



Switching Time

By Richard Baer

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Switching Time By Richard Baer

One afternoon in 1989, Karen Overhill walks into psychiatrist Richard Baer's office complaining of vague physical pains and depression. Odder still, she reveals that she's suffering from a persistent memory problem. Routinely, she "loses" parts of her day, finding herself in places she doesn't remember going to or being told about conversations she doesn't remember having. Her problems are so pervasive that she often feels like an impersonator in her own life; she doesn't recognize the people who call themselves her friends, and she can't even remember being intimate with her own husband.

Baer recognizes that Karen is on the verge of suicide and, while trying various medications to keep her alive, attempts to discover the root cause of her strange complaints. It's the work of months, and then years, to gain Karen's trust and learn the true extent of the trauma buried in her past. What she eventually reveals is nearly beyond belief, a narrative of a childhood spent grappling with unimaginable horror. How has Karen survived with even a tenuous grasp on sanity?

Then Baer receives an envelope in the mail. It's marked with Karen's return address but contains a letter from a little girl who writes that she's seven years old and lives inside of Karen. Soon Baer receives letters from others claiming to be parts of Karen. Under hypnosis, these alternate Karen personalities reveal themselves in shocking variety and with undeniable traits—both physical and psychological. One "alter" is a young boy filled with frightening aggression; another an adult male who considers himself Karen's protector; and a third a sassy flirt who seeks dominance over the others. It's only by compartmentalizing her pain, guilt, and fear in this fashion—by "switching time" with alternate selves as the situation warrants—that Karen has been able to function since childhood.

Realizing that his patient represents an extreme case of multiple personality disorder, Baer faces the daunting task of creating a therapy that will make Karen whole again. Somehow, in fact, he must gain the trust of each of Karen's seventeen "alters" and convince them of the necessity of their own annihilation.

As powerful as *Sybil* or *The Three Faces of Eve*, *Switching Time* is the first complete account of such therapy to be told from the perspective of the treating physician, a stunningly devoted healer who worked selflessly for decades so that

Karen could one day live as a single human being.

From the Hardcover edition.

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Editorial Review

From Publishers Weekly

Lloyd James delivers a powerful, honest and compassionate reading of Dr. Baer's emotional experiences treating a highly unstable woman with 17 different personalities. Told from Baer's perspective, the gripping accounts are brought to life in a remarkably understated reading by James that showcases his inherent performance ability. With a soft, almost unnoticeable change in tone, James perfectly captures patient Karen Overhill's loneliness and heartache. His voice is firm and unwavering, creating a poignant experience for the listeners, who will immediately find themselves entrenched in the powerful story. The story could easily have been overdone in narration, with the abundance of personas that enter the picture; however, James remains true to Baer's written word, underplaying the roles and letting the story speak for itself. An incredibly personal account that will have listeners feeling like a fly on the wall inside Baer's office. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"An important and insightful look into the world of a multiple."

--Cameron West, bestselling author of *FIRST PERSON PLURAL*

"This is Dr. Baer's incredibly moving and inspiring account of how his patient, Karen, drove herself to heal psychic wounds that surely would have devastated someone less resolute. Particularly fascinating is how Baer, despite frequently feeling overwhelmed, guided Karen to a place where she could risk knowing — and exploring — the horrors lurking in her elaborate inner world. Throughout the book, one marvels at this caring therapist and his immense honesty, courage and commitment."

--Dena Rosenbloom, Ph.D., co-author of *LIFE AFTER TRAUMA*

"*SWITCHING TIME* takes the reader on an absorbing journey through a psychiatrist's dauntingly challenging first case of multiple personality disorder -- from the beginning of therapy to stable integration and recovery. Vivid...loaded with fascinating details...a richly rewarding read."

-- Colin Ross, author of *MULTIPLE PERSONALITY ORDER* and *THE OSIRIS COMPLEX*

From the Hardcover edition.

About the Author

RICHARD BAER is Medical Director for Medicare in Illinois, Indiana, Kentucky, and Ohio. He had a private psychiatry practice for fourteen years and served as President of the Illinois Psychiatric Society.

From the Hardcover edition.

Users Review

From reader reviews:

Sharon Hollars:

This Switching Time book is not ordinary book, you have it then the world is in your hands. The benefit you

have by reading this book is information inside this book incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. This specific Switching Time without we understand teach the one who reading through it become critical in imagining and analyzing. Don't end up being worry Switching Time can bring any time you are and not make your handbag space or bookshelves' grow to be full because you can have it inside your lovely laptop even telephone. This Switching Time having great arrangement in word and also layout, so you will not sense uninterested in reading.

Aubrey Newsome:

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Joan Munoz:

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Marla Fiske:

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