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Dear Ego State colleagues and friends,

Another year has flown past and in South Africa, it is time for our Summer Holidays. We often joke here, that South Africans only work 11 out of the 12 months a year as many people have already closed up shop and many are down at the coast enjoying the sunny beaches and warm weather with their loved ones. I wish all our dear readers a good rest during the festive season with loved ones, safe travels and all the best for the New Year. Our new website went live on the 1st of December 2014.

Do visit us on www.egostateinternational.com.

We also have a new email address: estioffice@gmail.com. Please let me have any new articles or research on this email address so that I can add it to our ever-increasing bibliography. I would also love to publish some of the new research in Ego State Therapy in this newsletter. Please send me full articles on the new email address and I will look at including it.

Until next time,

Jenny

From the President's Pen

Dear Colleagues, we in the Southern Hemisphere are preparing ourselves for the summer holidays and the Christmas Season. Christmas in Africa is celebrated quite differently to those in the cold Northern Hemisphere. It's time for us to enjoy the sunny weather with ice-cold African Amarula liqueur and celebrate with loved ones. I am therefore taking this opportunity to wish you all a Merry Christmas and a prosperous New Year.

2014 has been a very busy year for Ego State Therapy International. We have accredited more

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than 40 new international ego state therapists, established a new website, finalized the ESTI bank account and had a successful board meeting during the European Congress of Hypnosis in Sorrento, Italy during October.

The congress was well attended by ego state therapists and attendees showed a keen interest in attending the first Jack and Helen Watkins Memorial Symposium on Ego State Therapy. It was my impression that the Ego State Therapy workshops and symposia attracted the most interest during the congress. Towards the end of November 2014 we had the 10 Year Jubilee Conference in Rottweil, Germany, celebrating the establishment of Ego State Therapy in the German-speaking countries. The conference was attended by almost 300 delegates and according to the organiser, Bernhard Trenkle, the feedback was exceptionally good. I wish to sincerely thank Bernhard, Daniel Bass and their exceptional team for this successful congress and for supporting Ego State Therapy.

My South African team including my wife Idillette, my two personal assistants, Hanlé Marais and Marlene Odendaal, my MEISA co-director Jenny da Silva as well as my daughter Nadine, have started arranging the 6th World Congress on Ego State Therapy.

The main congress will be held in the African bush at Mabula Private Game Lodge from 19 to 21 February 2016. The post-congress, also referred to as the Cape of Good Hope Congress, will be held on the 24 and 25th February 2016 at the Protea Hotel, Technopark in Stellenbosch. Please do not miss this opportunity to attend these congresses. Please visit the congress website at www.meisa.biz for more information and to make use of the early-bird registration fee. The congresses will, as usual, be comprised of well-known international faculty and I am inviting all of our readers and foreign colleagues to join us for the congress during the African summer.

Enjoy the holiday season

Woltemade

Ego State Therapy across the Globe

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

South Africa EST-SA

It was decided at our last ESTI meeting in Sorrento, Italy that the office of the Secretary/Treasurer be split into two. Jenny da Silva from South Africa has been appointed as Secretary of ESTI. Woltemade Hartman and Jenny da Silva presented workshops at the European Society of Hypnosis Congress in Sorrento, Italy in October 2014 to very positive feedback. Karin Huysen, Clinical Psychologist also presented a very successful workshop during the Ego State Therapy Jubilee in Rottweil, Germany during November 2014.

Switzerland EST-CH

The number of certified Ego State Therapists is constantly growing in Switzerland. There is a huge interest in Ego State Therapy seminars and most of the training courses are fully booked many months in advance. For 2015, we have organized the following special seminars which are open to all therapists:

* Eva Pollani, Austria: Control – Alt – Delete!

Internet- und Porno-Sucht mit Ego State Therapie behandeln! (German)

29/30 May 2015, Zürich, Switzerland

* Gordon Emmerson, Australia: The Eight Ego State Pathological Conditions and their Treatments (English-German)

4/5 September 2015, Zürich, Switzerland

* Maggie Phillips, USA: Somatic Approaches to Psychotherapy (English-German)

2/3 October 2015, Zürich, Switzerland

We are currently negotiating with Diane Poole Heller, USA. She will teach at our institute in Zürich either in 2015 or 2016. If you are interested in attending, need further information or would like to register, please visit our homepage: www.egostatetherapie.ch

Dr. Silvia Zanotta has published several articles on Ego State Therapy, in the national hypnosis magazine (CH-Hypnose). She taught at the European Hypnosis Congress in Krakow, Poland and at the ESH-Congress in Sorrento, Italy and delivered a very interesting keynote address at the 10th Anniversary-Congress on Ego State Therapy Germany in Rottweil.

Austria EST-AT

Head of ESTI Austria Trainer and Supervisor, Eva Pollani presented at the European Society of Hypnosis Congress in Sorrento last October on Identity and Ego State Therapy with Couples as well as Ego State Therapy with pregnant women and those who have an unfulfilled wish to become pregnant. The next Ego State Therapy curriculum is on its way and we are proud to announce different workshops on specialized topics (internet addiction, children, couples, porn addiction etc.) in Ego State Therapy in Austria, Germany and Switzerland – please visit www.egostatetherapie.at for further information.

Both Eva Pollani and Susanna Hausleithner-Jilch presented very successful workshops during the Ego State Therapy Jubilee in Rottweil, Germany.

Germany–EST-DE

The development of EST in Germany has been and still is a great success. There are more than 50 practitioners certified at the moment. Woltemade has done a great job! We have had a Jubilee Conference in Rottweil to celebrate 10 years of EST trainings here with well-attended workshops presented by Kai Fritzsche, Jochen Peichl, Helmut Riessbeck, Woltemade Hartman, Susanna Leutner and Elfie Cronauer.

A curriculum has been developed, supervision groups are becoming well-accessible in every part of the country and all the trainings of our group are being well-attended by a large number of people. Our group meets twice a year to discuss organizational matters and exchange thoughts about the Watkins' tradition and further development of Ego State Therapy to enhance its profile as compared to many other models that work with inner parts of the personality. We are still eager to clarify the deeper meaning of the Watkins' concept of "core self."

State of Affairs in Sweden

Written by Susanna Carolusson (Vice-president of ESTI)

This is a column meant for discussion. ESTI is now represented by many nations, with various cultures and history. In the previous Board meeting in Sorrento, one of ESTI's core values "Diversity in Unity" was excellently demonstrated. I enjoyed the open active engagement!

Some principles became explicitly clear and agreed upon, for example: Most of us have been teaching Ego State Therapy long before ESTI was founded, and now as representatives, we support those colleagues who teach Ego State Therapy with our certification programme, or under our teaching programme to become trainers. In Sweden, this means that the

hypnosis society (SSCH) still offers Ego State Training by our Swedish Society for Clinical Hypnosis (SSCH) faculty, even those who are not yet ESTI certified, but only on the basic level, as part of the hypnosis training. Those students who aspire to be ESTI certified, apply to join the Ego State Therapy middle and advanced classes. Only certified teachers and co-teachers to be certified teach this programme. This means that the last 90 training hours are directed by certified teachers.

This state of affairs must not be misunderstood as elitism! We have no intention of stopping other colleagues from teaching Ego State Therapy, we do not interfere with their teaching. It is only if they choose to become part of ESTI that they have to follow the basic agreements, following our credentials and teaching standards, and begin taking the classes they need to fulfill for their ESTI international certification.

History

At the Swedish Society for Clinical Hypnosis, Ego State Therapy has been taught as part of the hypnosis training since 1980, when our Swedish teacher, Bengt-Göran Fasth, taught Ego State Therapy according to the Watkins' theory.

At this point, I took over the training in Gothenburg. Marlene Hunter was the first presenter that I invited to Sweden to teach Ego State Therapy in her way. Theoretically and clinically speaking, she followed the same structure, dynamics and relational focus as the Watkins, although I am aware there may be some disagreement on this point. Marlene founded a clinic in Canada specializing in the treatment of dissociative disorders, and she bravely stood up against doubts and criticism for her acknowledgment of dissociation. She was, and still is, (she is retired now) a supporter of Richard Kluft, who conceptualized a technique for trauma treatment

known as the Fractionated Abreactive Technique (FAT). He taught in Sweden a few years ago, as did Suzette Boon, who taught us the Dutch way, and the theory of structural dissociation. Early in the 1990's I invited Suzette's colleague Onno van der Hart to teach on dissociative phenomena.

For the teaching of original Ego State Therapy, John and Helen Watkins visited us three times and taught a full schedule from Friday afternoon to Sunday afternoon. They were so enthusiastic and full of energy, and did not want to miss the opportunity to teach, even after office hours. Maggie Phillips has also lectured at the annual SSCH meetings several times, and Claire Frederick was once our guest lecturer, as was Woltemade Hartman. Personally, I learnt a great deal from the ISH (International Society of Hypnosis) and ESH (European Society of Hypnosis) meetings with the Watkins'.

Other schools of thought have been part of the hypnosis curriculum as well: Richard Landis presented Parts Therapy, Richard Schwartz presented Internal Family Systems and Steven Gilligan was here twice to teach about the various selves in each person.

So, my point is that we integrate a lot in practice, which is what we must do when we get experience and new knowledge.

As director of the Ego State Therapy training in Sweden, Advanced Level, I teach Ego State Therapy the way Helen and John Watkins taught it. And as an extra bonus, I encourage my students to combine techniques as it suits them and their clients. An important goal in my teaching is to teach Ego State Therapy in the original Watkins' way, before teaching how to combine it with other, almost similar techniques. Why? Why not just certify all those competent colleagues who know how to do something like Ego State Therapy, already? I know that question is raised.

My teaching approach is this: If you want to combine Ego State Therapy with other techniques, you must know the techniques of Ego State Therapy profoundly, discover how and why Helen and John chose to do what they did the way they did it, test it again and again in practical demonstrations and exercises and then, when you are really skilled in Ego State Therapy, you can combine it with other techniques.

My personal view is that the Watkins had a dynamic touch that is rare nowadays, and I would find it a great loss if we equaled their way with the more cognitively founded "parts therapy" as an example. Some aspects of the Watkins' Ego State Therapy I cannot be without! Maybe advocates of all schools have this feeling. Then it is a matter of personal taste (and personality) into which school you choose to invest your time and money.

Ego State Therapy and EMDR



Susanne Leutner (Dipl-Psych)

Ego State Therapy (EST) and EMDR can be used in combination with great effect. They are an excellent match and, together, develop an even greater potential. Both approaches allow for very direct and quick stimulation of in-depth processes but also include many possibilities for activating resources and ego-strengthening.

How is EMDR used?

With EMDR – Eye Movement Desensitization and Reprocessing – the patient calls to mind a stressful event in the form of an image or a film. She does this in her

mind and in her emotional and physical feelings while her eyes follow the fingers of the therapist who moves her hand to the right and to the left in turn. Other bilateral stimulations (tapping, tones) are also possible. This stimulation supports the brain in activating its own self-healing powers and in processing the stressful memories. The method was founded by Francine Shapiro (Ph.D) in the eighties.

Theory on the effect of EMDR

In the so-called AIP model (Adaptive Information Processing), neural networks continuously store information that structure our future actions (Oren, E. & Solomon, R. 2012). Under pressure or stress this information is not processed appropriately. Such situations include traumas as well as stressful everyday events related to e.g. rejection, shame or failure. The neurophysiological information related to such events is isolated and stored separately and may be triggered involuntarily at any time. Pain, anxiety, low self-esteem and other symptoms are consequences rather than causes of the disordered information processing.

Unprocessed stressful events disturb the inner balance and are stored in the body, in the physiology, in feelings and in thoughts. The reactivated self-healing powers and the associative effect of EMDR helps to retrieve and process them, so that they transform into a narrative memory related to speech. Connecting the fragmented memories takes place by disrupting the working memory. Access to lacking information is facilitated by accessing the episodic memory. In this way, emotional and cognitive restructuring are enabled, inner images and the body sensation used as a basis for salutary change, attentiveness in

trusting the self-healing process promoted, self-regulation and the ability to act restored. (Solomon, R. & Rando, T. 2012)

Similar Principles in Ego State Therapy

Ego State therapists reading this will immediately notice similarities to their own work. We too work with states represented in neural networks that have emerged through trauma, introjection or normal differentiation. We facilitate the access to lacking cognitive, emotional or such information stored at a body level by supporting more or less strictly separated ego states in getting to know each other and connecting to each other. In doing so, the relationship aspect is given particular emphasis: it is the task of the therapist to establish good relationships with the client as a whole and all her inner states, to maintain them and to be a model for good inner and outer relationships. This results in activating self-healing powers. It also applies to pre-verbal ego states from an early stage of development or those that are non-verbal due to reasons related to the traumatic event. Furthermore, there may also be hidden ego states or somatic or senso-motoric ego states that rather express themselves in physical symptoms or ways of acting.

It is the aim of EST to establish contact with individual ego states and to accompany them to a resolution or a cure and to teach the client to join the experiences dissociated in different states (cf. Fritzsche and Hartman 2010), in order to support the integration of the trauma material. This is particularly important in the case of trauma processing. To do this, the dimensions of thinking, feeling, acting and body sensation, until then dissociated in different ego states, are pooled and (again) made accessible as an experience, for both

individual and joined ego states. In this way, fragmentations are undone, frequently using the body experience as a catalyst, as in the work of Maggie Phillips (1995). In this process we help clients to get into touch with their resourceful ego states and other resourceful experiences such as conflict free images, inner helpful archetypes, e.g. inner wisdom, inner shamans etc that come from the conflict free zone of the ego.

Combination options

Examples from the first three phases of the SARI model:

In the **first** phase (Safety and Stabilization), most of the ego-strengthening methods of EST are suitable for combination with EMDR bilateral stimulation, e.g. in the form of the "butterfly hug" where the client crosses the arms in front of the chest and taps on her right and left shoulder in turn. If a resourceful ego state is activated, slow tapping enables the client to stay in contact with it. This is also of help when stressed or hurt ego states are added in phase two.

In the **second** phase (Activation), EMDR and EST may complement each other well, e.g. by identifying hurt ego states, which are then cared for in the present, using resource-strengthening EMDR techniques. For instance, the client can imagine that a hurt inner state now lives at a good place or has its place with her at home. The process of locating this good place is frequently accelerated by projecting into the future using EMDR. Alternatively, an aggressive ego state can be identified and then change its behaviour if a trigger situation from the present is processed with EMDR. For instance, a client does not know at first why she reacts so indignantly to her colleague. This is processed with EMDR which allows for identifying the original touchstone situation from her childhood and the corresponding childlike ego state.

When approaching phase three (Resolution), resourceful ego states may act as inner supporters and help in processing traumatic situations by being imaginatively present at the EMDR process or visited during processing breaks.

In the **third** phase, an ego state embodying a new aspect may be included in the EMDR process, thus quickly and smoothly removing a blockage. When, for instance, processing a phobia with EMDR works well at first and the client feels relieved, but then the process comes to a halt, this is often due to an ego state that has to be reached by talking through first, because it is ashamed, for instance. If then it becomes visible, the process continues until the stress is resolved. It may also happen that for example, in the course of an age regression a traumatic situation and one or more ego states emerge that were not known before. Here, the use of EMDR to resolve this special situation is very helpful for all ego states involved and less strenuous.

When the therapy reaches a point where certain ego states want to process and integrate a traumatic memory, it may be very useful to support the ego state's work in trance by bilateral stimulation. It is also very effective to include a full EMDR protocol into the therapy to focus on a certain situation from where the trauma originated as well as the corresponding ego states, and resolve it. This will in turn lead to considerable relief for the affected ego state.

If such an EMDR session remains incomplete, ego states with soothing or strengthening properties will be contacted. This is achieved in a particularly impressing way if clients already know their resourceful and hurt ego states well from phase two. They can then for example, use the butterfly hug at home to regulate tension states and calm

themselves. This is helpful with memories associated with trauma as the act of tapping conveys control.

It is also possible that a childlike part experiences a negative cognition and the adult experiences a positive cognition as their respective own truths. For instance, the childlike ego state may feel "I am in danger" while the adult knows "I am safe". This is brought together in the EMDR process and processed at the same time, so that the two, until then dissociated, neuronal networks of these ego states join and the traumatic experience dissolves. So the adult "helps" the childlike ego state to process what is stressful and at the same she herself receives help in overcoming avoidance and dissociation (e.g. in the so-called "Dialogue Protocol" of Hanna Egli-Bernd, 2001).

Elfie Cronauer and I have developed further experimental EMDR-protocols. **Resource Integrating Therapy (RIT)** facilitates processing within EMDR by providing a resourceful memory or ego state before starting the process, localizing it at another place in the room other than the trauma memory. It is based on developments by Jim Knipe, Carol Forgash and Catherine Fine.

The **Bottom-Up protocol** paves the way to cognition and helps to re-structure thinking by starting exclusively from body sensations at first, in particular somatic symptoms. Here it often turns out that body sensations are based on a somatic ego state that developed in a traumatic or stressful situation. It is identified by focusing intensely on feelings within the body. Due to processing with bilateral stimulation (BLS) it can then express its message in the negative cognition and later transform it into the positive cognition by which the process is then completed. A similar EMDR protocol

that, however, does not explicitly refer to the inner states, was developed by U. Lanius around the same time (Lanius, 2010). Here it becomes clear: "EMDR, Ego State Therapy and somatic therapy fit together like hand and glove" (Sandra Paulsen, 2009).

From the perspective of EMDR therapy, contacting the ego states helps in symbolizing and including resources, in strengthening the bond and the working relationship with the therapist (and their ego states) and in intensifying the therapeutic process. Experiencing and understanding what happens during processing is intensified, but can also serve to facilitate the process by better control, clearer definitions and reduction of mutual phobias of the ego states.

From the perspective of EST, EMDR promotes quicker and smoother processing of stressful experiences of the inner states. In addition, resources are integrated and assimilated directly and under the client's own control. When meeting the traumatic situation, the self-healing process is experienced in an intense and gentle way. The tendency to connect to other ego states is also supported. So EMDR is a method by which the therapy with ego states becomes softer but also more intense and more effective.

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International Congresses

2015

19-22 March 2015, Milton Erickson

Gesellschaft Jahrestagung/Congress Bad

Kissingen, Germany www.meg-hypnose.de

26-29 August 2015, 20th International Society of Hypnosis Congress ISH-CFHTB Paris, France

www.hypnosis2015.com

5-8 November 2015, 2nd Parts Therapy Congress, Heidelberg, Germany

www.teiletagung.de

10-13 December 2015, 12th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy,

USA www.erickson-oundation.org

2016

19-25 February 2016, MEISA: Changing Faces of Psychotherapy Congress, including the 6th World Ego State Therapy Congress www.meisa.biz

3-6 March 2016, MEG Jahrestagung/Congress, Germany www.meg-hypnose.de

3-6 November 2016, Child Psychotherapy Congress in, Heidelberg, Germany

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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 wish you and your loved ones a blessed Christmas, happy holidays and a prosperous New Year.

Our warmest regards from the South African office

Woltemade Hartman, Idillette Hartman, Nadine Hartman, Jenny da Silva,
Hanlé Marais and Marlene Odendaal