
George W. Burns is a Clinical Psychologist and the Director of the Milton H. Erickson Institute of Western Australia. He is also the author of *101 healing stories: Using metaphors in therapy*, *Nature-guided therapy: Brief integrated strategies for health and well-being*, and *Standing without shoes: Creating happiness, relieving depression, enhancing life*.

In *101 Healing Stories*, Burns introduces the reader to the use of metaphors in therapy by way of the art and skill of storytelling. He views storytelling as an effective form of therapeutic communication. This book is the result of requests by Burns’ trainees in his metaphor workshops. Their two most common questions are: (1) “How do you tell stories in a way that effectively engages the client?” and (2) “Where do you find the materials or sources to create appropriate stories?” Burns seeks to answer these and other questions by taking the reader through a step-by-step process of creating metaphoric stories from one’s own experience as well as from other sources. He instructs the reader on the skill of crafting and delivering stories in such a way as to make the communication therapeutic. While being a longtime recipient, collector, and teller of stories himself, Burns does caution his readers by reminding them that metaphor therapy is not for every client. Instead, he sees this strategy as one more “string” on the therapeutic “bow.” The overarching goal is to build a rich repertoire of therapeutic strategies from which to draw, aiming always to pay keen attention to the client’s response and always adapting to individual clients and their specific needs.

From the outset, I had the impression that Burns has a natural talent for constructing and delivering powerful tales. At the same time, it was also very clear that he puts much time and work into fine-tuning his skills. His exposure to stories began at a very young age with a mother who loved literature and read children’s classics to him and a father who told him stories from his own life. The enthusiasm the author conveys throughout the book invites the reader to stand up and take notice of a story’s and storyteller’s subtle ability to teach, inspire, and heal. As I read the stories, one by one, I noticed a shift in my perspective and discovered alternate ways to view a problem area. The stories are so well-structured and well-written that they can easily spark the reader’s own creativity.
The book is divided into four main parts. The grey-shaded rectangular tabs on the pages’ edges are convenient for finding the teaching and specific problem area sections of the book. In Part One, “Metaphor Therapy,” the author examines the rationale for telling stories. He describes the impact and power that stories have on readers, after which he outlines the necessary components for effective storytelling and follows with guidelines for the storytelling voice. Part Two, “Healing Stories,” contains 10 chapters of 10 stories per chapter. The stories are arranged according to specific themes and therapeutic outcomes, such as attaining goals, enhancing empowerment, changing patterns of behavior, and developing wisdom. Each story is prefaced by an outline of the problems addressed, resources developed, and the outcomes offered (i.e., the PRO-Approach as explained later in the book). Each chapter ends with a grey-shaded exercise box with questions, suggestions, and points to consider. Burns guides the reader through each chapter, encouraging the reader along the way to keep a notebook for recording ideas, composing new stories, or taking a new slant on a common problem. The reader can easily gain in skill development and confidence by answering these helpful questions and points to consider and applying them to her or his own work.

In Part Three, “Creating Your Own Metaphors,” Burns explains the do’s and don’ts of composing and delivering metaphoric stories. He also addresses the question of where to get one’s material for stories. His teaching and writing style is clear, easy to follow, and comprehensive. Burns’ expertise with this medium is undeniable. He takes an outcome-oriented rather than a prescriptive approach to problem-solving. The format for structuring and presenting metaphors is called the PRO-Approach (Problems, Resources, Outcomes). With the PRO-Approach, Burns emphasizes that it is not enough to have a clear understanding of the problem alone. In addition, the practitioner/storyteller must also have a clear understanding of the outcome. In this way, she or he can handily facilitate the client who is learning how to move forward and out of the problem or issue. With the outcome in mind, it is much easier to explore all of the resources, means, and abilities the client needs to have in place in order to reach the desired outcome. Burns skillfully guides the reader through the detailed yet practical procedures for creating, structuring, and delivering effective therapeutic stories. Burns closes the chapter with Story 101, “Why Do You Teach in Stories,” and makes his compelling case for the use of metaphoric story as therapy. In Part Four, “Resources,” he offers a comprehensive reference section with research references and the professional literature on metaphors along with references for cross-cultural stories, folktales, myths, legends, religious and spiritual stories, videotapes, and internet websites.

Overall, I found 101 healing stories: Using metaphors in therapy to be an excellent sourcebook. It is well-written, well-organized, and highly instructive, addressing 10 common concerns and issues that clients bring to the therapy office. I would recommend this book to those who are new to using metaphor in therapy, as well as to those who have been honing their skills for many years. The stories are absorbing and bring a fresh look and approach to getting clients unstuck from longstanding issues. Burns’ personality, focus, and clarity of teaching style come through page after page, leaving the reader with the impression that the author is thoroughly enjoying what he does best. This is a book to take one’s time with and to be referred to again and again. The stories are an inspiration and a delight to read, and the teaching sections are meant to be assimilated with attention, creative flexibility, and practice much like any new or ongoing skill. Experimenting with the stories and composing one’s own stories can breathe new life into the age-old art of storytelling, perhaps waking up to a skill we all have. While I read and reviewed Burns’ later book, 101 healing stories for kids
and teens: *Using metaphors in therapy*, before reading this book, I do suggest that they are both of such high quality that they would both be a welcome addition to the professional’s library to be referred to and worked with again and again.


At first glance, the title of this book suggests the topic would be more appropriate for a talk show than a professional journal. Susan Clancy’s work should not be confused with that of John Mack, a Harvard Medical School psychiatrist whose work with alien abductees became a subject of an investigation into his research practices. Clancy is a postdoctoral fellow in psychology at Harvard University who approaches this topic in a scientific manner, and she posits that hypnosis occupies a central role in the recovery of so-called alien abduction memories.

In the first chapter, Clancy presents a concise review of the research in the area of repressed memory. Her summary of the research concludes that, while “some details of traumatic events may be forgotten or confused, the core of the memory—what actually happened—generally remains intact.” Although her initial research was in the area of testing false-memory creation in sexual abuse victims, Clancy disliked the controversial implications of this topic. She was then given the opportunity to study repressed memory of individuals who claimed they were abducted by aliens; interestingly, she viewed this as less controversial. Clancy considered these individuals less complicated as their memories were associated with events that probably had not occurred. It was much more difficult to determine if memories of sexual abuse had occurred during childhood. The remaining chapters systematically explore Clancy’s research into the memory and beliefs of those who believed they were abducted by aliens.

In the second chapter, Clancy explores the development of beliefs of alien abduction. To recruit subjects for her research, she placed an ad asking, “Have you been abducted by aliens?” The majority of people who answered her query had no detailed memories of abduction, but they believed that they had been abducted. The subjects also explained their belief that aliens had rendered their memories inaccessible. These subjects began to consider abduction after they had unusual experiences, such as nose bleeds, marks on their body, and changes in personality. However, researchers have offered sleep paralysis as a possible explanation for unusual experiences, sleep paralysis being a condition that occurs when states of sleeping and being awake become desynchronized. This produces hallucinations and body sensations similar to those reported by victims of alien abduction. About 20 percent of the population has experienced at least 1 episode of sleep paralysis. Clancy also explores the possibility of delusional thinking, and she agrees with the research that suggests that delusions may be the person’s explanation for anomalous experiences. She proposes that this would explain nonpathological beliefs such as alien abduction. Clancy concludes that abductees endorse abduction as it is “the best fit for their data, their personal experiences. And skeptics can not critique those data, because they have no access to them.”

In Chapter 3, Clancy describes the role of hypnosis in alien abduction memories. She states that the most of her subjects acquired their memories through hypnosis and related psychotherapy techniques. Her summary of research concludes that hypnosis can create false memories, a conclusion that has long been known by scientific investigators. It
appears that this ability is not regulated solely by hypnosis, since relaxation, massage therapy, yoga and marijuana are also described as methods that can create false memories. Clancy strongly believes, however, that hypnosis is a poor method to uncover memories and states that professional societies such as the American Medical Association and American Psychological Association agree. Given the general reservations about hypnosis as a technique to uncover memories, it is interesting and somewhat alarming to find that about one fourth of practicing psychotherapists used guided imagery, hypnosis or free association to retrieve memories according to a 1994 poll. Clancy herself believes that these practitioners and the general public are not aware of the scientific research regarding hypnosis and memory, but this conclusion merits further study. Abduction researchers have also contributed to the use of hypnosis in uncovering memories by strongly advocating hypnosis as essential and integral in overcoming the amnesia created by the so-called aliens.

In the fourth chapter, Clancy explores the consistency of abduction stories, since many advocates of alien abduction point to the similarity of the stories to support their veracity. Clancy begins her exploration of this topic by reviewing the history of speculation about extraterrestrial life and concludes that this has existed for centuries. However, stories of alien abduction did not exist prior to 1962, and they appear to have begun after they were dramatized on TV and in the movies. The first movie to depict alien abduction was the 1953 movie *Invaders from Mars*, and the *Outer Limits* television series presented a number of alien abduction stories from 1961-1964. Clancy posits that the recovering of memories of abduction can be traced to the oft-cited story of Betty and Barney Hill. This couple reported that they were abducted in 1961 and recalled these memories several years later under hypnosis with a mental health professional. Clancy concludes that the Hills were influenced by the popular media of their day. Additional books have been written concerning alien abduction with Whitley Strieber’s *Communion* being the one of the best selling and influential of these books. Research has been conducted to ascertain the impact of media on the reports of alien abduction. Volunteers, who were not interested in this subject, were asked to imagine alien abduction and produced reports that were similar to alien abductees. Such research has been conducted with and without hypnosis, resulting in similar findings. Clancy concludes that consistency of alien abduction stories are based on shared UFO scripts that are part of our popular culture.

Chapter 5 then asks the question, “Who gets abducted?” Little evidence has accumulated to support psychopathology in abduction victims. Clancy’s research indicated that these individuals usually do not meet the criteria for serious psychiatric impairment, but they scored high on measures of schizotypy. Such individuals can be described as eccentric, prone to magical thinking, and loners. Clancy also describes her own 2002 experiment that examined false memory creation in alien abductees, and she concluded that abductees were prone to creating false memories in the lab and were confused about the source of these memories.

Chapter 6 begins by reviewing the research explanations of alien abduction such as sleep paralysis, memory distortion, or fantasy. Clancy offers her own explanation of alien abduction memories as a blend of culturally available scripts, scientific illiteracy, and hypnosis combined with the above explanations. She concludes that people with abduction beliefs receive similar benefits to those who hold religious beliefs. “Being abducted by aliens may be a baptism into the new religion of our technological age.”

The strengths of this book are its brevity and high level of readability, while both clinicians and casual readers may find this book a useful introduction to the controversies.
about memory and the role of hypnosis. Clancy also includes her personal thoughts and reactions to conducting this research.

In summary, while this book explores the beliefs of those who report memories of alien abduction, practitioners and researchers of clinical hypnosis are likely to find this book thought provoking, as hypnosis has occupied a central role in the recovering of so-called abduction memories. This fascinating book takes a respectful stance with those who believe they were abducted and attempts to understand their experience through thoughtful analysis. In doing so, Clancy brings a needed scientific perspective to a subject that is usually the domain of tabloids and science fiction dramas.


This 245-page book is a systems theory approach to hypnotherapy. Dylan Morgan received an M.A. degree in mathematics at Oxford followed by a Ph.D. in mathematics at Oxford with his doctorate in elementary particle theory. While doing applied mathematics research at Dundee University on noise generated by high speed jet engines and helicopter motors, he wrote that he had a career transition following his father-in-law’s footsteps into hypnotherapy to help people resolve their problems. As a mathematician and scientist, he applied systems theory to help him understand hypnosis and hypnotherapy from a standpoint that had meaning and coherence for him, and *The principles of hypnotherapy* was an outgrowth of that process. He has also authored *Hypnosis for beginners* (1998), with a 2nd edition published in 2007.

The book is divided into three parts. Part A consisting of 9 chapters covers foundational material on systems theory and how that can be applied to organic systems and to hypnosis. It discusses positive feedback loops that amplify the process and negative feedback loops that subdue the process. Positive feedback amplification can be either beneficial or harmful depending on whether increasing the effect is desired, while negative feedback calming can be either beneficial or harmful depending on whether decreasing the effect is desired. Morgan focuses on the activity of a system, the activity of its component subsystems, or the activity of the supersystem of which the system is a component. His main theoretical focus is on whether the activity of the system is increasing, decreasing, or staying the same, as other components change in specified ways. Hypnosis is described in systems terms, not as a “state,” but rather in terms of what system or subsystem components are changed, either increased or decreased, during trance induction, deepening, maintenance, trance work, and termination. He uses simple symbols to represent activities in quasi-mathematical style, which is helpful. Some of the letter symbols are used for different activities in different parts of the book. It would have been easier to follow if given letter symbols had been used more consistently to represent single specific activities. Some of his textual references to others’ publications are found in the bibliography at the end of the book, but some are unfortunately not present in the bibliography. He goes through common hypnotic tests in Chapter 8 and inductions in Chapter 9 explaining them in systems terms. This does produce some greater conceptual clarity with respect to subsystem component activities during hypnosis.

Part B consisting of 6 chapters is the central discussion on what the systems approach can teach us about hypnotherapy. Chapter 10 discusses the matter of diagnosis in systems terms looking at precursors, problems, and resultants, and how they change with

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respect to one another. Chapter 11 focuses on positive and negative feedback loops in organic systems including behavioral, emotive, and cognitive. The vicious circle is a positive feedback loop with harmful consequences. Thinking in systems terms may make needed changes clearer to the therapist. Chapter 12 looks at the consequences of symptom reduction. The remaining three chapters in this part examine making changes by choosing the appropriate positive feedback loops to amplify desired effects and the appropriate negative feedback loops to quiet undesired effects, planning the changes, and reinforcing the changes by selecting natural reinforcers.

Part C further develops aspects of the systems approach to hypnosis and is comprised of 10 chapters. Topics here include dynamic rebound in paired systems, dissociation, and a systems analysis of indirect questions. Experimentation based on systems theory is discussed, and family therapy and schools of psychotherapy are cataloged from a systems analysis viewpoint. The abstract dynamic patterns of analogies and metaphors are also analyzed from a systems viewpoint, while consciousness is approached from a supersystem vantage point. Finally, the mathematics of linear equations is applied as a reasonable approximation of activity in positive and negative feedback loops, so long as the numbers are reasonably small.

For another mathematical modeling approach to understanding the mind and hypnosis, see Ernest Rossi’s (1996) application of chaos theory in Part 1 of his “The Symptom Path to Enlightenment.” In this chaos model, linear equation models are considered inadequate approximations to reality; instead, computer calculated approximations of mathematical models based on calculus derivatives, partial derivatives, and integrals are used to model critical phase transitions in the swirling storm of brain activity.

The Principles of Hypnotherapy does not present itself as a manual on how to do hypnotherapy. Instead, it presents a systems theory framework for understanding hypnosis and hypnotherapy viewed in a singularly different way that may help to clarify thinking about how to diagnose problems and structure treatment approaches. Its strong points are in bringing mathematical concepts of systems analysis through changes in activity induced in positive and negative feedback loops to the non-mathematician in a reasonably clear way. It is unencumbered by mathematical jargon and provides a new vantage point for viewing the hypnotherapy process. Its weak points include the incomplete references in the bibliography, the lack of an index, and the lack of consistently assigned letters to represent specific activities.

This book is recommended to those who may be seeking a new approach or insight into how to think about and structure the clinical applications of hypnosis. The systems approach also has the advantage of being compatible with scientific investigation. Using linear equations as a rough model for positive and negative feedback loops simplifies the process so that the non-mathematician has a better chance of comprehending the systems theory approach. It has the disadvantage of being a poor approximation for complex organic systems. The author appears aware of this trade-off and is to be commended for his trail-blazing efforts to connect systems theory and hypnosis. For those who are uncertain whether to purchase this hard copy form of the book, further perusal is available online at the author’s website www.hypnol.co.uk free of charge.

Reference

Marcia Degun-Mather is a psychologist in the United Kingdom who, according to the biographical sketch in the front matter of this book, has extensive experience in the hypnotherapeutic treatment of trauma-related disorders. Among her listed credentials is a long history of training others in the clinical applications of hypnosis. In addition to the treatment of trauma-related disorders, eating disorders and sexual disorders are listed as her special areas of expertise.

In this volume, Degun-Mather addresses an important and relatively neglected topic, the application of hypnosis to the treatment of clients with a history of child abuse and dissociative difficulties. Recognition of the relevance of hypnosis to this population dates back to the origins of modern psychotherapy in the work of Janet (1973), Freud (1959a, 1959b), and others in the late 19th Century (Cotsell, 2005). However, as the author notes, this subject has received little attention in recent years probably due in large part to the lingering aftermath of the so-called “memory wars.” Beginning in the early 1990s, claims by therapists began to emerge that survivors could, and commonly did, completely block out recollection of abuse and later recover those memories in the course of treatment. This contention was countered by the accusations of others that many therapists were naively facilitating the formation of false memories of abuse in their clients through various questionable interventions, notably the suggestive use of leading questions and hypnosis. The author states these accusations came primarily from researchers without direct clinical experience.

Degun-Mather, therefore, has taken on a considerable challenge in writing this book, since she is addressing a topic that is a “hot button” issue. Delayed recall of past abuse is a subject that has generated a very large body of contentious literature during the 15 years. The application of hypnosis to the treatment of abuse survivors is a difficult matter to address in a way that balances clinical practicality with the cautions raised by some academics and researchers. While it would probably be difficult to satisfy extremists on either side of the controversy, Degun-Mather does an admirable job of weighing these two considerations.

There is a second reason, however, why this subject matter is difficult to convey. Degun-Mather’s objective is to help clinicians integrate the use of hypnosis into the treatment of abuse survivors with dissociative difficulties. Working in this manner with that population requires practitioners to master a number of advanced skills. These skills rarely receive more than minimal coverage in graduate training programs in mental health and this includes even the most basic material on trauma (Courtois, 2002). The necessary skills include the ability to induce hypnosis, elicit various hypnotic phenomena, apply hypnotic skills to facilitate therapeutic goals. And these skills include the ability to assess, identify, and treat dissociative difficulties, PTSD, and conduct psychotherapy with survivors of childhood abuse. Furthermore, it is unrealistic to master these intricate areas and their application purely through reading one work.

As I read through the book I kept wondering what was its target audience. For clinicians who have no previous familiarity with hypnosis or who have not received previous training in working with abuse survivors or with dissociative clients, the material would be extremely advanced and seem overwhelming. For those who already routinely treat abuse survivors and employ hypnosis in their practice, much of what is covered here would already be known. Degun-Mather, nonetheless, has obviously given much thought to the implications
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of integrating hypnotherapy with the treatment of survivors in a way that would be beneficial to these therapists. For the large group of practitioners whose knowledge and skills fall somewhere between novice and expert, the book would serve as a useful introduction; it would be crucial to alert clinicians of the importance in obtaining supervision to learn how to competently apply what is covered here.

The sheer volume and complexity of material can render making one’s way through this book in its entirety a daunting experience. It may be best for most readers to tackle it one chapter at a time, giving extended interim periods to digest each segment before proceeding to the next. After one completes this book, it will serve the function as a useful resource reference. Practitioners will want to refer back to specific topics and intervention techniques as needs arise.

The first three chapters of the book are detailed literature reviews that synthesize research and theory. Chapter 1 provides a nearly comprehensive introduction to the topics of hypnosis, memory, and the impact of hypnosis on recall. The second chapter is devoted to the complexities of memory for traumatic experiences in general and for child abuse trauma in particular. Chapter 3 is an introduction to the topic of dissociation with special emphasis on its manifestations in adult survivors of child abuse.

The second three chapters represent a considerable change in tone. Chapter 4 consists of very detailed discussion of specific hypnotherapeutic techniques for working with abuse survivors. The transition from chapter 3 and 4 are somewhat jarring due to the marked shift from a relatively academic discussion of research and theory in chapters 1 through 3 to an extremely detailed description of practical clinical applications in chapter 4.

Chapter 4 presents an array of specific hypnotherapeutic techniques, each suitable for use with child abuse survivors at a particular point in the progression of treatment. Chapter 5 then shifts back to a more broad-based perspective, providing an overview of the typical structure and course of hypnotherapy for abuse survivors. The order of these 2 chapters is puzzling: it seemed to me that the detailed interventions discussed in chapter four would have been more understandable after having been introduced to the wider context presented in chapter 5. Chapter 6 concludes the volume with a very useful set of three case presentations that demonstrate how the approaches surveyed in the previous two chapters were applied in particular instances. An especially useful aspect of this chapter is the variety of the cases selected. Each one has markedly different features that nicely illustrate the range of symptom pictures, abuse histories, and complexity and length of treatment that can be encountered in working with abuse survivors.

Given the enormity of the task Degun-Mathers has taken on, this book represents an impressive achievement. The work is a useful survey of a large body of knowledge. For those who are conversant in this area, Degun-Mathers has performed the valuable service of reintroducing a long-avoided topic in a sober and thoughtful manner.

References


Robert Rieber is a research professor of psychology at Fordham University and emeritus professor at City University of New York. Although he is not a clinical hypnotherapist, he has had a long-standing relationship with Dr. Herbert Spiegel, a prominent hypnosis researcher and clinician, whose authority he cites at a critical juncture in the book. Rieber has also published *Manufacturing Social Distress*, a theme which he returns to in this book.

This book has three major components: 1) a brief history of multiplicity, dissociation, and prominent cases of multiplicity; 2) a detailed review and analysis of the case of Sybil, treated by Cornelia Wilbur, M.D., and described in the book *Sybil*, by Flora Schreiber; and 3) an analysis of the “myth of MPD/DID” and a proposed alternate hypothesis.

Rieber is at his best with regard to the first component, which is dealt with in two major sections of the book. His early history appears to be objective and comprehensive. The history of the theory of dissociation and multiplicity is primarily that of the late 18th and 19th Centuries. Although he briefly reviews several contemporary theorists with regard to MPD/DID, there is no clear movement to the discussion, and I was left unsatisfied. He also nicely summarizes 14 seminal cases of multiplicity, in addition to Sybil.

Rieber has a special interest in the case of Sybil. He presents a clear and thorough summary of the case as presented in the book and in the movie, but Rieber also has had a personal connection with both Schreiber who gave him two audiotapes of her discussions with Wilbur made during the preparation of the book and one audiotape of Sybil’s therapy session with Wilbur, and with Herbert Spiegel, who had evaluated Sybil for Wilbur on several occasions. Rieber appears very eager to drop a “bomb” on the mental health community by using information from these personal connections to demonstrate that “the Sybil case ...was a conscious misrepresentation of the facts,” and that Sybil was not truly a case of MPD/DID.

He points out that Schreiber failed to corroborate that Sybil was in fact abused and that Wilbur often crossed professional boundaries (not abusively) in response to her own affection for Sybil. He has a 95-page appendix, which includes transcripts of the audiotapes, in which he attempts to demonstrate deliberate fabrications of physical abuse and exposure to the “primal scene” by Schreiber and Wilbur to make the book more interesting. But my reading of this material, as David Spiegel, M.D. says in the forward to the book, is that “these questions are thoughtfully raised but not answered.” In fact, from my perspective, it is Rieber who has distorted the evidence to establish his case. For example, the appendix includes a long letter which includes a short section in which Sybil refers to having written something to the effect that she had made up everything about being a multiple personality, but this was presented in her letter in the context of trying to find a way of not needing Dr. Wilbur. Rieber calls this a “letter of denial” of MPD/DID. There are many more instances in which Rieber misrepresents the material in the appendix to support his case.

But the biggest short-coming in Rieber’s attempt to discredit Schreiber and Wilbur is in what he leaves out of his discussion. In a couple of brief paragraphs, he cites Herbert
Spiegel as his primary authority for challenging the diagnosis of MPD/DID, implying that Spiegel diagnosed Sybil as a hysteric and that he found no evidence of Sybil having been sexually abused by her mother or father. I wanted to know so much more of what Spiegel, Rieber’s long-time colleague, thought of the case: How did he account for the lost time and other dissociative phenomena? What was his understanding of how the alters came to manifest themselves during the sessions with Wilbur? To have a detailed discussion of this case by an expert such as Herbert Spiegel would have added so much to our understanding of the MPD/DID phenomenon. Instead, I was left with more questions than answers.

Rieber needs to discredit Sybil to support his own thesis in the third component of the book. He labels MPD/DID as a “myth,” and he attributes the huge increase in interest in, and the diagnosis of, MPD/DID to the publication of the book and movie about Sybil. He feels that this increase in diagnostic interest does not reflect true psychopathological phenomena as much as a societally driven search for identity, stemming from social distress originating in the 1960’s. Although Rieber is correct in stating that hypnosis has often been misused to create false memories and that societal fads can result in over-diagnosing certain conditions, such as MPD/DID. He does not convincingly make the opposite case that most of the increase in MPD/DID and sexual abuse reports of the past 2 decades are not legitimate reflections of psychopathology, but rather faddish phenomena derived from social distress. Moreover, Rieber does not even consider alternative explanations for the increase in MPD/DID and sexual abuse reports, such as the increased number of mental health professionals who have been trained in hypnosis and other trauma treatment modalities. But, perhaps Rieber himself is not convinced because he ends this discussion ambiguously saying, “multiples will always be with us, serving as a perpetual reminder of the duality of human existence.” Notwithstanding the ambiguities and the short-comings of the book, I found the history informative and the theoretical issues provocative.