

ESTI

EGO STATE THERAPY INTERNATIONAL

NEWSLETTER

Newsletter 1 of 2019

Website: www.egostateinternational.com Email: info@meisa.co.za Newsletter maggiephillipsphd1@icloud.com



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Dear Ego State Colleagues, Therapists, and Friends

Welcome again to our ESTI Newsletter, the heart of connection and communication within the Ego State Therapy International community!

Please remember to visit our website and to refer friends and colleagues as well: <http://www.egostateinternational.com/>.

We will continue to add resources there and invite you to submit EST news, cases, articles and other items of interest to me directly at maggiephillipsphd1@icloud.com, along with any questions or suggestions you might have for this newsletter.

I want to remind you that newly certified members have their own place on our website. You may find them listed by country at <http://www.egostateinternational.com/esti-certified-therapists.php>

Because our organization is continuing to grow so rapidly, we suggest that you look for regional news related to specific Ego-State Therapy trainings by visiting the websites of the various institutes listed below:

Australian Ego State Therapy Association: <http://aesta.com.au/>

Ego State Therapy Austria: www.egostatetherapie.at

Ego State Therapy Switzerland: www.egostatetherapie.ch

Milton H. Erickson Institutes of South Africa (MEISA): www.meisa.biz

Ego State Therapy Institute Rheinland: www.est-rheinland.de

Institute: Susanna Carolusson, Sweden: www.carolussons.se

Institut für Traumatherapie und Egostate, München, Germany: www.ursula-helle.de

Wiesbadener Trauma Institut, <http://wietra-international.com/wp/>

Woltemade Hartman Institut für Ego-State-Therapie: <http://wietra-international.com/wp/>

Hamburger Institut für Traumatherapie – HIT, Germany: www.hit-traumatherapie-hamburg.de

Institut für Klinische Hypnose und Ego-State-Therapie, Berlin – IFHE: www.ifhe-berlin.de

Milton Erickson Gesellschaft Austria – MEGA: www.hypno-mega.at

Milton Erickson Institut Graz: www.mei-graz.at

Intakkt Psychological Solutions, Krefeld: www.intakkt.de

WAY INSIDE, France: www.wayinside.fr

Ego State Therapy Japan: <http://egostatetherapy.jp/>

Ego-State Therapy-Deutschland: <http://www.est-a.de>

Ego State Therapy North America: www.maggiephillipsphd.com

Our reward feature continues in this edition. In order to encourage you to develop the habit of reading the ESTI Newsletter, we add a bonus box in the newsletter. All you need to do is to click on the indicated link, which will take you to the bonus itself.

Thanks for reading and for all of your contributions to Ego-State Therapy.

Warmest wishes,



Maggie Phillips, ESTI Newsletter Editor

LETTER FROM THE ESTI PRESIDENT

Dear Ego State Colleagues, Therapists and Friends,

For almost one year I have been “Mrs President” of ESTI. A great honour and a task that started slowly and then began to hurry up my life. I travel more, I read and write and work more, I have started doing presentations and workshops, and sometimes I have to deal with items I never thought I would have to. Bad and good ones.

But first of all: I am very proud that I signed Certificates for almost 40 new Ego State Therapists! I want to welcome you to the worldwide Ego State family: You make ESTI growing and help to spread the Inspiration of Ego State Therapy!

Most new Therapists were from Europe, mostly Germany, Austria and Switzerland. In the future I expect a lot of new Therapists from Hong Kong and Beijing, who will graduate from the Ego State international training curriculum in 2019 and 2020, and also from the EST certification program just beginning in the U.S.

Isn't it great how our ESTI community is growing? To be well prepared for this expansion of ESTI I think we have to improve a few things inside of ESTI structure and communication.

Let me explain what I mean:

I learned during my presidency that we were confronted with new challenges as we are growing so rapidly. At present we do not have communication channels or mechanisms to react appropriately to them.

The main challenges identified so far:

1. Maintaining high quality of training worldwide
2. More regular meetings of the board
3. Installation of an ethics committee

Ad 1) “Maintaining high quality of training worldwide”

With the international training curriculum, we have a very good instrument to help us keep the standard of teaching worldwide. At least all the trainers and organizing teams need to have in depth understanding of this curriculum.

A second aspect related to the quality of training would be the selection of students. As I know from Germany, a University degree (Medicine, Psychology, Social work) is not required to practise Psychotherapy. "Psychotherapist" is a protected title which only can be used by persons having respective University degree and Approbation. Psychotherapy can be offered by people with a range of other qualifications. We have to decide which preconditions the students worldwide have to fulfil in order to be trained and certified by us.

Ad 2) Regular meetings of the board

I see a need that the board conducts regular meetings. My suggestion is that we fix a regular day (for example the last Sunday in January, April, July and October) and time (20:00 MEZ) for a skype-conference. At least the president, past-president, president elect, newsletter editor, treasurer and secretary should join the meeting. If anyone else on the board would like to join the meeting they are welcome. Suggestions for topics to be discussed should be mailed to me two weeks before the scheduled meeting. The next scheduled meeting of the ESTI board will be the last Sunday in July.

Ad 3) "Ethics committee"

As we are growing the potential of conflicts increases and therefore we will need instruments to deal with upcoming ethical issues. Before all the issues concerning ethical regulations and consequences have to be discussed in the skype conference we should hand them to a smaller ethics committee. How the members of this committee will be appointed has to be discussed.

I hope you continue to find inspiration through your work with Ego-State Therapy.

Warm regards,



Uschi Helle, ESTI President

INTERVIEW WITH DR. MED JOCHEN PEICHL



My interview for this issue is with Jochen Peichl, a member of the Ego-State Therapy faculty in Germany. Jochen completed his training in hypnosis with Bernhard Trenkle and also with Gunther Schmidt, who developed Hypno-Systemic Therapy. Jochen has combined Ego-State Therapy, which he studied mainly with Wollie Hartman, and Hypnosystemic Parts Therapy created by Gunther Schmidt. The title of his most recent book is *Introduction to Hypnosystemic Parts-Therapy*. Jochen will present this work at the conference "15 Years of Ego-State Therapy in Germany," which will take place in Rottweil at the end of May.

MP: How did you become a psychotherapist?

JP: After studying medicine in Göttingen in 1975, a small university town in the north of Germany rich in tradition,

my different ego states argued with one another about what should happen next: One ego state wanted to do an apprenticeship at a drama school in Munich, another side wanted to begin art study in Berlin, and a third part found brain research to be a fascinating topic to explore.

My “reasonable” ego state decided to apply for an internship in the psychosomatic department of the Tiefenbrunn Clinic and Hospital for Psychotherapy, a training hospital near Göttingen, with a focus on psychoanalysis. The part that would have liked to have an actor’s training encouraged me to train as a psychodramatic therapist at the Moreno-Institut Überlingen - which I do not regret to this day. After graduating as a specialist in psychiatry, neurology and psychosomatic medicine in 1989, I worked at first only psychoanalytically, until more and more clearly a part in me appeared on my inner stage, which was totally excited by the hypnotherapy of Milton Erickson.

MP: What have you been doing in your career?

JP: In 1989, I moved to the University of Munich, where as a senior physician, I organized and managed the sleep and dream research lab for three years. The “brain-researcher-part” was very happy, but I was experiencing an increased alienation from psychoanalysis, both from those who taught it in institutions as well as the therapy method itself. I think my “action-part” from the psychodrama became bored behind the couch.

An important change took place in 1992. I moved to the Psychosomatic Clinic in Nuremberg, the second-largest city in Bavaria, as an assistant manager. I was entrusted with establishing a department for trauma therapy and somatoform pain disorders at this 2400 bed hospital. I managed these two departments until 2011. In addition, I opened a private practice for trauma therapy, where I presently work on a reduced schedule.

MP: When were you certified as an ego state therapist?

JP: In setting up the trauma therapy department, I realized that psychoanalytic concepts are not very helpful and sometimes counterproductive in treating seriously traumatized people. My team and I began a search for new resource-oriented and helpful methods. I started an apprenticeship in EMDR with Arne Hoffmann and participated in the first course of Ego-State Therapy taught by Woltemade Hartmann in 2004 in Rottweil, earning in 2009 the International Ego state Therapy Certification and Supervisor and Trainer Certification in 2014. Earlier, I completed my hypnotherapy training with Bernhard Trenkle in Rottweil and my hypno-systemic training with Gunther Schmidt in Heidelberg. It was here that I realized I had properly arrived as a psychotherapist, and that this form of therapy suited me my inner therapy team was happy.

MP: How did your study in EST with Wally Hartman and your awareness of Hypno-Systemic Parts Therapy (developed by Gunther Schmidt) fit together for you?

JP: Both approaches are based on the concept of multiplicity of a person's personality, yet view this concept from very different perspectives.

EST is more of a guide to encountering one’s inner parts. It is psychodynamic “relationship therapy” with oneself. The aim is to understand not only one self better, but to accept and like one’s multiple ego states. All of these parts in us have a story, a function for the whole system, distinguishable basic needs, and a view of the world. We imagine them as members of an inner-self family. The number of possible parts in us is not limited (as in Transactional Analysis), the system is organized as “grassroots democratic” without a boss, leader, or a “chief customer officer”. This personification of parts is a crucial therapy focus, the central effect being the encounter on the inner stage and the healing happening within this encounter. I call this a bottom-up approach.

In Hypnosystemic Parts Therapy, Gunther Schmidt picks up ideas of Virginia Satir (“parts party”), the Psychosynthesis of Assagioli, and NLP (six step reframing), and links them to the results of modern brain research on the brain's modular organization and the plasticity of neuronal networks. For Gunther Schmidt, an explicitly systemic approach is important; he is not concerned primarily with individual sides or parts of a client – namely their history in childhood- but with the optimal control and organization of the entire system. The hypnosystemic is primarily an inner basic attitude, and essential components of the hypnosystemic attitude are: 1. The autopoiesis (e.g. the ability to maintain, change and renew oneself); 2. How people relate to one another in lived culture (e.g. Acting eye-and heart level between humans); and 3. The self-organization.

The last point seems to me particularly important for understanding a hypno-systemic therapy with inner parts. Our brain is programmed by nature to “survive”. Viewed from this perspective, our brain functions, as well as both small and large systems (e.g. individual cells, the body, or even groups of people), according to the principles of self-organization. Synergetics is the science that deals with the self-organization of these complex systems. Optimizing this synergy is the ultimate goal of hypno-systemic parts therapy.

One needs a coordinating “meta-instance” in the system, which Gunther Schmidt defined as “Parliamentary President”, “Inner Manager”, or “Orchestra Conductor “. This top-down approach explores not only the individual ego states in the client, and the encounters of all the parts in the client, but also attempts to increase synergy in the inner system by the use of the prefrontal cortex of the brain.

MP: In what directions do you see your own work evolving in the next few years?

JP: At the moment, I am very interested in the birth-wired brain “Basal Emotion and Action Systems” described by Jaak Panksepp in *Affective Neuroscience* (1998). Sandra Paulsen combined this idea with ego states and EMDR in her last book *When There Are No Words: Repairing Early Trauma and Neglect in the Attachment Period Associated with EMDR Therapy* (2017). Her assumption that the ego states are developing out of this basal emotion system from Panksepp has piqued my interest. I am eager to learn more and plan to write about this subject. I would also like to explore a connection in the genesis of the ego states to the approaches of Somatic Experiencing® by Peter Levine as represented today by you and Wollie.

My thanks to Jochen for sharing his work with us. I think you will find his new book and related work very intriguing!

YOU'VE MADE IT THIS FAR – ONLY A BIT FURTHER TO FIND THE BONUS BOX

CLINICAL CORNER

In this edition, we're happy to present the Ego-State Therapy clinical case of “Michael” submitted by Dr. Elfie Cronauer. Along with Dr. Susanne Leutner from Bonn, Germany, Elfie is one of the leaders of Ego-State Therapy-Deutschland and an ESTI board member. For more information, please visit <http://www.est-a.de>.

The Case of Michael

Michael, a 39 year old engineer, came into my practice and told me with a friendly smile that he was afraid of speaking in front of a group. He had started a new administrative job a couple of months before we met. He liked his new position

with its challenges and growing responsibilities. But, was different from his former job, he was required to report the results from his section in front of a group of 12-15 colleagues four times a year.

His first report was a few months ago. He had forced himself to overcome a strong feeling of being inferior, with insecure feelings like a child would have. When he presented this information to me, there was a lack of words, and Michael's humor had disappeared.

Michael is a man not very tall and slim. He has a cleft upper lip, covered by a small moustache. In his childhood and adolescence he had to undergo 12 surgeries; during two of them, (ages 7 and 17) he realized that he was not completely anesthetized, though he showed no arousal when he recalled these experiences. He married when he was 33 yrs old and he and his wife decided not to have children. Michael's target is: to feel less inferior and to be capable of talking in front of the group of colleagues.

Michael's history includes the information that he grew up with his parents. His brother, who was four years older, had a lot of problems during his schooldays, was addicted to drugs and in juvenile prison. His father seemed to be unremarkable and weak. So Michael became his mother's favorite; as he said, "She recognized me, but she did not love me....she is a cold person, not interested in any relationship....".

Due to his cleft upper lip, Michael was supposed to visit a school for disabled children, but his mother insisted on a regular school and he became one of the best scholars.

When I suggested ego state therapy as treatment, he was interested and curious. A resourceful five year old child state emerged, the sunny boy he had been in the kindergarden at elementary school. His charming friendliness and his funny behavior was noticed by teachers and other adults. They were fond of him; he felt their sympathy and was lucky. He characterized his childhood a very happy one.

Another resourceful state emerged, an adolescent, age 16. In his adolescence he was the representative not only of his class but also of his level. He won the the championship in ping pong in the town he lived in - thus fulfilling his mother's narcissistic ambitions of having a least one family member, who was worth talking about.

The contact with both resourceful states strengthened Michael. He joked and smiled and was fully recognizing our work. In the following sessions we tried to access and activate ego-states connected with his fear of presenting in front of a group. Usually charming and curious, Michael was rapidly overwhelmed, startled and could hardly speak. He shook his head several times, breathing and muttering, and his whole expression reminded me of a deep shame. I tried to intensify the contact to his resourceful states, but did not succeed. Walking a few steps and reorienting him into the present was a possible option after a while. He spoke about the young man he had been, between ages 16-18, when he felt absolutely uninteresting to any woman. All the other guys, even the unpolite and nasty ones, had girl friends except himself. He refused to go to parties at that time to prevent himself from frustration and disappointment. His joking attitude failed, he considered himself as ugly and never ever being in a loving relationship.

In a slight trance he created a relationship between the adult Michael and the youngster, who felt so inferior and uninteresting. He saw himself walking with the young, lonely and desperate single man, talking to him about building up a relationship, telling him, that he is married. He promised to take care of, and to get into contact with his "youngster" as often as possible.

The next session was cancelled by Michael. He pretended not to have time, due to his work. I wondered if he was ashamed of having lost control in my practice, coming into contact with the youngster, who felt so miserable and weird, "in front" of a woman, me, the therapist.

When he showed up for the next session, smiling, joking, he asserted, that he had no problem to build up a relationship to his youngster. Everything was “okay”. He felt, that his inner system, his resourceful ego-states and the young man knew and respected each other and that he felt somehow calmer. Michael was surprised, how he must have pushed aside the sad time during his adolescence. He seemed to be more wholehearted and more empathetic.

We then focused on his aim again. He was concerned about his fear of presenting and feeling small in front of his colleagues and I decided to use EMDR with the following target: An image in the future, where he is obliged to present the results of his group. His resourceful states were supporting, his youngster felt connected as well.

The EMDR processing was fine and the subjective unit of discomfort, SUD, dropped from an 8 to a 3. When I asked him for the reasons that bring up a 3, he confessed: “your attendance”.

Michael told me, that he always tries to control the person vis-à-vis his protector self. This was an ego state that existed “since ever”. His function was to observe, to control in bringing up a friendly atmosphere, jokes, and so on. My presence seemed less of a problem, and the SUD in the EMDR processing descended more.

We could understand together, how crucial it was for this ego-state, to control and thus protect younger, traumatized parts from his iatrogenic traumatized parts.

Again, the next session was cancelled by him. Meanwhile he was eager to buy a house and to move and free himself from a controlling neighbour. She inspected his letter post and he feared that I could sent my bill to his home address and he might be humiliated by the address from a psychotherapist. He had called his mother himself, (instead of waiting for her monthly telephone call, and told her that he could only meet her on one special day during Christmas time. His mother was startled. He never had dared before to set his boundaries.

I also asked him, how his job was going. Had our Ego-State Work and EMDR processing helped him in a way there? “Oh he said, now that you are mentioning it....if have been talking in front of a group ...mm...I never thought about it....it was okay, there was no problem.”

The next session again was cancelled. He spoke on the answering machine that he would come back after having moved. A couple of months later, he again spoke on the answering machine. I wonder if he will show up again.



Elfie Cronauer.

We are grateful to Elfie for sharing such an engaging case study where she demonstrates her skillful handling of ambivalent attachment and transference issues, the addition of EMDR processing, and how she found and brought together two very different ego states as the youngster and protector parts.

If you want to share any comments or questions, please contact Elfie directly at e.cronauer@t-online.de. If you would like to submit your own clinical case, please contact me at maggiephillipsphd1@icloud.com

Bonus Box. Thanks for reading this far. Our bonus for this issue is the video replay of Working with Self-Fragmentation Using Specific Ego State Approaches to Promote Wholeness and Relieve Emotional and Physical Pain with Maggie Phillips and Wendy Lemke: <https://vimeo.com/335894884/84b56612ef>

ARTICLES AND RESEARCH

We continue to share more articles and research in the Newsletter. In this issue, we are pleased to present a research study based on the doctoral dissertation of Dvori Blumenau a certified Ego-State Therapist and Educational Psychologist from South Africa. The title is “Facilitating Inner-Strength Building in Adolescent Girls with Depressive Symptoms through Ego-State Therapy and Creative Expressive Art in Therapy”.

ABSTRACT

Depression has become an epidemic in the 21st century, and the age of those presenting with depressive symptoms continues to drop to early adolescence. Research and statistics have also shown that adolescent girls are more susceptible to experience depression than adolescent boys. As the current approaches to the treatment of depression have some short-comings, this research study proposed an additional framework to the treatment of depression in adolescents. This framework was based on the implementation of the Ericksonian principle of utilisation, namely, utilising and building upon the client’s assets and strengths in therapy. It was also based on the SARI model of ego state therapy as it expanded on phase one of the SARI model and enhanced its implementation in dealing with adolescent girls with depressive symptoms. Part of Phase 1 of the SARI model includes hypnosis for inner strength building. Hypnosis is a technique which has been used in this study. This framework was further based on the implementation of creative expressive art in therapy. The objectives of this study were to develop and describe a framework which aimed at facilitating inner strength building in adolescent girls with depressive symptoms, as well as to propose guidelines for the implementation of this framework. Inner strength is defined as that part of the psyche that remains intact, vibrant and resourceful, even as the client presents with symptoms of distress. Due to the lack of research regarding the building of inner strength in adolescent girls with depressive symptoms through ego state therapy and creative expressive art in therapy, this study aspired to address this gap.

A qualitative approach has been used for this study. The design employed was that of multiple case study. The data was collected from five different sources, namely, audio recordings and transcriptions, observation, reflections, documentation and artefacts. Thematic analysis was used to analyse the material.

For the purpose of the research, three participants were chosen. Each participant attended nine therapeutic sessions based on the framework suggested by this study. It became evident at the outcome of the sessions, that throughout the process, the participants felt that their inner strength grew and their depressive symptoms diminished.

This research contributed to the world of theory and practice by proposing a unique, practical and brief framework for the treatment of depression in adolescent girls. It is recommended that further research be conducted in order to check this framework in different conditions.



Dvori Blumenau

TRAINING NEWS

Austria

Eva Pollani starts a new ESTI curriculum in Grafenbach in NO, lower Austria, beginning in June, 2019. Please contact her at office@eva-pollani.at for more information.

South Africa

Wally Hartman has started an International Assistant's programme in Ego-State Therapy. As Wally continues to expand the reach of EST, he is introducing a training program for assistants who might want to combine travel with applying their skills to assist within newer EST training programs. Current possibilities include Germany, Switzerland, Austria, France, Italy, Japan, China, Hong Kong, and Australia. Requirements include completion of appropriate hypnosis training approved by the International Society of Hypnosis and completion of at least the fundamentals level of Ego-State Therapy provided by an institute or association approved by ESTI. For more information, please contact Wally at info@meisa.com

The following Ego State Therapy workshops are scheduled in South Africa. The workshops will be presented by Dr Elzette Fritz and Jenny da Silva

Beginners Part 1: 3 to 7 July, Dr Elzette Fritz

Beginners Part 2: 26-30 July, Dr Elzette Fritz

Advanced Part 1: 3-7 September, Jenny da Silva

Advanced Part 2: 1 to 5 October, Jenny da Silva

For more information please refer to the website at <http://www.meisa.biz/training-programme-2019.php>

Dr Hartman will again present an Ego State Therapy Safari for German speaking therapists from 30 September to 5 October 2019. More information available at:

<http://www.meisa.biz/ego-state-therapie-deutsche-safari-2019.php>

Sweden

Susanna Carolusson shares with us highlights of the re-accredited Advanced EST as a specialist training for psychologists. Events occur in May, September, October, and November. Along with other teachers, she also offers training in hypnosis in Sweden and basic EST as part of a hypnosis training in St. Petersburg, Russia. The first part

was presented on 26-29 April. Ten hours of middle level EST as part of the curriculum of advanced hypnosis training in St. Petersburg, is scheduled for 30 August -2 September and 6-9 December 2019. Six hours of middle level EST will be presented as part of the Advanced Hypnosis training in Valencia, Spain on 19-22 September. Susanna's other training colleagues include Hedda Sandemose, Sofia Strand, Ulla Byegard, Stefan Fransson, and Josefina Hansen. For more details, contact Susanna at susanna@carolusson.se

Switzerland

Silvia Zanotta reported that basic EST trainings are fully booked, prompting the Swiss group to add an additional seminar. This year, for example, an additional seminar 1 was added after the waiting list for this seminar became impossibly long. Special seminars with Jochen Peichl (From Victim to Survivor) and Silvia Zanotta on EST with Children and Adolescents also took place. In addition, EST Switzerland is the co-sponsor of the Somatic Ego-State Therapy trainings; SEST Advanced 1 takes place from 24-26 May in Zurich. www.egostatetherapie.ch

United States

Maggie Phillips announces the beginning of the first certification program in Ego-State Therapy in the United States. This intensive training program begins the last week of September, 21-29, in the San Francisco Bay Area. For detailed information and registration, please visit <https://bestpracticesintherapy.com/egostatetherapyintensive/>

IN CLOSING

Thanks for taking the time to read this edition of the ESTI Newsletter. We hope you will want to send us comments, feedback, and suggestions. Please direct these to maggiephillipsphd1@icloud.com.

The deadline for the next edition of the ESTI Newsletter is October 15, 2019. I look forward to receiving your contributions.

I hope you will consider submitting your training events, clinical innovations, articles, and other news about research and books in the area of Ego-State Therapy. Let us know if there is any way we can support your growth.

With my very best wishes,
Maggie Phillips, Ph.D., ESTI Newsletter Editor

INTERNATIONAL EGO STATE THERAPY CONGRESSES 2019 and 2020



30 May – 2 June 2019

The first Rottweiler Ego State Therapy Colloquium, in Rottweil, Germany

Language: both German and English.

Please visit the website for more information and registration: www.egostate.de



MEISA Psychotherapy Congress 2020

Trance, Treasures, Trauma, Touch and Transformation

Including the 7th World Congress on Ego State Therapy

21 April 2020: Pre Congress Workshops Vineyard Hotel, Cape Town

23-25 April 2020: Main Congress Vineyard Hotel, Cape Town

27-30 April: Post Congress Safari, Mabula Lodge

Language: English and German

International Faculty

Special Pre-Congress Ego State Therapy workshops: 21 April 2020

- Advanced Workshop focusing on Hypnosis, Pain, Ego State Therapy and Somatic Therapeutic Approaches. Taught by Dr. Woltemade Hartman (SA) and Dr. Maggie Phillips (USA). Learn from our combined 56 Years of Experience in Teaching and Practicing Ego-State Therapy.
- Innere Kritiker, Verfolger, Zerstörer: die Arbeit mit sogenannten maladaptiven Ego-States. Dr. Med Jochen Peichl (Germany)

Information and registration: <http://www.meisa.biz/meisa-congress-april-2020.php>

Contact: Hanlé Marais at info@meisa.co.za