

ESTI

EGO STATE THERAPY INTERNATIONAL NEWSLETTER

Newsletter 1 of 2022 Addendum

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Greetings once again Ego State Therapy colleagues and friends,

Please view this brief addendum to the newsletter.

Unfortunately, I missed Germany's report of their news and wanted you to receive it before the next newsletter issue will be sent out. My apologies to Susanne Leutner for missing her submission.

I am also hoping someone would be willing to write a review of Elfie Cronauer and Susanne Leutner's book *Traumatherapie-Kompass* for the next issue which I hope to get out in December. The book is written in German. Please let me know if you are interested. Whoever agrees will get a free e-copy.

For all future newsletter submissions please email me at wendylemkelp@gmail.com and please cc my assistant at vicki@wendylemke-psy.com as she will be helping gather and organize information for future newsletters. Hopefully, this will prevent me from missing any submissions in the future!

Thank you for reading this addition and I hope to see many of you soon in South Africa.



Wendy Lemke, MS LP
ESTI Newsletter editor

News from Germany submitted by Susanne Leutner

Ego State Therapy is still going strong in Germany with several institutes and trainers offering regular trainings. New supervisors and therapists are being qualified and certified. The two latest ESTI certified therapists from the EST-Rheinland Institute are Franziska Prigge and Melanie Brassel.



Elfie Cronauer and I have published a book written in German, *Traumatherapie-Kompass*, containing several chapters on Ego State Therapy and the combination with body work and EMDR along with lots of practical help and a great number of exercises. Herewith the link for more information:

<https://www.vandenhoeck-ruprecht-verlage.com/themen-entdecken/psychologie-psychotherapie-beratung/psychotherapie-psychosoziale-beratung/psychiatrie-psychosomatik/56850/traumatherapie-kompass>

I have published an article written in English, together with Olivier Piedfort, in the European Journal of Trauma and Dissociation (Volume 5, Issue 4, November 2021) on the origins and recent developments of Ego-State-Therapy. The article can be accessed here:

<https://www.sciencedirect.com/science/article/abs/pii/S246874992030065X>

I especially want to mention the very successful "special seminar" of Silke Großbach in our Institute in Bonn on 1-2 April 2022. It was a wonderful cooperation!

Silke has developed the TIMES Method (Transparent Imaginary Mapping of Ego-States), a creative way of mapping and working with ego-states. We had deep insights and a great time together. The feedback of the participants was enthusiastic. You can tell from our faces how we enjoyed this event.

My best to the Ego-State-Therapy community.



Susanne Leutner, Silke Grossbach and Elfie Cronauer