Jo-Jo, Josephine, and Joanne: A Study of Multiple Personality by Means of the Rorschach Test

ANGEL0 DANESINO, JOSEPH DANIELS, and THOMAS J. McLAUGHLIN
College of Medicine and Dentistry of New Jersey
Department of Psychiatry

Summary: A comparison of three Rorschach protocols of a multiple personality case was presented. Basic features of the personality structures were examined with respect to the psychogram profiles. The evolution of the original personality into the successive ones was assessed both in terms of inter- and intra-protocol variations and thematic analysis. The implications of the Rorschach test findings for the treatment and theory of multiple personality syndrome were discussed.

Although interest in the phenomenon of multiple personality, both in terms of its description and explanation, has been increasing in recent times (Beal, 1978; Berman, 1974; Gottlieb, 1977; Gruenewald, 1978; Ludwig, Brandsma, Wilburg, Bendfeld, & Jameson, 1972; Schreiber, 1973; Winer, 1978), only a few studies (Bowers & Brecher, 1955; Leavitt, 1947; Rosenzweig, 1946; Wagner & Heise, 1974) have included Rorschach data in their discussion of the cases. The purpose of this paper is to provide some additional information concerning the structure and dynamics of multiple personality based upon an analysis of the Rorschach records of a current patient. In addition, several theoretical and practical clinical implications derived from the projective material will be discussed.

Subject and Synopsis of Case History

Jo-Jo is a 26 year-old, white, female who is separated from her husband. She is an attractive brunette who looks younger than her stated age. She completed the 11th grade and later obtained a high school equivalency diploma. She is now attending a local college and studying psychology.

The patient's father had a "nervous breakdown" when Jo-Jo was three years old and was admitted to a state institution. Her mother had several hospitalizations for treatment of manic-depressive psychosis. The relations between the parents have always been marked by conflicts, misunderstandings, and disension. Jo-Jo feels that her mother always rejected her, while at the same time fostering overdependence in her. She perceives her father as passive and always remaining in the background. The subject is the oldest of two siblings. Her younger brother is married. An infant sister died prior to Jo-Jo's birth.

The sexual history reveals that as a very young child she was allegedly molested by an adult male. No other relevant facts are reported.

In the second grade, she developed a school phobia for which she received psychiatric treatment. At the age of 11 she attempted suicide and was admitted to a mental hospital. At 16 she married a sadistic man and soon divorced him. She remarried three years ago and is at present separated from her second husband. Her husband reports that he could not cope with the aberrant behavior of one of his wife's alternating personalities. The marriage produced a female child who is now two years old and is living with her father.

Jo-Jo is currently under the care of one of the authors, Dr. J. Daniels, a psychiatrist. The senior author administered and interpreted the Rorschach and other projective tests.

The Four Personalities of Jo-Jo

At present, Jo-Jo shows three alternating personalities: Josephine, Baby Jo-Jo, and Joanne. Jo-Jo is not aware of any of them. Josephine, on the other hand, knows about the existence of the others. Baby Jo-Jo appears to be the patient regressed to the developmental level of about three years of age. Joanne, like Jo-Jo, does not know of the others.
and indeed was not aware of herself as an identity. Her therapist, therefore, found it necessary to assign her the name she now uses, viz., Joanne.

**Personality #1: Jo-Jo**

When Jo-Jo first appeared for therapy on June 3, 1976, she manifested symptoms of depression, fatigue, suicidal thoughts, and an inability to cope with a recent childbirth. She also complained of memory lapses and said she had dreams of waking with her hands around her neck. She reported often finding herself in strange places without knowledge of how she had arrived there. In general, Jo-Jo’s personality appears to be compulsive, passive, and intellectual. She experiences severe sexual conflicts. In July 1976 she was hospitalized for several weeks because of severe depression. In August 1976 Dr. Daniels received a letter from an individual calling herself Josephine which discussed Jo-Jo’s treatment in detail. The handwriting displayed in the letter was markedly different from that of Jo-Jo. As a result, the therapist concluded that he was dealing with a case of multiple personality.

**Personality #2: Josephine**

Josephine made her first appearance in the psychiatrist’s office on August 9, 1976. She was extremely talkative, loud, and flamboyant; her speech was freely punctuated with obscenities. She showed hostility, aggression, and marked hatred towards Jo-Jo. Josephine prides herself on making escapades at night after Jo-Jo falls asleep, meeting men in taverns and having a good time. Her only desire is to enjoy herself, with complete disregard for the consequences of her behavior. Because of this behavior, the relationship between Jo-Jo and her husband became strained and finally ended in separation.

**Personality #3: Baby Jo-Jo**

Baby Jo-Jo entered the picture in October 1976. She behaves and looks like a 3-year-old child, sucking her thumb, rolling on the floor, and apparently going through what Jo-Jo experienced at that age. At this point an imaginary companion, an aggressive and violent counterpart of Baby Jo-Jo, also made her appearance. She was referred to by Baby Jo-Jo as “the rotten little kid” and would do things for which Baby Jo-Jo would be blamed. “The rotten kid” showed the same dislike and hatred toward Baby Jo-Jo that Josephine demonstrated toward Jo-Jo.

**Personality #4: Joanne**

Joanne made her appearance during a therapy session in January 1977. She was overwhelmed by primitive panic, anxiety, and confusion. She did not know her name, where she was, or what was happening. She repeated over and over again, “I can’t cope, and I got to die.” Dr. Daniels gave her the name of Joanne, and this seemed to relieve some of her anxiety. For a period of four months, Joanne was extremely suicidal, and on several occasions cut her wrists, attempted to jump out of windows, and ran into cars. As a result of her behavior, she was hospitalized in April 1977. At present, she is not suicidal and gives her age as 11 years old.

**The Rorschach Protocols**

The Rorschach was administered in the following order: Josephine, Jo-Jo, and Joanne. This sequence was adopted because Josephine was aware of all the other personalities and could, therefore, easily remember any of the preceding testing experiences of either Jo-Jo or Joanne. An additional consideration was the fact that in the therapy sessions Josephine’s role generally occupied longer stretches of time and covered much more material than did those of the other personalities. Although an attempt was made to obtain a Rorschach record from Baby Jo-Jo as well, this effort was unproductive, since only a few responses could be elicited by the first three cards. In Joanne’s case it was not possible to carry out a complete inquiry, because she experienced overwhelming anxiety throughout the test session which prompted her to runaway repeatedly. As a result, she was only able to point out
the location of the percepts and to provide minimal information with respect to the determinants.

In contrast to the order of administration, the presentation of the Rorschach protocols will start with that of Jo-Jo, the original personality, and be followed by those of Josephine and Joanne. This arrangement reflects the order in which these personalities emerged in the course of treatment. As will be explained below in the discussion, this sequence provides a better understanding of the dynamics underlying the transformation of one alter ego into the other.

**Rorschach: Jo-Jo**

I. 15" Two claws *[Dd FM Ad]*

Wings *[D FM Ad]*

1" *(Q. Claw?)* Claws of a lobster, grabbing.

*(Q. Wings?)* Large, soaring in the air, like an eagle.

II. 5" Nothing. I do not like anything. Looks like a foot.

*[Dd F± Ad]*

1'05" *(Q. Foot?)* Bear’s foot.

III. 25" Two persons. Two people holding on something that goes around. *[WMHP]*

55" *(Q. People?)* Two women, because of the shape of the heads and bodies. They met on a playground, and they don’t know each other.

*(Q. Holding on something?)* A spinning top.

Add. *[Dm Obj]*

IV. 30" Looks like some kind of nose and a tail. *[DW Fm A]*

A small, fat dog with a smashed nose. *[DW Fm A]*

50" *(Q. Dog?)* Nose, ears, body, tail.

*(Q. Rodent?)* Lizard or some kind of snake.

V. 20" Alligator, an alligator. Two alligators. *[DF+ A]*

1'20" *(Q. Alligator?)* Sharp jaws and body.

VI. *(Gray Shock)*

1'

VII. 15" Two little girls with ponytails, bodies, hands. Probably not real. Statues, busts.

*[DF+ (H) P]*

1'05" *(Q. Girls?)* Playful.

VIII. 10" Anteater. *[DF+ A]*

Mountain lions. *[DFM A]*

1'10" *(Q. Anteater?)* Because of the long nose.

*(Q. Mountain lions?)* Leaping.

IX. 35" Ice cream cone. *[DCF]*

45" Food *(Q. Ice cream?)* Color more important than form.

X. 30" A lot of animals.

Gerbil. *[DF± A]*

Crabs. *[DF+ A]*

Butterfly. *[DF± A]*

Fish. *[DF+ A]*

Snake. *[DF+ A]*

1'05" *(Q. Color?)* No color.

**Rorschach: Josephine**

I. An inkblot... all look like inkblots. A man and a woman carrying something. *[WMH]*

40" *(Q. Carrying something?)* A person with no head; they did not like him. They are burying him. A kid, no head, about two years old. Add. *[DF+ H]*

*(Q. A woman?)* She is the one on the right.

II. 25" Two men. They had a fight. *[WMHP]*

There is blood. *[DC]*
Fighting over that thing, a trophy. Dd F+ Obj.

(Q. Fighting?) Has to do with some kind of ritual... both want it, but only one gets it; it is gold... one is getting it.

(Q. Which one?) The one getting it is at the left.

III. 5" Two men. They ripped apart an animal. W M H P

15" (Q. Men?) Shape, nose, head, penis.

(Q. Animal?) Both want the animal, a turtle.

Add. D F (C) A

(Q. Who gets it?) The left one.

IV. 5" A monster. Two arms and two eyes. Someone shot it. W Fm A

15" Something from outer space that landed on the earth. Big feet. These are its feet. W F (C) (H)

45" (Q. Monster?) An overgrown ant.

(Q. Something from outer space?) Has the shape of an outer space creature with a big penis. Add. D F+ Sex

V. 15" An animal. All look like animals. A bat. It is going to split in half. W Fm A

Uo (Q. Animal?) Antenna, feet and wings. Here's a crocodile.

Add. D F+ A

40" (Q. He?) A man.

(Q. Cat?) Male cat. Whiskers, body, paws.

VI. 15" He is split in half. All the guts are out. A hand, another hand, and a leg. W F (C) H

A cat smashed. W Fm A

45" (Q. What else?) Nothing. I don't see anything.

A blanket with a hole in the middle. W S F (C) obj.

VII. 30" Two faces with no body, biting on something. D M H P

50" (Q. Faces?) Girls faces: eyes, mouth, hair.

(Q. Biting?) On something. I don't know.

VIII. 12" Stomach. Smashed stomach. W CF At

40" (Q. Smashed?) He got stabbed. A woman stabbed him.

(Q. What happened?) I don't know.

IX. 15" Volcano. W CM volcano

30" (Q. Volcano?) A volcano erupting. Everything is color; violent.

X. 30" Insects hanging. W FM A

From a weeping willow tree. D FC Botany

35" (Q. Insects?) Cocoon, caterpillar, form, no color.

(Q. Willow tree?) Shape and color.

Rorschach: Joanne

I. I don't want to look at it... It looks like an inkblot.

(Q. What else?) It looks like a nest. W F+ nest

That's all. It looks like an inkblot.

(Q. What else?) An inkblot. You think I am stupid?

II. 35" It looks like an inkblot. An inkblot. That's what it looks like.

(Q. What else?) Nothing. I don't see anything.

A blanket with a hole in the middle. W S F (C) obj.

III. 40" An inkblot... an inkblot.

(Q. What else?) An inkblot...

I don't see anything. An ink-
Multiple Personality and the Rorschach Test

Discussion and Interpretation

A number of questions arise from an analysis of the Rorschach protocols. The first and most important one is whether the three psychograms contain information which is relevant to the assessment of the structure and psychodynamics of a multiple personality. By interpreting the various percentages as well as the basic relationships among the response determinants of the three protocols, a description of each of the three personalities will be attempted. This analysis is complemented by an evaluation of selected content material as well.

Only one comparable study (Wagner & Heise, 1974) is found in the contemporary literature. Its rationale, based upon Wagner's Structural Analysis Theory (SA), maintains that personality is mediated through two hypothetical structures: (a) the Facade Self (FS) and (b) the Introspective Self (IS). The FS consists of a stratified, organized set of attitudinal tendencies and conduct patterns, which are acquired at the preverbal developmental level and later become automatic and govern interactions with the environment. The IS, a later development, is heavily dependent on language, becomes cognizant of the individual’s behavior, establishes a self-concept, governs fantasy and ideals and shapes the life-style. The theory specifies that while hysterics taken collectively, show a brittle, pseudosocialized FS, the dissociative reaction observed in multiple personality is characterized by a rich and extensive IS. Translated into Rorschach language, a multiple personality protocol should contain a high number of movement responses (M), thus reflecting a very extensive and diversified reservoir of imaginal resources (IS). In addition, SA predicts that the F and F+ percentages will be within the normal range because of a nominally intact FS. Finally, the conflicting and labile emotionality which is characteristic of multiple personality should produce color responses with a fairly loose form level (CF, C). The validity of these predictions will be evaluated by an analysis of the psychograms of the three alternating personalities of this study.
In a comparison of Rorschach records of multiple personalities, Wagner and Heise (1974) found that the absolute number as well as the percentage of their movement responses exceeded average expectancy. Similar findings were reported by Wagner (1978) in a recent study concerning a dissociative reaction, i.e., a fugue. Commenting on both Wagner's data and those of a case presented by Bowers and Brecher (1955), Piotrowski (1977) endorses Wagner and Heise's interpretation concerning the number of M in the Rorschach of multiple personalities.

The data of the present study include a total of 5 and 9 movement responses for Jo-Jo and Josephine respectively (see Figure 1). These numbers constitute 31% and 57% of the total responses, a finding which is consistent with those of the above authors. In the case of Joanne, however, only 2 movement responses (13%) were observed (see Figure 1). The discrepancy between her data and those of Jo-Jo and Josephine may reflect the overwhelming anxiety and deep regression she was experiencing in her life prior to, as well as, at the time of testing. These factors may, thus, have greatly curtailed her productivity and spontaneity, since she produced neither M nor m and only two FM responses.

The predominance in all three records of FM and Fm over M is another important feature of the protocols. Such a pattern reveals the pervasive existence in all three personalities of a less mature and acceptable part of the self beset with impulses which press for immediate gratifi-
Multiple Personality and the Rorschach Test

A significant feature in Jo-Jo's record is the 1:1 ratio between $M$ and $C$ shown in Table 1. This finding at first suggests an introversion-extraversion balance. In fact, however, a ratio involving such small numbers indicates an emotionally labile, immature, and inadequate personality. In addition, the ratio of all movement responses to all color responses in Jo-Jo's psychogram is heavily weighted in favor of the former ($\text{Sum of } M, \text{FM, Fm} = 5; \text{Sum of } C = 1$). According to Wagner and Heise (1974), a markedly uneven ratio of movement responses to color responses points to a discrepancy between an outer personality layer, characterized by pseudosocialized attitudes and hysteroid emotionality, and a deeper reservoir of conflicting life-roles and imaginal resources. Such a split, according to these authors, may lead, under severe, continuous stress, to pathological fragmentation and consequently to the formation of secondary organizations. These substructures, in turn, may eventually find expression in multiple personalities.

Wagner and Heise (1974) also found the percentages of $F$ and $F^+$ in the Rorschach of multiple personalities to be within the normal range. They interpreted this to mean that the subject's contact with reality is relatively intact. In the present study, Jo-Jo's $F\%$ (62.5%) and $F^+\%$ (90%) tend to support this thesis, even though her approach to reality is marked by rigidity and control. Likewise, Joanne's $F\%$ (26.6%) and $F^+\%$ (75%) also fall within the normal range. In fact, of the three personalities, only Josephine's record shows a relatively low $F\%$ (6.35%). However, Josephine's extended $F\%$ is 63% and her $F^+\%$ is 100%. These figures, as well as several positive qualitative features in her record, such as a greater freedom in emotional expression and less inhibition in fantasy, seem to offset the implications of the low $F\%$.

Thus, the findings of the present study concerning movement responses and $F$ and $F^+$ percentages are in general agreement with those of Wagner and Heise (1974). In contrast to Jo-Jo's 1:1 ratio between $M$ and $C$ (see Table 1), Josephine's protocol shows a ratio of 4:3 (see Table 2). Furthermore, a comparison of all movement responses ($M + FM + Fm$) versus all color responses ($FC + CF + C + Cm$) yields a ratio of 9:3 in Josephine's record compared to Jo-Jo's ratio of 5:1 (see Figure 1). These figures show a definitely wider range of both ideational and affective processes in Josephine.

The fact that $C$ and $CF$ responses predominate over $FC$ responses in Josephine's record (see Table 2) points to a high degree of impulsiveness and lack of control. In fact, the Rorschach signs of Josephine's propensity for emotional outbursts are similar to those seen in the protocols of antisocial and physically destructive individuals (Phillips & Smith, 1953).

Only in Joanne's record are shading
responses predominant (see Figure 1). These are commonly viewed as indicators of anxiety. Movement responses, on the other hand, are limited to animal responses, which represent less conscious and often less acceptable parts of a person's basic impulses. Moreover, in contrast to the findings in Jo-Jo's and Josephine's records, the ratio of M to C in Joanne's record has shifted decisively in favor of the latter (M = 0: C = 3.5) (see Table 3). The extratensive dimension in Joanne's Erlebnis Typus indicates great impulsivity in affect and behavior. Such impulsivity derives from the fact that neither Jo-Jo's regression and denial mechanisms, nor Josephine's relatively more mature level of functioning are available to Joanne.

If one now changes the emphasis from a quantitative to a qualitative analysis of the protocols, Jo-Jo’s record show that she avoids expressing her emotions, especially anger and aggression by repressing them. She deals with her sexual conflicts in a similar way, i.e., through denial and repression. As a result of this inadequate defensive approach, she experiences feelings of psychological dissociation and fragmentation rather than overt anxiety. She responds to this threat of disintegration and collapse by regressing to an oral, passive position.

The dynamics of Jo-Jo’s personality are neatly projected into several of her responses. For example, passive-aggressive trends are symbolized by such percepts as ice cream, on the one hand, and grabbing crab’s claws or alligators on the other. Her conflicts concerning sex are evidenced by the gray shock produced by Card VI. Feelings of psychological fragmentation can be inferred from the “disembodied” percepts on Card I: “Claws of a lobster, grabbing” and “large wings soaring up in the air, like an eagle.” Finally, the response to Card IIII: “Two persons holding on to something that goes around, a spinning top... They met on a playground, and they don’t know each other,” seems to echo Jo-Jo’s unawareness of Josephine with whom, however, she interacts and “plays” at the unconscious level. In addition to its implications concerning identity, the above response deals with two women placing their hands on the same central object and doing something together with it. Such physical contact as well as the “spinning top” response may indicate homosexual trends (Piotrowski, 1957).

In contrast to Jo-Jo’s constricted façade, Josephine shows more spontaneity and freedom in expressing her emotions. The quality of the content, however, clearly points to pathological processes rather than to a rich and creative inner experience. Body mutilation and physical violence seems to give concrete expression to the feeling of fragmentation in her personality. This experience is clearly manifested by a response to Card I, “A man and a woman carrying something.” (Inquiry: “A person with no head: they did not like him... A kid, no head, about two years old.”) Her response to Card VIII was: “Stomach. Smashed stomach.” (Inquiry: “He got stabbed. A woman stabbed him.”)

The struggle for dominance among the various alter egos is forcefully portrayed by a response to Card II: “Two men. They had a fight. There is blood... Fighting over that thing, a trophy.” The explosion of primitive, destructive impulses is projected in Card IX: “Volcano.” (Inquiry: “A volcano erupting. Everything is color, violent.” Additional evidence for the interpretation of self-fragmentation are the frequent references to ripping apart or splitting. Thus, one of Josephine’s responses to Card II deals with “Two men. They ripped apart an animal,” and another to Card IV depicts “(a man) split in half. All the guts are out.”

On the basis of the Rorschach material,
the emergence of Josephine as a new personality seems to be the result of the unbearable tension leading to psychological dissociation, which Jo-Jo was already beginning to experience.

Joanne's record shows a greater degree of regression and a more severe lack of adjustment than those found in the protocols of the two other alternating personalities. Neither Jo-Jo's defense mechanisms, i.e., repression and denial, nor Josephine's more spontaneous and freer emotional expressiveness are available to Joanne. In fact, she has no identity and role and is overtaken by panic as she unsuccessfully attempts to deal with both internal and external stimuli, which threaten the very basis of her psychological existence. She feels trapped, impotent in dealing with the situation, and overwhelmed by free-floating anxiety. As a result, she regresses to the most primitive level of psychological functioning.

The content analysis of her record clearly illustrates Joanne's condition. Her emotional lability is shown, for example, by a pure color response to Card 111: "Probably someone was painting with red paint and dropped some red paint on it." Her psychological vulnerability is neatly expressed by a percept (Card 11) dealing with "A blanket with a hole in the middle." Her negative disparaging self-concept is represented by a "garbage can" (Card VI). Her depressive feelings colored by violent fantasies are projected into the percept of "smoke and fire" (Card IX).

Joanne's Rorschach, thus, shows a greater degree of regression and a more severe lack of adjustment than those seen in the protocols of the two alter egos. Her record seems to represent a particular and decisive moment in the psychological evolution of Jo-Jo, the original personality. On the one hand, it is possible that Joanne is simply a transient personality on the way to cure and that she will soon be followed by the emergence of a new personality. On the other hand, one might speculate that as a result of her profound regression, the patient will experience a "psychological rebirth" which will enable her to become a better integrated person capable of solving her basic conflicts. In this respect, it is interesting to observe that hypnosis, a technique which makes use of regressive processes (Hilgard, 1973) is frequently applied in the treatment of multiple personality (Bowers, Brecher-Marer, Newton, Piotrowski, Spyer, Taylor, & Watkins, 1971; Brandsma & Ludwig, 1974; Gruenewald, 1978). The progressive unfolding of this patient's symptomatology as observed in therapy and reflected in subsequent Rorschach testing may furnish the answer to this problem.

The manner of approach to the inkblots offers further insight into the three personalities.

While the total number of responses in each case is only slightly below the expected frequency (20 to 45), (Klopfer & Kelly, 1946), the percentages of the various categories (W, D, Dd, S) show a distinct difference among the three protocols.

Jo-Jo's approach is the closest to that of the average individual, except for a slight underemphasis on W and a concomitant overemphasis on D responses (see Table 4). This finding, as well as the quality of some of her responses, indicates Jo-Jo's difficulty in achieving an organized and harmonious view of reality. Consequently, she experiences a high degree of insecurity, psychological fragmentation, and fear of losing her bearing when not adhering closely to obvious facts. Her defensive system is based upon repression and denial. By contrast, in Josephine's record, the proportion of W to D responses is reversed with an underemphasis on the latter (see Table 5). This indicates that her ego functions at a relatively more mature level than does Jo-

### Table 4

<table>
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<tr>
<th>LOCATION</th>
<th>MAIN RESPONSES</th>
<th>No.</th>
<th>OBSERVED %</th>
<th>EXPECT. %</th>
<th>No. ADD.</th>
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<td>2</td>
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<tr>
<td>D</td>
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<td>12</td>
<td>75</td>
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<td>Dd</td>
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<td>12.5</td>
<td>5-15</td>
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Among the main issues, the credibility of the phenomenon of the multiple personality is an often debated one. Researchers have presented arguments for and against it. (Berman, 1974; Ellenberger, 1970; Ludwig et al., 1972; Sutcliff & Jones, 1962). In the present study, each psychogram portrays a unique and consistent structure which represents a distinct personality. A comparison of the three protocols by blind judges substantiated the reliability of this finding. Thus, the credibility of the phenomenon is supported by the present study and the simulation hypothesis is rejected.

Another often discussed issue is the iatrogenesis of multiple personality (Ellenberger, 1970; Gruenewald, 1978; Horton & Miller, 1972; Leavitt, 1947; Sutcliff & Jones, 1962). This treatment-induced phenomenon might occur through involuntary shaping particularly under protracted hypnotherapy. The therapist becomes receptive to the idea of "other" personalities and communicates this belief to the patient. The patient, in turn, tries to satisfy the therapist's expectations. In the present case, the influence of hypnosis was excluded since it was not part of the treatment. Whether the therapist may have molded the development of new personalities cannot be determined. However, it seems that even if direct or indirect suggestions had been advanced by the therapist and accepted by the patient, the suggestions could only have tapped previously existing hidden facets of her psychic organization. Without the latent potential for these structures, their activation into distinct personalities could not have occurred (Gruenewald, 1978).

Rorschach protocols are also relevant to another issue, i.e., the diagnosis of multiple personality. In the DSM II of the American Psychiatric Association (1968) this syndrome is classified as a subcategory of "Hysteria, Dissociative Reaction." However, strong support for independent diagnostic status has been put forth in contemporary literature (Brandsma & Ludwig, 1974; Gruenewald, 1978; Ludwig et al., 1972). Justification for this viewpoint

Table 5
Manner of Approach (Josephine)

<table>
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<th>LOCATION</th>
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Table 6
Manner of Approach (Joanne)

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</tbody>
</table>

Jo's. The content analysis, however, points to the presence of severe inner turbulence and emotional disturbance. A similar trend can be seen in the record of Joanne, which emphasizes W and underemphasizes D responses (see Table 6). Free floating anxiety, tension, and inability to control emotional reaction, often of an explosive and hair-trigger quality, are the main features of her personality structure. The absence of Dd responses indicates little interest in the minutaie of experience on the part of the subject, who is overwhelmed by panic. Furthermore, the appearance of S responses reflects her high degree of negativism and hostility.

On the basis of the preceding discussion one can conclude that the three psychograms as well as the content of the Rorschach protocols provide information relevant to the structure and dynamics of multiple personality. In addition, the Rorschach material raises a number of theoretical and practical questions that warrant discussion in light of the available literature.
rests on the fact that a wide spectrum of pathology is pressed into one diagnostic category, that of hysteria. This category appears to be inadequate to explain the complex phenomenon of multiple personality. Although there is little doubt that repression and dissociation play a major role in the genesis of the syndrome, other factors contribute to the final clinical picture as well. Among the main ontogenetic, intrapsychic and social factors are: (a) the inability to form and sustain object-relations, (b) the fragility of identity integration, (c) the unresolvable conflicts between the individual's impulses and his value system, and (d) the severity of role conflicts deriving from the individual's life situation. Thus, multiple personality is not a monolithic entity, but represents a wide spectrum of pathology which varies from one emerging alter ego to another.

In the present study three different diagnostic impressions can be formulated on the basis of the three protocols. For Jo-Jo, the best fitting diagnosis seems to be that of passive-aggressive personality with hysteroid features. Josephine, on the other hand, presents an antisocial personality structure and Joanne's record points to an anxiety neurosis with features shading into a borderline state. Thus, the strikingly different degree of pathology and the variety of defense mechanisms shown by the three records speak in favor of an independent diagnostic status for multiple personality. It should be noted, however, that notwithstanding the splitting of the original structure into several autonomous subsystems, a coherent substrate is discernible out of which the various "selves" emerge. This conclusion is not only documented by the Rorschach protocols of the present case, but also by other psychological, psychophysiological, and neurological tests discussed by Ludwig et al., (1972).

In addition to the specific issues mentioned above, the Rorschach material can be considered a touchstone for the evaluation of divergent theoretical explanations offered to account for the phenomenon of multiple personality. Ellenberger (1970) greatly clarified the concept of multiple personality by proposing a different diagnosis in terms of time, i.e., simultaneous versus successive multiple personalities, and in terms of awareness, i.e., by referring to bridges which permit communication between the different "alter egos." In a historical review of the literature Berman (1974), and most recently, Gottlieb (1976) and Winer (1978) discuss, inter alia, different explanations of the phenomenon, namely: (a) deficiency in memory linked to biological and constitutional factors, or amnesia produced by emotional shock, (b) conflict theory which contends that oppositional drives find outlet for discharge in additional personalities through a process of dissociation, (c) the identity diffusion theory, which emphasizes the deficiencies occurring in the establishment of the self and also points to a significant experiential episode in childhood, (d) the object-relationship theory according to which early splitting of major objects in conflicting parts, followed by introjection and further compartmentalization into separate units eventually leads to the emergence of multiple personalities, (e) the imaginary playmate theory according to which the companion, an initially totally externalized entity, is subsequently internalized, becomes unconscious, and acquires the proportions of an alternate antagonistic personality, and (f) the role theory, which contends that conflicting roles imposed upon the individual by the constraints of society result in a splitting process. Two additional theories not considered by Berman and Gottlieb should also be mentioned: Wagner's Structural Analysis (1971, 1975) which appears to be a combination of the conflict and the identity diffusion theories, and Gruenewald's theory (1977) which equates splitting in multiple personality to splitting in the narcissistic character.

Although a thorough evaluation of the above theories is not possible without taking into consideration the patient's full personal, medical, and psychiatric history, some comments can be advanced on the basis of the Rorschach data alone. Most relevant to a theoretical explanation of the alternating personalities repre-
presented by the three psychograms is the psychodynamic conflict theory with its recent emphasis on object-relation (Fairbairn, 1952) combined with features taken from role theory (Berman, 1974; Murphy, 1947). Using this eclectic approach one can speculate that Jo-Jo, the original personality, has been experiencing strong oppositional drives in the sexual (repression vs. acting-out) and the interpersonal (passivity vs. aggressivity) areas. Attempts to control these conflicts by means of denial and repression — represented by the high F% in Jo-Jo's psychogram — are bound to failure. One may further speculate that the aberrations in the patient's identity and self-concept stem from disturbed early object-relationships. Evidence for this interpretation can be found in the patient's clinical history and will be discussed in a separate paper. Trapped in a conflict-ridden situation Jo-Jo faces unbearable tension and feels threatened by the fragmentation and disintegration of the self. She tries to cope with this threat by splitting her original personality organization into two qualitatively oppositional structures and by giving temporary control to the less inhibited, sexual-frer, and more aggressive component. This attempted solution is reflected in Josephine's psychogram which in comparison with that of Jo-Jo's shows a lower F% and an increase in M and C responses. Thus, through Josephine, Jo-Jo can act-out her morbid fantasies and repressed emotions. The alternating dominance of two distinct personalities can be considered a higher level of adjustment (Ludwig et al., 1972) since it tries to overcome the original conflict by allowing the patient to act-out her repressed drives and emotions; on the other hand, splitting results in a precarious balance between the two parts with each one attempting to take full control over the other. Joanne's appearance comes exactly at the time when the battle for control between Jo-Jo and Josephine has reached its climax. The patient's psychiatric history indicates that at this time Josephine was determined to do away with Jo-Jo and Jo-Jo was entertaining persistent death fantasies. Hence, Joanne was, in a sense, born out of turmoil into a traumatic situation. Since the time of her birth she has had to struggle for her existence and identity. Her feelings are well expressed by her repeated statement to the psychiatrist: "I cannot cope." The psychogram captures the overwhelming anxiety and emotional upheaval of Joanne through the shading responses which appear for the first time in the Rorschach material and through the predominance of pure color. On the basis of the above data, one can conclude that the evolution of the original personality into the two successively alternating ones finds a logical explanation in the conflict theory.

Within the framework of the present discussion, mention should be made of the "playmate companion theory." (Congdon, Hain, & Stevenson, 1961; Gruenewald, 1971). Baby Jo-Jo, the fourth alter ego, personifies the patient regressed to the 3- to 4-year-old level. At that time she was dealing in her fantasy with "the rotten kid," an imaginary companion, who, in contrast with Baby Jo-Jo, was engaged in mischievous and unacceptable behavior. Since it was impossible to obtain a complete Rorschach record from Baby Jo-Jo, no direct test of the "imaginary companion" theory can be drawn from the present data. This question, however, will be discussed in a separate paper specifically dealing with the relationship between the therapy of multiple personality and its theoretical explanations.

Some further comments on the relevance of the Rorschach records to the treatment of multiple personality are offered at the conclusion of this paper.

Since the rationale for interpreting the Rorschach is basically rooted in psychoanalytic theory, the test is of specific value in any form of treatment directly or indirectly linked with the psychoanalytic approach. Dynamically-oriented psychotherapy specifically aims at uncovering the intrapsychic origin of the conflict causing a particular psychological dysfunction as well as analyzing the defensive operations which are used in response to the conflict. In the case of multiple personality, the fundamental treatment goal is to
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integrate the subpersonalities into one, total personality (Bowers et al., 1971).

The value of the Rorschach in achieving this goal is relevant and direct: first, it provides the therapist with a deep and more precise insight into the source, nature, extent, and duration of the conflict; second, it discloses and defines the defense mechanisms used by each subpersonality in coping with the conflict; and third, it brings to light the relative ego strength and weakness of any new personality emerging in the course of treatment.

In addition to the above advantages, the interpretations drawn from the various Rorschach protocols can allow the therapist to plan new strategies, when needed, and to focus on particular problems that appear crucial at a particular time for the successful progress of therapy. On the basis of the Rorschach data, the therapist can also analyze with the patient the defensive operations and help him to consolidate the dissociated subpersonalities into a total person. Finally, comparison of the Rorschach protocols with one another can also offer the therapist a clear insight into the changes and psychological directions which are taking place in the structure and dynamics of each alternating personality. This insight can be extremely valuable for the assessment of the progress of therapy and can eventually lead to a shift in the treatment approach.

Beyond these general therapeutic implications, the Rorschach may be an invaluable instrument in detecting suicidal or homicidal trends often encountered in cases of multiple personality, thus providing the therapist with means of prevention and assistance in moments of crisis. The analysis of the interpersonal dynamics, which occurs in the test situation (Sachetel, 1966; Schafer, 1954) may also offer objective clues concerning transference and counter-transference processes. These are specifically relevant to the integration process in the treatment of multiple personality, because they relate to early object-relationships in the patient's life (Fairbairn, 1952). Finally, the insight obtained from the Rorschach may lead to the selection of specific techniques such as hypnosis, group therapy, or family therapy (Bowers et al., 1971), as deemed appropriate at a particular stage of treatment.

References


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