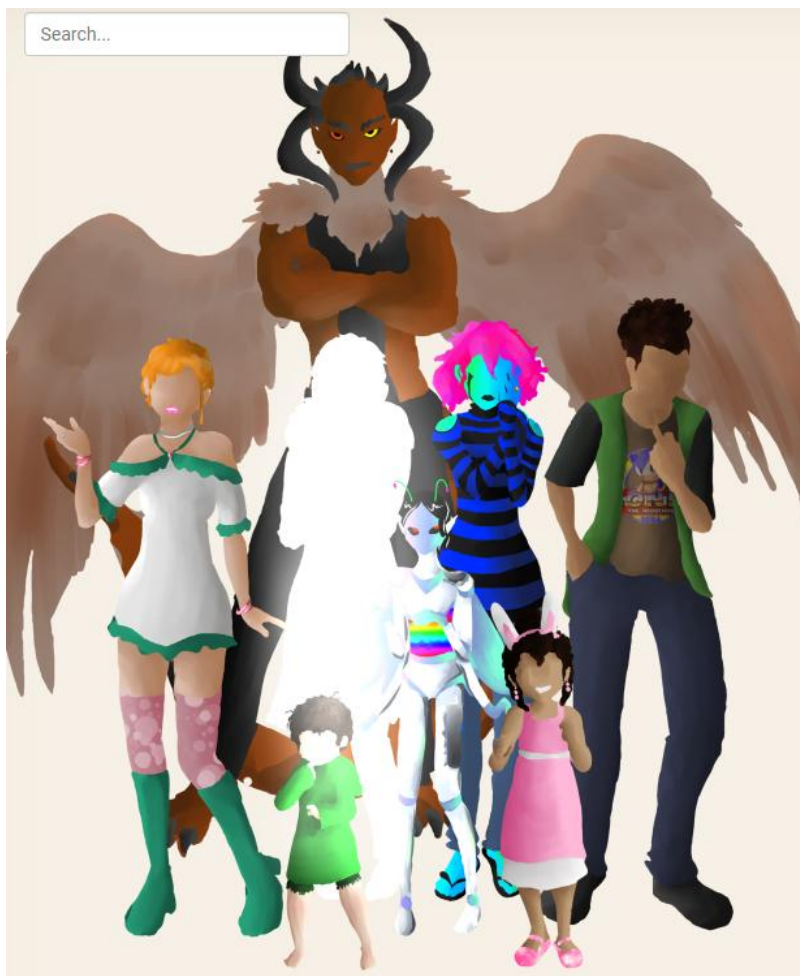


Understanding DID: A Conceptualization Approach

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Jackson State Community College

Many clinicians are hesitant to treat DID because they struggle to conceptualize how a single identity can fragment into multiple distinct identities, as well as how to restore functional integration. With appropriate knowledge and a clear conceptual framework for understanding the internal experience of individuals with DID, skilled trauma therapists can effectively support and treat these clients.



SUCCESSFUL Treatment is Possible:

This client eventually presented with 14–15 identities and, in the first session, shared a diagram labeled with their names. At the outset of therapy, the 42-year-old rarely bathed, had rotted teeth, could barely eat due to identity conflict over food, was unable to work, and lived with a caregiver. After three years, the client had dentures, lived functionally at home, worked full time, and received DID recognition from Social Security, mainly for Medicaid.

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