

# ESTI

## EGO STATE THERAPY INTERNATIONAL NEWSLETTER

Newsletter 2 of 2020

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Inside This Issue	
Letter from ESTI President	2
Interview with Jenny da Silva Faca	3
Clinical Corner	5
Articles and Research	6
Book reviews and new books	7
News from the ESTI community	8
International Congresses	10
In Closing	11

### *Dear Ego State Colleagues, Therapists, and Friends*

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

As we will continue to add resources to our ESTI website, please continue to visit and also to refer friends and colleagues to <http://www.egostateinternational.com/>. ESTI members who are certified Ego State Therapists, supervisors, and trainers are posted on this site and listed by country at <http://www.egostateinternational.com/esti-certified-therapists.php>.

As ESTI continues to grow, even while borders continue to be closed and travel constricted, please continue to read about and search out EST News.

We continue to be interested in articles, papers (published or unpublished), clinical interviews and studies, and any news of interest to our ESTI community.

Our reward feature continues in this issue. We have included a “bonus box” below; all you need to do is click on the link provided which will help you access the featured free bonus.

Thanks for taking the time to read our current news and for continuing to contribute to Ego-State Therapy. Please send specific information you would like to publish to me via email at [maggiephillipsphd1@icloud.com](mailto:maggiephillipsphd1@icloud.com).



**Maggie Phillips, ESTI Newsletter Editor**

## LETTER FROM ESTI PRESIDENT

Dear Ego State Colleagues, Therapists and Friends

Hope you all are fine in these interesting times. When I wrote my last message for the ESTI-Newsletter, 2020 had just begun and I'll bet nobody would have guessed the damage that COVID-19 would bring to the world during the last months.

I visited Japan in February for an Ego State Training and we had to face the fact that the colleagues of South Korea weren't able to come to Japan because of Corona. The Japanese students who were anxious about contamination had to stay in their hotel rooms. All attended the training via Skype. This was strange but just the beginning.

In Germany we have had the Corona-lockdown about three months; now everything is opening up again and things are slowly going back to normal. We had a great solidarity in the beginning of the lockdown but the atmosphere changed within these few weeks. Thoughts of conspiracy were spread and lots of people felt suppressed by government. A lot of aggression and hate is exploding towards police, but also in daily life when you are lining up in the row to get into a supermarket. I'd say we can see a lot of anxious Ego States in fight mode these days.

We had to learn how quickly things can change during the last weeks.

We saw horrible scenes in New York, in South Africa, in Brazil, Italy, and the UK. We know there are many horrible scenes we don't see. And again we learn about inequality: Disadvantaged people all over the world suffer more from Covid-19 and have fewer chances to get appropriate medical treatment. I hope these experiences help to bring more humanity into the world.

Because of Sars-Cov-2 the Seventh World Ego State Therapy Congress in Cape Town and Post Congress in Mabula was postponed to 2022. We hope we all will meet healthy and well, and will share a very nice time then.

With warm regards



**Uschi Helle, ESTI President**

## INTERVIEW WITH JENNY DA SILVA FACA



I hope you will enjoy my interview with Jenny da Silva Faca, President-Elect of ESTI, who is in the process of moving to the UK from South Africa. She will begin her presidency once she has relocated, probably in February.

**Jenny, you have experienced many positive developments in your personal life recently. Can we begin by discussing those?**

Sure. I met my now husband, Anton, in November, 2018, was married in December, 2018, and found out I was pregnant in March, 2019. I now have a beautiful baby girl named Juliana which has brought lots of joy as well as lots of changes. We are also moving to the UK to join my sister who lives in Maidenhead. I received a job offer in Lancashire in North West England where I will be leading a team to teach Ego-State Therapy to educators and clinicians. It's a good match for my interests and skills. I am closing up my practice of 20 years and will be leaving in about 3 weeks. My father also will be moving to the UK so the whole family will be there, although we will be keeping our South African property.

My husband, Anton, is giving me lots of support. He owns and manages six apartments and also is a chef of French cuisine. He had to close his restaurant because of the pandemic and then began to be the primary parent at home with Juliana and has done an incredible job.

**What has been your focus in Ego-State Therapy?**

I have been mainly working with children and adolescents. Since my Mom passed away, I have noticed the presence and evolution of a strong mother ego state. As I have become more introspective, I've been able to notice changes in my own ego state system and in those of my clients.

I have really enjoyed working with kids because they are so resilient. Adolescents have so much energy and intense emotions; Ego-State Therapy fits them very well as they try to form identities. I remember working with a young girl who wore a lot of black. We used her interests and fantasies. She was an incredible artist and worked only in black and white. One ego state called herself Rose and turned out to be an introjected character from the movie "Twilight." Utilizing the culture of the moment grounded in Korean music—Kapok--turned out to be a very good focus and she changed a lot.

With younger children, it's important to build a very good rapport. I tell them we're going to talk about "pudding" which means to focus only on positive experiences. I usually spend about 50 minutes with the children focus on skills and then involve the parents focusing on homework assignments and what they will be learning.

I have been reading lately about culture and different problems. Self-harm is very important right now as is ASD—Autism Spectrum Disorder—which has become a very common diagnosis

**How have you been involved with ESTI?**

I started as Newsletter Editor, was then Secretary, then Treasurer, then incoming President, so was with ESTI from the very beginning. Ego-State Therapy is so versatile, I'm finding a good fit for myself as a therapist and can use a lot of creativity. Also there is so much we are learning now from research these days.

For example, there is a lot of theory emphasizing the influence of the body and how ego states function in the body and also more thinking about the neurological basis of Ego States. In our culture there are a lot more people talking about “parts. Where do ego states fit into this? I’ve also noticed that ego states catch the attention of students and young therapists and psychologists. I think we need to use social media more to make EST more accessible rather than trying to be territorial.

I’m aware of my own changes as I go into another culture. The last 2 years as I’ve become more introspective have been very exciting in terms of my own learning. For example, I gained a 16 year old stepdaughter, who first perceived me as an older sister and now my role has evolved into being her Mom.

#### **How did you decide to become a psychologist?**

My father had always said I was going to be a pharmacist. I guess that was his dream for me. At 17 I had a job in a pharmacy and discovered that the people interactions weren’t long enough. I first qualified as a teacher and a high school counsellor. Six years later, I had become much more clinical. In hindsight, I probably should have gone the clinical route, but education has also been an important focus also.

#### **Where would you hope to take Ego State Therapy as a leader?**

I want to see EST as part of a curriculum at the university level so that people can see more growth when using Ego-State Therapy with clients. I see it being presented to younger people who are learning about life. We need to use social media to reach them—i.e. put up pages on Instagram, Facebook, etc., to help people hear more about it and understand how it works.

As we continue to move more into digital and online endeavors, I think we need to utilize these platforms to promote EST. I remember that when my brother was little, he used to put his head down and smile in a certain way if he was trying to get away with something. My little girl, Juliana, has never seen him, yet she tends to do the exact same thing and looks just like him. Amazing!

#### **And when will you take office as President?**

It looks like this transition will happen in January or February after the holidays and we’ve settled into life in the UK.

*Thanks so much for your time on this interview. I really enjoyed getting reconnected with you after a number of years. I know all of us wish you well as you continue on your journey!*

**Bonus Box. Thanks for reading this far: This issue’s bonus is a set of power points on “Dissociation, the Divided Self, and DID” created by Maggie Phillips, Ph.D. Download at:**



**I’m also including one of my favorite photos of Helen Watkins, co-creator of Ego State Therapy, taken during the Oktober Fest in Munich, Germany in the early 1990’s.**

## CLINICAL CORNER



Dr. Susanne Leutner from Bonn, Germany shares her thoughts with us about working with destabilized clients. With very unstable clients, she believes that the focus of treatment at the beginning of therapy needs to be resource-oriented. However, the advantage of Ego-State Therapy interventions in the early stage of therapy is that traumatized parts can be brought into the present right from the beginning where they are safe, calm, and lovingly cared for. These techniques also reinforce the self-relationship and self-compassion through respectful inner dialogue, which contributes to calming and ego strengthening.

In the case of one young person who lived in foster home, we agreed that the first step was for her to learn to improve her self-care. She paid more attention to eating well and taking more care of her body. She allowed herself to shower in peace and then apply lotion. These rituals gave her a feeling of being more valuable. In talking about this in therapy, she became able to look back at the moments when she had felt well, was loved and cared for by her parents in early years—and how painful it was that this care was always fragile and became less and less reliable. By speaking about this issue, she gradually learned to deal lovingly with the childlike ego states herself and also to be able to better endure the pain of the “little ones.”

Once, she came into a session and was very upset because of a conflict she had had shortly before with a peer. Also, the perceived inability of her foster home staff to deal with it effectively troubled her a lot. She had planned to ask for medication to help her sleep when she would return to the institution in the evening.

What I did as therapist was to show her understanding to help her realize that everything inside her could now be reassured because she was safe with me, being now 16 years old. I also added suggestions that we would work together to find out how to respond to the staff members. A little exercise in trance followed, which brought her in touch with her inner world and made sure she understood that she lived safely right now and that every part could feel at rest and enjoy beautiful and safe places together with other parts, or of their own, more in the back of the inner world. The client felt refreshed and strong and had a plan as to how she would address the subject. We anchored this further with slow bilateral stimulation.

The feedback from staff members later on was that when the client returned to the foster home, the team felt that we had done magic in therapy. There was no longer any need for medication.

What had happened? The client felt comfortable and safe with me. She could experience herself as competent and well anchored in the present. She had been strengthened internally so that she could deal with some of the pain, sadness, and loneliness and recognized that these were triggered experiences of her childhood. She helped the affected childhood parts to calm down and feel safe in the inner world. When they calmed down eventually, she was relieved.

I had a feeling that I had done very little, just calmed a child down who had so often been in need of a loving caretaker strong enough to focus on what the child wanted. Once she had received this, the surrogate feeling of safety and being cared for that medication seemingly offers was no longer necessary.

Even so, it was more than just a standard safe place exercise as it was customized to her own special needs. I also made sure that I had not the intention of “just soothing” in the sense of a trivialization of her pain. To acknowledge her suffering was the key to beginning the trance. Only then could she refer to the resourceful ego states we had already found and developed and feel connected with them in her pain.

Of course the inclination of addictive behavior was not completely over all of a sudden, but a very important step in this direction had been made.

## ARTICLES AND RESEARCH



We are happy to present a small study on the efficacy of Ego-State Therapy by Denise Moser, a psychotherapist and member of Ego State Therapy Switzerland, and also author of a children's book in German entitled "Hand in Hand zu mehr Selbstvertrauen", an encouraging story with drawings by her daughter, explaining Ego State Therapy to children: <https://www.bod.de/buchshop/hand-in-hand-zu-mehr-selbstvertrauen-denise-moser-9783750461604>. Please feel free to contact Denise directly about her children's book.

We are also delighted to present (in English) a summary of Denise's Master's Thesis. Denise Moser's master's thesis at ARGE Bildungsmanagement, Sigmund Freud Privat-University in Vienna, examines the extent to which relationships with related parties change during the course of the therapy process using the ego-state method.

### Methodology

A quantitative study based on a semi-structured questionnaire was chosen for this work. A large number of clients using the ego-state method could be examined anonymously with the use of both closed and open questions. The open questions asked the clients to reflect upon which aspects of the therapy process had been particularly helpful and, additionally, whether they had experienced personal change or changes in relationships.

These questions aimed at describing the state of mind during and after the ego-state therapy more precisely, and in the clients' own words. Based on the academic framework described in the thesis, three different characteristics were examined: Self-esteem, self-regulation, and feelings of trust / security in relationships. The data was evaluated with use of the quantitative content analysis-method.

### Selection of respondents:

A total of 50 of Denise Moser's former, current, and new clients received the questionnaires between late October 2019 and late November 2019.

The measurements were carried out at two different times (pre- and post-examination).

Six clients, who were new to ego-state therapy, agreed to participate.

The preliminary examination was carried out in October 2019, and the follow-up examination in February 2020. 22 persons who had been in therapy for a few weeks and 8 who have completed therapy, were asked about their condition during and after ego-state therapy.

### Discussion of the results

The question of this work "To what extent do relationships with related parties change during the course of the therapy process, due to the work with inner personality parts?" can be answered as follows:

#### Hypothesis 1

Ego-state therapy promotes stabilization, self-regulation and self-esteem, which in turn has an impact on behavior in interpersonal relationships. (Zanotta, 2018, p. 17)

The answers to the open questions showed that self-esteem increased in 14 people when they were treated with Ego-State Therapy. At the same time, they became better at asserting themselves in relationships. These clients replied that they were deliberately seeking out more time for themselves, generally acted more willfully, and became more able to lead a self-determined life. 5 people specified that they felt happier and more content as a direct result of the withdrawal from normal activities.

Fourteen of the respondents specified that they were better able to regulate themselves, and thus felt calmer in their daily life. They experienced better thought control and were more relaxed when dealing with other people. In addition, these clients experienced an increased ability to cope with disappointments, they made use of learned strategies for difficult situations, and were better at acting. Overall, this helped them deal with stress and made them more balanced.

*We are thankful to receive this material and wish Denise well on her current endeavors.*

## BOOK REVIEWS AND NEW BOOKS



### **Dr. Luise Reddemann: Who Were You Before Trauma: Use Your Imagination and Reclaim Buried Strengths to Heal from Within.**

Dr. Luise Reddemann's book, *Who Were You Before Trauma: Use Your Imagination and Reclaim Buried Strengths to Heal from Within*, first published in German in 2001, has been updated and is now being released in English. Below is the endorsement that Dr. Maggie Phillips submitted at the request of the publisher:

"Reddemann makes several key contributions to our understanding of the successful treatment of trauma. In a world when the focus is on healing trauma as quickly (and not necessarily as well) as possible, it is refreshing to read in her introductory remarks that she wrote this book especially for people with multiple traumas who need long-term preparation to face their trauma. She shares her three-phase approach; first strengthening the patient, then confronting the trauma, and finally, integration. She emphasizes important skills for the therapist, including compassion with wounded ego states. Working with them only to the extent that patients remain able to regulate and calm themselves, deeming it necessary to have a calming effect and to encourage self-calming. Also included in this first phase of strengthening and preparation is to use the concept of visiting past trauma on an inner stage of imagination, within a secure alliance, and suggesting dynamic strategies for finding and using all available resources.

Before confronting horrific trauma, Dr. Reddemann suggests finding a "counterweight to images of horror." She weaves together the psychological as well as the spiritual (including shamanic and Buddhist exercises, to examine past horrors with the help of inner helpers and safe place, with particularly valuable exercises for assembling an inner team of effective supports. She also highlights the importance of teaching a healthy approach to the body through mindfulness, Breema bodywork, and qigong. In the middle phase of confronting trauma, she includes valuable excerpts from clinical sessions to demonstrate the use of EMDR elements, ways of working with the Observer Technique, and uses of art therapy in trauma healing. Reddemann then presents innovative approaches for integrating trauma, such as imagining ways of visiting sorrow and fear as well as positive emotions, and rituals such as "Encountering the Older Person I will Someday Become" and "What I Wish From Someone Who Loves Me." Additionally, this book includes a helpful appendix that summarizes the different phases of trauma treatment as well as a chapter by another author demonstrating how Reddemann's PITT model can be applied with children and adolescents.

I highly recommend this book for all professionals who work with complex trauma and for clients who struggle to find hope and recovery in its aftermath."

Website Louise Reddemann: <http://www.luise-reddemann.de>

## NEWS FROM THE ESTI COMMUNITY

**Switzerland**

Independent psychotherapists were allowed to work face to face during lockdown, so we had the choice whether to work online or in our practices, depending on our and the clients' circumstances. However, several institutions only allowed their therapists to work by phone which was very hard for many clients / patients.

Like in all other countries, our institute Ego State Therapy Switzerland has been struggling with the effects of the pandemic. It has cost us a lot of work, time and energy to cancel and postpone seminars, communicate with all participants, refund or rebook them, find new venues with more space due to the new rules, adapt again and again to the government's restrictions, and this still goes on.

However, we are grateful that after a 3 months' pause we could start again with live-seminars this week which people highly appreciate, because most of them seem to be fed up with zoom-sessions and online-meetings.

**Sweden EST-SE**

We have finished the *7th Swedish advanced EST training, in some countries named "Master Class"*. The program was re-accredited by the Swedish Psychologists Association as a specialist training for psychologists, for the fifth time. Teachers were: Susanna Carolusson lic psychologist, Hedda Sandemose, reg. psychologist Denmark, Sofia Strand lic psychologist and Ulla Byegard lic psychotherapist. Trainee teacher for the ESTI teacher certification was lic. psychologist Karolina Willén.

In May 2020, SSCH has finished the 200 hours hypnosis program under directorship of Josefina Hansen, DDS, MSc, SSCH president, dipl hypnotherapist and EST therapist. SSCH has presented approximately 30 full training programs since the start 1973. When ESTI was founded, we formally made 25-30 hours EST part of this training, although it already was, with John and Helen Watkins, Richard Kluff, Maggie Phillips and Claire Frederick as regular guest teachers.

Susanna Carolusson reports: Covid 19 changed my plans on how to assist and teach our Russian colleagues in their basic EST training, which I have included in the 200 hours hypnosis program. I have built a 3 years curriculum for this recently founded hypnosis association, based on the same criteria as the ESH and SSCH programs. The planned March workshop and a two days hypnosis conference the same week, is now postponed till October. Hopefully Saint Petersburg will be open for us then. Teachers are Sofia Strand and myself, both ESTI-certified trainers. The workshop will probably be in English, with live translation in Russian. Are you interested to join this workshop or the adjacent congress in October? It is a lovely city with beautiful, churches, castles and museums. Contact the organizer and treasurer: [Svetlana.hetrick@gmail.com](mailto:Svetlana.hetrick@gmail.com)

In April and May we were guest teachers at the Gothenburg University, in 40 hours hypnosis and Ego State training, for four Psychology students in their final course before the psychologist exam. Teachers: Susanna Carolusson and Sofia Strand. Four is not many, but they will definitely come back for further education with us (!) and hopefully spread the reputation of the efficacy of hypnosis and EST.

Whenever our countries allow physical meetings again we will teach 6-10 hours basic EST as part of the 64 hours Basic Hypnosis training. Venue: Valencia, Spain. Language: Swedish. Teachers: Josefina Hansen, Susanna Carolusson (EST parts), Stefan Fransson.



The second EST training has been going on in Poland, organized by Kris Klajs, and teachers are Eva Pollani, Silvia Zanotta and Susanna Carolusson. We have discovered three different teacher “styles”, experiences and cultural backgrounds. The Swedish contribution by Susanna Carolusson, is presented in workshops three and six of the six teaching occasions. Instead of a physical meeting in Lodz, planned in late April, Susanna Carolusson offered teaching and case presentations online. To secure the quality, participants studied the first half day with a recorded presentation and sent their questions and comments by mail. This was followed up by a second online live meeting, with Susanna’s answers and comments and also Q&A sessions. With optimism, we have planned the finishing two days of demonstrations, practical skills, exercises and supervision to be in the beginning of September.

### **United States of America**

Maggie Phillips reports: I am happy to report that the US Ego-State Certification program is underway. There are two vibrant groups, one in California and one in New York. Right now, both groups are meeting online and we have evolved a summer schedule with six sessions of 3.5 hours each plus practice time. In the fall we will likely continue virtually again. And, though the groups are stable and delighted about learning EST, I think all of us will be glad to meet together live “on the ground” again.

### **South Africa**

Due to the COVID pandemic workshops scheduled by MEISA as well as the April 2020 MEISA Psychotherapy congress, including the 7th World Congress on Ego State Therapy unfortunately had to be cancelled. The congress was postponed to April 2022.

The preliminary dates for the 2022 Congress are as follows:

30 March 2022 – Pre Congress, Vineyard Hotel, Cape Town

1-3 April 2022 – Main Congress, Vineyard Hotel, Cape Town

4 April 2022 – Leisure day

5-8 April 2022 – Post Congress Safari Acquila Lodge, Touwsriver, Western Cape

More information will be made available as soon as possible on the MEISA website at [www.meisa.biz](http://www.meisa.biz)

Dr Woltemade Hartman presented various online Ego State Therapy workshops during the period April – July 2020.

### **Australia**

Woltemade Hartman presented Ego State Therapy Seminar 1, hosted by Carl Hattingh of the Australian Institute for Clinical Hypnosis and Psychotherapy, on 2-4 July 2020. Ego State Therapy Seminar 2 is scheduled for 25-27 September 2020. More information is available at <https://www.aichp.com>

### **Asia**

On 7 April 2020, Woltemade presented an online Public Lecture for the Zhi-Zhong-He Medical Institute at Peking University, Beijing, China. 20000 people signed up for this online lecture. He also presented an online workshop on 14 July 2020: Happy Parts, Happy Self: An Introduction to Ego State Therapy, for the 2nd Chinese Congress of Clinical Hypnosis, Beijing, China. On 13-15 and 21-22 August 2020 he will be presenting an online workshop: An Introduction to Ego State Therapy: Safety and Stabilization, the activation of and work with resourceful ego states. This workshop is hosted by the Jockey Club New Life Institute of Psychiatric Rehabilitation in Kowloon, Hong Kong. For more information please visit the website at <https://www.nlpra.org.hk/> or contact Janis Chau at [institute@nlpra.org.hk](mailto:institute@nlpra.org.hk)

### **Germany**

Ego State Therapy workshops were presented for the following institutes: KITA Traumatherapie in Koln, Germany; Wiesbadener Institut für Traumatherapie in Wiesbaden, Germany and the Milton Erickson Gesellschaft für klinische

Hypnose in München, Germany. Dr Hartman presented three online workshops for the Milton Erickson Society of Germany to support them during the corona pandemic, he contributed the entire income of these workshops to the MEG.

### Austria

Dr Hartman will also present two workshops for the Milton Erickson Society of Austria later this year. He will contribute his income for these workshops to support MEGA financially during the corona pandemic. The dates for the workshops are: 5 September 2020: Einführung in die Ego-State-Therapie: Ein Workshop mit Live-Demonstrationen and 7 November 2020: Körperarbeit und klinische Hypnose kreativ kombinieren: Die Anwendung der „Pendel-Technik“ bei Traumafolgestörungen. Ein Demonstrations-Workshop.

You can contact MEGA at: [ego@hypno-mega.at](mailto:ego@hypno-mega.at) or [office@hypno-mega.at](mailto:office@hypno-mega.at) for more information and to register for these workshops.

Please visit <http://www.woltemadehartman.com/international-programme-and-online-workshops.php> for upcoming online workshops presented in German during August to October 2020.

## INTERNATIONAL EGO STATE THERAPY CONGRESSES

# SAVE THE DATE



## MEISA Psychotherapy Congress April 2022 South Africa Including the 7<sup>th</sup> World Congress on Ego State Therapy

30 March 2022 – Pre Congress, Vineyard Hotel, Cape Town

1-3 April 2022 – Main Congress, Vineyard Hotel, Cape Town

5-8 April 2022 – Post Congress Safari, Aquila Lodge, Touwsriver, Western Cape



The MEISA team is currently attending to the practical arrangements of the congress. The venue for the Pre Congress workshops and the Main Congress will be the Vineyard Hotel in Cape Town <https://www.vineyard.co.za/> The Post Congress Safari is scheduled to take place at Aquila Private Game Reserve, home to the big 5. The reserve is also well known for its animal rescue and rehabilitation Centre, Cape Mountain Leopard conservation, star gazing events and spa. Aquila is situated in the Karoo region of South Africa and is a two hour drive from Cape Town: <https://www.aquilasafari.com/> If you are interested in the congress and want to receive more information when it becomes available, please send an email to [hanle@meisa.co.za](mailto:hanle@meisa.co.za)

## TRAINER, SUPERVISOR AND THERAPIST INFORMATION UPDATE ESTI WEBSITE

The trainer, supervisor and therapist details on the ESTI website are currently being updated. If you have not submitted your information as yet, please email the following to Hanlé Marais at [hanle@meisa.co.za](mailto:hanle@meisa.co.za) not later than 30 August 2020.

Surname and Name, Title

Email address of practice

Country

Town/City

Website address

## IN CLOSURE

My thanks to all who submitted material for this issue and to Hanlé Marais for her layout and organizational skills.

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](mailto:maggiephillipsphd1@icloud.com).

The **deadline** for the next edition of the ESTI Newsletter is **November 30, 2020**. 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

A total of **367** certificates were issued till date.  
Please visit the ESTI website for the names of certified therapists, supervisors and trainers. [www.egostateinternational.com](http://www.egostateinternational.com)