Psychotherapy is the treatment of choice for individuals suffering from any type of dissociative disorder. Approaches vary widely, but generally take an individual modality (as opposed to family, group, or couples therapy) and emphasize the integration of the various personality states into one, cohesive whole personality. It should be noted that while it’s convenient to describe people who suffer from this disorder as having “multiple personalities,” this is just a theoretical construct. People who suffer from this disorder...