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## ESTI NEWSLETTER

June 30, 2016

Dear Ego State Colleagues, Therapists, and Friends,

Welcome to the first newsletter published through the new ESTI executive committee elected this month. This is our main vehicle for communication within the ESTI worldwide community and we invite you to visit the existing website [www.egostateinternational.com](http://www.egostateinternational.com).

Thank you to all who have contributed to this issue. I hope many more of you will want to share your news and clinical perspectives in the future!

Also, please keep me aware of any research, published or unpublished conducted with Ego-State Therapy so that we can continue to add to our international bibliography.

My best to all,  
Maggie Phillips  
ESTI Newsletter Editor  
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## Interview with New ESTI PRESIDENT, HELEEN MANERBE

### Tell us about yourself, Heleen.

I was born in South Africa and spent most of my growing-up years in the beautiful Western Cape, known to so many of our members who have visited, attended congresses and master classes in South Africa.

Since 2009 I have been practicing in the United Kingdom and will probably assume joint citizenship within the next months. I am fortunate to have my children nearby and have grown into the surrogate mother to all my children's friends who come from families scattered across the world.

### Describe your journey as a psychologist.

Most of my teenage and adolescent years were spent with my nose in books –reading historical novels, factual history, and autobiographies and all stories. I view this as the starting point of my interest in people and the starting point of my career in psychology.

I majored in History and Psychology and it was only during the honours course at the University of Stellenbosch that I got “bitten” and became sucked into this wonderful world of always wanting to know what makes people tick. Our training was strictly Rogerian, driven by person-centred principles, sensitivity training and encounter groups. This all was cemented by follow-up training within a psychodynamic approach.

My doctoral dissertation examined the process of emotional abuse in close personal relationships – a topic that fascinates me even today. I only wish I had not missed the opportunity of writing a book about my findings.

### How did you come to learn of ESTI and where and with whom did you train?

Having completed a hypnosis course in the late 1970s, I did not much use hypnosis (perhaps the wrong training course?!). Around 2000, going through a challenging time working in forensic psychology and wanting to go into private practice, I called Woltemade Hartman. Wollie, being Wollie said, “Why don't you join my practice” and so I did.

Then I was exposed to a different hypnosis using a more person-centred manner I was comfortable with – utilizing natural trance induction versus scripted ones, utilizing what the client gives me, building inner strength before making a beeline for the problem, restoring balance and providing a nurturing experience. I first trained in Ericksonian

Approaches through MEISA, Wollie being the main trainer. I then followed training in Ego State Therapy, building and further developing on the belief that drives me as a therapist – the belief in the uniqueness of the individual I am faced with, their inner resilience and ability to find their own solution within a suitable environment such as the therapeutic relationship. I thus first became a supervisor and then a trainer in Ego State Therapy.

### Tell us about the MEIL

In 2014 I established the Milton H Erickson Institute of London. The practice of hypnosis in the United Kingdom is mostly embarked upon by individuals not registered with a professional body such as a Health Professions Council or the Royal Colleges of Medicine or Psychiatry. We have only one society – the British Society for Clinical and Academic Hypnosis - that trains professionally registered people. In the past it so happened that mostly dentists, GPs and psychiatrists, whose approach and interest differs somewhat from psychology, were trained and our friends in psychology have not been as interested as hoped for. It would be foolish to reinvent the wheel and attempt another course in fundamental hypnosis as there are hundreds of these all over the UK. The aim is to put together a specialized course in Ericksonian Approaches focused on the therapeutic utilization of the Ericksonian method.

### Heleen, what is your vision? Where would you like to take ESTI during the next 2 years?

I fully endorse the beautifully worded Aims, Vision and Mission statement as described on the ESTI website (see <http://www.egostateinternational.com/about-esti.php>). Do read them again – they are inspirational!

On a personal level, I do not have the full answer to this question. ESTI does not belong to me, it belongs to all those driven by this exceptionally useful therapeutic modality.

Within ESTI we have people with extensive experience in the field, having known and having been trained by John and Helen Watkins. We have brilliant individuals who have offered training across the globe since day one. Against this I fall short. But, I have been fortunate to have worked within the corporate environment, working with executive managers with regards to change management within organizations. This accounts for specific management skills and knowledge.

I can listen and steer the wishes and creativity of those involved with ESTI in an efficient and organized manner. I can pull together ideas and resources. I can serve as the mouthpiece for all those practicing Ego State Therapy due to the exposure that comes with my office. I can utilize this position to make sure that there is a place for Ego State Therapy at every national and international congress, conference or workshop. I can motivate and drive the research we so urgently need to evidence.

In signing one of his books, Wollie asked the question, “Where are you now going to take this?” Maybe this is my time to make good on that question. I invite us all to take a step back and ask ourselves the question and then come together in the weeks and months ahead.

Thank you for this interview, Heleen. I think all of us who read your words can see that we are indeed fortunate to have you as our president.

## **CONFERENCE CALENDAR**

The following events may provide opportunities for ESTI members who wish to teach EST:

8-11 December 2016: Brief Therapy in San Diego  
<http://brieftherapyconference.com>

23-26 August 2017: 14th Congress of EHS, Manchester, UK  
[www.esh-hypnosis.eu](http://www.esh-hypnosis.eu)

13-17 December 2017: Erickson Foundation: Evolution in Psychotherapy in Anaheim, California  
[www.evolutionofpsychotherapy.com](http://www.evolutionofpsychotherapy.com)

23-25 August 2018: 21st Congress of ISH: Montreal, Canada  
[www.ishhypnosis.org](http://www.ishhypnosis.org)

## **EST NEWS FROM AROUND THE GLOBE**

This column presents news about Ego State Therapy training programs that are taught by faculty collaboratively across several countries as well as within our different constituent countries.

### **Collaborative Ego-State Therapy Programs**

One of the recent developments in the ESTI community involves faculty from different countries sharing the teaching in order to create an EST training program. This generally has occurred where there were no ESTI approved faculty within a start-up country.

#### **France**

In 2014, I (Maggie) was invited to start an EST program in Avignon, France by Dr. Guillaume Poupard, who attended one of the EST workshops I taught in the south of France when he was a graduate student at Aix-en-Provence University. I taught two Introductory EST workshops as the first step. Then in June, 2015, I began to teach the 3 day Beginning Level 1 in Avignon, assisted by Silvia Zanotta, who helped with the

teaching as well as consultation and personal sessions. Silvia then followed me to teach a second Beginning Level 1 in Avignon in January, 2016, so that we would have a big enough group to go forward. In mid-March, 2016, we had about 25 participants in the 3 day Beginning Level 2. This time, I was assisted by both Silvia and Catherine Fine from the US. Both Silvia and Catherine have excellent French skills and both are highly proficient teachers of EST. Catherine is a member of ESTNA (Ego State Therapy of North America—including Canada and Mexico) and was past president of the American Society of Clinical Hypnosis. She was trained, as I was, by the Watkins, and taught Ego-State Therapy through the years at ASCH as I did.

As we begin the advanced level of the EST curriculum, Silvia will teach 3 days of Advanced 1 in October in Avignon and Catherine will teach a 3-day course as Advanced 2 in January/February. I will teach the 3-day Advanced 3 course sometime in 2017, which will complete the first cycle for ESTI certification. Guillaume Poupard, psychologist and organizer and representative from France to ESTI, is himself working to earn ESTI certification as a therapist, trainer, and supervisor so that this training can continue on its own and will begin assisting shortly to meet those requirements.

## Poland

A more recent collaborative program will begin in Poland in October, organized by Krzysz Klajs, who is director of the Milton H. Erickson Society of Poland. Eva Pollani will teach the first two days of Beginning EST in Lodz, Poland on 7-8 October with a supervision /personal sessions day on October 9. Silvia Zanotta will follow, teaching two days of Beginning EST 26-27 November, 2016 with a supervision/personal sessions day on 28 November. Finally, Susanna Carolsson from Sweden will teach the last two days of Beginning EST in March, 2017.

## News from Individual Countries

### Switzerland

Silvia Zanotta reports that Max Schlorff, her co-chair of Ego-State Therapie Schweiz is teaching an Introduction to Ego-State Therapy in Lenzburg, Switzerland. Silvia is teaching the following courses:

Hypnosomatic Ego State Therapy and Depression  
12 June 2016, Wigry, Poland  
Self Care for Psychotherapists - Ego State Therapy and Body Approaches  
14 June 2016 Wigry, Poland  
Self Care for Psychotherapists with Ego State Therapy and Body Approaches  
19/20 Aug. 2016 Burkheim, Germany  
Ego State Therapy Beginners 3: Traumatized Ego States

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| 09/10 Sept. 2016  | Zurich, Switzerland |
| Ego State Therapy Advanced 1: Destructive operating Ego States      |                     |
| 21-23 Oct. 2016   | Avignon, France     |
| Ego State Therapy Supervision-Day                                   |                     |
| 24 Oct. 2016  | Avignon, France     |
| Ego State Therapy Beginners 2                                       |                     |
| 25/26 Nov. 2016   | Lodz, Poland        |
| Ego State Therapy Supervision Day                                   |                     |
| 27 Nov. 2016  | Lodz, Poland        |
| Ego State Therapy and Body Approaches: Learning What The Body Knows |                     |
| 10/11 Dec. 2016   | Berlin, Germany     |

Ego State Seminars in Switzerland with international teachers, 2016:

Resource Therapy with Gordon Emmerson, Australia

31 Aug. - 4 Sept. 2016 Zurich, Switzerland

Somatic Approaches to Psychotherapy, Maggie Phillips, USA

30 Sept. - 1 Oct. 2016 Zurich, Switzerland

Other news in Switzerland includes a new user-optimized homepage: Please visit [www.egostatetherapie.ch](http://www.egostatetherapie.ch)

## Sweden

Susanna Carolussen writes that in Sweden, the abbreviation for EST SE is also SSCH-EST, making EST a part of the Swedish Society of Clinical Hypnosis. This “marriage” allows SSCH to prioritize students who have achieved their required hypnosis training in hypnosis for the EST program and also allows EST-SE to use the hypnosis society’s website for announcements and training information.

SSCH teaches approximately 10 hrs of EST as part of the 8 days basic training of hypnosis, once a year in Stockholm and Gothenburg. Lund in Southern Sweden is now in a period of change so I will be checking how or if EST is included in their new program. Middle level EST is a big part of the advanced 2 years of hypnosis training, EST using up between 40 and 50 hrs, plus 16 hrs supervision.

EST Faculty are all SSCH accredited trainers in hypnosis. They have all been trained in EST by me or people trained by me, by Maggie Phillips, Claire Frederick, and Woltemade Hartman, and also by the Watkins.

After ESTI was founded in 2013, Susanna started EST Advanced level. The course lasts from September – April during each year and includes 90-95 hours, supervision included. The next one begins 2 September. Susanna has even worked to make the hypnosis and advanced EST trainings accredited by the Swedish Psychologists Association as a specialist post-graduate training!

Susanna is the primary teacher in these programs and also recruits ESTI-certified teachers and supervisors to assist so that they have a clear path to obtaining their certification, trainer, and supervisor certificates.

During the next annual meeting of the Swedish Society of Clinical Hypnosis meeting in March, 2017, she hopes that Ego-State therapy will be presented by ESTI certified colleagues in her faculty in Gothenburg and will to encourage students and colleagues to submit abstracts for ESH 2017 in Manchester and ISH 2018 in Montreal.

### South Africa

News from South Africa includes notes from the February, 2016 gathering at Mabula Private Game Lodge for MEISA's Changing Faces of Psychotherapy Congress, which included the 6<sup>th</sup> World Congress on Ego State Therapy. Ego State highlights included: Dr Elzette Fritz (South Africa): *Exploring the Shadow and Light in Ego State Therapy through Creative Expressive Arts*, Susanne Leutner and Elfie Cronauer's workshop (Germany), (*Heilsame Netweke: EMDR und Ego-States*) as well as Charlotte Wir's (Austria) (*Stärkende und Heilende Ego States aktivieren*). More unique presentations occurred during the game drives in the early mornings and afternoon/evening plus the delicious 3 course meals (I've sampled these too and they are wonderful!)

The post-conference in Stellenbosch, Cape Town, South Africa included Brian Allen's (Australia) interesting workshop entitled "Dreams, Destiny and You." Karin Huysen (South Africa) gave an exceptional demonstration combining Family Constellations with Ego State Therapy. Callie Hattingh's keynote address was titled 'All that Jazz: Promoting Change through the Integration of Therapeutic Principles'.

In addition, two awards were given—the first to Bernhard Trenkle for his work in providing an international platform for South African psychologists and psychotherapists to present on an international level and providing them with an opportunity to showcase their work internationally, specifically in the disciplines of hypnosis and psychotherapy, including Ego-State Therapy. An additional award was presented to Callie Hattingh for his work in advancing hypnosis and psychotherapy (including Ego-State therapy) in the country of South Africa.

A total of four 5-Day Training programmes in Ego-State Therapy are offered over a two year period. At the end of two years, participants will have met the full requirements to register as internationally accredited therapists with ESTI.

Faculty are offering additional short workshops. Jenny da Silva held a very successful short workshop on Hypnotic and ego state interventions for chronic pain and Dr Elzette Fritz has taught various workshops on using Ego State Therapy for personal



development of therapists. Dr Woltemade Hartman has also been holding workshops on Ego-State Therapy and Bodywork and will hold one in June on using this approach with children.

## Denmark

Anne-Marie Harnum shares that Beginning and Intermediate 2 day courses in Ego-State Therapy are being taught several times a year in Denmark to licensed health professionals by the Danish Society of Clinical Hypnosis, and to psychologists by the Psychological Society of Clinical Hypnosis. The teachers are psychologists Anne-Marie Harnum and Hedda Sandemose, both ESTI approved.

Anne-Marie was taught EST by Jack and Helen Watkins when they visited Sweden and Denmark back in the 1990's, and they certainly made a lasting and momentous impact here in Scandinavia. Maggie Phillips also taught EST courses during the late 90's and provided case consultation. The EST community remains strong in Denmark. Anne-Marie and others regularly present on EST at European Hypnosis Society and International Hypnosis Society meetings.

## Austria

Eva Pollani writes that she will be teaching EST:

EST with Children  
August 27 + 28 2016  
Intakkt, Krefeld

Introduction in EST  
September 29 - October 1 2016  
ÖGATAP  
Bad Radkersburg, Styria

Introduction in EST  
October 7, 8 and 9, 2016  
Milton Erickson Society Poland

EST with Addictive Patients  
March 10 and 11 2017  
Milton Erickson Society Graz  
Styria



EST Advanced Workshop  
June 2, 3 and 4 2017  
Poland  
Milton Erickson Society Poland

Conferences:

Annual Autumn Conference of ÖGATAP for Psychotherapy  
September 28 - October 1, 2016  
Bad Radkersburg, Styria (Austria) where I will be teaching EST

**Thanks so much for taking the time to read this newsletter. Please feel free to send your feedback and/or corrections. Our next edition of the ESTI Newsletter will be released in November, 2016.**

**My best wishes,  
Maggie**