



Two Proven Ways to Shorten the Journey to DID Healing

The Primary Identity Approach has proven to shorten healing of dissociative dynamics in a significant manner in comparison to the traditional, alter-centered approach. It is based on differentiating primary identities (those protected from the trauma) and alter-identities (those who helped to deal with the trauma). While alters are not ignored, identifying and resolving the intolerable psychological conflicts of the primary identities allows healing to flow from them *to multiple alter-identities at the same time*, often bringing spontaneous integration.

The Prenatal Healing Process provides a way to bypass many of the perpetrator-loyal dynamics in a system and to address spiritual bondages at their very roots. With the survivor's stated rejection of them, an appeal is made to God to honor the free will decision of the survivor and to remove that particular root *and everything that resulted from it through the rest of the person's life*. The free will expression of a primary identity trumps the free will decisions of previous generations and those of any subsequently formed alters.

RCM Resources to Shorten the Journey to DID Healing

Primary Identity Approach Simplified

—Recommended if this approach is completely new to you

Module 3 of Restoring the Shattered: The Primary Identity Approach

—Describes the complete approach in much more detail

A Survivors' Workbook: Applying the Primary Identity Approach to the Healing of DID

— **2nd Edition.** Provides the necessary training along with step-by-step instructions to guide survivors in identifying their primary identities and presenting system as well as in identifying and resolving the main intolerable conflicts causing dissociation in their specific lives

Primary Identity Approach Demonstrated

—Ministry demonstration illustrating the concepts of this approach

Primary Identity Approach Ministry Guides

—Laminated guides for understanding and implementing the process

Online Primary Identity Approach Training (Survivors half-price)

—Provides an opportunity for certified training in this approach

Prenatal Healing—Describes the prenatal healing process

Prenatal Healing Ministry Guides

—Provides step-by-step instructions for utilizing the process along with some of the basic prayers needed

Available at www.rcm-usa.org or 540-249-1027