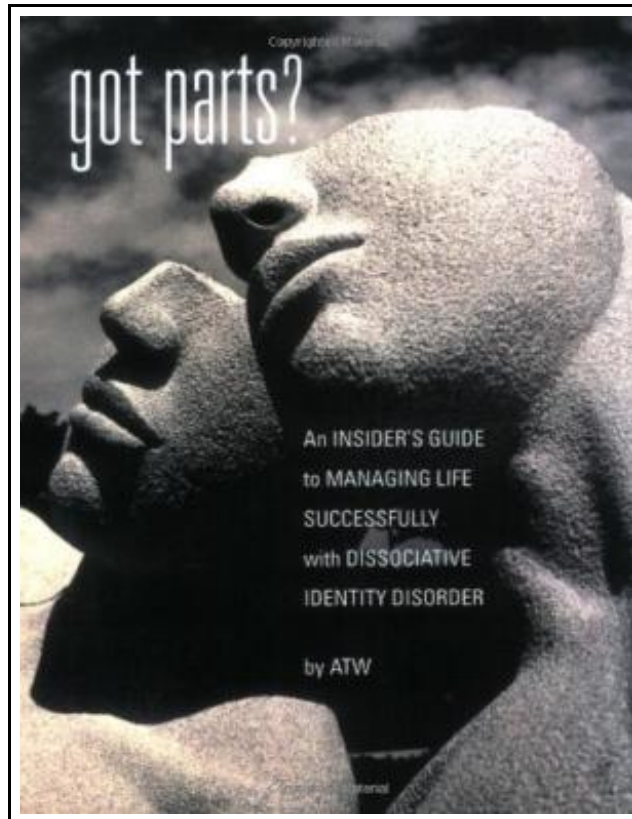


Got Parts An Insiders Guide to Managing Life Successfully with Dissociative Identity Disorder New Horizons in Therapy



Filesize: 8.17 MB

Reviews

Thorough guide for pdf enthusiasts. Better then never, though i am quite late in start reading this one. Its been printed in an remarkably simple way which is only soon after i finished reading through this pdf by which really altered me, change the way i believe.
(Dr. Rowena Wiegand)

GOT PARTS AN INSIDERS GUIDE TO MANAGING LIFE SUCCESSFULLY WITH DISSOCIATIVE IDENTITY DISORDER NEW HORIZONS IN THERAPY



Loving Healing Press. Paperback. Book Condition: New. Paperback. 132 pages. Dimensions: 9.2in. x 7.4in. x 0.5in. Finally a book for survivors written by a survivor! Got Parts was written by a survivor of DID in association with her therapist and therapy group. This book is filled with successful coping techniques and strategies to enhance the day-to-day functioning of adult survivors of DID in relationships, work, parenting, self-confidence, and self-care. Got Parts will help you introduce yourself to your internal family and improve its communication, integration, and well-being. Although written to carefully avoid triggering, it delivers well-grounded guidelines for living that DID people need to do on the way to recovery. Coping strategies included help you with issues related to triggers, flashbacks, and body memories. Got Parts also includes a detailed list of outside resources you can draw on. This book is intended to be used in conjunction with a therapist and is not a substitute for therapy. Once thought of as a rare and mysterious psychiatric curiosity, Dissociative Identity Disorder (DID) is now understood to be a fairly common outcome of severe trauma in young children most typically extreme and repeated physical, sexual, and/or emotional abuse, and often lack of attachment. Formerly called Multiple Personality Disorder, DID is a condition in which a person has two or more distinct identities or personality states that recurrently take control of the person's consciousness and behavior. Symptoms can include depression, mood swings, panic or anxiety attacks, substance abuse, memory loss, propensity for trances, sleep and eating disorders, distrust, detachment, lack of self-care, and distress or impairment at work. Acclaim for Got Parts from Therapists and Survivors Got Parts is a very well conceived and useful tool, particularly for those treating DID from a more functional perspective. -- Peter A. Maves, Ph. D. , ISSD...

 [Read Got Parts An Insiders Guide to Managing Life Successfully with Dissociative Identity Disorder New Horizons in Therapy Online](#)
 [Download PDF Got Parts An Insiders Guide to Managing Life Successfully with Dissociative Identity Disorder New Horizons in Therapy](#)

Other eBooks



The Poems and Prose of Ernest Dowson

Book Jungle. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.2in. x 7.5in. x 0.5in.The Poems and Prose of Ernest Dowson The Project Gutenberg EBook of The PoemsAnd Prose Of Ernest Dowson by Ernest...

[Read PDF »](#)



Scala in Depth

Manning Publications. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.2in. x 7.3in. x 0.8in.Summary Scala in Depth is a unique new book designed to help you integrate Scala effectively into your development process. By...

[Read PDF »](#)



Silverlight 5 in Action

Manning Publications. Paperback. Book Condition: New. Paperback. 1000 pages. Dimensions: 9.2in. x 7.3in. x 2.0in.Summary A thorough revision of the bestselling Silverlight 4 in Action. This comprehensive guide teaches Silverlight from the ground up, covering...

[Read PDF »](#)



Angels Among Us: 52 Humorous and Inspirational Short Stories: Lifes Outtakes - Year 7

Publishing Inspiration. Paperback. Book Condition: New. This item is printed on demand. Paperback. 132 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.52 Humorous And Inspirational Short Stories!52 humorous and inspirational short stories from year 7 of...

[Read PDF »](#)



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Read PDF »](#)