

## EGO STATE THERAPY INTERNATIONAL (ESTI)



### SUGGESTED REQUIREMENTS FOR FACULTY STATUS

#### 1. Clinical Experience

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

This can be done by:

- a) Providing a description of clinical practice post-certification to include an estimated number of EST cases treated, the types of problems treated, and the clinical outcomes
- b) Alternatively, proposing how this competency can be demonstrated.

#### 2. Teaching Experience

Prospective candidates will be asked to demonstrate adequate supervised teaching experience in Ego State Therapy at the fundamental, intermediate and advanced levels.

**This criterion can be met by:**

- a) Achieving supervisory status (see requirements in separate document)
- b) Assisting in at least **ONE OF EACH** of the approved (by the EST committee for each country) fundamental, intermediate and advanced workshops/seminars, including a Master Class, with the purpose of observation from a teaching perspective

- c) Co-teaching with approved faculty members at all **FOUR** of the levels in approved workshops and seminars, including a Master Class
- d) When all **FOUR** competency areas are completed, the prospective candidate can apply to take a final *viva voce* (interview) on advanced applications of Ego State Therapy and supervisory experience. This criterion can be accomplished in the following ways:
  - Scheduling a **1-hour** interview with an approved EST faculty member
  - Alternatively, propose how this competence can be demonstrated.

### **3. Contributions to the Professional Field of Ego State Therapy**

Prospective candidates will be asked to contribute professional presentations or writing to the field of Ego State Therapy.

#### **This criterion can be accomplished by:**

- a) Submitting proof of at least **TWO** professional presentations (symposium paper and/or workshop) at a national or international conference on Ego State Therapy, trauma, or other related fields
- b) Proof of submission of at least **ONE** publication on clinical applications of Ego State Therapy, or research in this area, in a peer-reviewed, professional journal, or as a chapter in a book
- c) Alternatively, propose how this competency can be demonstrated.

### **4. Clinical Supervision**

Prospective candidates will be required to demonstrate their ability to supervise or act as a clinical consultant to other professionals in the field seeking certification and using Ego State Therapy with their clients.

**This competency can be demonstrated by:**

- a) Completing the national EST Certification programme/curriculum as stipulated and approved by ESTI
- b) Submitting proof in writing of at least **TWO** years post-certification experience in the application and practice of EST
- c) Assisting in at least **ONE OF EACH** of the approved (by the EST committee for each country) fundamental, intermediate and advanced workshops/seminars, including a Master Class, with the purpose of observation from a teaching perspective.
- d) Participating in a mentorship, including consultation sessions with approved EST faculty members for discussion of their supervision or consultancy experiences
- e) Assisting and participating in at least **TWO** group supervision workshops with approved EST faculty members
- f) Completing at least **four** hours of personal therapy experience with approved EST faculty members
- g) When the competency areas have been completed, the prospective candidate can apply to take a *viva vocé* (interview) on the applications of Ego State Therapy and supervisory experience. This criterion can be accomplished in the following ways:
  - Scheduling a **1-hour** interview with an approved EST faculty member
  - Submitting a letter from an approved EST faculty member verifying that the requirements mentioned above have been met and recommending the candidate in writing as an approved EST Supervisor
  - Alternatively, propose how this competence can be demonstrated.

**5. Viva Vocé**

When all four competency areas above are completed, the prospective candidate can apply to take a final *viva voce* (interview) on advanced applications of Ego State Therapy and supervisory experience. This criterion can be accomplished in the following ways:

- a) Scheduling a **1-hour** interview with an approved EST faculty member
- b) Alternatively, propose how this competence can be demonstrated.