

# INTRODUCTION OF THE AUTHORS

**Anssi Leikola** is a 52-year-old man and a psychiatrist who, among other professional activities, trains psychotherapists. He has the exceptional skill of being able to empathise with people who are living in what can be described as hell on earth. This skill has been refined through his experience of living for decades with a personality that was structurally divided (i.e., dissociated) and through the process of becoming whole, and it can now be used collectively and for the benefit of society. Anssi's mission to promote the situation of traumatised people began in the early 2000s, but only now does he feel that he has found a community in which he can feel coequal in a completely new way. Today he has two adult children and lives in a happy relationship based on equality.

**Kaisa Klapuri**, 35, was born in Finland but lives now in Sweden, where she works as a language teacher. She loves horses and cats, writing and reading, and colourful clothes and sweets. Kaisa was raised in a small Christian congregation and experienced sexual abuse as a child. She has dissociative identity disorder, which was, in her youth, mistakenly diagnosed as schizophrenia, with disastrous results.

**Inari Heikkilä**, 33, is a practical nurse and the mother of a teenage girl. She receives a disability pension, but is also studying at present. Skydiving and teaching skydiving are her passions. Inari had to live with physical violence, subjugation, isolation and sexual abuse in her childhood. She has dissociative identity disorder.

**Carita Kilpinen** is a 35-year-old mother of two children; she is also an entrepreneur and artist who loves animals, being in the forest and doing things with her hands, as well as everything that has to do with nature. Recurring incidents of traumatisation that began early in her life have caused her to suffer from a difficult dissociative disorder. After twelve years of trauma therapy, Carita has now reached the terminal point of her therapeutic journey. From now on, she intends to enjoy life and continue writing stories.

**Seija Hirstiö**, 54, is a media designer, documentarist and the mother of a child. Her traumas were caused by childhood abuse and neglect. She has travelled a 20-year-long road to healing, and is grateful for the work she has been able to do together with body and trauma psychotherapists. Seija has written an earlier book called *Trauma1* and was also the initiator of this book project. She wanted to create a dissociation community so that as many people as possible could win back their strength and zest for life, share their stories and become active people who can have an impact.

...maybe there's a perfectly  
good explanation for it all...

