



Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder

By Tracy Alderman, Karen Marshall

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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

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Editorial Review

Review

“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 identities’ brings the experience alive and may change the way DID is viewed by many.”

—Pamela M. Badger, M.S., M.F.C.C., therapist and member of the International Society for the Study of Dissociation

About the Author

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 Men’s Community Center in San Diego.

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