

The many sides of Jane

Abnormal Psychology-204

Maxine Antley 04/20/2025



Background

- 28 years old mother of two
- Lives in Boise Idaho
- Diagnosed with Dissociative Identity Disorder (2016)
- 9 different identities
- Lost friendship
- Sought answers about DID



Dissociative Identity Disorder(DID)

- What is DID?
 - People who are diagnosed with DID may experience the following:
 - Behavioural: Impulsivity, self destructive behaviour or self harm
 - Mood: anxiety, feeling detached from self, or mood swings
 - Psychological: altered consciousness, depression, or flashback , amnesia or balckout



Jane's Parts

- Six year old Janey (Innocense)
- Ten year old Beth (Beauty)
- Eleven year old Jaden (Tomboy)
- Seventeen year old alexis
(Girly,confident,likes to have fun)
- Nineteen year old Ashley
- Twenty eight year old
Madison(Direct,assertive,unemp
athetic,gay)



Theory vs Documentary

Multiple Identities

Changes in behaviour

Memory gaps

Out of character Behaviour

Feeling of detachment

- Confusion and stress
- Headaches



Jane's losses as a result of DID

- Mother daughter relationship
- Romantic relationship
 - Friendship
 - Trust



Treatment for DID

- Cognitive Behavioural Therapy(CBT)
 - Dialectical Behavioural Therapy(DBT)
 - Hypnotherapy
- Medications



Goals of therapy

- Integrate all identities to work together like family
- Improve overall functioning
- Reduce dissociation



Thoughts

- Understanding DID
- What learnt
- The documentary
- My hope



References

- American Psychiatric Association (2022) Diagnostic and statistical manual of mental disorders (5th ed., text rev)
- “Many side of Jane” (2019) A&E

