

# EGO STATE THERAPY INTERNATIONAL – ESTI

## NEWSLETTER DECEMBER 2025

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### Greetings Ego State Therapy colleagues and friends,

I hope this message finds you well and that you are enjoying the warmth and reflection this holiday season brings.

I continue to be impressed by the incredible energy and dedication of our EST community. Watching therapists, both new and experienced, embrace the principles of Ego State Therapy is deeply inspiring. The legacy of Watkins's work lives on vibrantly through all of you, and it is a joy to witness the ongoing growth and exploration of this approach we hold so dear.

In our practices and in life we face divided perspectives and heightened tensions. Ego State Therapy offers a remarkable framework for navigating these challenges. By acknowledging the multiplicity within ourselves and others, we can foster dialogue that is compassionate, respectful, and constructive. Helping clients and ourselves communicate from a place of awareness and empathy creates opportunities for healing, connection, and transformation.

I want to extend my heartfelt thanks to everyone who contributed to this issue. Your submissions bring the community together, sharing insights, experiences, and inspiration from around the globe. If you couldn't contribute this year, consider making it a goal for next year. Our EST community continues to grow, and our readers truly value hearing about what's happening where you are.

Submissions for the next newsletter should be sent to me at [wendylemkelp@gmail.com](mailto:wendylemkelp@gmail.com) and/or my assistant at [vicki@wendylemke-psy.com](mailto:vicki@wendylemke-psy.com) by **15 October 2026**. If you are interested in contributing to the Clinical Corner or reviewing a book, please reach out in advance so we can plan accordingly.

With gratitude and warm wishes for a peaceful, reflective, and joyful season.

Wendy Lemke



**Wendy Lemke, MS LP**  
**ESTI Newsletter Editor**

## LETTER FROM THE PRESIDENT

Dear friends and colleagues in Ego State Therapy,

The journey with you as the International Ego State Therapy Community and the growing group of Ego State Therapists all over the world has been inspiring. I have enjoyed the enthusiasm around our shared interest in Ego State Therapy.

I look back at the past year with appreciation for the efforts, contributions and hard work of the Ego State Therapy International Board Members, all the Country Representatives, the Youth Committee, organisers, supervisors, accredited therapists and everyone with an interest in Ego State Therapy.

It has been an absolute pleasure to work with the **Ego State Therapy Youth Committee** and Dr Woltemade Hartman to realise the Youth Committee's wonderful initiative of the free **Ego State Impulse Webinar Series**. Thank you to Joosten Theerman (Germany), Ashkan Anbarzadeh (Iran), and the members of the youth committee who enabled ESTI to host three webinars in 2025, not only to promote Ego State Therapy within our Ego State Therapy community but also to the international psychotherapeutic community. The following webinars were presented in 2025. The recordings are still available to view; click the images below to register and receive the video link.



Dr Elzette Fritz from Ego State Therapy South Africa will present the following free webinar in the Ego State Impulse Webinar series. She will be presenting on **Creative Arts with Ego State Therapy**. The webinar is on **8 February 2025**, 8pm CET. If you have attended a workshop by Elzette before, you will know what an experience it is. [You can register here.](#)

Lastly, but most importantly, please keep an eye out for the launch of the new [ESTI website here.](#)

In 2025, I had the opportunity to promote Ego State Therapy at the **Centro Ericksoniano de Mexico's Congress: World Leaders in Hypnosis: Tools for Difficult Times**. I presented on **The Utilisation of Hypnosis to Activate Resourceful Ego States and Introjects for Somatic Change**. The workshop was well-received.

I am looking forward to another exciting year of Ego State Therapy and connecting with all of you!

Warm greetings from Downunder!

*Callie*



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

## INTERVIEW WITH EVA POLLANI



### Introduction

Please enjoy our interview with **Eva Pollani**, a psychotherapist whose work integrates hypnotherapy, Ego State Therapy, and several complementary therapeutic approaches. She shares her professional journey, inspirations, and hopes for the future of the field.

### Can you share a little bit about yourself, your interests, and how you decided to become a psychotherapist and psychologist?

My name is Eva Pollani. I live in a small town in Lower Austria, where I also work as a psychotherapist in my own practice.

As you might know, being a psychotherapist in Austria is a bit different: we complete a special training program that lasts around eight to ten years. *Hypnopsychotherapy* is an integrative psychodynamic approach, and my interest in hypnosis began early. It was during a workshop called “*Hypnosis and Pain*”—developed in the last century by Burkhard Peter, a well-known German colleague—that I immediately felt: “*This is it.*”

I decided to pursue hypnosis, and my first trainer was Matthias Mende (ÖGATAP). After finishing my training, I discovered additional approaches that supported my patients on their healing journeys.

I work in the countryside with children, adolescents, adults, seniors, and couples. Working with hypnosis and children requires an additional two years of training, and I was fortunate to learn from exceptional trainers. My master’s thesis explored childhood experiences that support the decision to become a hypnopsychotherapist.

As a Hypnopsychotherapist, I also want to mention Dabney Ewin and Larry LeShan. I would not be who I am without having met them.

### How did you become interested in Ego State Therapy, and who have been some of your mentors? How did they help you?

I met Claire Frederick and Maggie Phillips early in my career, and they shaped my identity as a psychotherapist even to this day.

For me, Hypnosis, Ego State Therapy, Somatic Experiencing, Eye Movement Integration, and Impact Therapy are approaches I integrate to help my clients heal. Ultimately, these modalities also supported my own healing journey.

It was in South Africa, while some colleagues and I were sitting together, that we founded **ESTI**. So, I consider myself a “*Grandmother of ESTI*,” together with the international colleagues who followed this vision and helped build ESTI into what it is today. Among them are Woltemade Hartman, Susanna Carolusson, and Gordon Emmerson, whom I think of as co-“grandparents” of those early days.

### What benefits have you experienced in using Ego State Therapy in your clinical practice?

Ego States have always been part of the Austrian training (ÖGATAP) in Hypnopsychotherapy. John Watkins and Erika Fromm developed Hypnoanalysis in the US, while in France, Léon Chertok represented the approach. Hans Kanitschar and Wolfgang Ladenbauer (ÖGATAP) established the official Hypnopsychotherapy training in Austria in 1992.

If you're interested in how this tradition developed in Austria, I highly recommend the following German-language article (easily translatable with online tools): [https://oegatap.at/fileadmin/OEGATAP/Downloads/Methoden/HY/hyp-reader\\_2\\_.pdf](https://oegatap.at/fileadmin/OEGATAP/Downloads/Methoden/HY/hyp-reader_2_.pdf)

In my clinical work and in the trainings, I conduct, Ego State Therapy is an integral part of what we do. Client's love discovering their own internal ego states and resource states. Working with trauma using the SARI Model developed by Claire Frederick and Maggie Phillips provides a careful and effective structure for helping clients move out of traumatic experiences and into healthier lives.

### **In what direction do you envision your work moving in the next 5–10 years?**

Supporting my clients—especially children—in this rapidly changing world is extremely important to me. I am fortunate to have my daughter, Lena, a clinical psychologist for children and adolescents, working with me in my office. Having her there is truly a dream come true.

I hope to continue training hypnotherapists for another ten to fifteen years. With every colleague I train, I hope more clients can benefit from the collective knowledge we pass on.

I also plan to continue training psychotherapists in Ego State Therapy and developing **specialised workshops**. Helping colleagues discover their own ego states—including hidden ones—and supporting them in becoming whole again is a vital part of my daily work.

### **Anything else you'd like to share with the readers?**

I want to thank each one of you for your contributions, your patience, your willingness to learn, and your commitment to creating a safe world.

### **Closing**

Thank you so much for sharing your story with our readers, Eva!

## **ARTICLES AND RESEARCH**

### **Core Self, Related Concepts, and Theoretical Influences**



### **Christine Maurin, France**

Christine Maurin is a psychologist trained in France with initial professional experience in the fields of work psychology, social relations, and collective change. She now works as a freelance therapist, using an integrative approach that combines mind–body therapies, hypnosis, EMDR, and polyvagal theory, with a strong emphasis on ego state therapy. She also facilitates training seminars in psychology, psychological trauma, and psychosocial risks in universities and continuing education programmes.

Ego State Therapy is a psychotherapeutic approach that considers personality to be made up of multiple ego states, each comprising a coherent set of behaviors, experiences, and emotions. Each ego state represents a specific part of the personality, activated according to situations and emotions. These states can be complementary (supporting the individual) or contradictory (generating internal conflicts). Psychological symptoms appear when certain states remain frozen in pain, trauma, or other negative emotions.

The therapy is based on Federn's concept of the "self." He describes the self as a functional and synthetic unit, constantly modulated by current thoughts and perceptions, but maintaining a stable sense of existence through distinct boundaries. These boundaries, which are both changing and dynamic, play a crucial role in distinguishing what is felt as "I" from what is perceived as "not-I." They function as a sensory organ which, by establishing contact with the environment, can envelop, absorb, or reject external objects. Through identification, certain external elements become an integral part of the sense of self, while through projection, aspects of the self are rejected outward. This notion of boundaries influences therapeutic thinking, emphasizing the importance of differentiating the self from external reality while recognizing their ongoing interaction.

The central core of the self, which interests us here, represents the authentic, stable state of the self that is fundamental to the individual. Reconnecting with this central core strengthens identity and harmonizes the different states of the self for better psychological integration.

We have examined the epistemology of this concept and searched the literature for possible answers. In this article, we will explore various related concepts and theoretical influences that could provide a hypothesis for clarifying the construction of the concept.

O. Piedfort-Marin has discussed this concept in several texts, notably O. Piedfort-Marin and S. Leutner (2021), who note that the concept of the core personality is briefly mentioned by the Watkins under the terms "core ego" or "core self" (Watkins, 1997, p. 26). This concept was then further developed by C. Frederick (2005, p. 357), based on the work of Torem and Gainer (1995).

In *Selected Topics in Ego State Therapy* (2005), C. Frederick defines the core ego as a set of relatively constant experiential and behavioral elements that influence an individual's perception of themselves and how they present themselves to the world. This self extends and promotes the ego's investment in different mental structures and psychological processes. She points out that Torem and Gainer took up this notion, drawing inspiration from the work of Comstock and Hammond, who use it in "inner advisor" techniques for patients with dissociative identity disorder (DID). This approach aims to encourage self-reflection, resolve latent conflicts between different ego states, and prevent dissociative crises.

Rather than establishing a direct link with the notion of "inner strength" developed by Frederick and McNeal, Torem and Gainer chose to introduce the concept of the "Inner Advisor." They describe it as a sphere of the ego embodying the forces of the individual, free from conflict. This ego state is aware of the whole experience of unity and completeness of the self and represents the patient's personal resources. This concept shares similarities with the Watkins' "observer ego state," emphasizing rationality and logic within ego states. It can also be related to the concept of "Self" in IFS (Internal Family Systems). In short, it is a symbolic representation of the patient's ego forces and can be interpreted as an introject of the therapist.

A positive internal framework reinforces the experience of mastery and avoids attributing therapeutic benefits to external factors, thus playing a fundamental existential role. This framework can be perceived as an energy field, an object, a personification, or a representation of a unified self. Torem and Gainer suggest personifying it in therapy and teaching the patient how to access it in order to draw valid answers from it. Phenomena linked to the central core may correspond to ego states created iatrogenically, given how much ego affirmation is influenced by the therapist. They may also be a metaphor for internal resources.

S. McNeal and C. Frederick (1993), meanwhile, focus on the activation of aspects of the personality that are free from conflict, through experiences of emotional power or rational cognitive strength. Their approach is based on H. Hartmann's (1950) ego psychology, which considers that the ego develops independently of the id, with autonomous functions (memory, perception, motor skills, etc.) that are not exclusively shaped by psychological conflicts, but are present from birth. The ego contains both defense mechanisms and adaptive capacities, forming a sphere distinct from conflicts and frustrations.



The theory, initiated by Hartmann, distinguishes two components of the ego: - A defensive ego that fights the libidinal drives of the id through classic defense mechanisms - An autonomous, conflict-free ego, whose functions are mainly cognitive (perception, memory, motor skills) and whose energy is neutral, neutralizing sexual and aggressive drives in a process similar to sublimation. The aim of this approach is to strengthen the ego and superego in order to improve the individual's adaptation to reality.

The Watkins are close to Federn's conception of the "ego," which describes the ego as a functional and synthetic unit, constantly modulated by current thoughts and perceptions, but retaining a stable sense of existence thanks to distinct boundaries. These boundaries, which are both changing and dynamic, play a crucial role in distinguishing what is felt as "I" from what is perceived as "not-I" as a sensory organ which, by establishing contact with the environment, can envelop, absorb, or ly reject external objects. Through identification, certain external elements become an integral part of the sense of self, while through projection, aspects of the self are rejected outward. This notion of boundaries influences therapeutic thinking, emphasizing the importance of differentiating the self from external reality while recognizing their ongoing interaction.

For V. Estellon (2011), "Federn defines the boundaries of the self, the self as a borderline being between the 'body self' and the 'mental self'. Federn's original idea is that the self involves the body, the memory of bodily experiences contributes to the gradual emergence of a boundary between the inside and the outside, between the self and the non-self, a concrete entity related to the continuity of the person in terms of time, space, and causality... the totality of the feeling one has of one's own living person."

In the approach to self psychology developed by H. Kohut (A. Faure-Oppenheimer 1996), we find the **central concept of the self** as a complex entity that is intrinsically unknowable in its essence, although its components and functions can be described. Kohut distinguishes between different types of transference (mirroring, idealizing, alter ego) that illustrate how narcissism, initially omnipresent, is transformed within the therapeutic relationship. These processes allow aspects of the self damaged by early experiences to be reintegrated. In short, Kohut proposes a vision of the self in which narcissistic vulnerability and the need for self-objects play a decisive role in personality development and the formation of the superego, thus paving the way for a relational and empathetic approach to psychoanalysis, in which the ego retains an essential ambiguity by being both the subject of perception and a libidinal object. It is characterized by a libidinal investment whose boundaries vary, while resting on a fixed and enduring core.

For Frederick and McNeal, the goal is to mobilize these internal mechanisms so that knowledge is transformed into action, thereby facilitating the integration of ego state resources. They then incorporate Jung's concepts of archetypes, such as inner strength, wisdom, love, and the inner advisor.

Schwartz, emphasizing the links between the internal family and the external environment, distinguishes three groups of parts: exiles, managers, and firefighters, who protect the core self. In therapy, the goal is to reconnect this "self" with all the parts so that it can assume its leadership role. He likens this state to the "flow" described by M. Csikszentmihalyi (1990), where parts are in harmony with the Self and heal. Schwartz describes this Self as an energy wave connected to the universe, or as a particle embodying the experience of a personal self.

The concepts of a conflict-free core are present in EST (Ego State Therapy) and IFS (Internal Family Systems) approaches. However, EST places greater emphasis on functional parts and on the integration of the core within the overall system, particularly through archetypal self-objects. IFS, on the other hand, focuses primarily on restoring the confidence and leadership of the Self, regardless of the maturity of the other parts.

Successful integration occurs when the parts communicate and cooperate with each other, without any one part monopolizing the energy of the self (ego cathexis).

Ego states are coherent aggregates of personality energy with a neurophysiological substrate. In therapy, clinicians do not work directly on this energy, but use personifications as tools for transformation, thus harnessing the power of the imagination.

The central core of the ego is operative in therapy and can be attributed to the hypnotic relationship between patient and therapist, in the manner of Winnicott's "center of gravity of being," which is not constituted from the individual but is found in the whole formed by the couple (maternal care/infant). A good technique of care appropriate to the child, including effective maintenance and interventions, will gradually replace the shell and the core [...] will begin to become an individual (D. Houzel 2016). This allows the child to integrate their experiences into a coherent whole and thus have a continuous sense of existence.

We can also refer to the work of F. Descombas and G. Gimenez (2008), who base ego state therapy on R. Kaes' group modeling of the psychic apparatus. They draw on the essential principles of P. Janet, developed in psychological automatism, the activity of the mind as a synthetic operation, the weaknesses of this activity and their consequences, and the place assigned to hypnosis by Janet. Kaes' model of internal groupality, as a scheme for the organization and representation of psychic matter, provides an operational theoretical basis for Watkins' therapy. They recall Federn's view that "repression is thought to operate not only on representations but on sets of psychic contents... an integrated personality... means maintaining control over the partial reactions of the ego and the different states of the ego. This maintenance requires a solid and strong investment of the mature and stable ego state. (Federn, *The Psychology of the Ego and the Psychoses*, p. 229)." Watkins uses hypnosis "which mobilizes specific change operators." The authors also refer to Roustang's definition of hypnosis as an indeterminate and informal state of receptivity, expectation, pure power, and the mobilization of the subject's ability to represent their internal objects (identifications, imagoes, representatives of drives).

In therapy, the use of this tool with patients yields very varied results in descriptive terms; some patients see it as energy, others as an image, and all have a very personal and specific image of this concept introduced by the therapist. For some, it is like an image of themselves but larger, lighter, and more ethereal. Whatever form the experience takes, connecting to the central core is experienced as an intense and unusual moment of power and completeness.

As S. Zanotta (2024) writes, "there is no consensus on the model of the inner self, however, the notion of such an indestructible core plays an essential role in healing trauma, consolidating resources, and stabilizing the entire personality."

Through this reading of the different conceptions we have used to trace the roots of the concept of the central core, we can glimpse a hypothesis for action with the patient.

In therapy, the notion of a strong and congruent part of the self allows the patient to experience a state of well-being and connect to this state as a model and reference point for their possible evolution. Whether the core self is borrowed from the therapist's psychic space or is a connection to a state that existed before the functioning was altered by the vagaries of life, a potential for being before any neurosis, it remains an effective symbolic tool for the mode of action of ego state therapy, allowing projection onto a space of the self that is unaltered by the representation of the patient's problem, which promotes corrective experience.

Abramowitz and Torem (2018) point out that, for Federn, the nuclei of ego states are created by an amalgam of representations of objects and introjects that form the nuclei of self-representations. These then evolve into complete introjects and, through identification, into an entity in the form of an ego state charged with ego energy.

By working with the core self, we can hypothesize that the benefit lies in the fact that integration is promoted by the use of this unique representation that each patient can construct, which is fundamental to them and rich in their unaltered potential.

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Christine is an ESTI-certified Therapist and Supervisor.



## The Dance Between States: Introducing Ego States in the Studio-Dance Context



### Dr Elzette Fritz (South Africa)

Dr Elzette Fritz is an Educational Psychologist and Expressive Arts practitioner based in South Africa. Her work integrates Ego State Therapy, expressive arts, and systemic approaches to support children, adolescents, and adults in discovering resilience through creativity and connection. She presents internationally on the integration of psychology, movement, and the arts as pathways toward wholeness.

Recently, while watching a dance-studio production, I was deeply moved by a performance to Ren's "Hi Ren" performed by Ren Gill. The piece portrays an inner dialogue between conflicting selves — despair, resistance, and fragile hope — what we might recognise as the voice of divided Ego States.

Three dancers embodied these internal voices through powerful, chaotic, and yearning movements. Yet, despite the brilliance of their expression, I found myself wondering: What if narration had accompanied the choreography? How might adolescents have experienced the performance if the words and movements together had illuminated the inner conversation — the dance between activation and soothing, between fragmentation and integration?

Ego State Theory (Watkins & Watkins, 1997) provides a lens through which we can appreciate such performances as more than art; they become embodied metaphors of the autonomic nervous system in motion. Through dance, students live the rhythm of contraction and expansion, chaos and calm, self-protection and connection. Even subliminally, these movements can nurture awareness of their inner multiplicity and the possibility of harmony among parts.

This reflection extends ideas explored in my earlier article, playing into gender stereotyping in a preschool theatre production (Fritz, 2011, South African Journal of Childhood Education, 1(2)), which examined how school performances can shape identity and meaning at a developmental level. Here, I suggest that dance can equally serve as an integrative practice — one that honours inner diversity while cultivating regulation, self-awareness, and hope. Especially in this performance, I was reminded of Lemky's (2021) call, as described in her workshop handout, "Healing Within: Fundamentals of Ego State Therapy" to recognise that internal states can be acknowledged and celebrated through embodied engagement and creative expression in the battle for survival, through compassionate engagement and dialogue that transcends opposing views.

Source: [Musixmatch](https://www.musixmatch.com/lyrics/Ren-52/Hi-Ren)

Songwriters: Ren Gill

Hi Ren lyrics © The Other Wasted Talent Limited

<https://www.musixmatch.com/lyrics/Ren-52/Hi-Ren>



*In the eternal dance between light and shadow, adolescents discover that their internal voices are not enemies to silence, but parts to listen to — and to move with.*

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Elzette is an ESTI-certified Therapist, Supervisor, Trainer and ESTI President-Elect.

## NEWS FROM ESTI COMMUNITY

### Australia (Submitted by Callie Hattingh)

In Australia we have completed another round of our online Postgraduate Intensive in Ego State Therapy 2025, presented by Dr Hartman and me. Participants and assistants from Australia, Israel, Greece, South Africa, Namibia and Germany contributed to a wonderful mosaic of different experiences and perspectives. Some participants have completed the training for the second time, which also contributed to in-depth discussions. We have sadly missed Doris Wehrli, who has been an integral part of our training and the Australian Ego State Therapy Community over the last few years. Doris has contributed tremendously to the AICHP EST training and supervised many of the students. We think of her with much appreciation for sharing her wisdom with us.

### Congratulations to the AICHP Class of 2025!



I want to specifically **congratulate the following new certified ego state therapists from the AICHP EST training**; Matthew Taylor, Cristina Bornhofen, Marina Patzen, Ute Sinkala and Iani de Kock. They have completed all the requirements to become accredited ego state therapists with Ego State Therapy International!

We are in the process of finalising our **2026 programme**, which will include introductory workshops, the Postgraduate Intensives in Clinical Hypnosis and Ego State Therapy (6 seminars), specialisation workshops and group supervision. (Website: <https://www.aichp.com.au/> )

In 2025, I had the opportunity to promote Ego State Therapy at the **Centro Ericksoniano de Mexico's Congress: World Leaders in Hypnosis: Tools for Difficult Times**. I presented on **The Utilisation of Hypnosis to Activate Resourceful Ego States and Introjects for Somatic Change**. The workshop was well received.

## North America news (submitted by Wendy Lemke)

### Educational Endeavors

#### EST Foundation Courses & Clinical Hypnosis

Wendy Lemke continues to strive to offer a minimum of two Foundation courses per year and one EST Foundations II. course, thus this year once again she completed two Foundation I. Courses with a total of 64 participants and one Foundation Course II with a total of 19 participants. We are delighted that interest in these courses continues to grow. In addition, Lemke also taught three ASCH approved Level 1 hypnosis trainings and 2 ASCH approved Level 2 courses in addition to a Level 2 course she co-taught through the International Society for the Study of Trauma & Dissociation (ISSTD).

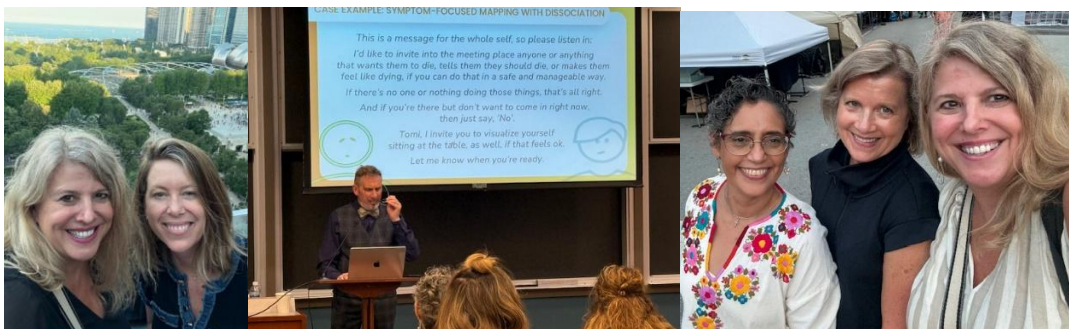
#### EST Advanced Offerings Completed in 2025

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

*Fostering Healthy Attachment from an Ego State Perspective:* Online Webinar taught by Louis Damis

*Ego State Therapy Masterclass* online with Wendy Lemke

*Expanding Conceptual Foundations and Advanced Techniques in the Treatment of Complex Trauma and Dissociation* was taught by Wendy Lemke & Michael Coy MA, LCSW, LICSW in Chicago, Illinois. Michael taught: *Hypnotic Applications Across Phase Oriented Treatment for Trauma & Dissociative Disorders*. Full-day in-person course through ISSTD. Chicago, Illinois taught by Wendy Lemke and Michael Coy. Michael presented: *Exploring Elsewhere Thought Knowns: New Considerations for Using EMDR Therapy to Treat Dissociation* and Wendy Presented: *Hypnotic Applications Across Phase Oriented Treatment for Trauma & Dissociative Disorders*.



Left to Right: Wendy Lemke & Samantha Milligan; Michael Coy presenting: "Exploring Elsewhere Thought Knowns: New Considerations for Using EMDR Therapy to Treat Dissociation."; Kathia Murdock-Lopez, Cheryl & Wendy Lemke

*An Ego State Approach to Treating D.I.D.* Online full day course taught by Wendy Lemke

Ego State Therapy and Expressive Art Therapy presented online by Elzette Fritz from South Africa

*Turning Stressful into Restful: Enhancing Sleep through Self State Strategies & the Art of Being Hypnotic* online Webinar presented by Wendy Lemke

Looking Through the Eyes: EMDR & Ego State Therapy Across the Dissociative Continuum taught by Sandra Paulsen in Turkey

### 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 a few more people who have met the requirements for ESTNA/ESTI therapist certification (and a few more are very close to it). Congrats to **Brenda Rohren, M.A., MFS, LIMHP, LADC, MAC, BC-TMH** and **Lauren Duffy MA, LMHC** on their ESTNA/ESTI therapist certification.



Brenda Rohren and Lauren Duffy

In addition, congrats to **Cynthia Good MS, LMHC, RH, PMH-C, IBCLC** who has met all the requirements for ESTNA/ESTI Consultant certification! (This involves a significant amount of time and dedication beyond therapist certification, thus quite an accomplishment!)



Cynthia Good

### 2026 Training Schedule (at time of publication) and registration links

Likely more will be added including more hypnosis trainings. To get added to Wendy's website education email list for training/updates, [click here](#), or check Wendy's website at [www.wendylemke-psy.com](http://www.wendylemke-psy.com) or [www.ESTNA.info](http://www.ESTNA.info).

Jan 11,18,19,25th Hybrid **Level 1 Hypnosis** taught by Leslie Laskin: [For more information](#).

Jan 12-14th, Online Trauma Informed ASCH approved **Level 1 Hypnosis Course** taught by Wendy Lemke. [Hypnosis Level 1 Info & Registration](#)

Jan 21st-Feb 25th, Online ESTNA/ESTI approved **Ego State Therapy Foundation Course I**. [EST Course Info & Registration](#)

Feb 5 & 6<sup>th</sup>, In person in beautiful Belize, **"The Art of Yes or No": Unconscious exploration of Symptoms and Solutions through Ideomotor Signaling**" taught by Wendy Lemke: [Belize Info and Registration Link](#)

Feb 9-12<sup>th</sup>, **Level 2 Clinical Hypnosis** Online Course taught by Wendy Lemke:

April 1-May 20th, Online ESTNA approved Ego State Therapy Foundation Course II. [EST Course Info & Registration](#)

May 2 & 3, Canmore, Canada, *Ego States & Physiology: Incorporating States of Self when Treating Somatic Complaints Such as Pain, FND, and Sleep Struggles*

June or July (Dates to be announced) **Masterclass** (Online)

Summer Online webinar: **The Conflicted System & the Sexual Self: Utilizing Ego State Therapy to explore, resolve, and treat sexual concerns, conflicts, and dysfunction**. Date to be Announced.



Fall, Online, 1 to 4:30 Central Time, **Ego State Therapy Foundation Course I.** [EST Course Info & Registration](#) 2026 . Dates to be announced

Fall Online Webinar: ***Recognizing, Surviving, and Treatment Applications for the Narcissistic Presentation Through an Ego-State Lens*** presented taught by Wendy Lemke (Date to be announced)

### News from South Africa

#### Woltemade Hartman

Woltemade Hartman continued with his international Ego State Therapy training program during 2025. He presented online and in person workshops in amongst other Germany, Austria, Denmark, Switzerland, Australia, China, Japan, Türkiye and South Africa. He also presented online Ego State Therapy Group Supervision in both English and German.

#### Some of the highlights of 2025:

**The MEISA Psychotherapy Congress, Trauma, Treasures, Trance and Transformation was hosted at Mabula Lodge from 3-8 February 2025.** The workshops covered a wide variety of topics in the fields of psychotherapy including **Ego State Therapy**. Parallel workshops were presented in **English and German**. Colleagues from Austria, Germany, Switzerland and South Africa attended the congress. Workshops were delivered by Dr Woltemade Hartman, Dr Elzette Fritz , and Joy Nel from South Africa. Martina Gross from Austria. Claudia Müller-Quade, Stefanos Gkaitatzis, Ulrike Arras, Silke Grossbach, Daniela Müller, Birte Köster, Sabine Fruth, Verena König and Claudia Reinicke from Germany , as well as Dr Pascal Wolgemuth from Switzerland.

The congress did not only offer new learning experiences and an opportunity for improving therapeutic knowledge and skills. It also offered and facilitated re-connection with old friends and colleagues and the opportunity to form new friendships and professional networks. Participants (and accompanying persons) also experienced the South African hospitality, had amazing wildlife interactions during morning and afternoon safaris, guided bush walks and guided horse riding. Who can ever forget the magic of an African sunrise and sunset, sun-downers in the veld and the sounds and smells of the African bush?



**Online Congress: 7<sup>th</sup> World Congress on Ego State Therapy, 20 to 26 April 2026.**

Contact email for this event: [info@meisa.co.za](mailto:info@meisa.co.za)

The congress will be **online** and conducted in **English and German**, with participants able to choose sessions in either or both languages. The congress will also offer presentations in **Japanese and Turkish**. This global event will promote the professionalisation and standardisation of Ego State Therapy and foster academic and clinical exchange across cultures and continents. The congress will feature leading experts in Ego State Therapy, Clinical Hypnosis, Body Work, EMDR, and related fields from Asia, Europe, the Americas, Africa, and beyond. Past, current, and incoming presidents and directors of Ego State Therapy organisations will also attend.

Participants can look forward to live online demonstrations, workshops, keynote presentations, discussion panels, and forums representing diverse opinions and methods of our trade. Topics will include, among others:

- Contemporary Approaches to Ego State Therapy
- Somatic Ego State Therapy
- Ego State Therapy and Psychodrama
- Therapeutic Yoga Integrated with Ego State Therapy
- Ego State Therapy for Children and Adolescents
- Applications in Crisis Intervention, Depression, Medicine, Reproductive Health, Sports, Education, Coaching, and Counselling
- Master clinical demonstrations

### **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. Register online at <https://www.woltemadehartman.com/deutsche-ego-state-therapie-safari-2026.php>. Limited space still available.

Woltemade Hartman 2026 Training programme: [www.woltemadehartman.com](http://www.woltemadehartman.com)

### **Dr Elzette Fritz**

Growing Between a Rock and a Hard Place, Reaching Towards the Sky: Report-back on the Expressive Arts Egypt Festival Workshop.



From the 3rd to the 19th of October 2025, the Expressive Arts Egypt Festival unfolded under the inspired leadership of Aisha Radwan, bringing together practitioners and artists from around the world to explore healing, creativity, and connection through expressive arts. Representing South Africa, I facilitated a two-hour workshop on the 7th of October 2025 titled “Growing Between a Rock and a Hard Place, Reaching Towards the Sky.”

Drawing from Ego State Therapy, Expressive Arts, and nature-based practices, participants were invited to explore the ways in which the human spirit—like the protea seed in the Karoo—finds pathways of growth even within arid or adverse emotional landscapes. The protea, which germinates in the arid Karoo, became a central metaphor for resilience, transformation, and the innate capacity to grow through challenge rather than in its absence. Through guided processes, delegates were introduced to the concept of ego states as inner parts or energies that carry our experiences, memories, and adaptive responses. Within this frame, the expressive arts became a gentle and integrative means of exploring these inner parts—not through analysis alone, but through sensory awareness, image-making, and embodied connection.

Participants engaged in a nature-based arts process, each choosing a small rock or seed as a tangible symbol of their own lived resilience. Using paper, movement, and imagery, they were invited to pendulate between inner awareness and external expression, grounding in sensation before allowing meaning to emerge. In this way, the process modelled how pendulation—the oscillation between safety and activation—can be supported through art, movement, and sensory exploration of natural materials.

As the workshop unfolded, the group explored how the felt sense (as described in somatic and ego state approaches) can guide therapeutic exploration—offering a bridge between the body’s wisdom and symbolic representation. The expressive arts thus became a container for multiple ego states to find form, voice, and relationship within a coherent self-system.



The session concluded with the following reflective poem, offered as both a synthesis of the experience and an invitation to ongoing becoming:

**Between the rocks and a hard place**

By Dr Elzette Fritz

Between the rocks and a hard place  
 Our roots remember where we came from  
 In stillness we breathe  
 Bubbles of resilience rising  
 Carrying stories of strength towards the sky  
 We stretch, we grow, we blossom  
 Honouring what grounds us  
 Celebrating what lifts us  
 Becoming bridges between earth and light  
 May we live rooted in our wisdom  
 And open to the endless sky of becoming

Through the integration of Ego State Therapy and Expressive Arts, nature becomes not merely metaphor, but co-therapist—inviting both client and therapist into dialogue with their own organic processes of growth. Just as the protea transforms drought and fire into life, so too can our most challenging experiences become the fertile ground from which resilience blossoms.



**Switzerland news (submitted by Silvia Zanotta & Max Schlorff)**

Dear friends and colleagues in the field of Ego State Therapy

We continue to be delighted with the enthusiastic response to our EST training courses in Switzerland. Due to high demand, we offer the basic courses twice a year.

In addition to the popular special seminars by Zita Stoltenberg-Zehnder on children and adolescents and Kerstin Hentschel on transgenerational ego states, Woltemade Hartman presented new body-oriented approaches to ego state therapy combined with hypnosis in Zurich in September. He will return to Zurich in June 2026 with the promising workshop: 'Ego State Therapy and Clinical Hypnosis'

The high demand for our Somatic Ego State Therapy (SEST) curriculum, with its long waiting lists, continues unabated. In December 2025, the third training group will complete the course. Rachporn Sangkasaad and Silvia Zanotta now teach SEST in Zurich, Munich and Vienna. Another English course is planned for Prague at the beginning of 2027.



SEST certification ceremony in Zurich on 6th September 2025

### Obituary

Last but not least, we have some very sad news to share. We have lost one of our most experienced members and would like to add her obituary here.



**Dipl. Psych. Doris Wehrli**

Doris Wehrli, clinical psychologist for psychotherapy FSP, has worked in her own practice both in Zurich and Schaffhausen for 30 years, with adults and adolescents, couples, groups, as a psychotherapist, coach and supervisor. She was specialised in complex trauma and dissociative disorder, combining her various trainings in psychotraumatology with various body approaches like Somatic Experiencing®, energy psychology, Brainspotting, EMDR, etc. Training: Analytical, systemic, experiential, and body-oriented psychotherapy (analytical psychology according to C.G. Jung, transactional analysis, couples therapy, sex therapy, Gestalt psychotherapy, sensory awareness Charlotte Selver, Pesso psychotherapy, NLP Master). Psychotraumatology, emergency psychology, trauma-centered training (energy psychology/EFT, Brainspotting, advanced training with Michaela Huber, complex trauma disorders with Ellert Nijenhuis, NARM with Larry Heller, ISP with Raja Selvam). Supervisor for the following therapeutic approaches: Systemic psychotherapy, EMDR, Clinical hypnosis Ghyps, PITT Psychodynamic Imaginative Trauma Therapy Luise Reddemann, SE Somatic Experiencing®, Ego State Therapy. Collaboration in training courses in Somatic Experiencing® in Switzerland, Germany, Austria, South Africa, and Hong Kong. Emergency psychologist at various institutions for crisis intervention. Collaboration in the psychological service of the Zurich University of the Arts (ZHdK).

Citation of an ex-client of Doris: 'Ms Wehrli was my only and greatest source of support ... She was always there when things got tough, and they often did. In recent years, she supported me free of charge, without saying much. I would have liked to thank her once again for her great humanity.'

Thank you, Doris. You are dearly missed. R.I.P.

An online celebration of life, hosted by Woltemade Hartman and Silvia Zanotta, is scheduled for Sunday 14 December 2025 at 15:00 Central European Time. Please send an email to [info@meisa.co.za](mailto:info@meisa.co.za) if you wish to attend.

## BONUS BOX

For this issue's bonus box, please enjoy a limited viewing of a 90-minute presentation titled: Lighting the Therapeutic Path for Progress: Utilizing Lemke's P-Principles, a template for remembering to keep the multiplicity of the system in mind.

This link will **expire on 28 February 2026**, so please view it by then.

Here is the link. Make sure to copy the passcode as well.

[https://us02web.zoom.us/rec/share/Y0jnaS19nzdu6p\\_jj8Lq6--ZKZDJF0sPOky-Q7IIU5Zvd3VqiPpG3tp1r5tfskE.yt8AfMCpllytFVMv](https://us02web.zoom.us/rec/share/Y0jnaS19nzdu6p_jj8Lq6--ZKZDJF0sPOky-Q7IIU5Zvd3VqiPpG3tp1r5tfskE.yt8AfMCpllytFVMv)

Passcode: 6uV&ZhQ=

\*If you have something you'd like to share as a 'freebie' for a future issue, please submit it to me by 15 October 2026.

Peace and blessings

**Wendy Lemke**

**ESTI Newsletter Editor**

## ESTI ADMINISTRATION

### ESTI WEBSITE

Keep an eye out for the launch of the new [ESTI website here](#).

### ESTI BIBLIOGRAPHY

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

Please submit new references or publications to Hanlé Marais at [hanle@meisa.co.za](mailto:hanle@meisa.co.za)

References should be submitted in APA format.

Example of format:

Watkins, J. (2001). *Adventures in Human Understanding: Stories for Exploring the Self*. Wales, UK: Crown House.

Watkins, J. (1954). Trance and transference. *Journal of Clinical and Experimental Hypnosis*, 2, 284-290.

### ESTI CERTIFICATION

A total of **653** certificates were issued to date, with more in process.

Visit the ESTI website to find the names of ESTI-certified therapists, supervisors, and trainers. [www.egostateinternational.com](http://www.egostateinternational.com)