

DID/Plural Handout

By Serenity Serseción PhD

Books:

- The dissociative identity sourcebook By Haddock (2001).
- The stranger in the mirror: Dissociation the hidden epidemic. By Steinburg, M. & Schnall, M. (2001).
- Amongst Ourselves by Tracy Alderman & Karen Marshall
- Dear Little Ones by Jade Miller
- Got Parts? An Insider's Guide to Managing Life Successfully with Dissociative Identity Disorder by A.T.W.

Videos / Blogs

- Power to the Plurals: <https://powertotheplurals.com/youtube/>
- Multiplicity and Me: <https://www.youtube.com/channel/UC8JDIEFbQejP-meolOwI0DA>
- Long Soul System (Español): <https://www.youtube.com/user/princesslore>

Support for clients:

- The Plural Association <https://thepluralassociation.org/> Eventually will have a warmline, currently has many resources and information.
- An Infinite Mind <https://www.aninfinitemind.com/index.html> Conference for systems, loved ones and providers.
- Plurality and the workplace by FreyasSpirit (Lucia Batman) and Irenes (Irene Knapp) <https://freyasspirit.com/plurality-playbook/>
- Transitioning while plural by Yavari Caralize <http://www.exunoplures.org/main/articles/transitioning-while-plural/>
- Many Voices a newsletter for many years written for and by people in the community: <http://manyvoicespress.org/newsletter.html>

Map apps:

- Inkarnate <https://inkarnate.com/>
 - Great program and easy to use. Many options even in the free version. Example of a map made with this app was shown in the slides
- Sketchup <https://app.sketchup.com>
 - 3D art app which some might find better represents their system. Useful but can be confusing. This is better for people who already have experience using art programs. Many free resources to use in this program.

Chat programs:

- Discord <https://discord.com/> Free chat program, people can make their own private server
- Plural Kit <https://pluralkit.me/> (bot to be used with Discord)