

# ISST-D DID Adult Treatment Guidelines

(per our research/study)

This is a process and you can expect different system members to be at different steps at the same time — this is OK!

You don't need to decide whether to pursue Unification during Stage 1 or Stage 2. In fact, you probably shouldn't. The paths are the same, and it's impossible to have everyone's clear non-trauma-time input on the decision until you reach Stage 3.

We have taken the liberty to give a neutral term to Stage 3: In the ISST-D guidelines, it has been called "Identity integration and rehabilitation" or just plain "Integration" — and in the body of the guidelines mentions an alternate "Resolution" if there will be no final fusion and the client will remain plural.

