

ESTI

EGO STATE THERAPY INTERNATIONAL

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Dear Ego State colleagues and friends,

It seems that 2014 has already run away with us with the change of season signaling the middle of the year already. Likewise, I have learnt that the cogs of the ego state machine never stop turning. Although ESTI is made up of different countries, it is amazing to me as I compile this newsletter, how each cog of this machine works so magnificently together with the goal of furthering Ego State Therapy internationally. Moreover, it has also been interesting for me to note how Ego State Therapy is evolving, especially in combination with other therapies. An example of this is provided in this edition in the short article by Dr. Elzette Fritz (South Africa) on the combination of Ego State Therapy with Creative Expressive Arts in Therapy. In this edition we also interview a pioneer in the field of Ego State Research, Professor Gordon Emmerson. I am sure that you will enjoy reading about this interview as much as I enjoyed interviewing him. Congratulations to all therapists who have qualified as internationally certified Ego State Therapists. A reminder that the requirements for national and international certification for professionals, supervisors and trainers are available. Please contact your country representative for further information.

Till next time,

Jenny

From the President's Pen

It is winter now in South Africa and during the winter months, I always take time to reflect back on the year thus far, on what we have achieved and on what we would still like to achieve. Of course,

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this is always best done with a steaming mug of hot chocolate in hand!

One of our major achievements is the fact that the ESTI family now consists of 14 countries with a mutual vision and mission statement with guiding values. This will enable us to pursue the vision of John and Helen Watkins which was to disseminate their therapeutic approach and techniques across the globe. To this end, we agreed that ESTI is a federation, and not a society, as was conceptualized by the Watkins', of like-minded clinicians, who share a common interest and passion for Ego State Therapy and its advancement.

At this point, I am reminded that there are many 'Parts Therapies' - each with their own theories and epistemologies. Although commonalities exist amongst parts therapies, ESTI's vision is to promote and disseminate Ego State Therapy in accordance with the original theory of the Watkins'. However, theories should never stagnate, but rather evolve into dynamic and new ideas and areas of research. Thus, although grounded in the original theory of the Watkins', I envisage a rapidly-developing, evidence-based body of ego state research, coupled with innovative techniques, oftentimes borrowed from other therapeutic approaches.

The psychotherapy world is in dynamic flux and there is a continuous demand for more brief psychotherapeutic approaches, and this is where I envisage our greatest challenge to be in the near future.

As mentioned in one of our previous newsletters, one of our biggest challenges is opening a bank account for ESTI. This has proved NOT to be an easy task. Each attempt is met with mounds of red tape, such as international financial restrictions and tax considerations. This is a matter which will be considered at our next meeting.

The fact that we have clear guidelines for international and national certification in Ego State Therapy will, in my opinion, make it easier for professionals to follow the stipulated minimum guidelines and, at the same time, promote a high standard of international training. To this end, it gives me great pleasure to announce that we have slightly over 80 internationally qualified ego state therapists who have met all the international requirements for certification.

As I become more nostalgic I think back to the long history of Ego State Therapy. From the days of Paul Federn, conceptualizing so-called "Ich Zustände" (feeling-states containing "self-ness") to his close associate, Edoardo Weiss, who, in turn, shared these ideas with John Watkins in the United States. I was privileged, together with many of my colleagues from all over the world, Dr Maggie Phillips, Dr Claire Frederick, Dr Gordon Emmerson, Prof Arreed Barabasz, Dr Shirley McNeal and others, to share these original ideas under the tutelage of John and Helen Watkins. To preserve this legacy, it is a pressing urgency for ESTI to find ways of honouring the hard and diligent work of many of these pioneers of Ego State Therapy and in this sense the time is long overdue in establishing appropriate awards in which those that have contributed significantly to the development and advancement of Ego State Therapy can be honoured. To this end, we are in the process of finalizing appropriate awards to be announced in due course.

A reminder to our readers that there will be an Ego State Symposium at the XIII European Society of Hypnosis Congress in Sorrento, Italy in October 2014. The symposium will be titled "The First John and Helen Watkins Memorial Lecture on Ego State Therapy", which promises to be a very informative one. Likewise, I would like to remind our readers to consider attending the 20th International Society of Hypnosis Congress to be held from the 27th to the 29th of August 2015 in Paris, France. Let us support our French colleagues in making this a memorable event. For more about the Paris Congress and the ISH, see page 9.

**Until we meet in Sorrento, Ciao!
Woltemade**

ESTI interviews...

Gordon Emmerson, Ph.D

This segment in our newsletter interviews a prominent psychologist/psychotherapist that has contributed to the advancement of Ego State Therapy in their country and abroad. In this newsletter, we interview Gordon Emmerson, Ph.D



Professor Gordon Emmerson, Ph.D

Jenny da Silva: How long have you been in practice?

Prof Gordon Emmerson:

Although I have been a therapist for several more years, I have been a registered psychologist since 1988. I have been an Ego State Therapist since 1994.

JdS: Tell us a bit about your new book.

GE: I have two new books. Resource Therapy (in Press), and Resource Therapy Primer (2014). Resource Therapy Primer is available now, while Resource Therapy is still at the publishers. I have started calling the form of Ego State Therapy I have developed and teach, Resource Therapy, for three reasons,

1. The theory of state formation, the theory of Introjects, and the core processes of therapeutic change varies from the Watkins',
2. Because I believe our ego states are our resources, Resource Therapy is a better name both for new therapists and for clients to quickly understand the nature of states (the Conscious State is also a better name for the Executive State), and
3. I want training to be open to all psychologists and psychotherapists, not just those who have trained in hypnotherapy. I first opened this training to non-hypnotherapists with the publication of my second book, and while Jack Watkins saw this as, "a significant contribution to the entire field of psychotherapy" inside cover, *Advanced Skills and Interventions in Therapeutic Counseling* (2007), the greater Ego State Therapy community still prefers that only hypnotherapists be trained. In order to at once honour ESTI's training requirements and provide an opportunity for the technique regimens I have developed to become more widespread, I needed to start a new therapy.

Back to the question about my new book. The Resource Therapy Primer (2014) book divides pathologies into four general types, which subdivide into 8 specific pathologies:

1. Vaded States (vaded with Fear, Rejection, Confusion, or Disappointment) – These are Unwanted Emotions,
2. Retro States (Retro Original and Retro Avoiding) – These are Unwanted Behaviours,
3. Conflicted States, and
4. Dissonant States – Having a lesser than preferred state in the Conscious.

The Resource Therapy Primer book provides precise Therapeutic Regimens for each pathology type using a combination of prescribed Actions (see ResourceTherapy.com). It also aligns DSM categories to the 8 Pathology Classifications.

I think it clarifies techniques so they will be easier to teach, learn, and use. I am really happy for any therapist to adapt these techniques into their Ego State Therapy practice. While I now call myself a Resource Therapist (as well as an Ego State Therapist) I have a tremendous love for Ego State Therapy, as it is used in the hypnotherapy community.

JdS: What initially drew you to Ego State Therapy?

GE: In 1994, I was preparing for a sabbatical to do research on hypnotherapy and pain control. A research assistant at my University collected every article on pain and hypnotherapy for my planning. One of these articles was by the Watkins, "Where goes the Ouch?" That article started my love of Ego State Therapy. My research sabbatical changed to the use of Ego State Therapy with pain control, and even though I was a fledgling at using Ego State Therapy, participants were able to reduce their migraines fivefold, their depression and anger levels significantly, and these changes continued to improve over time.

Because I had taught therapeutic interventions at the University for a number of years I was able to see gold when I found it. I became an ego state therapist and conducted my first workshop in Ego State Therapy in December, 1995.

JdS: Tell me a bit about your training with the Watkins's.

GE: Following my research on Ego State Therapy and Migraines in 1995, I developed a correspondence with Jack Watkins. This was an honour for me, and he was keen to get details of the Ego State Research I had done so it could be included in his and Helen's book.

During the next few years I ran several Ego State Therapy workshops and found a need for a new book that detailed ego state techniques for some of the things I had been working on, including, Depression, Couples Therapy, Trauma, and Ego State Mapping. After finishing the first draft of my book, *Ego State Therapy*, I decided to spend my next sabbatical with the Watkins in Missoula Montana.

One of the best times of my life was the summer of 2000, getting to know Jack and Helen, getting to see the love they had for each other, spending time with them in their home, at their lake house, and going to jazz outings with Jack. Jack had a real sweet tooth, and while I don't, I was always happy to stop with him on the way to the lake at his favorite Chocolate Malt shop and have one. Along with playing in a Jazz band, he drove like a teenager, and we launched his new 'speed boat' that summer. On multiple occasions, he would be singing Helen's praises, and she would stop him and say, "The only problem with Jack is that he just loves me too much."

Not only did I love the time with them, but the University of Montana in Missoula has a Watkins collection of original papers that was wonderful to study and browse. Jack and Helen were very generous to me and I cherish the papers and tapes they gave me.

*We need more research
[in Ego State Therapy],
desperately...*

JdS: What would you consider your major contributions to psychology / Ego State Therapy?

GE: I think my major contributions are:

1. My writing, including the books, *Ego State Therapy* (2003), *Advanced Skills and Interventions in Therapeutic Counselling* (2006), *Healthy Parts Happy Self 2012*), *Resource Therapy Primer* (2014), and *Resource Therapy* (in press), and numerous articles.
2. The Theory of Personality that defines states as physiological neural pathways, created by the repetition of coping skills. With repetition, axon, dendrite growth and trained synaptic firings create states with their own distinct traits and abilities. This theory varies from the Watkins' theory that states form when the personality splits.
3. The Theory that introjects are state specific, with only the power that each state gives them. This provides an avenue in therapy for states to become empowered in relation to an introject they have feared or felt rejection by. While a client may develop a 'Mother' state, an introject (internal impression of someone else) does not become a state, because states physiologically form with repetitive behavioural practice over time.
4. The concept of states having pathology being either Vaded (holding unwanted feelings), Retro (conducting unwanted behaviours), Conflicted (having conflict to the point of anxiety), or Dissonant (a lesser preferred state holding the conscious). Plus the sub-concepts of states being vaded with fear, rejection, confusion, or disappointment (and treatment regimens for each), and for Retro States being Retro Original (from childhood) or Retro Avoiding (e.g. avoiding a Vaded State with addictive behaviour or OCD), (and treatment regimens for each).
5. The alignment of DSM categories with the 8 state pathologies, with the theoretical explanation for cause, based on state theory.

6. The concept of Surface and Underlying States.
7. The development of precise treatment regimens for Depression, Eating Disorders, Addictions, OCD, Trauma, and others.
8. The development of 15 Treatment Actions that can be selected and applied to specific pathologies (see ResourceTherapy.com).
9. The concept of Sensory Experience Memory (SEM), which is an emotional re-experiencing of a memory. This memory is what clients problematically experience when a state is vaded, and also what is useful in therapy when the client can assume the identity of an introject or state, then immediately return to the pathological state while still holding the SEM. This ability to experience the SEM from an introject or another state can provide an 'Aha' level of understanding.

JdS: You are known for your research in Ego State Therapy, tell me a bit about that.

GE: I would prefer to be known for my theoretical contributions and for my work to open the power of working with ego states up to the greater psychological community.

JdS: What are your future plans in terms of Ego State Therapy?

GE: I hope to continue to teach and to present at conferences and congresses. There are workshops planned for next year in Australia, Bahrain, Bali, the US, and the UK (see resourcetherapy.com). I will be working to continue to forward Ego State Therapy in the hypnosis community and I will continue to work to expand Resource Therapy more broadly. I see that the power of therapeutic change is in the therapist's ability to work with the state that needs change, rather than with an intellectual state that likes to talk. It is my dream that Ego State Therapy and Resource Therapy can be tools that help an expanding group of clients around the world.

JdS: Where do you see Ego State Therapy in the future in terms of research?

GE: We need more research, desperately. I conduct several 5 day research workshops annually for ACSPRI in Australia and for NZSSN in New Zealand and I understand both the pitfalls of relying on research studies, and the power of those studies in promoting a therapy.

CBT literally has hundreds of studies conducted on its efficacy, and with alpha set at .05, there will be 1 in every 20 of those studies that will show success purely due to sampling error, yet the CBT claim for legitimacy (therapy of choice) is based on successes from those studies. The studies that do not reveal change are most often never published, so the reader cannot really get an indication of how well it works.

I am convinced comparative studies of EST or RT with CBT would reveal much better results for the state therapies. When CBT therapists attend my workshops they consistently report more change in their clients than they have ever seen before.

It just makes sense. If you want to get a person to change, you can't just talk to their neighbor, and if you want to help a state to change, you can't just talk to a different state.

Ego State Therapy Across the Globe

The latest news and developments in Ego State Therapy across the globe:

Austria (EST-AT)

Austria's Ego State Therapy Community is continuously growing. We are proud to be able to offer a new introductory course which starts in June this year. Ego state therapy trainer Eva Pollani will be presenting a new workshop titled: "Ego State Therapy with Couples" in September. Eva trained with the Gottmans in Seattle and integrates the most useful interventions in her Ego State Therapy work.

Switzerland (EST-CH)

In January 2014, there was a change in the direction of Ego State Therapy Switzerland. The former representative Paula Arvio was replaced by Max Schlorff.

There is still a huge interest in EST in Switzerland and thus there has been immense growth. People seem to enjoy what is offered at EST-CH: a solid training in EST combined with brilliant special seminars presented by international presenters. Topics are of great variety and change every year.

In 2014 Maggie Phillips (USA) taught Somatic Experiencing techniques for trauma therapists (May 16th & 17th). Joy Nel (South Africa) taught us her unique approach (Ego State Therapy and Expressive Arts Therapy) with self-mutilation and then Ego State Therapy and Creative Expressive Arts Therapy with children and Adolescents (May 23rd & 24th). In 2015, Eva Pollani (Austria) will present her seminar on internet and porn addiction (29th and 30th May 2015). Apart from these workshops with presenters from abroad, we also invite national celebrities like Peter Allemann, who is well known in Germany, Switzerland and Austria for his very creative Psychodramatic Parts' Hypnotherapy with children and adolescents (November 7th & 8th 2014). For more information see www.egostatetherapie.ch

United Kingdom (EST-UK)

Historically the community in the United Kingdom has been flooded by different bodies who, with different levels of expertise and professionalism, offer training in hypnosis. That said, there seems to be a slow stream of people interested in training and specialization in hypnosis who are starting to recognize the worth and the specialized place of Ego State Therapy. This process, we believe, will receive a huge influx of interest with training planned during the latter half of 2015 – the first training course in Ego State Therapy in the United Kingdom.

We have also been fortunate in establishing the Milton H. Erickson Institute of London with Dr Heleen Malherbe as the driving force. The mission is to bring together those specialising and wanting to increase their skills in Ericksonian hypnotic principles with the possibility of exploring Ego State Therapy within this framework.

Jack and Helen Watkins believed in “The Therapeutic Self” and we have identified “The Therapeutic Self” as a specialized field of interest. Should there be colleagues who share this interest or know of some lesser known articles or resources, please contact Dr Heleen Malherbe on helenamalherbe@btinternet.com

Sweden (EST-SE)

In Sweden, EST-SE is a division of the Swedish Society of Clinical Hypnosis. We are happy to announce that we have finished our first advanced EST training of 96 hours. Nine participants have completed all the requirements and are ready to be certified. They have to date received their EST-SE national certificates and we look forward to offering them their international ESTI certificates. We have also had the privilege of certifying Maria Ranch Alander as a fully qualified ESTI supervisor and teacher. EST-SE will start the next advanced training on the 5th of September 2014. Susanna Carolusson will also present a seminar on: ‘Hypnosis and EST’

Germany (ESTA-D)

The group in Germany has been meeting regularly and have been recently discussing the integration of new supervisors into the group. Another topic under discussion is the concept of the ‘Core Self’. Ego state Therapy is very popular in Germany with 47 certified therapists to date.

The new book “Der Singende Pantomime”, by Wiltrud Brächter was recently published with an introduction by Kai Fritzsche. The book is geared to child therapists who work with inner parts and contains several chapters on Ego State Therapy.

Not only did many German, Swiss and Austrian ego state therapists contribute chapters to the book, but also South African ego state therapists Woltemade Hartman, Jenny da Silva and Elzette Fritz.

United States of America (EST-NA)

The ESTNA committee has approved the basic curriculum for Ego State Therapy and has started setting dates to launch their beginning courses which will commence in the fall.

Claire Frederick, Shirley McNeal and Maggie Phillips will teach Beginning I in September 2014 in the San Francisco area. Catherine Fine will mobilize in the Philadelphia area and others will begin training areas in Canada, Boston and in the middle of the United States. The logo for ESTNA has also been designed and is awaiting approval from the full board.

Claire Frederick will be teaching a 1 day Foundations of EST workshop for the SCEH conference in Berkeley, CA, in early October. The American Journal of Clinical Hypnosis will feature, in its next edition which will be coming out shortly, publications devoted entirely to EST. Several of our members have publications. Claire Frederick's work features "The Center Core in Ego State Therapy and other Hypnotically Facilitated Psychotherapies" and (with Joan Hageman), "Phenomenological and Evidence Based Research in Ego State Therapy: Recognized and Unrecognized Successes and Future Directions." Maggie Phillips' article in that same issue is "Mending Fences: Repairing Boundaries through Ego State Therapy."

Israel (EST-IL)

In the last year, the Israeli Hypnoforum for Ego State Therapy (which is a special "part" of the Israeli Society of Hypnosis) has prepared and organized several public and professional workshops on Ego State Therapy.

Basic Training in Ego State Therapy consisting of 16 hours has also been implemented, with weekly clinical supervision sessions attended by more than 40 participants. On the 9th and 10th of December 2014, Dr Woltemade Hartman will be conducting an Advanced Seminar on Ego State Therapy.

South Africa (EST-SA)

During 2014, Ego State Therapy in South Africa has advanced to new levels of interest with numerous specialization and advanced workshops being presented nationwide. Topics include Ego State Therapy with Children, Ego State Therapy with Creative Expressive Arts in Therapy, The Devil wears Prada; The Management of Malevolent Ego States and Introjects; The Circle of Life; Ego State Therapy and Grief and Ego States and Trauma. These topics will surely stimulate new interest in the field of Ego State Therapy. Additionally, South African clinicians are making their mark on the international stage. Woltemade Hartman, Ph.D will be teaching ego state principles and techniques for the 10th consecutive year in Germany. These workshops continue to be ever popular, not only in Germany, Switzerland and Austria, but are ever-increasing in popularity in other parts of the world.

Our own Joy Nel, M.Ed Psych recently held a very successful workshop in Zürich, titled "Bright red": A creative Eriksonian-Ego State Therapy approach to healing and wholeness in self-mutilation. Finally, Jenny da Silva, M.Ed Psych and Elzette Fritz, D.Ed will conduct a workshop in Krefeld, Germany from the 17th to 18th November 2014 titled "Utilizing the Wisdom of Ego States presented in The Lion King." The workshop will be presented in English and German simultaneously.

Creative expressive arts therapy, a therapy that has withstood the test of time in bringing parts together

– *A brief introduction by Elzette Fritz, D.Ed (South Africa)*



Elzette Fritz, D.Ed
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Throughout the ages human beings as species have celebrated life and life's challenges by engaging in creative engagement through painting, picturing and drawing on the walls and sand, making objects using clay and other artifacts, singing, dancing and making music. These forms of creative engagement celebrated life and also provided healing in times of turmoil when expressing through words was difficult. We now know through the research conducted by Bessel van der Kolk, Bruce Perry, Peter Levine, Daniel Siegel and Marion Solomon, to name but a few, that trauma and terror often cannot be expressed through words due to the brain's neurophysiological and neuroendocrine responses to perceived and real threat. Trauma therefore resides in the senses and it therefore stands to reason that therapy needs to engage the individual in activities that enable expression on a sensory level.

Through creative engagement the imagination expresses what the individual experiences and also opens possibilities for problem solving and alternative thinking and feeling. Expressing trauma through sound, movement and images not only releases what sometimes is trapped in the body, but also creates distance so that what

the person experienced, can be engaged with in a more controlled manner. By externalizing terror through creative engagement, action is brought into therapy that enables the individual to explore alternative ways of feeling and thinking about the event and self. When engaging in creative arts, the sense of dissociation that occurs through trauma can be changed to an experience of integration as the head, heart, body and spirit unite through symbolic communication (Halprin, 2006). Creative engagement allows suppressed parts of the self to be brought to the surface as suppressed feelings are externalized on paper, molded in clay or enacted through movement. Fears externalized can therefore become forces of change as we discover unknown parts that through arts engagement can become allies (Rogers, 2006, p.126). Pain and suffering has been part of the story of the human race and we survived as a species based on the fact that "...afflictions of the soul carry healing remedies within themselves if we open to the depth of experience they convey" (McNiff, 2004, p.72).

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10 Year Ego State Therapy Jubilee Workshop in Germany

To celebrate Dr Woltemade Hartman's 10 years of teaching in Germany, a special jubilee workshop will be held from the 21st to the 23rd November 2014 in Rottweil, Germany. The focus will be on Ego State Therapy – past, present and future, and will consist of invited addresses, panel discussions, conversation hours and live demonstrations. The workshop will be conducted in German. All the well-known presenters such as Dr Kai Fritzsche, Dr Jochen Peichl, Dr Helmut Riessbeck, Susanne Leutner, Elfie Cronauer, (Germany), Dr Woltemade Hartman, Karin Huysen (South Africa), Dr Silvia Zanotta (Switzerland) Eva Pollani and Susanne Hausleithner-Jilch (Austria) will be in attendance. For more information regarding registration please contact Daniel Bass at the Rottweil Institute at danielbass@meg-rottweil.de To date we have over 200 registrations and the congress venue can only accommodate 250 participants. Please book now to avoid disappointment.

International Society of Hypnosis

As Secretary of the Council of Representatives of the International Society of Hypnosis (ISH), Woltemade Hartman, Ph.D would like to remind our readers of the close relationship that was established between the Watkins and the ISH. Both John and Helen Watkins firmly believed in the interconnectedness between Ego State Therapy and hypnosis as therapeutic modality and were as such loyal supporters of ISH. We continue this loyalty by supporting the upcoming ISH World Congress to be held from 26 to 29 August 2015 in Paris, France. We would like to encourage Ego State Therapists to support and present workshops and scientific papers on Ego State Therapy at this congress.

Additionally we support all the activities of ISH and would like to encourage our readers and ego state therapists around the world to join the ranks of ISH by becoming members of this prestigious society.

Furthermore, it gives us enormous pleasure to announce that the International Society of Hypnosis has accepted Dr Hartman's proposal for a John and Helen Watkins Award that will form part of the ISH's array of exclusive international awards. The John and Helen Watkins Award for Teaching Excellence will be awarded by the ISH to individuals whose lifetime of teaching experience and clinical work substantially promotes and advances the practice and application of hypnosis.

International Conferences

Please take note of the following international congresses:

2014

- XIII International Congress della European Society of Hypnosis: "Hypnosis and Resilience. From Trauma and Stress to Resources and Healing" **22–25 October 2014**, Sorrento (Amalfi Coast), Italy <http://www.societaipnosi.it/>
- 10 Year German Ego State Therapy Jubilee Congress **21–23 November 2014**, Rottweil, Germany kontakt@meg-rottweil.de

2015

- 20th International Congress ISH-CFHTB (International Society of Hypnosis) **26–29 August 2015**, Paris, France www.cfhtb.org

2016

- 8th MEISA international Congress, South Africa (Milton H. Erickson Institute of South Africa) **19 – 21 February 2016** Main Congress at Mabula, South Africa. **24– 25 February 2016** Post-Congress in Cape Town, South Africa. www.meisa.biz

Hot off the press!

After months of deliberation, ESTI is proud to present our Vision and Mission Statement.

Vision

To disseminate, encourage and promote the clinical practice, theory and training of Ego State Therapy as established by John and Helen Watkins, worldwide.

Mission

Promoting Ego State Therapy by guiding, assisting and training professionally qualified clinicians in health-related professions in the effective, ethical application of Ego State Therapy as therapeutic modality and by encouraging rigorous and evidence-based research in Ego State Therapy.

Values

- Integrity
- Integration
- Unity in Diversity
- Creativity
- Ethical Standards

Thank you

Once again a big thank you to our colleagues, friends and especially to the representatives of our member countries for tirelessly promoting Ego State Therapy in their own countries and abroad. We once again invite all interested in the furthering of Ego State Therapy to share your ideas, comments and input. We would like to wish those lucky enough to be preparing for their summer holidays a safe and restful holiday while those of us in the Southern Hemisphere enjoy the last of our winter woolies and crank up those toasty fire places.

Our warmest regards,
Woltemade Hartman, Ph.D
President of ESTI

Jenny da Silva M.Ed Psych
Newsletter Editor: ESTI