.

12. MICHELLE, a helper alter-personality of the ISH Personality type, was formed at age 28 (Chap. 9), and was most active from ages 28 through 30. She was integrated into Marie on May 28, 1981. She contributed stick-to-itiveness and problem solving to the integrated person. Her reason for existence was to be the spokesperson for the ISH, Becky. Her first appearance in the text is in Chapter 1.

13. ROBERT, an alter-personality of the persecutor type, was formed at age 19, and was most active at age 27. He was rehabilitated on December 15, 1980 and was integrated into Marie on January 29, 1981. He contributed anger to the integrated person. His reason for existence was anger at police arresting Mother and at Jim Robert's father for threatening to call police on them for having sex in the afternoon. His first appearance in the text is in Chapter 1.

14. WENDY, an alter-personality of the helper type, was formed at age 12, and was most active at age 12-30. She was integrated into Marie on January 22, 1981. She contributed protection of the physical body to the integrated person. Her reason for existence was to keep the body alive and handle physical pain when her dress caught on fire. Her first appearance in the text is in Chapter 3.

#### ALTER-PERSONALITIES INTEGRATED IN SECOND PHASE

(All these are listed in the manuscript text in Chapter 11)

15. ARLENE, an alter-personality of the persecutor type, was formed at age 15, and was most active at age 15. She was rehabilitated on April 30, 1981 and was integrated into Marie on April 30, 1981. She contributed protection of her sister to the integrated person. Her reason for existence was to seduce the stepfather so as to

protect her sister. Her first appearance in the text is in Chapter 11.

16. BRANDI, an alter-personality of the persecutor type, was formed at age 15 and was most active from ages 15 through 31. She was rehabilitated on April 30, 1981 and was integrated into Marie on April 30, 1981. She contributed anger to the integrated person. Her reason for existence was to seduce doctors. Her first appearance in the text is in Chapter 11.

17. HEATHER, an alter-personality of the disabled type, was formed at age 17 and was most active at age 17. She was integrated into Marie on May 27, 1981. She contributed nothing to the integrated person. Her reason for existence was to be deaf to first husband's yelling insults. Her first appearance is in Chapter 11.

18. JULIE, an alter-personality of the disabled type, was formed at age 13 and was most active at age 13. She was rehabilitated on April 9, 1981 and was integrated into Marie on April 9, 1981. She contributed nothing to the integrated person. Her reason for existence was that four boys raped her and choked her. Her first appearance in the text is in Chapter 11.

19. MARIE FRANCIS McKENZIE, an alter-personality of the false-front type, was formed at age one, and was only active one day. She was integrated into Marie on March 16, 1981. She contributed nothing to the integrated person. Her reason for existence was her father's first molestation on her first birthday. Her first appearance in the text is in Chapter 11.

20. NANCY, an alter-personality of the



21. NELLIE, an alter-personality of the persecutor type, was formed at age two and a half and was most active at age two and a half. She was rehabilitated on March 25, 1981 and was integrated into Marie on March 25, 1981. She contributed nothing to the integrated person. Her reason for existence was first anal rape by Father. Her first appearance in the text is in Chapter 11.

22. PATTY, an alter-personality of the persecutor type, was formed at age 23 months and was most active from ages 23 months through 24 months. She was rehabilitated on March 19, 1981 and was integrated into Marie on March 19, 1981. She contributed nothing to the integrated person. Her reason for existence was anger at Father for starting oral sex with her. Her first appearance in the text is in Chapter 11.

23. RANDY, an alter-personality of the opposite sex, persecutor type, was formed at age 17 and was most active at age 17. He was rehabilitated on May 18, 1981 and was integrated into Marie on May 18, 1981. He contributed nothing to the integrated person. His reason for existence was anger at her first husband. His first appearance in the text is in Chapter 11.

24. RICHARD, an alter-personality of the opposite sex, persecutor type, was formed at age 28 and was most active at age 28. He was rehabilitated on May 28, 1981 and integrated into Marie on May 28, 1981. He contributed nothing to the integrated person. His reason for existence was anger at body searches by male staff at ARH. His first appearance in the text is in Chapter 11.

25. SUE, an alter-personality of the persecutor type, was formed at age 28 and was most active at age 28. She was rehabilitated on May 27, 1981 and was integrated into Marie on May 28, 1981. She contributed nothing to the integrated person. Her reason for existence was anger at body searches by female staff at ARH. Her first appearance in the text is in Chapter 11.

26. TAMMY, an alter-personality of the persecutor type, was formed at age 23 and was most active at age 26. She was rehabilitated on

May 27, 1981 and was integrated into Marie on May 27, 1981. She contributed nothing to the integrated person. Her reason for existence was anger at ministerial student lying to her about marrying her. Her first appearance in the text is in Chapter 11.

27. ZEE, an alter-personality of the disabled type, was formed at age six and was most active at age 14. She was rehabilitated on Mar 26, 1981 and was integrated into Marie on March 27, 1981 on TV. She contributed nothing to the integrated person. Her reason for existence was Marie's inability to tell Mother about Father's molestations. Her first appearance in the text is in Chapter 11.

#### ALTER-PERSONALITIES MENTIONED IN PRIOR CHAPTERS WITHOUT FOLLOWUP

28. ANITA, an alter-personality of the helper type, was formed at age 11 and was most active from ages 11 through 30. She was integrated into Marie on January 12, 1981. She contributed nothing to the integrated person. Her reason for existence was to control Lynn. Her first appearance in the text is in Chapter 1.

29. FRANCIS, an alter-personality of the helper type, was formed on April 14, 1980, at age 29 and was most active at age 29 while acting age six. She was integrated into Marie on April 14, 1980. Her reason for existence was to protect Marie Francis from being upset watching the videotape of herself. Her first appearance in the text is in Chapter 1. (She was not part of the final integration as she had integrated back the same day she was created.)

30. GENE, an alter-personality of the persecutor opposite sex type, was formed at age 24 and was most active at age 24. He was rehabilitated on April 24, 1980 and was integrated into Marie on April 24, 1980. His reason for existence was hatred of husband for taking son from her. His first appearance in the text was in Chapter 1. (He was not part of the final integration, but was absorbed by another alter-personality, Joyce, as he was all anger.)

31. GWEN, an alter-personality of the ambiv-

alent type, was formed at age five, and was most active at age five. She was rehabilitated on September 10, 1979 and was integrated into Marie on September 10, 1979. She contributed ambivalence to the integrated person. Her reason for existence was identification with a dual personality girl. Her first appearance in the text is in Chapter 4. (She was not part of the final integration as she had integrated earlier during therapy.)

32. JACK, an alter-personality of the opposite sex type, was formed at age eight and was most active at age eight. He was integrated into Marie on September 4, 1979. He contributed ability to fix things to the integrated person. His reason for existence was identification with Jack Laney, hatred of Father, and need to be a boy to please Father. His first appearance in the text is in Chapter 4.

33. JANICE, an alter-personality of the helper type, was formed at age 21 and was most active at age 21. She was integrated into Marie on April 1, 1981. She contributed friendly, loving warmth to the integrated person. She worked at the DMV. Her first appearance in the text is in Chapter 1.

34. JILL, an alter-personality of the persecutor type, was formed at age 28 and was most active at age 28. She was rehabilitated on June 3, 1981 and was integrated into Marie on June 3, 1981. She contributed nothing to the integrated person. Her reason for existence was anger at the judge in son's custody hearing. She also hated Dr. Lucien, as another authority figure. Her first appearance in the text is in Chapter 9.

35. JOYCE, an alter-personality of the helper type, was formed at age six and was most active from ages six through 16. She was rehabilitated on April 1, 1981 and was integrated into Marie on April 1, 1981. She contributed assertiveness to the integrated person. Her first appearance in the text is in Chapter 1.

36. JOYLEEN BALL, an alter-personality of the persecutor type, was formed at age 26 and was most active at age 26. She was rehabilitated on January 30, 1981 and was integrated into Marie on

January 30, 1981. She contributed nothing to the integrated person. Her reason for existence was anger at her brother and sister. Her first appearance in the text is in Chapter 6.

37. KAY#1, an alter-personality of the persecutor type, was formed from ages three to 10, and was most active from ages three through 10. She was rehabilitated on January 30, 1981 and was integrated into Marie on January 30, 1981. She contributed nothing to the integrated person. Her reason for existence was Father punishing her by locking her in the closet. Her first appearance in the text is in Chapter 7.

38. LYNN, an alter-personality of the persecutor type, was formed at age 11 and was most active from age 11 through 30. She was rehabilitated in July 1980, and was integrated into Marie on January 12, 1981. She contributed nothing to the integrated person. Her reason for existence was anger at boyfriend and stepfather. Her first appearance in the text is in Chapter 1.

39. MARIE, an alter-personality of the helper type, was formed at age 18 and was most active at age 18. She was integrated into Marie on April 1, 1981. She contributed feeling alone, without family, no guilt to the integrated person. Her reason for existence was Mother's arrest. Her first appearance in the text is in Chapter 10.

40. MONIQUE, an alter-personality of the helper type, was formed at age one and was most active from ages one to one and one-half. She contributed nothing to the integrated person. Her reason for existence was to assist another helper. Her first appearance in the text is in Chapter 6.

41. PAULA (BooBoo), an alter-personality of the helper type, was formed at age two and was most active at age 30. She was integrated into Marie on July 30, 1980. She contributed understanding that Father was sick to the integrated person. Her reason for existence was sexual abuse by Father. Her first appearance in the text is in Chapter 10.

42. REHAB, an alter-personality of the persecutor type, was formed at age two and was most

active at age 21-29. She was rehabilitated on March 24, 1980 and was integrated into Marie on March 24, 1980. She contributed understanding of anger at Father to the integrated person. Her reason for existence was anger at Father. Her first appearance in the text is in Chapter 1.

43. SALLY, an alter-personality of the helper type, was formed at age 24 and was most active from ages 24 through 25. She was integrated into Marie on April 1, 1981. She contributed nothing to the integrated person. Her reason for existence was to make Marcia faint. Her first appearance in the text is in Chapter 1.

44. VERONICA, an alter-personality of the persecutor type, was formed at age 15 and was most active at age 15. She was rehabilitated on December 20, 1979 and was integrated into Marie on December 20, 1979. She contributed nothing to the integrated person. Her reason for existence was anger at stepfather. Her first appearance in the text is in Chapter 1.

#### ALTER-PERSONALITIES MENTIONED ONLY IN CLINICAL NOTES WITHOUT MENTION IN MANUSCRIPT

45. ANN, an alter-personality of the persecutor type, was formed at age 24 and was most active at age 25. She was rehabilitated on May 21, 1981 and was integrated into Marie on May 21, 1981. She contributed nothing to the integrated person. Her reason for existence was lies told her at ARH by Dr. Hazelton and Mother. Her description in the notes was on May 21, 1981.

46. BRIDGITT, an alter-personality of the helper type, was formed at age eight and was most active at age 30. She was integrated into Marie on April 1, 1981. She contributed nothing to the integrated person. Her reason for existence was to prevent Jill from harming Dr. Lucien. Her description in the notes was on February 18, 1981.

47. ELLIE, an alter-personality of the persecutor type, was formed at age 32 and was most active at age 32. She was rehabilitated on February 23, 1981 and was integrated into Marie on February 23, 1981. She contributed nothing to the integrated

person. Her reason for existence was to channel anger. Her description in the notes was on February 23, 1981.

48. JANET, an alter-personality of the persecutor type, was formed at age 24 and was most active at age 25. She was rehabilitated on May 21, 1981 and was integrated into Marie on May 21, 1981. Her reason for existence was anger at lies of Dr. Hazelton and Mother. Her description in the notes was May 21, 1981.

49. PAT, an alter-personality of the persecutor type, was formed at age 15 and was most active at age 15. She was rehabilitated on April 16, 1981, and was integrated into Marie on April 16, 1981. She contributed protection of her sister to the integrated person. Her reason for existence was to protect her sister from being raped by stepfather. Her description in the notes was in April 13, 1981.

50. PATTY#2, an alter-personality of the persecutor type, was formed at age 30 and was most active at age 30. She was rehabilitated on April 30, 1981 and was integrated into Marie on April 30, 1981. She contributed nothing to the integrated person. Her reason for existence was anger at the world. Her description in the notes was on February 18, 1981.