

# Amongst Ourselves



A Self-Help Guide to Living with  
Dissociative Identity Disorder

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

# Amongst Ourselves A Selfhelp Guide To Living With

**Michaela Huber**



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

**Trauma und die Folgen** Michaela Huber, 2020-10-19 Welche Auswirkungen hat traumatischer Stress Was ist das eigentlich ein Trauma Und wer ist betroffen Inzwischen gehen Forscher innen davon aus dass wir so gut wie alle mindestens einmal im Leben einer Situation ausgesetzt sind die uns innerlich kollabieren lässt Die meisten Menschen schaffen es das Ereignis einigermaßen gut zu verarbeiten auch wenn manches viele Jahre braucht Aber was ist wenn das Ereignis tiefere Wunden hinterlässt etwa weil es sich mehrfach wiederholt Wie lange können wir aus und durchhalten ohne langfristige schwere Folgen davonzutragen Dieses Buch beschäftigt sich mit toxischem also giftigem traumatischen Stress und seinen Folgen Wer und was verursacht diesen Stress Welche Konsequenzen hat er Wie wirkt er sich auf eine kindliche Entwicklung aus Inwiefern verhindert er die Herausbildung eines zusammenhängenden Ichs In der bearbeiteten und aktualisierten Auflage ihres Klassikers geht Michaela Huber auf die aktuellen Entwicklungen der Psychotraumatologie ein **Trauma und Traumabehandlung.**

**1. Trauma und die Folgen** Michaela Huber, 2003 **Lebenswelt und Wissenschaft** Carl Friedrich Gethmann, 2011-03-01 Unter dem Titel Lebenswelt und Wissenschaft hat der XXI Deutsche Kongress für Philosophie Essen 2008 Fragen thematisiert die an der Nahtstelle von philosophischem Denken und fachwissenschaftlichen Forschungen einerseits sowie philosophischem Denken und aktuellen gesellschaftlichen Problemlagen andererseits liegen Das Kongress thema spielte unversehbar auf Husserls Krisis Schrift an in der das Verhältnis von Lebenswelt und Wissenschaft mit Blick auf die Fragen der theoretischen Philosophie als Begründungsverhältnis mit Blick auf die Fragen der praktischen Philosophie als Aufklärungsverhältnis expliziert wurde Im Verhältnis von Lebenswelt und Wissenschaft sah Husserl das Fundament des Europäischen Menschentums d.h. die Basis für die Selbstverständigung einer wissenschaftlich technischen Kultur über ihre theoretischen und praktischen Grundlagen Fragestellungen des angesprochenen Typs werden heute gemeinhin unter den Titel der Angewandten Ethik oder Angewandten Philosophie subsumiert Dazu gehören die Themengruppen des technischen Handelns des Umgangs mit der Natur und der medizinischen Ethik Diese drei Bereiche haben im Kongressprogramm eine wichtige Rolle gespielt Unter Rückgriff auf eine von Hermann Krings eingeführte Redeweise können diese Fragen den exoterischen Aufgaben der Philosophie in Abgrenzung zu den esoterischen Aufgaben zugeordnet werden Der Kongress hatte somit auch das Ziel der Gesellschaft und der Öffentlichkeit zu demonstrieren was die professionelle Philosophie für die Gesellschaft durch ihr Denken tut **Sex, Psychologie und ABDLs** Dylan Lewis, 2025-09-15 Dylan Lewis liefert ein weiteres beeindruckendes Psychologiebuch über die Natur von Adult Babies Sex Eines der geheimnisvollsten Wörter der englischen Sprache Und in jeder Sprache bleibt Sex dieser geheimnisvolle Aspekt des Lebens den wir alle begehren genießen fürchten und missverstehen Seine Macht ist enorm und kann starke Männer und Frauen manchmal mit einem blauen Hormonschub bewegen Sex ist sowohl der Kitt von Beziehungen als auch der Zerstörer von Leben Wir alle spielen ihn Wir alle wünschen uns danach und doch verstehen wir ihn nur unzureichend Wir können ihn missachten und missbrauchen Wir können

zulassen dass endlose Massen von Pornografie die Wahrheit sexueller Intimität zerstören Und als ob das nicht schon genug Verwirrung und Freude wäre kommt noch die Komplikation hinzu Adult Babies zu sein und Verständnis ist noch weiter entfernt Ein Adult Baby zu sein ist sowohl zutiefst verwirrend als auch manchmal berwältigend ganz an sich Wir brauchen die zusätzliche Verwirrung die Sexualität mit sich bringt nicht Aber sie ist da egal wie wir darüber denken Der Glaube subjektiv noch teilweise ein Baby zu sein steht im Widerspruch zu den postpubertären Erfahrungen sexueller Erregung sexueller Bindung und des Höhepunkts Wie können wir Babys und Kleinkinder sein und dennoch voll und ganz sexuelle Wesen Und wie vereinen wir beides ohne uns von der Angst vor Unangemessenheit zu quälen Viele haben sich diese Frage gestellt und mit den dualen Aspekten unseres Wesens Erwachsener und Kleinkind gerungen Dylan Lewis beginnt eine tiefgründige und detaillierte Analyse von Sex und Adult Babys Er beantwortet einige der komplexen und verwirrenden Aspekte des Sexualverhaltens das wir erleben während wir noch Windeln und Babykleidung tragen und am Schnuller nuckeln Dieses Buch beantwortet nicht nur wissenschaftliche Fragen sondern befreit uns auch von den Belastungen und Ängsten die unsere duale Natur oft mit sich bringt Lesen Sie und entdecken Sie die Wahrheit darüber ein sexuelles Wesen UND ein Adult Baby zu sein

*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

**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

**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

**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

**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

**Yes You Can! - 50 Classic Self-Help Books That Will Guide You and Change Your Life** Napoleon Hill,Wallace D. Wattles,Benjamin Franklin,Dale Carnegie,Orison Swett Marden,Douglas Fairbanks,P.T. Barnum,Lao Tzu,Sun Tzu,Ralph Waldo Emerson,Marcus Aurelius,2024-02-22 Here is the all in one compilation on how to harness the creative powers of your mind to achieve a life of prosperity

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*The Adult Baby Identity: A Self-help Guide (Diaper Version)* Dylan Lewis, 2024-10-15 Dylan Lewis fourth book of the Adult Baby Identity quadrilogy a self help guide Knowing who we are as individuals is the most important journey in our lives and for many it is the most difficult one Even for people we call vanilla with no apparent kinks and oddities it is a herculean task But when you are an Adult Baby it is a vastly more complex mission Add being sissy to the mix and we are already pushing uphill and failing miserably But if we don t know who we are we act as if we are someone we are not We try to create a personality not fully our own We create masks and in doing so we create problems for ourselves and others around us This is the true value of books like this and others along the same vein ABDL is not like other identity problems It is unique different and requires a perspective all of its own It is not about gender although gender issues can be involved It is not about sexual preference although that can be involved as well It is primarily about age and being powerfully driven back to a time of life

most have left behind and yet we still literally inhabit **Sex, Psychology and ABDLs (Nappy Version)** Dylan Lewis, 2024-04-22 Dylan Lewis delivers yet another stunning psychology book about the nature of Adult Babies Sex One of the most mysterious words in the entire English language And in any language sex remains that mysterious aspect of life that we all want enjoy fear and misunderstand Its power is enormous able to move powerful men and women sometimes with a mere surge of hormones It is both the cement of relationships and the destroyer of lives We all feel it We all desire it and yet we understand it poorly We can disrespect and misuse it We can allow endless masses of porn to destroy the truth of sexual intimacy And if that wasn't a big enough morass of confusion mixed with delight you add the complication of being adult babies into the mix and understanding is even further away Being an adult baby is both deeply confusing and at times overpowering all in its own right We do not need the additional layer of confusion that sexuality brings to it But it is here just the same regardless of how we feel about it Believing that you are in a subjectively real way still in part a baby is at odds with the post pubescent experience of sexual arousal engagement and climax How can we be babies and toddlers and still be fully sexual beings And how do we combine the two without torturing ourselves by the fear of being inappropriate Many have asked that question and struggled with the dual aspects of who we are adult and infant Dylan Lewis begins a deep and detailed analysis of sex and adult babies He answers some of the complex and confusing aspects of sexual behaviour we experience while still wearing diapers baby clothes and sucking a dummy This book has the power to answer academic questions but also to relieve us of the burdens and fears that our dual natures often impose on us Read and discover the truth of being a sexual being AND an Adult Baby **Understanding Dissociative Identity Disorder** Lindsay Schofield, 2022-02-28

This beautifully illustrated picture book and guidebook set offers a broad introduction to childhood trauma and its legacies with a focus on dissociation and DID Written with clinical accuracy warmth and accessibility to individuals of all ages and backgrounds it provides a non threatening understanding of dissociation and DID that will empower survivors and educate the friends family and professionals who want or need to learn more about the condition The set includes Our House Making Sense of Dissociative Identity Disorder a simple and accessible picture book that uses the metaphor of a house to explain how and why DID can develop Additional guidance accompanies the story explaining the metaphor in depth offering advice regarding dissociative disorders and signposting further help for both individuals and professionals Understanding Dissociative Identity Disorder A Guidebook for Survivors and Practitioners provides practical exercises and opportunities for reflective discussion that will expand and deepen the understanding application and usefulness of the picture book This resource is accompanied by downloadable resources 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 **Treating Children with Dissociative Disorders** Valerie Sinason, Renée Potgieter

Marks, 2021-12-30 This book provides a comprehensive overview of research into dissociation in children and adolescents

and challenges conventional ideas about complex behaviours Offering a new perspective to those who are unfamiliar with dissociation in children and challenging prevalent assumptions for those who are experienced in the field the editors encourage the professional to ask questions about the child s internal experiences beyond a diagnosis of the external symptoms Chapters bring together a range of international experts working in the field and interweave theories practice and challenging and complex case material as well as identifying mistakes that therapists can avoid while working with children who dissociate Filled with practical tools and examples this book is a vital resource for professionals to enrich their practice with children who dissociate

**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

**Women and Smoking** ,2001 The second report from the U S Surgeon General devoted to women and smoking Includes executive summary chapter conclusions full text chapters and references

Entrepreneurship and Self-Help among Black Americans John Sibley Butler,2012-02-01 Since its publication in 1991 Entrepreneurship and Self Help among Black Americans has become a classic work influencing the study of entrepreneurship and more importantly revitalizing a research tradition that places new ventures at the very center of success for black Americans This revised edition updates and enhances the work by bringing it into the twenty first century John Sibley Butler traces the development of black enterprises and other community organizations among black Americans from before the Civil War to the present He compares these efforts to other strong traditions of self help among groups such as Japanese Americans Jewish Americans Greek Americans and exciting new research on the Amish and the Pakistani He also explores how higher education is already a valued tradition among black self help groups such that today their offspring are more likely to be third and fourth generation college graduates Butler effectively challenges the myth that nothing can be done to salvage America s underclass without a massive infusion of public dollars and offers a fresh perspective on those community based organizations and individuals who act to solve local social and economic problems

**Self-Help, Inc.** Micki McGee,2005-09-08 Why doesn t self help help Micki McGee explores the demand for self help what it tells us about ourselves

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