

EGO STATE THERAPY INTERNATIONAL (ESTI)



REQUIREMENTS FOR ASSISTANTS

Precondition: Being certified by ESTI as an Ego State Therapist

1. Clinical Experience

The prospective candidate will be asked to demonstrate intensive experience in the use of Ego State Therapy.

This can be done by:

- 1.1 Providing a description of clinical practice post-certification to include an estimated number of Ego State Therapy cases treated and the types of problems treated.
- 1.2 Alternatively, proposing how this competency can be demonstrated.

2. Assistant Proficiency

The objective of the assistants programme is to provide an opportunity for assistants to learn from senior faculty members and to gather practical experience. It also provides the opportunity for certified Ego State Therapists to gather the necessary experience to eventually qualify as EST Supervisors, should they wish to become supervisors.

Prospective candidates will be requested to demonstrate their abilities to act as general assistants to trainers during Ego State Therapy workshops

This competency can be demonstrated by:

- 2.1 Completed the national EST Certification programme /curriculum as stipulated and approved by ESTI and certified as an ESTI therapist.
- 2.2 Submitting proof, in writing, of at least **ONE** year post-certification experience in the application and practice of Ego State Therapy.
- 2.3 Participating in a mentorship including consultation sessions with approved ESTI faculty members for discussion of their clinical experiences.
- 2.4 Submitting a DVD recording of at least 30 minute duration to approved ESTI faculty members demonstrating competency in the application of Ego State Therapy or conducting a live demonstration, demonstrating competency.
- 2.5 When the aforementioned competency areas have been completed, the prospective candidate can apply **to take an interview** on the applications of Ego State Therapy. This criterion can be accomplished in the following ways:
 - 2.5.1 Scheduling a **2 hour interview** with an approved ESTI faculty member
 - 2.5.2 Alternatively, proposing how this competency can be demonstrated.
- 2.6 Submitting proof of being up to date with the latest theoretical and practical developments in the field, including attendance of seminars congresses, workshops etc. (in person or online).

3. General Information

- 3.1 Assistant status will only be valid for a period of two years where after it will be reassessed by senior ESTI faculty members.
- 3.2 Ego State Therapy International reserves to right to withdraw assistant status at any given time if deemed necessary, such as malpractice, not practicing Ego State Therapy anymore or not meeting the general requirements for assistant status any longer etc.