Name? All the Mind.

When? Weekly on Radio 4.

How long? Around 30 minutes.

All the Mind is a podcast created by BBC Science Unit. The podcast is interested in everything correlated to human brain, as mental disorders, or artificial intelligence, or human intelligence. Podcast is being presented by Dr Anne Hammond a Msc in Health Psychology, and accompanied by different Phd’s related to the to topic discussed.

The episode of Dissociation and coping with Trauma, is accompanied by Dr Cathy Kazelman director of Trauma Foundation and Dr Warwick Middleton(Director of Trauma Hospital). The podcast studies the Dissociation Identity Disorder, in which the self of the children which faces severe multiple traumas splits and develops an alter state to preserve the memories as coping mechanism. The structure of the interview is one very complex and captivating.

The podcast starts with multiple voices all saying something different and this imitates symptoms of D.I.D. After this the podcast presents the correlation between the popular movie Split, where the main character is presented as having a form of multiple personality disorder. This starting gives a “superficial” basic idea about the disorder for people not having knowledge about it, sure the movie doesn’t reflect reality of D.I.D. The reasons of how brain works under this disorder and main causes of it are clearly explained in easy to understand terms by both doctors. The final part consists of interviews of multiple participants being diagnosed with D.I.D.

I consider that the interviews helps people emphasise and understand better this diagnose, and how to treat or what are the steps to be followed when feeling in same position.

This podcast is suitable for people not having deep knowledge on Dissociative Identity Disorder and gives a good understanding of it.