

EGO STATE THERAPY INTERNATIONAL (ESTI)



REQUIREMENTS FOR SUPERVISOR 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:

- 1.1 Providing a description of clinical practice post-certification to include an estimated number of EST cases treated and the types of problems treated.
- 1.2 Alternatively, propose how this competence can be demonstrated.

2. 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 who are seeking certification and using Ego State Therapy with their clients.

This competency can be demonstrated by:

- 2.1 Completing the national Ego State Therapy Certification programme /curriculum as stipulated and approved by ESTI.
- 2.2 Submitting proof, in writing, of at least **ONE** year of post-certification experience in the application and practice of Ego State Therapy.
- 2.3 Assisting in at least **TWO** (approved by ESTI committee for each country) **rounds of 6 basic and 2 specialised workshops from a**

teaching perspective. Thus 12 basic workshops and 4 specialized workshops.

- 2.4 Participating in a mentorship, including consultation sessions with approved ESTI faculty members for discussion of their supervision or consultancy experiences.
- 2.5 Assisting and participating in at least **TWO** group supervision workshops with approved ESTI faculty members.
- 2.6 When the competency areas have been completed, the prospective candidate can apply **to take an interview** on the applications of Ego State Therapy and supervisory experience. This criterion can be accomplished in the following ways:
 - 2.6.1 Scheduling a **1-hour interview** with an approved EST faculty member
 - 2.6.2 Submitting a **letter** from an approved EST faculty member verifying that the requirements have been met and recommending the candidate in writing as an approved EST Supervisor
 - 2.6.3 Alternatively, propose how this competence can be demonstrated.
- 2.8 Submitting proof of being up to date with the latest theoretical and practical developments in the field, including attendance at seminars congresses, workshops, etc. (in person or online).

3. General Information

- 3.1 Supervisor status will only be valid for a period of **three years**, after which certified, supervisors will need to reapply.
- 3.2 Ego State Therapy International reserves the right to withdraw supervisor status at any given time if deemed necessary, such as malpractice, not practising as a supervisor anymore or not meeting the general requirements for supervisor status any longer, etc.