A Clinical Case of Dissociative Identity Disorder treated with Music Integrative Neurotherapy,™

Alexander J.Graur, Ph.D.,MT-BC
Associate, University of Torino, Italy
Post-graduate School in Health Psychology

Member, The New York Academy of Sciences
Dissociative Identity Disorder: definition

Dissociative Identity Disorder, formerly known as Multiple Personality Disorder, “reflects a failure to integrate various aspects of identity, memory and consciousness. The essential feature of DID is the presence of two or more distinctive identities that recurrently take control of behavior; there is an inability to recall important personal information; the disturbance is not due to the direct physiological effects of a substance or a general medical condition.” (DSM IV TR).

Music Integrative Neurotherapy, TM: definition

An applied neuroscience therapy belonging to the complementary medicine, Music Integrative Neurotherapy™ is an interdisciplinary method involving Music as a Science, Medicine (Anatomy and Physiology, Pharmacology and Neuro-pharmacology, Psychiatry), Molecular Biology (the non-linear transmission of the information) and Quantum Mechanics (the basic quantum model elaborated for this neurotherapy). The basic principle of Music Integrative Neurotherapy™ is that in order to really heal, the music used for therapy must be composed based on the medical data of each patient and must act beyond the psychological conditioning and cultural background of the patient. The ultimate goal of the therapy is to transmit to the mind pre-determined information to be stored in the long term memory banks for to be used as reference for future decisions. (Rewiring the mind to rewire the brain and organism).

(Graur, 1998,2003)
The Patient

Name: M.T.
Age: 53
Profession: none ; Education: middleschool degree
Reffered by: family physician
Insurance Medicare

Diagnosis
Main: Dissociative Identity Disorder
Secondary: Epilepsy,Hypersomnia

Drug treatment by day:
Depacote (divalproex sodium)1g;
Zyprexa (olanzepine) 20mg; (CNS)
Prozac (fluoxetine hydrochloride): 80 mg;
Celexa (citalopram;SelectiveSRI): 40 mg
Side effects: sedation, hypotension, weight gain, urinary retention, cognitive disfunction, EPSy.; ADD.
Psychotherapy once a week.

History (based on family physician and patient’s own recount)
Born in an average (cultural and behavioral) Jewish family;
An average development up to age of 12; sexually abused by: his father, his 3 uncles (individually and in group, reiterated) at this age.
Absence of the mother’s (feminine) figure. First diagnosed with schizophrenia at 14; starts to build the other personalities at 15; at about 30 he has completed the set of 7 personalities (2 males and 5 females, between them 3 lesbians). Diagnosed with epilepsy at 13 (one year after the reiterated sexual abuse).
In psychiatric cure since 14; lived in a foster family since 14; since 18 lived in various psychiatric communities.
Unable to relate to the others and take care of himself; episodes of violence toward the others; scarce self esteemed. Moves with a gait; body posture specific for the schizophrenically type. A daily nurse assigned.
IQ of a middle- high rate. Composed poems (self experience centered).
**Initial Therapy**

**Presenting state**
At the first session the patient first of all spontaneously shown /plays to me his 7 personalities. (About 10’)
I asked him to talk about his poetry, asking also for his permission to record one of his poems.
He allowed me to do so; I recorded a poem with the refrain “I was victimized”.
The patient shows his interest in continuing the cure, after a 30’ audition of MINT material for general stress, NOS.

**Assessment**

**Goals**

1. Short term, 2 sessions, 40’each;2/week: M.I.N.T.assessment
2. Medium term, 6 sessions, 2/week: to match and represent in music each and all the 7 personalities
3. Long term, 10 sessions, 1/week: to reduce the side effects of the drug treatment

**Personalized therapy**

After recording the patient reading by himself a poem he wrote about his experience (with “I was victimized” as a recurrent locution),
I processed via PC the audio file. The voices became eight, in a field heterophony development with a different human timber
for each of them.
I added in the background a heart-like beat at 90 BPM and a sound structure composed of a string heterophony orchestrated with
string instruments, based on the rhythm and melody design of the poem read by the patient.
The refrain “I was victimized” was still recognizable in determined moments, even at a softer audible level.
The patient reacted (the second piece) after about two minutes saying “That’s ME and THEM! You’re smart, shrink!”
Started with that session (the third) he stopped to show/play his personalities. I continued to treat him for sleep disorders and other
aspects of his disease; he never talked about his DID with me again.
That changes the goals of therapy, speeding up the procedures in the medium and long term.

Ex. 2a  Ex. 2b  Ex. 3: score of 2b (fragment)
Protocol #1

Title: DID x M.T. 2
Duration: 6.40 min
Disease: DID
Use: Personalized DID; first part of the session
Target: Thalamus
Hypothalamus

Audio Frequency Range: ± C 00 (31.0...32.703Hz) to ± D7 (4600.0...4698.0Hz)
Amplitude Range: - 3.5 to - 5.5dB
Musical Form: Field heterophony
Orchestration: Strings/Percussion/ Mixed Choir/ Synthesizer
Sound's Panoramic: Center: 0
Front: L+100/R +100
Rear: L-100/R -100
Movement: Fr-Fl-Rl- Rr-C
On-going Therapy

The ongoing therapy (15 sessions, 1/week) had the following goals:
1. To reduce the sedation;
2. To reduce the hypersomnia
3. To help the patient to reduce the recurrence to other personalities
4. To involve the patient in social relationships, reducing his aggressivity
5. To enhance the self control and the self care of the patient.

Ex. 4
Protocol #2

Title: S D Hypersomnia 2 x M.T.
Duration: 8.30 min
Disease: Dysomnias : Hypersomnia  DMC
Use: Hypersomnia
Second Part of the session
Target: Thalamus
Cardio-Pulmonic Plexus

Audio Frequency Range :: ± A0 (53.0...56.0Hz) to ± D7 (4600.0...4698.0Hz)
Amplitude Range -5.5 to +2.5dB
Musical Form : String Heterophony
\((x1y1)(x1y2)(x2y1)(x2y2)\)
Orchestration : Synthesizer
Sound's Panoramic : Center: Front R +75
Front : L -50/ R -50
Rear : L+100/ R +100
Movement: helix Center-Rear R-Rear L-Front R- Front L- Center

Color Frequency Range : Violet (0.43 - 0.40µ)
Indigo (0.45 - 0.43µ)
Imagery : Abstract
Movement: circle in/out
Results

1. The sedation drastically diminished.
2. Social relationships improved.
4. Verbal communication improved.
5. Hypersomnia diminished.
6. Circadian cycle rebalanced (close to average values).
7. Transferred in a (psychiatric) community home; copes well with the others,
8. Drug treatment diminished (see below), keeping the patient stable.
9. Never recurred again in my presence at his seven personalities (jokes about them; sexual arousment)

**Drug treatment (after 8 month)**

- Depacote (divalproex sodium) 400 mg;
- Zyprexa (olanzepine) 10mg; (CNS)
- Prozac (fluoxetine hydrochloride): 60 mg;
- Celexa (citalopram; SelectiveSRI): 20 mg
July 11 2003

To whom it may concern,

I started Dr. Graur's music integrative therapy in May 2001. Before therapy I was very depressed, violent, and I slept most of the time. After some time with Dr Graur's therapy I became calmer, more motivated, and more able to control my seven personalities. Thanks to Dr Graur's music integrative therapy I'm able to keep my sanity.

Yours Truly,
Conclusions

1. This clinical case shows the efficiency of M.I.N.T. as a complementary medicine method. Rewiring the mind according to the principles and protocols of the M.I.N.T. (Graur, 1998, 2003, 2008) leads to important changes both in the functionality of the whole organism and the behavior of the patient.
2. By acting on the side effects of the (main) drug treatment, M.I.N.T. contributes to keeping the patient functioning even when the dose of the drugs is reduced - with the consequential results of:
   - Reduced side effects;
   - Reduced doses of drugs;
   - Lower cost of the patient for the Health System (Medicare);
3. Integrating the drug treatment with M.I.N.T. is beneficial for the patient, helps to obtain better and faster results in therapy and allowed the physicians to take faster and more accurate decisions.
Contacts

• info@medicamus.com
• www.medicamus.com

See also: Amazon Kindle for some titles regarding M.I.N.T.