

EGO STATE THERAPY INTERNATIONAL – ESTI

NEWSLETTER DECEMBER 2024

Website: www.egostateinternational.com

Email: info@meisa.co.za

Newsletter Editor: wendylemkelp@gmail.com

Inside This Issue

Letter from ESTI President: Page 2

Free EST Webinars: Page 3

Interview: ESTI Youth Committee: Page 4

Clinical Corner: Page 6

Articles, Books and Research: Page 6

Book reviews: Page 6

News from the ESTI community: Page 9

ESTI Administration: Page 18

In Closing: Page 18

Bonus Box: Page 18



Greetings Ego State Therapy colleagues and friends,

I hope this finds you well, enjoying the magical time as we progress through the holiday season.

As I finished gathering the final touches for this newsletter, I was also finishing up another EST Foundations Course. It is so rewarding to see the legacy the Watkins' started continuing with the enthusiasm of therapists young and old just learning about the approach we have all become so passionate about.

Now more than ever, I am so grateful for this approach, not only for my practice but also as I apply the principles to other systems, such as the divided country in which I live. In today's politically charged climate, we are seeing deep divisions that often affect the well-being of ourselves and our clients. As therapists, it is vital that we approach these conversations with empathy, understanding, and neutrality, honouring the diverse perspectives everyone brings. Ego State Therapy recognizes that all parts of a system are important and invites us to acknowledge and work with the different "parts" of ourselves and others, fostering compassionate dialogue that transcends opposing views. By helping clients identify and communicate from a place of understanding, we create opportunities for healing and peaceful resolution. Let us inspire hope, encourage open-heartedness, and promote a collective sense of unity, where all voices are heard, valued, and respected. Together, we can build bridges, not walls.

A heartfelt thank you to everyone who contributed to this issue. I understand it can be challenging to get your submissions in, but the community truly values staying connected with what's happening around the world. The newsletter wouldn't be possible without your input. As you may have noticed, there has only been one issue this year. Due to the time and effort required to put it together, I plan to publish just one issue annually moving forward. Please keep this in mind as you gather information throughout the year for future submissions. Submissions for the next newsletter should be sent to me at wendylemkelp@gmail.com and/or my assistant at vicki@wendylemke-psy.com by 15 October 2025. Please let me know prior to this if you would like to write an article for the clinical corner or if you have a book to review.

With Gratitude,



Wendy Lemke, MS LP
ESTI Newsletter Editor

LETTER FROM THE PRESIDENT

Dear Fellow Ego State Therapists,

Over the years I have had the privilege of getting to know so many of you in our EST community. I have always enjoyed sharing ideas and listening to all your views on the multi-dimensional self and the different interpretations of the application of the theory of Prof John and Helen Watkins.

I can imagine that Paul Federn would be smiling if he could see how his early contributions on ego- and object cathexis have developed over the years into Ego State Therapy. I can equally imagine Prof John and Helen Watkins taking pleasure in the evolution of EST to incorporate so many contemporary theories and techniques from Interpersonal Neurobiology of Dr Daniel Siegel, the Polyvagal Theory of Dr Stephen Porges and Dr Peter Levine's work on the Somatic Experiencing approaches to understanding and treating trauma, to name but a few.

EST has not only influenced my work with clients but has also opened the world of my own inner self to grow into a much happier inner family of selves. I have a deep appreciation for everyone who has contributed to my own personal therapeutic journey over the years. I still think back with deep fondness and appreciation to all the EST legends that I have had the privilege to meet and get to know. They have directly or indirectly created so many defining moments in my life. Helen Watkins demonstrating the Empty Chair Technique on a visit to South Africa in the '90's will always stay with me. I will also never forget the eloquent explanation of Prof Watkins of Paul Federn's work on the subject- and object cathexis of states at the Ego State Therapy Congress in Bad Orb, Germany in 2003. I also remember the unique perspective of Dr Claire Frederick on the appreciation of Jungian archetypes in EST. Lastly, I want to honour the work and influence of Dr Maggie Phillips that I got to know as a student, organiser and therapist. During a personal session she had me push against a pillow that she was holding. I was tall and quite fit at the time, and she was not very tall. I soon realized that as I was pushing, she was sliding backwards on her feet across the floor. This did not bother her one bit and whenever I slacked off out of consideration for her, she would command me strongly: "PUSH!" You are not forgotten. Your EST legacy and wisdom will be paid forward into future generations of EST therapists.

It feels like yesterday when representatives of various countries came together for the ESTI founding meeting in Heidelberg Germany to form Ego State Therapy International. It is with much appreciation for the initiative and work of Dr Woltemade Hartman and many others that we can now look back at how far Ego State Therapy has come since then. Many new countries have joined as ESTI has grown to establish its place in the international community.

It has been a great honour to be elected as the president of ESTI. I look forward to working with the Executive Committee and the representatives of each country to keep growing the awareness of Ego State Therapy internationally. I also want to acknowledge the work of the ESTI Youth Committee for their enthusiasm and exciting new ideas.

I am very excited to let you know that the ESTI Youth Committee have initiated a new webinar series with different presenters: **"Ego State Forum."** It is a great privilege to be asked to present the first webinar with the topic: ***"Integrating Traditional and Contemporary Approaches to Ego State Therapy."*** The first webinar will take place on 16 February 2025 at 8pm CEST. This allows for everyone from the international community to join in at reasonable times. You can register your interest [here](#).

Lastly, I want to thank all of you from all over the world for all your enthusiasm, contributions and involvement in EST. I want to thank the Board and Representatives, and especially Dr Woltemade Hartman for working so tirelessly to promote Ego State Therapy in so many countries. A very special thank you to Hanlé Marais who has made everything happen behind the scenes. Thank you also Wendy Lemke for putting together the newsletter for all of us. It is much appreciated. I want to congratulate Silvia Zanotta for promoting EST through her new book: *"Somatic Ego State Therapy for Trauma Healing."* Lastly, I want to say thank you to Jenny da Silva for all her work as the outgoing president of ESTI and congratulations to Elzette Fritz as the new President Elect!

I want to wish you all much joy during the festive season. Remember to be kind to all your states! Most importantly I wish that the New Year brings hope and peace to all. Happy Holidays and best wishes for the New Year!

Warmly,



Carl (Callie) Hattingh
President Ego State Therapy International (ESTI)

FREE WEBINARS ON EGO STATE THERAPY



We are excited to announce a **new series of free webinars** dedicated to Ego State Therapy. Each session will be 1-2 hours and hosted online via Zoom, offering an accessible and enriching experience for professionals worldwide.



The series, titled **Ego State Impulse**, will kick off with a special presentation by **Carl (Callie Hattingh)**, President of Ego State Therapy International.

Topic: Integrating Traditional and Contemporary Approaches to Ego State Therapy

Date: 16 February 2025

Time:

- 8:00 PM CEST
- 2:00 PM New York
- 11:00 AM Los Angeles
- 10:00 PM Istanbul
- 3:00 AM Beijing (17 February 2024)
- 6:00 AM Sydney (17 February 2024)

Please **register free of charge** via the following link. <https://www.trybooking.com/CXOMZ> or the QR code below:



The Zoom link will be sent to you automatically later.



Two months later, on **6 April 2025**, we are delighted that **Dr Silvia Zanotta** will be offering a free webinar on the topic of **shame**. This will also take place at 20:00 CEST. You will receive the corresponding link at the end of the first webinar with Callie Hattingh.

Don't miss this opportunity to deepen your understanding of Ego State Therapy and learn from the leading experts in the field.

INTERVIEW WITH THE MEMBERS OF OUR YOUTH COMMITTEE

For this issue's interview segment, we thought you might like to learn a little more about some members of our Youth Committee, and we thank them for sharing a little about themselves:

Merit Aschwaden



I am currently working as a psychotherapist in a group practice in Zug. After completing my Master's Degree in Clinical Psychology, I began training in systemic psychotherapy and gained experience in various clinics and outpatient settings. My first exposure to Ego State Therapy was during a seminar on personality disorders, and I was fascinated by the appreciative perspective of this approach. Since 2022, I have regularly participated in seminars for Ego State Therapie Schweiz.

Marina Frei



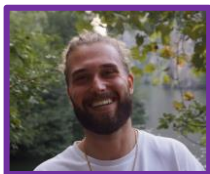
I have been working as a psychologist since 2020 and have been a certified federal psychotherapist since 2023. I have been a member of the Ego State Switzerland team as a seminar attendant since 2018. I have had the honour and pleasure of getting to know some of today's outstanding personalities of Ego State Therapy, including Max Schlorff, Sivia Zanotta, Jochen Peichel, Gordon Emmerson, Ursula Helle, and Woltemade Hartman. But it was back in 2014/2015 that I got to know Ego State Therapy as a client and experienced the indescribable benefits, redemption, integration and the possibility of unlocking potential. I owe Ego States some breakthroughs professionally, but above all personally. Now I am allowed to participate in the of Ego State International Youth committee headed by Woltemade Hartman and get to know not only various experts of this therapeutic approach, but also different cultures and how they deal with it. A privilege and an honour. I am on fire and always happy to give my heart to this great approach and everything that has to do with it.

Cem Doğan



Cem is a clinical psychologist based in Istanbul. He continues his education in the field of Holistic Psychotherapy. He is also trained in Ego State Therapy, Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy, Short-Term Solution Focused Therapy, Holistic Play Psychotherapy. He is also involved in international trauma prevention work in the non-governmental organization World Human Relief. He is a member of the Ego State Youth Committee, a member of the EMDR Association, and a member of the Turkish Psychological Association.

Joosten Theermann



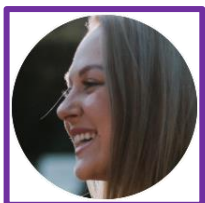
My name is Joosten Theermann, and I am a Master's student in Clinical Psychology. After completing my high school education in 2015, I initially trained as a banker. However, I soon realized that I wanted to dedicate my life to more meaningful work, which led me to pursue a psychology degree in 2018. During my studies, I volunteered at a shelter for asylum seekers, where I was part of the first nationwide project in Germany conducting psychological screenings for refugees. At the same time, I worked with children and adolescents from challenging backgrounds, which deepened my interest in trauma therapy. Following my Bachelor's degree, I had the opportunity to intern with Rd. Woltemade Hartman, where I quickly became one of his assistants and participated in numerous seminars worldwide. I am also one of the contributors to the online presence of "Ego State Therapy International" and a founding member and spokesperson of the Ego State Therapy Youth Committee. As a member of the thirteenth generation of Ego State therapists, I am currently writing my Master's thesis in collaboration with RWTH Aachen, focusing on the quantitative research of Ego State Therapy.

Ashkan Anbarzadeh



Ashkan is a master's student in clinical psychology at Ferdowsi University of Mashhad, Iran, specializing in clinical hypnosis, ego state therapy (EST) and transactional analysis (TA). He has extensive experience as an assistant during psychotherapy training workshops. He has been assisting Woltemade Hartman Ph.D. (Founding President of ESTI), in person and online, during training workshops in different countries such as Japan, South Africa, Turkey, Iran and Australia. He is accomplished in translating complex psychotherapy workshops from English into Persian. Ashkan has a proven track record of organizing and interpreting international workshops focusing on relationship issues, chronic anxiety and trauma. He holds professional certifications in EMDR Level I, body psychotherapy and trauma therapy. In addition, Ashkan has led transactional analysis groups, completed a psychotherapy internship as part of his master's program at Ferdowsi University of Mashhad, and taught TA concepts to improve self-awareness and personal development.

Nadine da Cal



Nadine is a Clinical Psychologist practising in the United Kingdom and specializes in the mental health of children, young persons, their parents and families. She is a qualified EMDR Therapist. She attended training in Ericksonian Hypnotherapy, Ego State Therapy and Somatic Experiencing for Trauma with the Milton Erickson Institute of South Africa. She is registered with the Health and Care Professions Council, United Kingdom (HCPC) as well as the Health Professions Council of South Africa, (HPCSA). Nadine is a youth board member of the International Society of Hypnosis.

CLINICAL CORNER

We would appreciate it if you have ideas for a future “Clinical Corner” or would like to share a case study for the 2025 issue of the ESTI newsletter. Thank you!

ARTICLES, BOOKS AND RESEARCH

It was a delight to find several books and articles while researching recent publications that reference ego states and/or Ego State Therapy. They are as follows:

BOOKS

Lemke, W. (2024). *Ego-State-Therapie - Prinzipien für die Praxis*. In: Sollmann, C. (ed.): Klinische Hypnotherapie. Entwicklungen, Methoden und Anwendungsgebiete. Stuttgart: Kohlhammer.

Zanotta, Silvia. (2024). *Somatic Ego State Therapy for Trauma Healing: Whole Again*. 10.4324/9781003460602.

SCHOLARLY ARTICLES

Bekir, S., & Tair, E. (2023). Functional Ego States, Behavior Patterns, and Social Interaction of Bulgarian Adolescents and Their Parents. *Societies*, 13(7), 154. <https://doi.org/10.3390/soc13070154>

Engel, I., Dshemuchadse, M., Surrey, C., Roos, L., Kanske, P., & Scherbaum, S. (2024). How self-states help: Observing the embodiment of self-states through nonverbal behavior. *PloSone*, 19(3), e0300682. <https://doi.org/10.1371/journal.pone.0300682>

Jusik, P., & Wiczorek, Z. (2024). Ego State Trip or Ego State Trap: Unlocking Change Through Language. *International Journal of Transactional Analysis Research & Practice*, 15(1). <https://doi.org/10.29044/v15i1p3>

Kaba, K., & Güngör, A. (2024). Dominant Ego States in Relation to Attachment Styles and Infidelity Tendencies. *The Family Journal*, 0(0). <https://doi.org/10.1177/10664807241231247>

Keenan, N. (2024). Brain Hemisphere Specialization and Neurodiversity as Influencing Factors on the Phenomenology of the Adult Ego State. *Transactional Analysis Journal*, 54(1), 15–30. <https://doi.org/10.1080/03621537.2024.2286579>

BOOK REVIEWS



Inner Strengths, by Claire Frederick and Shirley McNeal

For the first of this edition’s book reviews, Leslie Laskin, LCSW provides a review of *Inner Strengths*, by Claire Frederick and Shirley McNeal; Routledge, 2023

Leslie Laskin is an active member and approved consultant for ASCH. She also serves on the ESTNA leadership team. She has a private practice in Rockland County, NY and enjoys teaching hypnosis and Ego State Therapy.

The recently re-released *Inner Strengths* is an invaluable resource for those working with Ego State Therapy (EST), especially when it comes to the often-underutilized concept of ego strengthening. Frederick and McNeal argue that ego strengthening is a core component of all EST, emphasizing the importance of forming a therapeutic alliance with each ego state and resolving transferences.

Chapter 5 explores various approaches to age regressions and progressions as tools for ego strengthening, ranging from more structured methods to more fluid, conversational techniques. Whether used hypnotically or conversationally, engaging clients in memories or previous successes can be very effective. The authors argue that hypnotic regressions and progressions tend to be more productive due to their depth of processing and ability to circumvent conscious resistance.

Chapter 6 introduces the “Inner Strength” script. The accompanying case examples demonstrate how things don’t always go as planned, illustrating how the authors adapted their approach in each case. I first encountered this trance technique during one of Maggie Phillips' trainings, and I was deeply impressed by its impact. It begins with an invitation to the center of one’s being, to the part that has always been with you. It describes this part as being helpful navigating life’s challenges and seeds associative anchors to that felt sense so that can be used in the future to re-live the feeling of the inner strength. The authors acknowledge that clients with very underdeveloped egos may find this script frustrating, in which case more remedial ego strengthening is needed.

The concept of the interpersonal space between therapist and client, emphasized by the Watkins, is also explored in this volume, enriching the therapeutic work through several key concepts, including different types of transference and countertransference, transitional objects, and fusional alliances. These ideas are particularly relevant when working with trauma patients, especially those who have not developed the ability to self-soothe and rely on the therapist for gratification.

Drawing extensively on the work of Murray-Jobsis, the authors illustrate how to foster a felt sense of being loved and nurtured, as well as how to establish internal boundaries, building on Mahler's theory of separation and individuation. Case examples are provided throughout, including chapters focused on treating performance anxiety, complex clinical syndromes, PTSD, DID, and end-of-life issues.

Inner Strengths is not a quick read, but its thorough exploration of underlying theory and practical applications makes it an essential resource for any EST therapist. While the book offers ample development of various approaches, I found myself wishing for more detailed examples in certain areas. Nevertheless, the authors provide a comprehensive Ego State lens through which to integrate a wide range of therapeutic frameworks. The extensive reference section is invaluable. I highly recommend *Inner Strengths* as an essential resource for any EST therapist.



***Somatic Ego State Therapy for Trauma Healing: Whole Again*, by Silvia Zanotta**

For this edition's 2nd book review, Cynthia Good, MS provides a review of *Somatic Ego State Therapy for Trauma Healing: Whole Again*, by Silvia Zanotta, Routledge, 2024, which is an English-language translation by Tina Lüscher of Dr. Zanotta's original German-language book, *Wieder ganz werden: Traumaheilung mit Ego-State-Therapie und Körperwissen*, published in 2023.

Cynthia Good is a member of the Ego State Therapy North America Leadership Team, is a Certified EST Therapist and EST Assistant, is an EMDR Certified Therapist and EMDR Consultant-in-Training, holds ASCH Certification in Clinical Hypnosis, and is a PMH-C Certified Perinatal Mental Health Professional. She offers integrative consultation and training (www.lifecirclecc.com) and psychotherapy services in Washington State, USA.

Dr. Silvia Zanotta's *Somatic Ego State Therapy for Trauma Healing: Whole Again* provides application-oriented, neuroscience-based, theoretically-grounded, and empowering guidance for the integration of therapies that treat the whole-person impacts of trauma. From Somatic Experiencing® and Polyvagal Theory to Ego State Therapy, Clinical Hypnosis, and more, she illustrates how therapists can combine modalities to provide safety-based, customized treatment to clients who are coping with the aftermath of trauma. Dr. Zanotta presents the benefits of hypnosomatic

approaches to Ego State Therapy; the neurobiological and psychological responses to traumatic experiences; and the resulting debilitating alterations in ego states, emotions, and bodily experiences. In addition, she offers numerous case vignettes, transcriptions, and step-by-step instructions for translating the reader's enhanced understanding into practice with clients who are often experiencing the "stuckness" of dissociation, the freeze response, chronic pain, fear, anger, guilt, and shame.

Dr. Zanotta's review of the biological foundations of both response to trauma and healing from it is an evidence-based exploration of evolving neuroscience, including interconnections among Polyvagal Theory, brain anatomy and function, emotion regulation, Somatic Experiencing[®], and pacing strategies for therapy. Even readers who are already knowledgeable about these topics are likely to learn something new. With foundations established, she presents the advantages of utilizing Ego State Therapy to treat challenges originating in relational harm and, thus, requiring a relational therapy to create corrective experiences for healing. She effectively builds the case for therapists to learn how to support the development of reliable relationships across all combinations of therapist, client, and their parts of self. But she doesn't just persuade the reader; she presents multiple interventions for working with ego states that act destructively, as well as for working with traumatized ego states that are stuck in the dissociation and freeze response. She shares guidance on how to recognize signs of fear and panic, as well as preverbal trauma. In addition, she offers strategies—illustrated with case vignettes—for helping client's access inner resources, shift from freeze to mobility, connect with ego states that can offer assistance, cope with and positively utilize dissociation, repair violated boundaries, and heal from the impact of rejection and neglect.

Dr. Zanotta next offers guidance on creating opportunities for change and healing with ego states that involve anger, shame and guilt, and pain and somatic symptoms. She highlights the positive purpose and power of anger for defense and self-assertion, how anger can be expressed in undesirable behaviors, how angry ego states can experience the resolution of conflict and be transformed into effective team players, and how angry introjects can be invited to take on new roles if approached with respect and openness. Then, she explains the nature of healthy and unhealthy forms of shame and guilt, their positive purpose of protecting group membership for the sake of survival, their symptomatic outcomes, and constructive interventions that promote healing. She also illustrates the connection between emotional and physical pain and shares multifaceted strategies for working with ego states associated with somatic symptoms, reducing sleep disturbance, and strengthening the resilience needed to alleviate pain and somatic symptoms. Case vignettes illustrate a variety of ways that Ego State Therapy and somatic approaches can be combined to permit the safe release of shame and guilt, the release of anger energy from the body (for clients with and without a history of violent behavior), and the amelioration of psychogenic pain and other body symptoms.

Dr. Zanotta then offers a well-cited compendium of practical applications seamlessly drawn from Ego State Therapy, Somatic Experiencing[®], Clinical Hypnosis, Polyvagal Theory, Energy Psychology, breathing and mindfulness, and the work of Michael Bohne, Carolyn Daitsch, Gordon Emmerson, Claire Frederick, Poole Heller, Agnes Kaiser Rekkas, Jim Knipe, Peter Levine, Sandra Paulsen, Maggie Phillips, Steven Porges, Luise Reddemann, and Helen and John Watkins. Readers are likely to recognize familiar strategies (and now will know their creators); learn many new strategies; and develop a much deeper understanding of when, why, and how to use them. She concludes by encouraging therapists to attend to the pacing needs of their clients as they travel their healing journeys, giving due time and effort toward nurturing the therapeutic relationship, without which trust cannot grow, safety cannot be experienced, the autonomy and contextual realities of the client cannot be respected, and healing cannot occur.

It is also worth noting that *Somatic Ego State Therapy for Trauma Healing: Whole Again* begins with a foreword by Maggie Phillips and a preface by Woltemade Hartman, both of whom share well-deserved words of appreciation for Dr. Zanotta and her book. However, they also contribute rich glimpses into the origins of the theory and treatment model of Ego State Therapy as created by John and Helen Watkins—from its roots in the work of Paul Federn, a colleague and close associate of Freud, to its vibrant and integrative evolution that continues today, as illustrated by the book itself. English-speaking readers are fortunate to have had Tina Lüscher produce the excellent German-to-English translation. The text is eminently readable, allowing this engaging book to benefit a broader audience. Unfamiliar terms or usages are infrequent and—when they do occur—are related to expected cultural, linguistic, technical, and literary diversity and are quite comprehensible via context cues.

All in all, *Somatic Ego State Therapy for Trauma Healing: Whole Again* is a masterclass of integrative psychotherapy that is so rich in theory, evidence, applications, and illustrative case examples that it is likely to become a practical reference to which readers return again and again. Although she offers a wealth of nomenclature, scripts, and protocols, Dr. Zanotta embodies the relationally-grounded attunement and responsiveness that is needed for people's innate self-healing capacities to unfold in just the right way, pace, and time for them. Any psychotherapist—but especially those working with early attachment ruptures, preverbal trauma, and complex trauma—will find this book to be a true gift of knowledge, skills, and role modeling of how to compassionately employ a somatic approach to Ego State Therapy for the alleviation of suffering and the re-integration of self.

NEWS FROM THE ESTI COMMUNITY

Germany news (submitted by Dr. Ursula Helle)

Dear Ego State friends,

We are pleased to be able to offer the popular **special seminars** again next year and would like to draw your attention to the **early bird** option in good time. Please indicate whether you will be there in person in Munich or if you would prefer to participate ONLINE. Thank you very much and have a nice, quiet time for the last few weeks of the year.

Your Uschi

*** For EST SPECIAL SEMINARS early bird discounts until 31.12.24 ***

Fri/Sat, 04./05.04.2025

EST work after **miscarriage/ EST Arbeit nach Fehlgeburt**, Dr. Ursula Helle

Fri/Sat, 04./05.04.2025

Magnificence and modesty. The two sides of **narcissism/ Großartigkeit und Bescheidenheit**. Die zwei Seiten des **Narzissmus**, Dr. Jochen Peichl

Fri/Sat, 27./28.06.2025

Guilt, the unloved sister of knowledge/ **"Schuldgefühl"**, die ungeliebte Schwester der Selbsterkenntnis, Dr. Ursula Helle

*** New EST training curriculum ***

EST-A1 October 10-12, 2025, Dr. Ursula Helle

EST-A2 November 14-15, 2025, Dr. Ursula Helle

*** ONLINE group supervision ***

Dr. Ursula Helle 2025

1/24/25, 3/28/25, 5/23/25, 09/26/25, 11/21/25

Please register at <https://www.item-uh.de/termine>

For detailed seminar descriptions please visit <https://www.item-uh.de/ego-state-therapie/seminar-descriptions>

3-8 February 2025: Meisa Congress, Mabula Lodge, South Africa: Workshop on EST in coping with miscarriage with Dr. Helle. <https://www.woltemadehartman.com/meisa-psychotherapy-congress-2025.php>

Intervision/trauma therapy

Colleagues sought for face-to-face meetings in Munich.

For professional exchange and collegial interaction in person. I work enthusiastically with Ego-State Therapy, Hypnotherapy and Somatic Experiencing and am looking for colleagues who are interested in meeting on the common basis of "Ego-State Therapy" and professionally to exchange and stimulate ideas. Please contact: weilerbock@web.de

As always, our ITEM seminars are accredited with CME points by the Bavarian Medical Association. You can find more information at www.item-uh.de

North America news (submitted by Wendy Lemke)

Educational Endeavours

EST Foundation Courses

We continue to strive to offer a minimum of two Foundation courses per year and one EST Foundations II course, and this year we once again completed two Foundation I courses with a total of 53 participants and one Foundation Course II with a total of 30 participants.

EST Advanced Offerings

In addition, we offered several advanced EST offerings, including:

- *Hypnotic Attachment Repair and Ego State Therapy* Online Webinar presented by Louis Damis
- *Turning Stressful into Restful* online Webinar presented by Wendy Lemke
- *Clinical Hypnosis for the Treatment of Dissociative Disorders: Making the most of hypnotic suggestions when dealing with parts* presented by Wendy Lemke at the ISSTD Annual Conference in Frisco, TX
- *Respecting the Wisdom Within: Emphasizing Dignity in Healing* presented by Wendy Lemke at the ISSTD Annual Conference in Frisco, TX
- *Ego State Therapy Masterclass* online with Wendy Lemke and Tobi Goldfus as faculty
- *Somatic Ego State Therapy with Body Symptoms* presented online by Silvia Zanotta from Switzerland

ESTNA Advanced Offerings across the globe

- Treating Complex Trauma & Dissociative Disorders with Ego State Therapy presented in Zurich, Switzerland (For photos see Switzerland News)
- Pave the Way to Progress: Ego State Therapy Principles to Address the Complexities Characteristic of Dissociative Disorders presented at the 9th International European Society for the Study of Trauma and Dissociation (ESTD) Congress in Katowice, Poland.



Clinical Hypnosis

Given the requirements for Ego State Therapy certification involve several clinical hypnosis hours, we continue to promote and offer several clinical hypnosis training opportunities in addition to our EST educational opportunities. In 2024, Wendy Lemke offered three American Society of Clinical Hypnosis (ASCH) approved Level 1 trainings and 2 approved ASCH level 2 trainings. In addition, Leslie Laskin also continues to offer clinical hypnosis training.

Consultation

Currently, there are several EST & Hypnosis consultation groups meeting regularly for those working towards certification in clinical hypnosis and/or Ego State Therapy.

Certifications

We have more folks that have met the requirements for certification (or are very close to it) and have implemented a streamlined way for those who have met requirements to apply for certification online. With our training schedule in 2025, we will fortunately have more North America training opportunities to acquire ESTNA/ESTI credit, propelling more towards completion of certification requirements. Cynthia Good was issued certification as an ESTNA/ESTI therapist.

ESTNA Website/Directory Updates

Our online directory is growing and serves as a referral base to find North America therapists who are trained in Ego State Therapy. In 2025, we will be updating our website to highlight ESTNA approved training opportunities with appropriate links to those offerings.

Training Calendar for 2025

*It is likely more things will be added, so this may not be a comprehensive list. There will be more hypnosis offerings than listed. If you'd like to stay up to date, please use this link to be added to Wendy's email list: [Contact | Lemke Counseling & Consulting](#)

For more information and registration links to courses listed below: [click here.](#)

8 January – 12 February: Online ESTNA approved Ego State Therapy Foundation Course I.

28 January - 2 to 5 pm Central Time: Hosting Advanced ESTNA Webinar on Ideal Parent Protocol by Dr. Louis Damis: Title coming soon.

13 February: Online Advance ESTNA approved Course presented by Elzette Fritz: *Ego State Therapy and Expressive Art Therapy*.

17-19 February: Online Trauma Informed Level 1 Hypnosis Course.

5-23 March: Online ESTNA approved Ego State Therapy Foundation Course II.

29 April: *Ego State Therapy and Internal Family Systems: Exploring the Best of Both Worlds* presented by Wendy Lemke and Joanne Twombly: Online Webinar (ESTNA approved Advanced)

May (dates to be announced): *The Hypnotic Art of Using Yes, Know, or Maybe: The Effective Use of Ideomotor Movement from an Ego State Therapy perspective* presented by Wendy Lemke (More info. and registration coming soon.) to be offered in Alaska (specific Location to be announced: likely Wasilla, Talkeetna, or Anchorage). Online/virtual option offering as well.

June (dates to be announced): Masterclass (online)

18 July: ISSTD Advanced Hypnosis and EST (*Title coming soon*) full day in person course, Chicago, Illinois.

24 September – 6 November: Online, 1 to 4:30 Central Time, Ego State Therapy Foundation Course I.

18 November: Online full-day Advanced ESTNA approved training: *Internal Warfare: Ego State Therapy for Dissociative Identity Disorder* presented by Wendy Lemke

South Africa news

Ego States at Play through Expressive Arts: Sense it to soothe it

Submitted by Dr Elzette Fritz - Educational Psychologist Practical Supervisor – Department of Educational Psychology, University of Johannesburg; Co-Director MEISA (Milton Erickson Institute of South Africa); President Elect of Ego State Therapy International (ESTI); Expressive arts without borders – Executive council member; International accredited Ego state therapy therapist, supervisor and trainer +27833251794 elzettefritz1@gmail.com.

This year I have been privileged to present numerous online workshops both nationally and internationally, with the emphasis on Ego States and Expressive Arts. On the 19th of April I presented a one-day workshop to helping professionals in Cape Town; titled: **Connecting in a world of disconnection: Regulating through connection, creating, communication, compassion and containment**. I also presented this workshop online to delegates in Iran on the 1st and 2nd of May.

The last couple of years, exacerbated by the COVID pandemic, have left many people with a sense of turbulence, insecurity and an activated central nervous system. People, in general, including professionals responsible for maintaining mental well-being, have been challenged with the storms of uncertainty and a central nervous system that feels overwhelmed and dysregulated, vacillating between overactivation and an experience of collapse.

These workshops therefore are aimed at informing and enabling such professionals to manage their own central nervous system responses, engaging with expressive arts as a means to apply mindsight to utilize the gifts their clients possess for engaging in the river of flow in an ethical manner.

Delegates were introduced to the rationale of Expressive Arts as enabling somatic connection, with reference to Levine's somatic dissociation, van der Kolk's somatic memory and Scaer's procedural memory. Through expressive arts engagement, clients naturally engage in sensory connections using imagery, which opens the pathway to behavioural exploration, accessing affect experienced and the subsequent meaning attributed to the process and experience. Hence, the SIBAM-model, as developed by Peter Levine, is implicit to the creative process using expressive arts.

Expressive Arts engagement enables more conscious connection with breathing; enabling visualization for and movement towards safety. It further allows for the stabilization of the memory of traumatic experiences. Using the Deb Dana's ladder of activation as metaphor, different degrees of activation can be explored and ideas shared as to how connection between the energy parts can be established through a variety of expressive arts activities requiring low skill and high sensitivity (Paolo Knill).

Through utilising the 'gifts' implicit to the symptoms presented by the client as demonstrated by Milton Erickson, greater connection is established, which enhances the sense of safety and stabilisation towards more association versus dissociation.

Expressive Arts engagement, referring to the Expressive Therapies Continuum as developed by Sandra Graves-Alcorn and Vija Lusebrink, provides a variety of means to connect the mind, body and emotions, enabling a person to regulate the autonomic nervous system.

This continuum considers the four levels of expressing oneself: Kinaesthetic/Sensory, Perceptual/Affective, Cognitive/Symbolic and Creative, which is a synthesis of the other three levels. Ego states, as a neurophysiological and psychological manifestation of the autonomic nervous system response (Woltemade Hartman), can therefore be accessed by engaging with the senses.

Such an example is creating tangible objects with clay, linked to emotional energies experienced in the body, and engaging in drawings informed by visualisation and movement within the client's level of tolerance. Voice and sound can be included in the process through the inclusion of music and humming.

I have also presented numerous talks at schools to teachers and parents, with the emphasis on regulating the behaviour of children activated by emotional sensory waves of overwhelm. Engaging children in my practice daily has led me to conclude that many children are mirroring the systemic experiences of adults, which results in feeling overwhelmed by sensory overload. This in turn is often activated by past traumatic experiences which impaired the attachment relationship. Dan Siegel says "Name it to tame it." However, what Expressive Arts engagement in therapy has taught

me, is: “Sense it to soothe” it and then name the energy which can be associated to an ego state in order to tame it..

I am looking forward to presenting a workshop along with Joy Nel at the MEISA congress titled **Trauma, Treasures, Trance and Transformation**, from the 3rd to the 8th of February 2025 at Mabula Lodge, South Africa, organised by Woltemade Hartman (PhD). The workshop is titled: “**Creating my flow in the river of life: An expressive arts approach to exploring ego states**”. In the pipeline are also workshops with Elahe Rahimian (ExArttherapy Middle East), Wendy Willberg-Lemke (Lemke Counselling & Consulting – America) and Markus Scott-Alexander (Founder/Director at Expressive Arts without Borders and World Arts Organization).

News from Woltemade Hartman

Woltemade Hartman continued with his international Ego State Therapy training program during 2024. He presented online and in person workshops in amongst other Germany, Austria, Denmark, Switzerland, Australia, China, Türkiye and Iran. He also presented online Ego State Therapy Group Supervision in both English and German.

Some of the highlights of 2024:

During July 2024 he taught a week-long advanced Ego State Therapy workshop as well as a two-day workshop in Somatic Ego State Therapy in Beijing, China. The workshops were attended by almost 70 highly motivated participants.



The **annual German Ego State Therapy Safari** took place at Mabula Lodge, South Africa from 10-17 October. The training week did not only offer an opportunity for improving knowledge and skills in Ego State Therapy. Participants (and family members) also experienced the South African hospitality, amazing wildlife interactions during morning and afternoon safaris, guided bush walks and guided horse riding safaris. The friendliness, skills and extensive knowledge of the game rangers contributed significantly to the different wildlife experiences. Who can ever forget the magic of an African sunrise and sunset?



This year he celebrated his **20th year of teaching Ego State Therapy in Germany**. This milestone was celebrated from 22-24 November 2024 in an online symposium on Ego State Therapy, called a Parts-Party with Woltemade Hartman and invited guests. The symposium was presented in German and the title was: “20 Jahre Ego-State-Therapie Deutschland: Online Parts-Party mit Woltemade Hartman und eingeladenen Gästen”. The presenters included distinguished Ego State Therapy faculty members, ex-students as well as current students. More than 100 therapists joined in this event. The online symposium was hosted by Margarethe Kruczek-Schumacher **from the Kölner Institut für traumatherapeutische Anwendungen (KITA)**.

Dr Hartman received **The International Society of Hypnose (ISH) 2024 John and Helen Watkins Award** for excellence as a teacher and mentor of clinical hypnosis, promoting the clinical use of Ego State Therapy and influencing therapists around the world.

The first group of professionals in Türkiye completed the Ego State Therapy curriculum. The new training cycle is scheduled to commence on 21 -23 February 2025. This training will be presented for the Türkiye Ego State Therapy Institute.

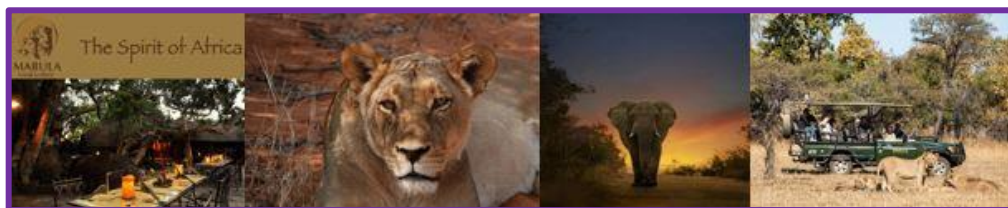
International training programme 2025

The 2025 training programme is available at <https://www.woltemadehartman.com/international-training-programme-2025.php> Workshops are scheduled to be presented in person and online in the following countries: Germany, Austria, Denmark, Switzerland, Australia, China, Japan, Türkiye and Iran.

From 2025 Dr Hartman will also present **online Ego State Coaching and Counselling workshops** in both English and German. The first English workshop is scheduled for 30 January – 1 February 2025 and the first German workshop for 16-18 February 2025. More information and online registration are available at: <https://www.woltemadehartman.com/online-ego-state-coaching-und-counselling.php>

- **German Ego State Therapy Safari, 20-27 February 2026, Mabula Lodge, South Africa**

An advanced Ego State Therapy Safari for German speaking Ego State Therapy therapists will be hosted and presented by Woltemade Hartman from **20-27 February 2026** at Mabula Game Lodge. Please send an email to Hanlé Marais at info@meisa.co.za if you are interested in this event.



- **MEISA Psychotherapy Congress 3-8 February 2025, Mabula Lodge, South Africa**

The Milton H. Erickson Institute of South Africa will be hosting a psychotherapy congress at Mabula Lodge from **3-8 February 2025**. The workshops will cover a wide variety of topics in the fields of psychotherapy, psychology, hypnosis, body therapy, arts therapy, trauma, parts therapy, and ego state therapy. **Please take note** that this is a psychotherapy congress, including all aspects of psychotherapy and **not** only an ego state therapy congress. The venue for the congress is Mabula Safari Lodge, Bela Bela, Limpopo Province. Parallel workshops will be presented in both **English and German**. The congress will not only provide a learning opportunity but also ample time to relax and experience activities such as day and night safaris, star gazing and guided bush walks all under the expert guidance of highly qualified game rangers.

More information and online registration are available at <https://www.woltemadehartman.com/meisa-psychotherapy-congress-2025.php> Mabula Lodge Gallery: <https://mabula.com/gallery/>

Please note that that limited accommodation is still available. Do not miss the opportunity to attend!!!!!!!

Herewith a glimpse of what can be expected: Video: Heide Schimke, Ego State Therapy Safari October 2022 <https://www.youtube.com/watch?v=JwK1N3GWqxs>



Switzerland news (submitted by Silvia Zanotta)

Trainings in Switzerland:

The Swiss EST-community keeps growing constantly, accordingly also the list of ESTI-certified therapists and of supervisors. Beside our regular training seminars, students appreciate various special seminars offered by EST Switzerland with Swiss and foreign teachers:

Our teachers Zita Stoltenberg-Zehnder on "EST with children and adolescents" and Kerstin Hentschel on "Transgenerational trauma".

In the end of September Wendy Lemke (USA) presented a special seminar on "Treating DID with EST and hypnosis" in Zurich. Participants appreciated her expertise in this field.



In August, Silvia Zanotta's book, *Somatic Ego State Therapy for Trauma Healing: Whole Again* was published internationally by Taylor & Francis. Shortly after the release, she met her endorsers Stephen Porges and Peter Levine (pictured below) at the "Bildungsfestival" in Weggis, Switzerland, an occasion to give them a copy in person.



Sylvia with Woltemade Hartman (left) who wrote the preface of *Somatic Ego State Therapy for Trauma Healing: Whole Again* and with Maggie Phillips (right) who wrote the foreword.



Australia news (submitted by Carl Hattingh)

Dear friends and colleagues in Ego State Therapy,

It was a great privilege to represent Ego State Therapy at the XII Congress: Cooperation in Hypnosis of the International Society of Hypnosis in Krakow, Poland. I presented two workshops with live demonstrations entitled: *"Integrating Traditional and Contemporary Approaches to Hypnosis, Ego States and the Body for Acute Trauma Management"* and *"Body Trance/ Advancing flow, embodiment and self-regulation in your traumatised clients."* It was also an honour to be elected to the Board of the International Society of Hypnosis and Chair of the Council of Representatives. During this congress the Hypnosis without Borders Committee also met for the first time in person. This meeting was also attended by representatives from countries in the conflict of war.

Sadly, the world has again struggled to find peace with more conflict in the Middle East and the ongoing struggle of so many in the long Ukrainian war. We have sponsored various therapists from countries in conflict in our training programs and workshops. I firmly believe that Ego State Therapy has such an important role to play in treating the complex trauma that develop through the chronic exposure to wars and conflicts. I am hoping that we as the Ego State Therapy Community can contribute more to relieve the pain and suffering for those in conflict. I am looking to having this conversation in our EST Community.

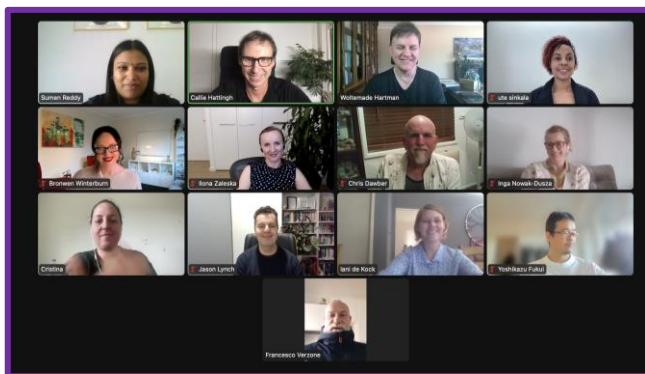


We have had such an enthusiastic group in 2023/24 that carried over into the 10-day Postgraduate in Clinical Hypnosis and Strategic Psychotherapy training in 2024 as well as various specialisation- and group supervision workshops in 2024

I want to congratulate the last group to complete the Postgraduate Intensive in Ego State Therapy program. It has been such a wonderful journey to share with all of you. Your enthusiasm for Ego State Therapy is contagious. I presented the different seminars with Dr Woltemade Hartman.

This year many of these students continued with me with the Postgraduate Intensive in Clinical Hypnosis and Strategic Psychotherapy program. I have also enjoyed presenting a 2-day specialisation workshop with Doris Wehrli on "Ego State Therapy with Dissociative Identity Disorder: Getting to know the others" with Doris Wehrli from Switzerland. Dr Woltemade Hartman presented two specialisation workshops. The first workshop was on somatic approaches to process trauma utilising pendulation and the second workshop was on Grief as a Resource in Psychotherapy. These workshops were very well received. The workshops just keep on evolving!

It has been a pleasure to share this journey with so many enthusiastic participants from all over the world. It is this warm participation that contributes to the training evolving year after year in content, but also to grow into a supportive community of Ego State Therapists. Congratulations to all of you who completed workshops, seminars and supervision with us!



2025 Programme

- [Introductory webinars on Clinical Hypnosis and Ego State Therapy.](#)
- [Postgraduate Intensive Training in Clinical Hypnosis and Strategic Psychotherapy](#)
- [Postgraduate Intensive in Ego State Therapy Training Program](#)
[Presenters: Carl Hattingh and Woltemade Hartman \(PhD\)](#)

EST I: Introduction, Safety and Stabilisation (2-4 April 2025)

EST II: Accessing and Utilising Resourceful Ego States (7-9 May 2025)

EST III: Therapy with Symptom Associated Ego States (11-13 June 2025)

EST IV: Therapy with Trauma Associated Ego States (18-20 August 2025)

EST V: Therapy with Destructive Ego States and Introjects (1-3 October 2025)

EST VI: Establishing Internal Safety, Integration and Coherence (12-14 November 2024)

- [Various Specialisation Workshops](#)
- [Monthly Group Supervision: 3-hour sessions](#)

Interested in joining us for an event! [Join our mailing list](#) to receive updates on upcoming events!

You can also find more information on our website: <https://www.aichp.com.au/>

Looking forward to another exciting year of Ego State Therapy and connecting with all of you!

Warm greetings from Downunder!

Callie

Carl (Callie) Hattingh

Clinical Psychologist / Clinical Supervisor

President Ego State Therapy International (ESTI)

Board Member and Chair COR International Society of Hypnosis (ISH)

President Australian Institute of Clinical Hypnosis and Psychotherapy (AICHP)

Committee Hypnosis without Borders European and International Societies Hypnosis

Director Ericksonian Institute of Sydney Australia (EISA)

ESTI ADMINISTRATION

ESTI Certification: A total of **621** 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 send an email to Hanlé Marais at: hanle@meisa.co.za

ESTI Bibliography:

The list is available on the ESTI website at: <https://www.egostateinternational.com/bibliography.php>

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

The references should be submitted in the APA format. An example of the format is available on the ESTI website at <https://www.egostateinternational.com/bibliography.php>

IN CLOSING

As I close this edition, I want to express my deep appreciation for all of you and the important work you do. My passion for Ego State Therapy makes it especially fulfilling to be part of an international community that shares this same dedication. I especially want to thank those that sent in contributions, as well as my assistant Vicki and Hanle for putting this together and getting it out to you.

To help with the next newsletter, I kindly ask you to start thinking about your future contributions. **Please gather what you would like to share and send it to me by October 15th, 2025.** It's particularly helpful to consider sharing new publications, books, and/or articles. Additionally, if you have ideas for the Clinical Corner, or if you're tracking Ego State Therapy news in your region, we would love to hear from you and share it with the larger community.

The growing global enthusiasm for Ego State Therapy is truly inspiring, creating new opportunities for those in need to access the profound support we are so committed to offering. Being part of this incredible network of professionals is a true blessing, and I look forward to more opportunities for mutual learning.

Please send your contributions for the next edition to me at wendylemke@gmail.com , or to my assistant, Vicki Qualley, at vicki@wendylemke-psy.com .

Wishing you all peace and a joyful New Year!

Peace and blessings,

Wendy Lemke, ESTI Newsletter Editor

BONUS BOX

For this edition's bonus box, I'm excited to share a link to a short film that won the 2024 International Society for the Study of Trauma and Dissociation (ISSTD) Film Award. The film offers a poignant portrayal of a woman diagnosed with Dissociative Identity Disorder (D.I.D.), earning attention for its authentic depiction of the experience—something the media often struggles to portray accurately.

The film was created by Dylan Crumpler, a film student whose mother has D.I.D. Dylan and his mother co-wrote the script without initially intending to share it, as it was part of his senior project. However, after his mother viewed it, she strongly felt that it needed to be shared with the world.

Please note that there are two versions of the film: one with a sexual scene removed to make it more accessible for viewers who might find it triggering. The film is also available in multiple languages to reach a wider audience.

Click here to access the film: [Petals of a Rose](#)