

# Amongst Ourselves



A Self-Help Guide to Living with  
Dissociative Identity Disorder

Tracey Alderman, Ph.D., and  
Karen Marshall, LICSW

# Amongst Ourselves A Selfhelp Guide To Living With

**Cathy Goodwin**



## **Amongst Ourselves A Selfhelp Guide To Living With:**

**Amongst Ourselves** Tracy Alderman, Karen Marshall, 1998 *Amongst Ourselves* is a self help guide written expressly for individuals with DID MPD and the first to provide readers with the practical steps they can take to cope with the condition and emerge with greater self awareness and the skills to live a rich and rewarding life Authors Tracy Alderman and Karen Marshall explain what DID is and provide a clear account of its underlying causes and symptoms They describe what it s like to live with DID and make practical suggestions for coming to terms with the condition managing the confusion and self destructive behaviors that often accompany it and deciding to come out to others Karen lends a unique and immensely important perspective in that she is able to speak as both a therapist and as an individual with DID Through her insights as well as guided exercises throughout the text readers learn New skills and strategies to help them manage living with DID An appreciation for DID s positive aspects What to expect from therapy and available treatment options How to become more aware of themselves and the ways in which DID affects their lives

[The Transformative Power of Metaphor in Therapy](#)  
Sana Loue, JD, PhD, MSSA, 2008-07-14 Narrative or metaphor therapy utilizes the patient s own memories and anecdotes as a method for tapping into and confronting the many layers of the complex inner self The book is particularly innovative in the using narrative or metaphor therapy with adults suffering from severe mental illness Unlike other books on the use of narrative therapy this book focuses on the use of pre scripted narratives that can be used with individuals to examine their personal situations as well as techniques to guide individuals in the development of their own narratives A comprehensive and detailed guidebook for narrative therapists this book addresses various experiential therapeutic interventions

*Dissociation Made Simple* Jamie Marich, PHD, 2023-01-10 *Dissociation 101* The go to guide for understanding your dissociative disorder breaking the stigma and healing from trauma related dissociation Just as important as *The Body Keeps the Score* but an easier read for me 5 star reader review Guided by clinical counselor Jamie Marich a trauma informed clinician living with a dissociative disorder herself this book tells you everything you need to know about dissociation but were too afraid to ask Here you ll learn What dissociation is and why it s a natural response to trauma How to understand and work with your parts the unique emotional and behavioral profiles that can develop from personality fragmentation There s nothing shameful about dissociating that in fact we can all dissociate Skills and strategies for living your best authentic and most fulfilled life What to look for in a therapist choosing a healer who sees you and gets it Foundational elements of healing from trauma including PTSD and C PTSD With practical guided exercises like *The Dissociative Profile* and *Parts Mapping* this book is written for those diagnosed with dissociative disorders clinicians and therapists who treat trauma and dissociation and readers who are exploring whether they may have dissociative symptoms or a condition like dissociative identity disorder DID *Dissociation Made Simple* breaks it all down accessibly and comprehensively with empowerment and support and without stigma judgment or shame

**Healing the Hurt Within 3rd Edition** Jan

Sutton,2007-11-12 Skillfully woven together with empathic insight into the lives and minds of those who self injure *Healing the Hurt Within* is replete with the latest developments in the field informative statistical data instructive diagrams carefully selected resources case studies expert testimonies and practical self help activities The author s warmth compassion and regard for those caught in the cycle of self injury shines through the pages of this profoundly enlightening and extensively updated 3rd edition *Healing the Hurt Within* offers solace hope and direction to those who self injure guidance to family and friends supporting a loved one who self injures and guidelines to professionals and voluntary caregivers on how to respond to clients that self injure

*Philosophy of Personal Identity and Multiple Personality* Logi Gunnarsson,2009-09-11 This study offers both a full fledged philosophical theory of personal identity and a systematic account of multiple personality Gunnarsson combines the methods of analytic philosophy with close hermeneutic and phenomenological readings of cases from different fields focusing on psychiatric and psychological treatises self help books biographies and fiction

*Healing the Unimaginable* Alison Miller,2018-05-08 *Healing the Unimaginable Treating Ritual Abuse and Mind Control* is a practical task oriented instructional manual designed to help therapists provide effective treatment for survivors of these most extreme forms of child abuse and mental manipulation

*Our House: Making Sense of Dissociative Identity Disorder* Lindsay Schofield,2021-12-22 *Our House* tells the story of a child who has experienced something that children should never have to experience It introduces the reader to the people who arrived to help them cope with the bad things in the house that they all share Accompanied by beautiful and gentle illustrations the story takes a non threatening approach to demystify dissociative identity disorder using the metaphor of a house to explain what it is and how it develops *Our House* can be read by individuals or used as a treatment tool to stimulate discussion and is suitable for all ages It includes additional guidance which explains the metaphor in depth as well as advice regarding dissociative disorders and signposts to further help for both individuals and professionals Bringing clarity to a complex issue this is an invaluable resource for survivors of trauma and for those who support them counsellors psychologists social care workers and other professionals as well as family and friends An accompanying guidebook is also available offering further information resources and activities and page by page insights into illustrations from the picture book Both books can be purchased as a set

**Becoming Yourself** Alison Miller,2018-05-11 In contrast to the author s previous book *Healing the Unimaginable Treating Ritual Abuse and Mind Control* which was for therapists this book is designed for survivors of these abuses It takes the survivor systematically through understanding the abuses and how his or her symptoms may be consequences of these abuses and gives practical advice regarding how a survivor can achieve stability and manage the life issues with which he or she may have difficulty The book also teaches the survivor how to work with his or her complex personality system and with the traumatic memories to heal the wounds created by the abuse A unique feature of this book is that it addresses the reader as if he or she is dissociative and directs some information and exercises towards the internal leaders of the personality system teaching them

how to build a cooperative and healing inner community within which information is shared each part's needs are met and traumatic memories can be worked through successfully

**The Divorce Book** Matthew McKay, 1999 Written in clear simple language for those going through a divorce or separation this fully revised edition includes topics on mourning and mending conflict resolution effects on children and divorce mediation New sections on coping with stress learning new ways to communicate with your partner and negotiating short term agreements are featured

**Six Keys to Creating the Life You Desire** Mitch Meyerson, Laurie Ashner, 1999 The authors of *When Parents Love Too Much* return with an interactive workbook that helps people conquer feelings that something is missing 30 worksheets Consumable

**The Dissociative Identity Disorder Sourcebook** Deborah Haddock, 2001-07-31 Finally a book that addresses your concerns about DID From Eve to Sybil to Truddi Chase the media have long chronicled the lives of people with dissociative identity disorder DID formerly known as multiple personality disorder The Dissociative Identity Disorder Sourcebook serves as a much needed bridge for communication between the dissociative individual and therapists family and friends who also have to learn to deal with the effects of this truly astonishing disorder

**Practical Dreaming** Lillie Weiss, 1999 Shares a step by step method that anyone can use to understand what dreams are trying to tell us The author explains how dream language works describes techniques to help remember dreams and ask them for guidance and explains how to interpret a dream's symbols and relate the dream to your waking life

*Wanting What You Have* Timothy Miller, 1998 Step by step workbook shows how proven cognitive therapy principles can help make it possible to achieve contentment and meet the challenges of modern life with balance and serenity

*Why Can't I Be the Parent I Want to Be?* Charles H. Elliott, Laura L. Smith, 1999 This breakthrough guide challenges parents to change their ingrained beliefs emotional obstacles that prevent them from doing what's best for their children Worksheets

**The Complete Mental Health Directory** Richard Gottlieb, 2006-03 Provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources

*Making the Big Move* Cathy Goodwin, 1999 For those faced with a major relocation from one city to another the move is a great source of grief stress and other strong emotions This book offers readers a challenging reappraisal of what it means to make a major move A step by step plan designed to make the transition a positive experience includes exercises and practical suggestions to help readers come to terms with separation and to get through the first six months in a new location

**Don't Let Your Mind Stunt Your Growth** Bryan E. Robinson, 2000 The bestselling author of the *Healograms* series offers a new collection of 70 stories fables and techniques that guide readers to see how their minds create each experience they have The book encourages them to change their feelings and behaviors by consciously and deliberately looking at situations with new eyes

*Undefended Love* Jett Psaris, Marlena S. Lyons, 2000 This guidebook presents a new and proven way to achieve a heart to heart connection with one's partner with case studies exercises and self inquiries Illustrations

*The Complete Mental*

*Health Directory*, 2004 Mental Disorders Mental Health Associations Organizations Government Agencies Clinical Management Pharmaceutical Companies *Men, Women, and Prostate Cancer* Barbara Rubin Wainrib, Sandra Haber, Jack Maguire, 2000 Where does a man turn when he suddenly discovers he has prostate cancer In the majority of cases men turn to the women in their lives As a result this clearly written and supportive guide is primarily addressed to the women who will care for men during this illness Detailed life saving information takes readers from cause detection and diagnosis to treatment recovery and post treatment life The authors tackle both the physical and psychological aspects of life with prostate cancer For the revised edition medical studies have been updated a chapter added on alternative medicine and Internet sites listed

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