

ESTI

EGO STATE THERAPY INTERNATIONAL

NEWSLETTER

Newsletter 1 of 2022

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Greetings Ego State Therapy colleagues and friends,

I am delighted to finally be getting this edition of the ESTI newsletter out to you. The passing of Maggie Phillips left a huge void in our Ego State Therapy community, including the need for a new ESTI newsletter editor, and I have assumed that role. For those who don't know me, Maggie did an interview with me a few years ago for the newsletter which can be found here: [ESTI Newsletter Interview with Wendy, 2020](#). Or, you can read my biography listed on my website (which is always a work in progress and in need of updates) at <https://www.wendylemke-psy.com/about>.

Thank you to all who have assisted with this edition. I couldn't have done it without you, and please know that I will need your assistance and contributions for future issues. Please send contributions for future issues to me: Wendy Lemke at wendylemkelp@gmail.com

So much has gone on in the last few years and we continue to have turmoil around the globe. If only our world leaders could know, understand, and implement the ego state therapy principles that help so many of our clients with their own internal warfare. This edition's bonus box includes a link to an iMovie I made a few years ago given the divisive situation of our country at the time. Sadly, not much has changed, and we still need assistance in ending internal as well as external warfare. I hope you enjoy the clip and this issue of our ESTI newsletter. There is much to read about what has been happening in our EST community around the globe. As Helen Keller states, "Although the world is full of suffering, it is also full of the overcoming of it."



Wendy Lemke, MS LP
ESTI Newsletter editor

LETTER FROM ESTI PRESIDENT

Dear Ego State colleagues, therapists and friends,

Heraclitus, a Greek Philosopher is often quoted as saying “change is the only constant in life”. This hasn’t been truer in our lifetimes than in the past couple of years. Much of our individual and working lives have been so greatly impacted by the Covid-virus that it is difficult at times to remember what “normal” was. As the world adapts to our “new normal,” I am amazed afresh at the resiliency of colleagues, friends, and our clients. While it is true that the virus left aftermath in its wake, from increasing despair, anxiety and depression to the deceleration of age-appropriate social and emotional development in our young children, there is no denying that Covid-19 also provided an opportunity for many to “think outside of the box,” to find new ways of overcoming obstacles, to develop new passions, to strengthen bonds between families and to be reminded of the value of connection and human touch.

Ego State training itself has largely moved online. Online video conferencing has enabled online training to continue from the comfort of our homes, but also allowed many different cultures to come together adding a diverse and rich cultural dimension into ego state training. In the spirit of exploring new worlds and cultural diversity, an Ego State Therapy Safari and Training Week will be held at Mabula Lodge from 11-18 October 2022. This training, hosted by Dr Woltemade Hartman and the Milton H. Erickson Institutes of South Africa (MEISA), affords participants the opportunity to attend the training event, while simultaneously affording them the opportunity of experiencing the beauty and diversity of Mabula Lodge situated in the Limpopo Province. The following international presenters will be presenting workshops during this Ego State Therapy training week: Woltemade Hartman (South Africa), Carl Hattingh (Australia), Wendy Lemke (USA), Silvia Zanotta (Switzerland), Ursula Helle (Germany), Margarethe Kruzcek-Schumacher (Germany), Silke Grossbach (Germany), Afshin Amirsadri (Germany), Claudia Müller-Quade (Germany), Daniella Müller (Germany), Joy Nel and Elzette Fritz (South Africa). Please contact Hanle Marais at hanle@meisa.co.za for more information or visit the MEISA website at <http://www.meisa.biz/ego-state-therapy-safari-october-2022-mabula-lodge.php>.

A new 3-year term for the ESTI executive committee commenced in July 2021. Carl (Callie) Hattingh joins us as President-Elect and new country representative for Australia. Wendy Lemke joins us as Newsletter Editor and country representative for the United States. The offices of Treasurer and Secretary remain in the very capable hands of Dr Woltemade Hartman. One of our main objectives during this term has been to increase our online presence. If you don’t already follow our new Instagram page @estinternational, please do so. This page is regularly updated with videos from the masters, training events and all things Ego State Therapy.

Last, but by no means least, Ego State Therapy International suffered a tremendous loss after the passing of our dear friend, colleague and giant in the field of Ego State Therapy, Dr Maggie Phillips. Maggie passed away suddenly in September 2021 leaving a massive void in the lives of her colleagues, family, and friends. An online memorial was held on Sunday 10 April 2022 where Maggie’s friends, students, colleagues and family shared favorite stories and memories of their time with Maggie. We dedicate this edition of the Newsletter to her memory.

Kindest wishes to all our readers,



Jennifer (Jenny) da Silva Faça

INTERVIEW WITH CARL (CALLIE) HATTING



Please enjoy learning more about Carl or Callie Hatting, our president-elect from Australia. Given I am fairly new to ESTI, I am enjoying getting to know more of the Ego State Therapy experts around the world, and I look forward to meeting many more of you in the future as well some of you in person this October in South Africa.

Tell us about yourself Callie and your work in Australia?

We immigrated to Australia in July 2017, where I have been working as a clinical psychologist. The last 5 years have been a very exciting journey. In 2018, I established the Milton H. Erickson Institute of Sydney, Australia (EISA) and became the founding president of the Australian Institute of Clinical Hypnosis and Psychotherapy (AICHP). It was very special to establish a 70-hour training program in hypnosis and having the privilege to meet and work with so many wonderful people.

Since 2019, I have worked with Dr Woltemade Hartman to establish an Ego State Therapy training program in Australia. Due to COVID-19, the training has been mostly online. It was wonderful to have participants join from all over the world. I am very proud of the first group completing all 6 seminars of the EST training at the end of 2021.

In March 2022, I was asked to co-chair an initiative of the Crisis and Intervention Committee of the European and International Societies of Hypnosis. As part of supporting so many traumatized and displaced people due to the war, we have been sponsoring and supporting various therapists from Poland and the Ukraine to complete the EST Training. This will enable them to pay it forward to these traumatized communities.

How did you become interested in Ego State Therapy?

I was first introduced to the concept of ego states during the hypnosis training in South Africa in the early 90's. At the time, Dr Woltemade Hartman had completed studies with Professors John and Helen Watkins, and I started studying with him. I was fascinated by the theory of EST and that the mind develops through the organization of diverse neuro-physiological systems, or ego states. I started exploring how to access and work with ego states in hypnosis. At around the same time, I attended an inspiring workshop by Dr Jeffrey Zeig and was introduced to the work of Milton H. Erickson. These two approaches became the great influences of my approach. Psychotherapy became an exciting journey full of pleasant surprises and discoveries. I never looked back.

During the 90's, I was very privileged to attend workshops with the Watkins' in South Africa and later in Germany. One of the most memorable experiences of my career was to observe Helen Watkins demonstrate Ego State Therapy utilizing the Empty Chair technique. Similarly, I was in awe listening to Professor Watkins explain the concepts of object- and subject energy and the theory of Ego State Therapy.

Dr Hartman approached me in 1999 to become a co-director when he founded the Milton H. Erickson Institute of South Africa. This opened a whole new chapter in my career as an organizer and an EST teacher. It has been such an adventure to work with Wollie to establish the training in Ericksonian hypnosis and Ego State Therapy in South Africa. It was around this time that I became interested in working with Dissociative Identity Disorder and severe dissociation. The EST theory of personality development, ego states and the phased therapeutic approach just made so much sense to my clients with severe dissociation. I recall one DID client, who had multiple diagnoses and treatments in the past, expressed so much relief in being understood and having a therapeutic plan through EST. Ego State Therapy became the guide and the frame to process her Complex PTSD. At the end of therapy she drew this beautiful picture of herself with the caption: "Living the Freedom."

The First Ego State Therapy Congress in Germany in 2003 was also one of the most inspirational events. I was privileged to attend workshops with Drs. Maggie Phillips, Claire Frederick, Shirley McNeal, Carol Ginandes and many others. One of my fondest memories was attending a dinner with Professor Watkins on his 90th birthday during the congress.

Lastly, I am so grateful to have had the opportunity to get to know Dr Maggie Phillips through her teaching, personal therapy, and working with her as a congress and workshop organizer through the years. She taught me Somatic Experiencing and contributed to a deep appreciation and understanding of working with the body in Ego State Therapy. Maggie will always be a legend and a friend that will be missed.

How long have you been involved in ESTI?

I still have this image of sitting at the table in Heidelberg Germany in 2011 with the founding of Ego State Therapy International. Since then, I was one of the South African representatives and was involved in organizing various EST congresses in South Africa through the years. Since 2017, I have been involved with Ego State Therapy in Australia.

What plans do you have when you serve as president?

In my opinion and the experience of the efficacy of Ego State Therapy, I am always surprised that EST is not more well known, compared to many of the other therapies offered. One of the greatest challenges would be to extend Ego State Therapy to more countries, but also to create a much greater awareness of Ego State Therapy in the psychotherapeutic community.

I look forward to working with everyone to promote and develop Ego State Therapy.

CLINICAL CORNER



For this edition's clinical corner, **Eliza Fernandes MSW, RSW of Toronto, Canada** will share on the importance of the therapeutic relationship and self-awareness by highlighting an example of this through a case. Eliza has taken two of my Ego State Therapy courses and is continuing her learning through consultation. She is trained in Ego State Therapy, clinical hypnosis, sensorimotor therapy, neurofeedback, and is an EMDR consultant.

We all learn the fundamentals of identifying and strengthening resources as Ego State Therapists. What I believe is crucial is building on this through the art of utilizing the therapeutic relationship as a resource to promote the client's journey to wellness (Phillips, 2000).

As therapists, we must be aware of our ego states on an ongoing basis and be able to attune to them as we adjust to our client's system. More importantly, must also decide when to utilize our own internal experiences of the therapeutic relationship. The relevance of such utilization must be of benefit to the client. In other words, how to purposely utilize transference and countertransference. I believe as therapists, we need to be aware of what is occurring internally for us at a conscious and unconscious level and when to utilize this for the benefit of our clients for system identification, building stabilization, co-consciousness, system cooperation, ego strengthening, and solidification of movement towards optimal wellbeing.

I will share a case example where self-disclosure in the form of a story allowed the client to connect to letting go of an idealization of maladaptive understanding of criticism.

I worked with a 40-year-old male going through physical rehabilitation due to a vehicle accident and the separation/divorce from his wife of eight years. The separation and divorce blindsided part of him, and other parts of him knew this was inevitable. In a recent session, the focus was on his belief that he was "weak," which would lead him to become emotional with his ex-partner and then "beg" for reunification. We became curious about what "weak" was about and discovered it was a younger part of self, holding on to the pain of his own parents' divorce. This younger part and the father part thought the only way to be an active father was to stay in an unhealthy marriage.

By building co-consciousness between these parts, he became aware of the fear that he would lose his relationship with his children just as he had lost his relationship with his father. He could connect to an inner wisdom that his ability to love was significantly different than what he experienced with his father.

The session was coming close to the end when he shared that he only deserved a partner that was critical of him. My internal thought was the pain from witnessing domestic violence growing up was present. Aware of the limited time, I paused. I realized his statement of only deserving criticism stirred up the ending of a critical sibling relationship I had experienced. Knowing that I have worked through the pain of this in my own therapy, I felt an internal nudge to share. I asked if I could share a personal experience that I believed was relevant to our discussion. He said, "yes, please." So, I started by saying, I have an older sibling that I was very

close to growing up. Recently we decided to end our relationship. I shared how I idealized this older sibling, the closeness, and the criticism. I explained that the criticism got in the way of my own knowing what was valid and vital in my life. In other words, I said criticism couldn't let me grow. The client looked at me, puzzled. The client and I both share the same ethnic background. I asked what was happening to him, and he said: "in our ethnic background, we are supposed to accept criticism." I smiled and said, "do we?" He looked at me stunned and loudly said, "sh..!" There was a long pause, and then he said, "we can have a choice." Initially, I thought the experience would help me let go of idealizing a partner. Now, I realize it was about letting go of idealizing a normative cultural belief that was debilitating.

Through the spoken words of my consultant, Wendy Lemke, "the client knew precisely what he needed from the story."

Reference:

Phillips, M. (2000). *Finding the energy to heal: how EMDR, hypnosis, TFT, imagery, and body-focused therapy can help restore mindbody health*. Norton. 2000. New York City, NY: Norton.

ARTICLES AND RESEARCH

Unfortunately, there were no submissions of new articles and/or research, but just in case you missed this publication, I thought I would share it:

Abramowitz, E. G., & Torem, M. S. (2018). The Roots and Evolution of Ego-State Theory and Therapy. *The International journal of clinical and experimental hypnosis*, 66(4), 353–370. <https://doi.org/10.1080/00207144.2018.1494435>

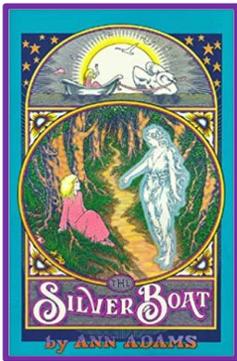
We are really in need of recent (within the last five years) publications and research in the field of Ego State Therapy. Often when seeking approval for continuing education credits (at least here in the United States), they want at least five "recent" references for presentations to be approved.

If you come across any publications, please email me and I will publish them in the next newsletter. Also forward it to Hanlé Marais at hanle@meisa.co.za to be added to the ESTI Bibliography.

BOOK REVIEWS AND/OR NEW BOOKS

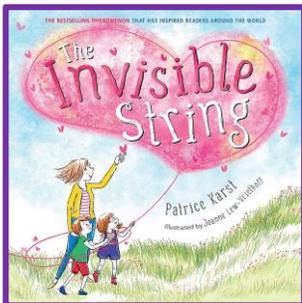
If you are an avid reader, please consider a book review submission for the next newsletter.

Given there weren't any submissions for this edition, I thought I would share a few of my favorite metaphorical children's stories often adapted and utilized with my clients for various clinical concerns. Metaphors and stories are a useful way of bypassing resistance and often appeal to young ego states.



***Silver Boat* by Ann Adams**

This is an old but a good one, if you are not familiar with it already. It is a story about a girl who needs to get through a dark scary forest to get to a happier land. It promotes internal cooperation and collaboration of parts and recognizes the various strengths within the self. If reading, please be careful how you present the ending with individuals diagnosed with dissociative identity disorder. The concept of integration and only one “seat” in the silver boat can be disturbing, depending how it is presented and where an individual is in treatment. I adapt it a bit for my clients based on individual presentations. I particularly like the mantra, “Think about what you want, not what you fear” repeated throughout the story.



***The Invisible String* by Patrice Karst**

This story is about preserving connections with your loved ones, regardless of where they are. If you read it, you can easily see how the concept of an invisible string as a hypnotic strategy for those with attachment wounds could be utilized. It has primarily positive reviews because of the sentiment expressed, but there are a few things to note prior to using with clients. It does make one reference to heaven for using the string to connect with someone who has passed, so be mindful of that religious connotation for those with different beliefs. It also receives complaints about the dismissive parental stance regarding fears that are expressed about thunder. Concerns aside, I think the concept of an “invisible string” is fantastic, and it was brought to my attention by a client. We used it hypnotically to foster a sense of connection during challenges with the pandemic. It has also been useful in various ways for other clients, especially for managing absences.

NEWS FROM THE ESTI COMMUNITY

Thank you to everyone who submitted contributions. Please enjoy the news reports from around the globe. Please keep track of EST news in your area and send future reports to me at wendylemkelp@gmail.com by November 1st 2022, for the next edition.

Australia

News submitted by Carl (Callie) Hattingh

The dates of the Intensive Training in Ego State Therapy online program for the rest of 2022 are listed below if anyone would like to join the remaining sessions. More information is available at: <https://www.aichp.com.au/ego-state-therapy/>.

2022 Ego State Therapy training Program: An Integrative Approach: 15 CPD hours per seminar

EST III: Therapy with Trauma Associated Ego States: 4-6 August 2022. Presenter Dr Woltemade Hartman

EST IV: Therapy with Destructive Ego States and Introjects: 7-9 August 2022. Presenter Dr Woltemade Hartman

EST V: Establishing Internal Safety, Integration and Coherence: 8-10 September 2022. Presenter Carl Hattingh

EST VI: Masterclass: Advanced Treatment Planning for Flow, Embodiment, Self-Actualisation & Post Traumatic Growth: 28-30 November 2022. Presenter Dr Woltemade Hartman

Regular online group supervision sessions are also scheduled. Contact Corrine at admin@aichp.com.au for more information.



Screenshot of the first group to complete the online EST training with AICHP at the end of 2021.

France

News submitted by Guillaume Poupard

The following training is scheduled for France in 2022/2023 and hosted by Institut WAY INSIDE

TEM 3 "Malicious States": October 18-20, 2022. Presented by Dr Guillaume Poupard

TEM Masterclass: November 21-23, 2022. Presented by Dr Guillaume Poupard

TEM 1 "Alliance and Resources": January 26-28, 2023. Presented by Dr Guillaume Poupard

TEM 2 "Dissociation and Trauma": March 31-April 2, 2023. Presented by Dr Guillaume Poupard

TEM 4 "Complex Situations": April 11-13, 2023. Presented by Dr Silvia Zanotta

TEM Specialization "Preverbal States": April 14-15, 2023. Presented by Dr Silvia Zanotta

For more information visit: <https://wayinside.fr/>

North America

News submitted by Wendy Lemke

***Maggie's Memorial***

As you know, in 2021 Maggie Phillips passed away and left our field with a huge void. We continue to mourn her loss and celebrate her contributions, accomplishments, and the many lives she touched. A beautiful memorial honoring Maggie was held in April of 2022 where many shared our treasured memories. Maggie was a force in the field, and I have no doubt she will continue to be a positive, inspiring voice for all those she taught, healed, and inspired. For those that missed the memorial, you can view it at: <https://vimeo.com/700074971>

North America ESTI Representative and Editor Position

With Maggie's passing, I began my stint as the North America representative for ESTI and took over her role as the Newsletter editor. Clearly, there is no one that can fill Maggie's shoes, nor would I want to try. However, I can offer motivation to continue the legacy she started in broadening the awareness of EST and its growing community of EST educated and certified professionals in North America.

Ego State Therapy North America Certification Program and other EST Education

Prior to Maggie's passing, she and I were preparing to launch an EST certification program in North America that would meet the ESTI Ego State Therapy educational certification requirements with a curriculum we developed together.

Maggie taught two groups of students, one in New York, and another in California. From these two groups an ongoing EST consulting group was established of professionals who were passionate about learning more. Eleven of these students just finished another twenty hours of EST training with me. Two of these individuals, Tobi Goldfus and Leslie Laskins, have now been certified as ESTNA/ESTI therapists. Since certification, Tobi is assisting with EST courses I have been teaching which will advance her EST certification status.

Although I have taught EST courses for several organizations in the past, in January of 2021 I launched my first EST Foundations Course with the certification program of North America specifically in mind. These courses were based on the curriculum Maggie and I developed together in 2020. I was encouraged with the enthusiasm of my students which led to an influx of referrals for additional courses. Thus far I have taught two more courses and will begin a fourth course soon with a total of approximately 80 participants. I have also recently taught the 28-hour sequel to that course for 24 participants, several of which want to work towards certification with more training and consultation. I will be starting another sequel course in January of 2023 and plan to offer two more Foundation Courses in 2023.

I also taught sections on EST for the Society of Clinical and Experimental Hypnosis, for the American Society of Clinical Hypnosis and the Minnesota Society of Clinical Hypnosis in 2021. In addition, I taught a webinar on EST

and hypnosis for Delphi Training and Consulting in Australia, several clinical private hypnosis trainings, and hypnosis courses for the International Society for the Study of Trauma and Dissociation. The curriculum of the Level 2 Clinical Hypnosis conferences offered by me and through ISSTD incorporate an introduction to EST and are conducted with a trauma informed lens.

Michael Coy, MA, LICSW taught a 90-minute segment for a full day webinar for the International Society for the Study of Trauma and Dissociation on considerations for integrating Ego State Therapy and EMDR in treating dissociation titled: *Discovering the Unthought Known*.

Future Education Endeavors

I will be teaching a Hypnosis and Ego State Therapy webinar for The American Society for Clinical Hypnosis in September 2022. I also plan to offer at least two more beginner Foundation Courses in 2023, and another Foundation Course sequel in January of 2023 (dates have not been finalized). Maggie's group also plans to continue further training with myself in September. In addition, future advanced classes are in the planning stages with the hope of launching in 2023.

I am also exploring an option of providing clinical hypnosis training and/or an advanced EST class to be held in Alnwick, England summer of 2023. Participants will have the opportunity to stay at Alnwick Castle, home to the Duke and Duchess of Northumberland, filming location of Harry Potter and temporary home to many University students from the United States.

ESTNA and new website

With the growing number of participants pursuing EST training and certification we have established a growing community passionate about EST and clinical hypnosis. As a result, we have officially launched Ego State Therapy North America (ESTNA) and have published our own website, www.estna.info. Cynthia Good from Washington State is an EST trained therapist pursuing EST certification and is helping us develop a directory of trained therapists for the website.

ISSTD Guidelines for treating D.I.D.

The International Society for the Study of Trauma and Dissociation is in the process of updating their published treatment guidelines for dissociative identity disorder which was last published in 2011. It is available for a free download via their website at www.isst-d.org. I am delighted to share that the next published version of these guidelines will include a section on EST. Sandra Paulsen from Washington State, and I have been tasked with writing this section.

ESTI Therapist Certifications

We are delighted to have Leslie Laskins and Tobi Goldfus now certified as Ego State Therapists. Both were former students of Maggie Phillips. We look forward to certifying others in the coming years.



Leslie Laskins



Tobie Goldfus

South Africa

Due to the Covid-19 restrictions in South Africa, the majority of Ego State Therapy training during 2021 was presented online.

Dr Elzette Fritz presented the workshops: Unmasking the Mask of 'Shameful' Emotions, an Expressive Art Therapy Workshop and Finding Hope in Pandora's Box - Integrating Expressive Arts Therapy in Exploring Resilient Ego States.

Dr Elzette Fritz and Joy Nel presented: Into the Labyrinth with Ego State Therapy, an Expressive Art Therapy Workshop. They also presented the online workshop: Join the Dots to Find the Whole: Accessing Ego States through Expressive Arts in Therapy (Verbinde die Punkte, um das Ganze zu sehen: Die Verwendung der Ausdruckskunst) for the KITA-INSTITUT (Kölner Institut für Traumatherapeutische Anwendungen).

Dr Woltemade Hartman presented Ego State Therapy workshops 1, 2 and 3 as online workshops in association with Carl Hattingh from AICHP, Australia in 2021. The South African psychologists joined this training and will also join the 2022 online Ego State Therapy training organized by AICHP.

Woltemade continued with his international Ego State Therapy training programme in 2021. These workshops were presented as online workshops. He presented workshops in the beginning of 2022 as online training and resumed in-person training in Europe and Japan from June 2022.

He participated in the Polyvagal Online Congress on 22 June 2022 and presented: The Art and Science of combining Polyvagal Theory and Ego State Therapy: A Powerful Match. From 30 June to 4 July 2022, he presented "Ego-State-Intensivwoche" in Südtirol. This Ego State Therapy training event was organised and hosted by Dr Ursula Helle from ITEM. (Institut für Trauma and Ego State Therapie, München, Germany).

Woltemade is presenting workshops for the following institutes: KITA Traumatherapie in Köln, Germany; Wiesbadener Institut für Traumatherapie in Wiesbaden, Germany; Westfälische Institut für Hypnose und Hypnotherapie in Coessfeld, Germany; Hamburger Institut für Traumatherapie – HIT, in Hamburg Germany; Trenkle Organisation, in Rottweil Germany; Institut für Traumatherapie und Egostate in München, Germany; Ego State Therapy Japan; Milton Erickson Institute of Austria in Vienna Austria; Australian Institute of Clinical Hypnosis and Psychotherapy; Emergences in Rennes, France; Ego State Therapy Institute in Zürich, Switzerland; Chinese Society of Hypnosis; Ego State Therapy Turkey. Visit www.woltemadehartman.com for his 2022 and 2023 training programmes.



Woltemade Hartman



Elzette Fritz



Joy Nel

Ego State Therapy Safari and Training week 11-18 October 2022

The Milton H Erickson Institute of South Africa (MEISA) is hosting the Ego State Therapy Safari and training week at Mabula Lodge, Bela-Bela, South Africa from 11-18 October 2022. (The training week scheduled to take place in Namibia had to be relocated to South Africa due to unforeseen circumstances).

The training week will afford participants not only the opportunity to attend the workshops but also to experience the abundance of wildlife and birds, including the “big five” during the morning and afternoon safaris at Mabula Lodge as well as other wild-life experiences. The workshops will focus on Ego State Therapy and Ego State Therapy combined with other therapeutic approaches. The training format will be theory, live demonstrations, practical and small-group exercises. There will also be opportunity for self-experience and individual supervision sessions with accredited German - and English-speaking supervisors and assistants. The workshop programme will be in English and German with two parallel workshop tracks, one in English and one in German.

Therapists from 5 continents have registered for this event. The accommodation at Mabula Lodge for this event is currently fully booked. *Please contact Hanlé Marais to be added to the accommodation waiting list.* Day attendees are welcome to register.

Workshops will be presented by the following international faculty members: South Africa: Dr Woltemade Hartman, Dr Elzette Fritz and Joy Nel; Switzerland: Dr Silvia Zanotta; Australia: Carl Hattingh; United State of America: Wendy Lemke; Germany: Dr Ursula Helle , Margarethe Kruzcek-Schumacher, Silke Grossbach, Afshin Amirsadri , Claudia Müller-Quade and Daniela Müller.

The training programme, workshop abstracts and curriculum vitae of faculty member are available at <http://www.meisa.biz/workshop-programme.php> and <http://www.meisa.biz/faculty-cv-and-workshop-abstracts.php>

For more information please visit <http://meisa.biz/ego-state-therapy-safari-october-2022-mabula-lodge.php>

Direct any enquiries to Hanlé Marais at hanle@meisa.co.za.



Sweden



News submitted by Susanna Carolusson

Training

We have had no EST advanced training since before the pandemic, except supervision in small groups, live or online. SSCH has done some basic and advanced training within the curriculum of the hypnosis programs.

In the advanced certifying training level, we need live demonstrations (IRL) and a kind of sensorial connection, at the least role play and examination procedures, that we don't find online. (The faculty agree on this).

Future

As you may remember, I have already passed over the responsibility for the Swedish planning and directorship of EST-SE to Sofia Strand, who has been our representative in ESTI ever since Sya Margareta Redman retired from that position. I will be 70 this year and have planned to slow down a little. I also find it crucial for the survival of our federation to engage younger colleagues, who still have more than a couple of years for future engagement in ESTI. Therefore, I have handed over my position in ESTI to clinical psychologist Karolina Willén. From publication of this newsletter the two representatives for EST-SE on the ESTI board will be Sofia Strand and Karolina Willén. I will continue teaching and supervising in Sweden and worldwide, when invited to do so.



Sofia Strand



Karolina Willén

Feedback

I have been and still am supervising colleagues online in EST on a psychodynamic foundation in Norway, Sweden and United States.

Russia: During the pandemic, Sofia Strand and I offered the last and final training sessions online for the hypnosis certificate in ESH. We introduced EST so some level of EST training is already achieved in their hypnosis certificate. I sincerely hope that Russia and Ukraine will come to peace soon. I hope their training with European teachers can continue and maybe they will be interested in an advanced EST program. But now - who knows the future?

Israel is another part of the world that has a history of conflict with neighbors, with dynamics difficult to understand from outside (Therefore, I will not even try, at least not here and now). In May, I was invited by our ESTI Board colleague Joseph Meyerson, to teach EST in Israel. I gave a one-hour lecture on hypnosis and EST in the treatment of Burn-Out Syndrome, a half day workshop on how I integrate EST with Ericksonian &

Rogerian approach/psychodynamic theory and hypnosis. I did two very different demonstrations and one supervision in the format of a role play. After the congress, I assisted Joseph in supervising clinical psychologists at the Tel Aviv College in a post-graduate clinical training. I was lucky to meet an eager group of colleagues. They were impressed by what we can do with EST, not the least after a successful demonstration in which the volunteer experienced a psychological structural change on a deep level and appeared (from what I could see) to resolve an old stubborn pattern of avoidance of a certain emotion. The congress venue was Nazareth, with wonderful old markets for herbs, coffee, sweets and Arrak liquor. The food was excellent, with a lot of various fresh and delicious dishes and desserts. I was impressed by how well everything was organised and the warm hospitality I met.

Now, I am looking forward to seeing my Swedish colleagues travel and join the next ESTI conference! Let us hope for the next ESTI conference soon, or maybe as a joint congress with the ISH in Cracow?

Switzerland



News submitted by co-chairs: Max Schlorff and Silvia Zanotta

Our Ego State Therapy trainings are still very popular and usually fully booked way in advance. Waiting lists for the first 3 seminars of the Ego State Therapy Curriculum have become so long that we sometimes offer them more than once a year, with participants from all German speaking regions, Austria, Germany, Switzerland.

Furthermore, we are planning to start an Ego State Therapy Curriculum in the French language in the French speaking part of Switzerland.

Besides the curriculum, we regularly offer special seminars on various topics such as EST and transgenerational trauma, EST and preverbal phenomena/attachment trauma, EST for children and adolescents, taught by our Swiss trainers. We always try to spice up our trainings by inviting expert EST trainers from abroad like Woltemade Hartman.

There are 49 certified therapists, 13 certified supervisors and 4 certified trainers in Switzerland, and more to come in all departments (for a tiny country like Switzerland these numbers are quite reasonable).

And last but not least: we are especially happy that Ego State Therapy attracts a lot of young, highly-qualified therapists.

From this year onward, Silvia Zanotta and Zita Stoltenberg Zehnder, both ESTI trainers in Switzerland, will teach Ego State Therapy at the University of Applied Psychology in Zurich.

IN CLOSING

Thank you to everyone for your submissions. I appreciate all your help and contributions with my first attempt at the newsletter and look forward to hearing from you again for the next issue. Please consider submitting a book review, or if you have an idea for the Clinical Corner, please let me know. Also, we'd love to hear what's happening in your country. If I missed your submission for this issue, please submit your news for the next issue.

In addition, thank you for your patience in receiving this issue. It was my intent to get it out sooner, but as you know, "Life Happens!" I hope I can be more efficient in delivering the next issue. You can help by sending contributions to me by **November 1st, 2022**.

It is a delight to see that Ego State Therapy is thriving around the world with a growing enthusiasm in North America, as well. We live in such a turbulent time, but we also live in a beautiful world with compassion, resilience, and resources. I often say Ego State Therapy therapists would make great world peace negotiators because we know how to resolve the war within so many of our clients.

I created a brief, amateur iMovie video clip about this years ago, and thought I would share it here as the "bonus" Maggie always included as an incentive for reading the newsletter.

You can view the three-minute movie clip, *Let us Shine* here:
https://youtu.be/DBqjngH_GNk.

ESTI ADMINISTRATION

ESTI Certification

A total of **465** certificates were issued till date, with more in process.

Visit the ESTI website for the names of ESTI certified therapists, supervisors and trainers.

www.egostateinternational.com

ESTI Website

For any changes to your details on the ESTI website or information to be added send an email

to Hanlé Marais at: hanle@meisa.co.za

Ego State Therapy Bibliography

The bibliography is available at <http://www.egostateinternational.com/bibliography.php>

Please submit new references or publications to Hanlé Marais at hanle@meisa.co.za

Please take note that references should be submitted in the APA 6 format.

Example of format: <http://www.egostateinternational.com/bibliography.php>