

## Video Guide

### *SYBIL*

#### **Introduction**

This film is based on the book *Sybil* which is about a real woman who developed 16 distinct personalities. Dr. Wilbur worked with her for 11 years and was successful in integrating the personalities into one Sybil. Sybil became a Professor of Art.

#### **Watch For:**

1. How did Sybil act? What was unusual?
2. What unusual events happened to Sybil?
3. Describe Sybil 's mother.
4. Describe how Dr. Wilbur treated Sybil?

#### **17 Settings of the Film**

We first meet Sybil as a young woman. She is a substitute teacher who is with her class of young children in Central Park in New York City. We follow Sybil through the start of her therapy and as she continues with Dr. Wilbur. There are a number of flashbacks which often are short and hard to see. To help you know what you are watching I have listed the 17 settings for you.

1. Sybil is in a park with her students, but ends up in a pool.
2. Sybil is in her apartment and is overcome by loud noises.
3. Sybil is in a hospital after cutting her hand and slashing her wrists and is being tested by a psychiatrist. Sybil is working for her MA but is having trouble concentrating, has blackouts (once for two years?), talks as a little girl, does not want to be touched, and has tunnel vision. Dr. Wilbur says that Sybil is being affected by a very strong fear of something.
4. Sybil is at lunch with her father, her mother died several years ago.
5. Dr. Wilbur gets a pleading call from Vicky, one of Sybil's personalities. Sybil had lost her job and her father had been no help.
6. Dr. Wilbur is out walking and talking with her teacher about using psychoanalysis on Sybil who is now seen as a multiple personality by Dr. Wilbur.
7. Sybil is very dressed up when she meets with Dr. Wilbur.

8. Sybil talks with a male friend.
9. Sybil is outside of Carnegie Hall listening to two music makers.
10. Sybil (really one of the personalities, Vanessa) plays the piano for Dr. Wilbur.
  - a. Some key words appear here: dishtowels, hands, green kitchen, drawing, people, dripping.
  - b. Vanessa can play the piano and another has art ability. Sybil can do neither.
11. Sybil is walking to Dr. Wilbur's at Christmas time.
  - a. Some key words appear here: purple, Christmas, blowing up.
  - b. Dr. Wilbur uses hypnosis.
12. Sybil is with a male friend, Richard, and his son Matthew at Christmas.
  - a. Key image: headless cat.
13. Sybil and Dr. Wilbur talk about kittens.
14. Dr. Wilbur goes back to Sybil's home town and talks with Sybil's doctor.
15. Dr. Wilbur goes to Sybil's house, which is for sale and looks around. She finds something purple.
16. Dr. Wilbur and Sybil talk. Sybil wants to be held and discovers that one of the personalities has been held often.
17. Dr. Wilbur and Sybil drive to the country to allow Sybil to paint and discover the meaning of some of the key words. Sybil is able to experience the hurt of what her mother had done to her.

### **Learning Objectives**

1. Describe Sybil and then how her personalities differed.
2. Describe significant events that happened to Sybil when she was a child.
3. Describe Sybil's mother and what she did.
4. Describe how Dr. Wilbur treated Sybil.
5. Describe the most important things you learned from the film.
6. What differences do you notice between Sybil and Eve?
7. What have you read about multiple personalities that ties in with this film?