



Primary Identity Approach Overview

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The Primary Identity Approach for Healing DID, as progressively developed by Tom and Diane Hawkins over the past nearly 20 years, is proving to provide a much more efficient path to healing this complex disorder than the usual alter-centered approach. Because some have been overwhelmed in understanding all of the material presented, this brief overview is an attempt to introduce the main tenets of it in a simplified form. Perhaps if these most important tenets are grasped, hanging the rest of the information on them will not be so difficult.

I. The identity system is divided into two main parts.

A. The primary identities

1. Represent the true self
2. Located in the front of the brain
3. Protected from overwhelming trauma.
4. Most in charge of daily life
5. Formed by desynchronization

B. The alter-identities

1. Located in the back of the brain
2. Endured the overwhelming trauma so the primary identities could be protected.
3. Formed by dissociation

II. The focus of the healing process needs to be on the primary identities.

A. They are the ones needing their perspectives changed the most so that they can accept what was previously overwhelming to them.

B. Their change of perspective flows down to the alters, who also automatically receive healing at the same time.

1. This is what makes the process much more efficient.
2. The changed perspectives of the primary identities makes the separate existence of the alter-identities no longer needed, hence eliminating dissociation.

C. The alter-identities are not ignored but the main attention is on the primary identities.

III. The Original Self is the most important part.

A. This is the part that represents God's original creation of the person.

1. Carries the strongest connection to the heart and spirit of the person
2. Carries the strongest capacities for life

- B. This is the most protected part and may become completely withdrawn and hidden when repeated, overwhelming trauma occurs.**
- C. The Primary identities take over handling life for the Original Self when this occurs.**
The Primary Presenter is the most important of the primary identities in this regard.
- D. Healing is not complete until this part is living life again and is able to own all of her history and all of her parts so that dissociation is no longer needed.**

IV. Factors slowing the healing process

A. Lack of emotional capacity

A person's emotional capacity to handle negative emotions is mostly determined by the security of his attachment to his initial caregiver in infancy.

B. Spiritual bondages

Having God take the person back to his earliest points of life after being released from the hand of God and going through the womb seems to be a key to shortening the journey of spiritual resolution to the system as the spiritual bondages over the entire system can often be removed from their original roots.