

Dissociative Identity Disorder (DID) Websites  
Reviewed by Lauren Grubbs

<http://www.minddisorders.com/Del-Fi/Dissociative-identity-disorder.html>

This website, dedicated to mind disorders, includes a very detailed analysis of Dissociative Identity Disorder (DID) and other dissociative disorders related to DID. This link provides a description, causes and symptoms with an explanation of each symptom, demographical information, details of the diagnosis based on the DSM-IV-TR, complications of diagnosing DID, treatments, prognosis, and prevention. Book resources and DID organizations are also provided at the bottom of the page.

This page provides no personal support for the disorder. There is also no significant amount of outcomes data for treatments or alternate approaches. This website is a good resource for basic information and a detailed explanation of DID.

<http://www.isst-d.org/education/treatmentguidelines-index.htm>

International Society for the Study of Trauma and Dissociation (ISSTD) funds this website and provides multiple facets of information about Dissociative Identity Disorder (DID). Treatment guidelines specifically relating to treating adults and the differences in treating children are provided as a free, peer-reviewed, resource from the Journal of Trauma and Dissociation. The site is easy to navigate, is non-profit, and advocates for empirically based research (preferably posted to their website) regarding therapy and treatment of DID and other dissociative disorders.

Part of the website is dedicated to assisting counselors and clients with finding a therapist. Another tab provides information about common dual diagnoses with DID and defining those on the Multiaxial Assessment. ISSTD also organizes information separately for professionals and students. Support links for self-help are also listed for clients of DID. There is no personal, firsthand account of DID among the tabs but some articles do contain direct information from clients.

<http://www.astraeasweb.net/plural/>

Astraea's Web is a safe support for individuals with Dissociative Identity Disorder (DID) who need a place to read about other's accounts of the disorder and to post their own feelings regarding the disorder. On the website, DID is often referred to as "multiple" because of a recurrent theme on the site that discourages labeling and medical terminology. A quote by Anthony Temple (retrieved May 2009) on one page summarizes its purpose significantly, "It is a sort of prejudice, to assume that the body should be allotted only one mind, one soul, and that the presence of more than one indicates something wrong."

This is an excellent site for those who think that others may be sharing their body or have just been diagnosed with DID and may feel confused about the details of the disorder. Astraea's Web also advocates strongly that not all DID clients have suffered from child abuse and that multiplicity may have occurred as a result of another cause, perhaps without a negative connotation. Information about the film *Sybil* is also provided as well as detailed but unsupported information about the actual Sybil, Shirley Mason. These are excellent resources to anyone new to DID or diagnosed with DID because the information appears to be personalized and supportive. Most information is not backed up medically or with research.

<http://home.comcast.net/~riversrages/>

This is an excellent support site for those with Dissociative Identity Disorder (DID) to find hope and information from others. Individuals with DID and those around them can use this personal site to check frequently asked questions, types of therapists that may be able to help, fusing with one of the personalities, exploring “alters” to try and grasp multiplicity, and the comorbidity of other diagnoses along with DID. Several questions are posted from loved ones and family members who have questions about the disorder as well. While none of the information is supported by research, once again the insight into the disorder by those who experience it is eye opening and helpful to those who may be trying to better understand DID.

<http://www.dissociation.com/index/Definition/>

Dissociation’s home website is unique in that it explains the development of Dissociative Identity Disorder (DID) from its previous title of Multiple Personality Disorder, a disorder listed under Hysterical Dissociative Disorder, in the DSM-II to its recognition as a significant disorder with listed criteria in the DSM-III. The site also discusses the client’s “original personality” and whether it is possible to seek it or know when it is being used by the client. Other site components include published and unpublished resources, workshop course manuals, links for other associated websites of mental disorders, and useful peer-reviewed journals. A section called “Marie’s Ideas” is the story of a female diagnosed with DID for sixteen years and her personal view of living with the diagnosis. She explores the facets of her disorder where the reader can quick reference her experiences on other parts of the website.