



EGO STATE THERAPY INTERNATIONAL

REQUIREMENTS FOR TRAINING AND CERTIFICATION IN EGO STATE THERAPY

Eligibility for ESTI certification has been agreed upon as:

- * Being in possession of a degree (or equivalent qualification) in a health related field from a recognized or state university
- * Proven training in psychotherapeutic modalities or in the process of completing such state licensed training
- * Having completed at least 64 hours of hypnosis training at an ESTI recognized and accredited training institution
- * The country representatives may use their own discretion in accepting a specific individual working in a therapeutic environment within a health related field under a licensed supervisor based on the individual's knowledge and interest. Such a person will qualify for a certificate of attendance, but not for ESTI certification

International Training Curriculum

- The **SARI Model and variations** of the SARI Model will form the basic roadmap for all fundamental training. After fundamental training larger variation could be expected.
- The candidate needs to complete **6 Basic Seminars** and **at least 2 additional (specialized) seminars** before qualifying for ESTI certification.

Other Information

- **Group Supervision: At least 16 hours or two days**
- **Individual Supervision** and case consultation should be **at least 4 hours** and should be with an ESTI supervisor, trainer or ESTI representative.
- **Self Experience** in personal sessions should be **at least 4 hours** in total and should be with an ESTI supervisor, trainer or ESTI representative.
- This all adds up to at least **120 hours** of face-to-face training

- **Transitional Training in Hypnosis:** Should a candidate not have sufficient training in hypnosis, a three-day transitional seminar (24 hours) should be undertaken.

Basic Seminars

Seminar 1: Safety and Stabilization, Activation and Work with Resourceful Ego States

Seminar 2: Activation and Work with Symptoms Associated Ego States

Seminar 3: Activation and Work with Trauma Associated Ego States

Seminar 4: Activation and Work with Destructive/Malevolent Ego States

Seminar 5: Renegotiation, Rehabilitation and Re-association/Corrective experience

Seminar 6: Integration and Post-Traumatic Growth

Specialized Seminars

- **At least 2 specialized workshops are required for certification.** Each organization may decide for itself which specialized topics in combination with Ego State Therapy are appropriate and of interest for their participants.

Some suggestions are:

- * Extra practice seminars
- * EST with Children
- * Resourceful Ego States
- * EST and Somatic Experiencing
- * Traumatized Ego States
- * Ego States and EMDR etc.

Content of Basic Seminars

Seminar	Name	Comments/Discussion
1	Introduction to Ego State Therapy. Safety and Stabilization: Activation and Work with Resourceful Ego States	To include the History of EST and discussing dissociation as a phenomenon. The relationship between Ego States and trauma.
2	Activation and Work with Symptoms Associated Ego States	Address issues such as: <ul style="list-style-type: none"> • Bodily sensation • Rage, anger, fear, anxiety and other forms of activation • Corrective Experiences
3	Activation and Work with Trauma Associated Ego States	<ul style="list-style-type: none"> • Corrective Experiences and working towards integration
4	Activation and Work with Destructive/Malevolent Ego States	<ul style="list-style-type: none"> • This should include working with introjects
5	Renegotiation, Rehabilitation and Re-association	<ul style="list-style-type: none"> • Empty-chair-technique • Finding corrective experiences • Creating flow, containment, coherence, self-efficacy and self-regulation
6	Integration and Post-Traumatic Growth	<ul style="list-style-type: none"> • How to apply the SARI model as a whole • How to adjust to everyday life • Post-traumatic growth • Further practical applications