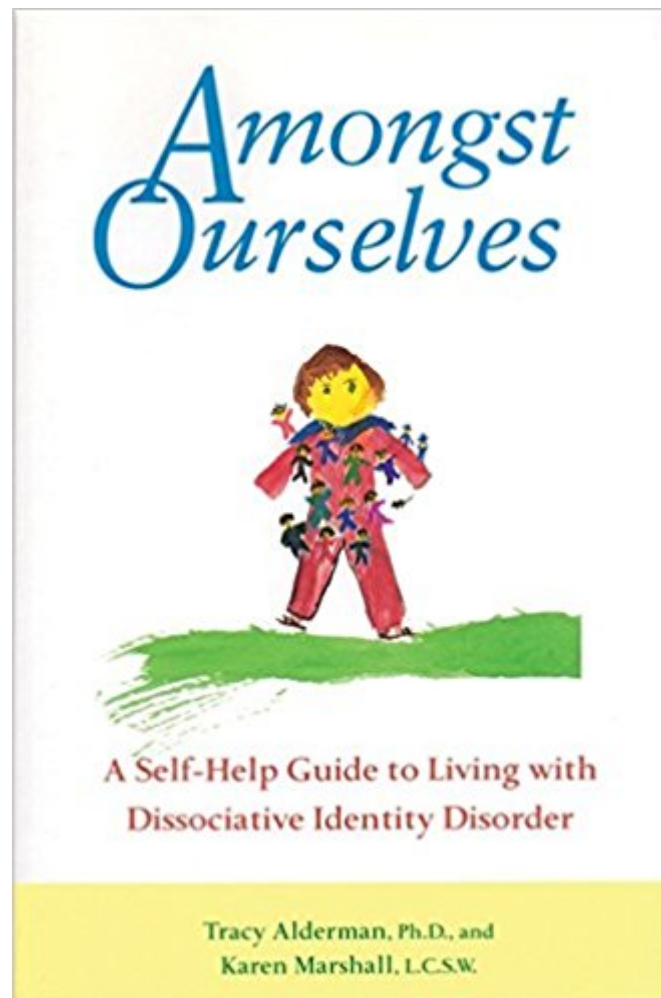




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# Amongst Ourselves: A Self-Help Guide To Living With Dissociative Identity Disorder



## Synopsis

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

## Book Information

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## Customer Reviews

"This book will be a valuable tool not only for those working at living with DID/MPD but also for family, friends, therapists and others seeking to understand and support these interesting and complex people. Tracy Alderman and Karen Marshall have delivered not only a practical guide full of useful exercises and activities, but also a refreshing and delightful look at the healing process through the eyes and voices of the 'little ones.' The perspective of the 'dissociated

identitiesâ™ brings the experience alive and may change the way DID is viewed by many.â•  
â "Pamela M. Badger, M.S., M.F.C.C., therapist and member of the International Society for the Study of Dissociation

Tracy Alderman, Ph.D., is a licensed clinical psychologist who lives in San Diego, California. She is director of research and a core-faculty member at the University for Humanistic Studies, an adjunct instructor of psychology at Chapman University, and a staff psychologist for the California Department of Corrections. Dr. Alderman consults, lectures, and writes on a variety of topics. She is author of *The Scarred Soul: Understanding & Ending Self-Inflicted Violence*. Karen Marshall, L.C.S.W., is a licensed clinical social worker. She is executive director of the Lesbian and Gay Menâ™s Community Center in San Diego.

I was recently diagnosed with DID after years and years of struggling with my system and believing that I was quite literally insane and needed to be locked away... For years I have been diagnosed as having Major Depression, bipolar disorder, dysthymia (sp?), PTSD, etc... I had a major, disruptive depressive episode five months ago and I'm just now partially recovering. I was fortunate enough to find an intelligent, articulate, and warm therapist that I trusted enough to tell the secret that I've been holding for 20 years. I told her about *The People Who Live Behind My Eyes*, Joan, Jessica, Erica with a "c", Michael, Little Kara, Adarin (pronounced a-duh-reen), and Mmemnon. She lent me *Amongst Ourselves* and suggested that I read it and that we use it in therapy. This book has been a profound and virtually divine gift. Not only is it written well and from the perspective of one who has alters (who speak in the book too), but it has helpful and practical exercises for those who might or have DID. You may find some of the exercises to be childish or cheesy, but give them a try. They really help. I admit I haven't completed every one, but I hope to. Among my favorites are the ones that deal with "losing time" and regaining/connecting consciousness with your alters. Little Kara misplaces things a lot and it makes us frustrated sometimes... But, having this as a resource in addition to a wonderful therapist helps us to have consciousness with one another so that we don't lose things or forget who we are talking to. Common media and conventional thinking have distorted MPD/DID and those who live with it. In addition, there are people, scholars and laypersons alike, who believe the condition doesn't exist. These types of portrayals have negatively colored many people's perception. This book helps to clear some of the mystery and myth away from DID by validating it and by presenting it as a survival mechanism that some develop in response to highly traumatizing and prolonged events (i.e. , ritual abuse, physical, sexual, emotional abuse and

domestic violence).The authors basically argue that those who have DID are exceptionally intelligent, articulate, and creative people who often function "normally" in daily life. That is, multiples have successful careers, have professional degrees, families, and are relatively well-rounded individuals. The exception is that we process information a bit differently. When multiple people share one body, information-knowledge and behavior is bound to be quite different from the "singleton" experience...One other thing I like about this book is that the authors don't advocate one therapy over another. Karen seems to lean more toward "living as a committee/family," rather than "integration." Personally, I like this approach. Whether you're working to establish communication with your alters or working to integrate them into a whole personality it's all about your perspective and how you want to live.This book is useful for those who may think they have DID, those living with it, therapists, and family-friends of a multiple. It has a section for therapists and a section for family-friends, which provides insightful and easy-to-read information about DID and how to understand your role in relating to and interacting with someone who has DID.

This book was referred to us by our therapist. Living with this disorder has played havoc on us for the last 4 year's when multiple traumas at one time disrupted our cohesive unit. We have been here since age of 3yrs growing up and adapted to working as one, now this seems all surreal and New,we have noted many New alters some who ate not nice and want us gone. Its been a horrible rollercoaster of fear,helplessness & multiple suicide attempts and hospitalizations. This book is like reading our lives on paper as if we write it, the exercises help validate some of what we know and things we hadn't considered. We ate still in the beginnings of it but reading that we are not the only ones who have lived this interesting life has helped some. The hard thing for us to continue hearing from our therapist is that We are amazing. That is not a compliment,yet to a singleton it is far more then that, what she is saying is that people with DID are amazing because we show so much strength and vigor, the things that we have endured in most situations leave people either unable to function normally, pass at young age to escape the hurt, become addicts of their choice or commit suicide. That we have help within to withstand some of the hardest most unforgiving acts & are able to keep living in a world that is not welcoming of what they don't understand. We are mothers,daughters,nurses,young children, teens, silent males and not so silent males. We are each individual yet one body. With this book we hope to be able to bring the New unit members into join our once cohesive team. Enjoy this read.

My therapist read this book & was pleased with my choice. I was pleased with the easy read & not a

lot of technical terms. I also liked the sections "For the Spouse" & "For the Family" & my husband will read it when I am finished & my sister is getting her own copy! Very easy to read & understand. Helps that one of the authors has DID (makes it more personal). I'd recommend this book to anyone!

Helpful resource.

Scary to read but true to the word

good book

This book was okay, but seems like it should be more in autobiography than self help

I love this book. It helped me with a graduate paper! Thank you ;-) It is an easy read

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