

ESTI

EGO STATE THERAPY INTERNATIONAL

Website: www.egostateinternational.com Email: info@meisa.co.za Newsletter wendylemkelp@gmail.com

**Inside This Issue**

Letter from ESTI President	2
Clinical Corner	2
Book reviews and new books	4
Social Media Platforms	5
ESTI Youth Committee	6
ESTI Awards	7
Ego State Therapy Safari	8
News from the ESTI community	10
ESTI Administration	18
In Closing	18

Greetings Ego State Therapy colleagues and friends,



I am delighted to finally be getting this edition of the ESTI newsletter out to you. It seems like many of us just met in South Africa and that was already four months ago!

Thank you for your contributions. It is always wonderful to see what is happening in Ego State Therapy around the globe and with this edition, you will see many highlights from the Ego State Therapy Safari held at Mabula Lodge, South Africa in October 2022. I hope some of the pictures and links convey the magic we all felt by attending.

Please continue to send contributions for future issues to me at wendylemkelp@gmail.com. This edition's bonus box includes a link to a video I found of Maggie Phillips and Richard Schwartz discussing similarities and differences between Ego State Therapy and Internal Family Systems. I am often asked about this, thus, I find it helpful to be familiar with what they are. I hope you find the clip informative as well. Both are valuable "parts models". Ego State Therapy, however in my opinion, is better suited for complex trauma and dissociative disorders for a variety of reasons including the pacing the SARI model provides, the individualized relational approach versus protocols, strategies for dealing with challenging ego states, as well as the many applications for developmental repair.

I hope you are enjoying what will soon be spring (at least here in North America) and the blooming of a new season.

Wendy Lemke, MS LP
ESTI Newsletter editor

LETTER FROM ESTI PRESIDENT

Dear Ego State Therapy Colleagues

Welcome to the first newsletter of 2023! As you may know the much-anticipated Ego State Therapy Safari, organized by the Milton H. Erickson Institutes of South Africa, was held in October 2022 at Mabula Lodge, South Africa. A highlight of the event was the awards ceremony which was held on Friday 14 October 2022. Woltemade Hartman, Ph.D and Maggie Phillips, Ph.D (posthumously) were both awarded with The John and Helen Watkins award for Clinical Excellence in Ego State Therapy from Ego State Therapy International. Read more about the awards in the Ego State Therapy awards section of the Newsletter.

Please join our Facebook (Ego State Therapy Community) and Instagram (@estinternational) interactive community where we participate in academic discussions and debates as we all grow in our knowledge in understanding about topics in psychology, body work and ego state therapy. You will also find information relating to ego state workshops being held in your country as well as book recommendations. These online communities are run by our Youth Committee and is coordinated by Ashkan Anbarzadeh from Iran and supported by Joosten Theerman from Germany.

Training in Ego State Therapy is underway. Training is now also available in Turkey and Denmark, presented by Dr Woltemade Hartman. An online workshop for the American Society of Clinical Hypnosis is also among the highlights for 2023. Please visit our website and online pages on Instagram and Facebook for more workshops in your country. There are also online workshops being held which is a wonderful way to experience ego state therapy in different cultures from the comfort of your couch!

I wish you all a wonderful and prosperous 2023!



Jennifer (Jenny) da Silva Faça

President Ego State Therapy International

CLINICAL CORNER

Please enjoy this edition's clinical corner which is provided by Kristin Miller from CA, USA. Kristin is one of our newest therapists certified in Ego State Therapy in North America.



Kristin Miller, Ph.D, Psychologist, DCEP, TFT and TTT Humanitarian Trainer, EMDR, CMBM and EST Certified, specializes in treating developmental intergenerational trauma. She has developed **Resources for Resilience** and Emotional First Aid materials (www.r4rtraining.support) and trainings through the Association for Comprehensive Energy Psychology (ACEP) and Finding Recovery and Empowerment from Abuse (www.frea.support), Humanitarian Committees and participates in community trauma management programs along with leading recovery and psycho-spiritual support groups for humanitarian outreach. Email Contact: krisjohnmill@gmail.com Phone: 1(530)-243-2301.

Ego State Therapy and Energy Psychology-Quick Trauma Processing with Supportive Ego States Fully Engaged

Deep connection with positive supportive ego states that hold the resources to help other parts of the system recover from the impact of trauma is the essential ingredient of recovery whether I am boots on the ground on a disaster site or navigating the arduous journey through complex intergenerational developmental trauma. Trauma processing alone with exposure therapy, EMDR, or accu-tapping, tapping on acupressure points while the client is focused on the traumatic event, can leave the client without the internal support needed to nurture the self through the trauma reaction and integrate these experiences fully. We must help those we serve find these positive internal resources to support them in the healing process and fully understand and connect with the healing and positive ego states that we as care providers bring the people we serve. Take the time to ground your service deeply in the Unified Field of Compassion with Heart Breathing adapted from HeartMath (www.heartmath.com).

Heart Breathing

- Place one hand on top of the other at the center of the chest making a deep connection.
- Breathe slowly and deeply as if you are breathing in and out of your heart.
- Focus your attention on the area around your heart noticing any sensation of warmth, love, or comfort as you think about people you love, things you're grateful for, a place in nature that brings you calm, a spiritual figure, or just the pure felt sense of compassion.

Let me walk you through how this worked in a few disaster situations. With a heavy heart, I pulled in to the Red Cross Shelter parking lot just after many had run for their lives, watched people burn, and lost everything in the Camp Fire of 2018. Before I even got out of the van, I pulled forward my professional ego state in Disaster Mental Health and took those few minutes to ground myself deeply in compassion. At the Red Cross Shelter, I walked into a room of male Veterans, completely overtaken by the traumatic experience, screaming, rocking, and shut down in vacant stares. They related horrific collective stories with both the current and past military trauma activated. We connected to positive states with the heart breathing and tap on acupressure points to regulate the system (Trauma Tapping Resources for Resilience). Within just 20 minutes, each of these men had access to positive ego state of Servicemen. Servicemen. Not long after, this team of men came out of their cave and served everyone in the shelter. They were a part of the regulating force for the shelter.

Through outreach to hospital staff during the Delta Wave of Covid in 2021 our fifth fire of the season was different, the essential ingredient that held the whole system together was the beautiful ability for the staff to don their professional ego states and take those momentary breaks to connect with self-compassion and love. One nurse described heart breathing as "Positive Pressure" so unlike the difficult touches that they gave all day, another shared pictures of her grandchild, and a nurse shared her experience of having her husband bring their baby to the parking lot to be nursed every four hours. In the face of intense burn-out, these professionals found ways to connect with positive sustaining ego states that could help fuel their systems.

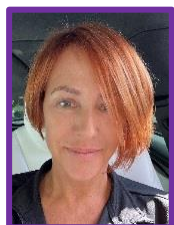
In my work with those who have experienced complex developmental trauma, ego states have always moved through trauma processing and resource development sessions with EMDR and Energy Psychology, but it was not until I was certified in Ego State Therapy and Matrix Reimprinting (Dawson,K, <https://www.matrixreimprinting.com/>), a form of Energy Psychology particularly adapted for working with Ego States, that I truly understood the healing power of accessing ego states that hold trauma and introjects and pairing them with more adaptive ego states. The process in its simplest form is connecting with a supportive positive ego state, perhaps the adult self or a nurturing aspect of self, reaching back to a part of self that holds the trauma or a negative introject, identifying how this has impacted this part cognitively and

emotionally, tapping on acupressure points (EFT on Resources for Resilience) to process through the impact and then helping that part of self to come back into a healing space within the client.

Though most of my clients are very complex and have multiple dissociated parts of self, I will use a simple case so that the process is better understood. This is a very successful 65-year adult male who has a strongly formed and highly competent professional identity and a great felt sense and connection with his ego state as a grandfather. He came to me because of intense feelings of insecurity and lack of confidence socially and professionally just after his partner died. We connected with his grandfather aspect of self and reached back to several younger parts of self between 7 and 11 in which he experienced intense shaming by his father, brothers, and athletic coaches. The adult client and his grandfather ego state tapped (EFT on Resources for Resilience) with the shamed parts of self to release the impact of the trauma and negative introjects. These young parts were brought back to the nurturing space in the client's present life that he has already created for his grandchildren. Much of the shame was released and he was now able to coach himself through developing confidence and secure attachments in his adult relationships.

Let's all learn to find positive supportive and nurturing ego states within ourselves as service providers and within our client's so that we have the resources in place to walk through the difficult terrain of trauma together. This essential ingredient will make the journey easier and much more successful.

BOOK REVIEW



For this edition's book review, Christine Sells, Ph.D provides a review of Finding Solid Ground: Overcoming Obstacles in Trauma Treatment, by Bethany L. Brand, Hugo J. Schielke, Francesca Schiavone and Ruth A. Lanius, Oxford University Press. 17 August, 2022 Dr. Sells has a practice providing attachment-focused therapy, clinical hypnosis, Ego State Therapy, EMDR, and consultation in Newport Beach, CA, USA and is working towards her Ego State Therapy certification

Many years in the making and from the research team responsible for the text and accompanying workbook comes a new classic in the treatment of severe trauma which has accompanying dissociative features.

The Finding Solid Ground program for individuals and groups is built upon the research pertaining to the neurobiological impacts of trauma as well as the interventions gleaned from the Treatment of Persons with Dissociative Disorders (TOP DD) evidence-based studies. The text and client workbook form a coherent, therapeutic approach inviting application from therapists using various modalities.

The plainly written text and workbook seamlessly lend themselves to the application of ego state therapy, whether in the initial stage of treatment establishing stabilization, skills building and finding safety, in the middle phase of treatment confronting trauma, or in the latter phase of treatment focused on reintegration of past experiences and formerly traumatic self-states. The authors do not assume that the ultimate treatment goal is a unified and singular self, rather they focus on the development of four core skillsets: grounding, separating past from present, emotion regulation, and getting healthy needs met safely.

The Finding Solid Ground program interventions, grouped by modules, are practical and accessible; the workbook has client-facing information sheets and exercises to stamp in concepts and interventions. Clients

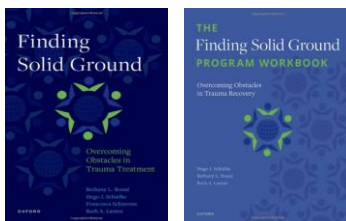
and therapists alike can benefit regardless of experience level or knowledge about trauma and dissociation.

Ego state therapists will find the language in the text and workbook naturally incorporate the development of a compassionate stance toward all self-states (“all of who you are”), thoughts, emotions, and bodily sensations. Intent focus is on put on promoting an experience of safety within all of who you [the client] are, in addition to a focus on learning skills for healthy self-soothing and allowing positive experiences to happen.

Ego state therapists easily will be able to utilize imagery, metaphor and stories in talking through to client self-states through the Finding Solid Ground program interventions and psychoeducational components.

While the workbook is organized in a sequentially-based format by chapter, all therapists may utilize pieces of the workbook based upon the unique needs of each client on their healing journey. The text is written with the assumption that some self-states operate integrally in the dysfunctional maintenance of symptoms, and clinical vignettes are provided in several chapters to guide therapists in navigating the dense terrain of self-states therapeutic intervention.

The juice of the Finding Solid Ground program is well worth the squeeze!



SOCIAL MEDIA PLATFORMS



Ashkan Anbarzadeh (Iran) and **Joosten Theerman (Germany)**, both Master Students in Psychology, are attending to the social media platform for the broader Ego State Therapy community. Please consider following us on social media to help reach the following objectives:

- To facilitate international EST connections
- To share information about EST events worldwide
- To share ideas about Ego State Therapy
- To build bridges between the Ego State Therapy community and other psychotherapy communities for example SE, EMDR, TA, IFS, PVT, etc.
- To market EST as a psychotherapeutic modality

The links for these online platforms are listed below:

Facebook: Ego State Therapy Community

<https://www.facebook.com/groups/413977477532737/?ref=share>

Instagram: @Estinternational

<https://instagram.com/estinternational?igshid=YmMyMTA2M2Y=>

YouTube: Ego state therapy international

<https://youtube.com/channel/UCVsKA59x15WdNyzTNBql0Aw>

On **Facebook** you can create a post and share it with others. It will be very interesting if we can also have some discussion about Ego State Therapy theory and practice on Facebook.

On **Instagram** you can tag @Estinternational in your own posts/stories. Ashkan will be able to re-share these posts/stories. You are welcome to send him information or photos about your EST experiences/practice/training events etc. and he will post them for you on Instagram. His email address is: ashkan.anbarzadeh@gmail.com.

German speaking colleagues are welcome to send information in German to Joosten Theerman at joosten.theermann@web.de, he will then forward it to Ashkan.

Ashkan is planning to do some interviews and share more videos about EST on **YouTube**. He needs more material to really build a professional EST YouTube channel. Please send him videos, speeches, interviews and podcasts about EST. You can upload it on Dropbox, google drive or any other online platform and forward him the link. He will download and edit it for the YouTube channel. Also please contact him if you are available for an interview related to Ego State Therapy. Email: ashkan.anbarzadeh@gmail.com

We sincerely hope that all of these social media platforms will contribute in building a professional Ego State Therapy space, improve communication and sharing of ideas, provide a platform for online advertising of EST training events as well as marketing Ego State Therapy as a therapeutic modality.

ESTI YOUTH COMMITTEE

Ashkan Anbarzadeh convenor of the ESTI Youth Committee reported the following:

The ESTI youth committee is initiating its work this year. Intending to motivate younger generations who are interested in EST, this group will provide opportunities for young Ego State Therapists between the ages of 20 to 35 to develop their creative ideas as they study and practice.

The committee will also contribute new ideas to the ESTI board members. Some initial ideas for the committee, suggested by Ashkan, are: ESTI book clubs, ESTI article discussions, Peer supervision groups, ESTI talks and interviews, ESTI Podcasts and content writing for social media.

The youth committee members may be student researchers with creative research ideas that need to be developed. This group may also provide an encouraging space for students to be actively working on their ideas with support from experienced ESTI trainers and researchers.

The current members of the Youth Committee are: Ashkan Anbarzadeh (Iran), Joosten Theerman (Germany), Nadine da Cal (UK), Merit Aschwaden (Switzerland), Marina Frei (Switzerland), Cem Dogan (Türkiye) and Esra Canpolat (Türkiye).

The youth committee are an international group. ESTI Trainers are invited to propose candidates for the youth committee. If you have motivated students, who are willing to join the committee, introduce them to Ashkan via: ashkan.anbarzadeh@gmail.com.



First online meeting of the ESTI Youth Committee

ESTI AWARDS

The following Ego State Therapy International awards were presented, on behalf of the ESTI awards committee, on Friday 14 October 2022 during the Ego State Therapy Safari at Mabula Game Lodge, South Africa.

Dr Maggie Phillips Ph.D : The John and Helen Watkins Award for Clinical Excellence in Ego State Therapy was presented posthumously to Dr. Maggie Phillips, Ph.D, who exemplified a lifetime of demonstrated clinical experience and who substantially advanced the global dissemination of Ego State Therapy for use in clinical and research settings.

The award ceremony YouTube link: <https://youtu.be/URMWFnaM-tE>

Dr Woltemade Hartman Ph.D: The John and Helen Watkins award for Clinical Excellence in Ego State Therapy. This Award for Excellence in Ego State Therapy is granted for outstanding achievements in practice or development of Ego State Therapy and honours Woltemade Hartman for his commitment to professionalism in the field of Ego State Therapy. Woltemade Hartman has demonstrated excellence in his clinical work and his teaching pertaining to Ego State Therapy, pioneering the global dissemination of Ego State Therapy among professionals and the public.

The award ceremony YouTube link: <https://youtu.be/O1Kcvs6FTnY>

ESTI Awards committee



Dr Matthias Mende (Ph.D), Dr Silvia Zanotta (D.Phil) and Dr Heleen Malherbe (D.Phil)

Photos of award ceremony



Award Dr Maggie Phillips, received by Dr Wendy Lemke



Dr Woltemade Hartman and Dr Silvia Zanotta

EGO STATE THERAPY SAFARI OCTOBER 2022

The Milton H. Erickson Institutes of South Africa (MEISA) organized and hosted an Ego State Therapy Safari from 11-18 October 2022 at Mabula Game Lodge.

The event was attended by therapists from Australia, United States of America, Japan, Iran, Germany, Austria, Switzerland, Sweden, France and South Africa. Workshops were presented on Ego State Therapy and Ego State Therapy combined with other therapeutic approaches. The faculty members were: Woltemade Hartman (South Africa), Carl Hattingh (Australia), Wendy Lemke (USA), Silvia Zanotta (Switzerland), Ursula Helle (Germany), Margarethe Kruzcek-Schumacher (Germany), Silke Grossbach (Germany), Afshin Amirsadri (Germany), Claudia Müller-Quade (Germany), Joy Nel and Elzette Fritz (South Africa).

The training week did not only offer an opportunity for improving knowledge and skills in Ego State Therapy. It also offered and facilitated re-connection with old friends and colleagues, to meet online friends and colleagues in person after COVID 19 and to create new friendships and professional networks. Participants (and family members) also experienced the South African hospitality, had amazing wildlife interactions during morning and afternoon safaris, guided bush walks, cheetah tracking and guided horse riding. The friendliness, skills and extensive knowledge of the game rangers contributed significantly to the different wildlife experiences. Who can forget the magic of an African sunrise and sunset, the sounds and smell of the African bush, and the breathtaking thunderstorm while on safari?



Welcome ceremony



African Sunrise and Sunset



Workshops



Safaris



Group photo

NEWS FROM ESTI COMMUNITY

Australia

News submitted by Carl Hattingh

Dear friends and colleagues in Ego State Therapy,

2022 was a roller coaster year with exciting highs, some lows, and some deeply worrying world events.

I have been so excited to be part of **Ego State Therapy in Australia**. Dr Hartman and I started this training in 2020. In 2022 we had the second group of 20 therapists from Australia, South Africa, Switzerland, Poland, and Iran completing the training seminars with us. The seminars were presented by Dr Hartman and me, with Doris Wehrli from Switzerland as the main supervisor. There have been various other supervisors that supported the training. We are looking forward to welcoming the first Australian supervisors in 2023!

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 the seminars at the end of 2021 and 2022. We are proud of you!



I have also been very excited about the monthly Friday afternoon **online group supervision program** that we started in 2022. It has developed into a wonderful idea exchange on Ego State Therapy. The timing also allows for participants from all over the world to join us.

The outbreak of the war in Ukraine in February 2022 made us realize again that there are “malevolent and destructive” states out there in the world to disrupt world peace. As Co-chair of the **Crisis and Intervention Committee of the International and European Societies of Hypnosis (ISH)**, we initiated and supported a few Polish therapists to complete the EST training with us and pass the wisdom forward to other therapists in traumatized societies to support traumatized and displaced people in the world.

I had the special honor to be part of presenting an online hypnosis and trauma course, “**Care for the Caregivers: Becoming Trauma-Informed**”, to a group of Ukrainian therapists. This training was organized by Dr Julie Linden from the International Society of Hypnosis and Professor Borys Ivynev, Vice-President of the Ukrainian Association of Psychotherapists and Psychoanalysts, to support and train Ukrainian therapists in the

use of hypnosis with trauma. I had the special privilege of doing a demonstration with a therapist from the Ukraine. It made me even more aware of the difference somatically orientated Ego State Therapy can make in the lives of traumatized people and societies.

In October 2022 we also had the opportunity to promote Ego State Therapy by presenting workshops on Ego State Therapy, hypnosis, and somatic approaches at the Congress of the Italian Society of Hypnosis, **"Sharing Emotions"**. Dr Hartman presented the workshop: **"Body Trance: Advancing flow, embodiment and self-regulation in your traumatized clients: A Combined Clinical Hypnosis and Somatic Experiencing Approach."** My topic was: **"All that Jazz: The Integrating Principles of Clinical Hypnosis, Ego State Therapy and Somatic Approaches in Psychotherapy."** The workshops were well received and created more awareness and interest in Ego State Therapy.



Giuseppe Beneditus, Woltemade Hartman, Camillo Loredio, Callie Hattingh

2023 Ego State Therapy Training Program (15 CPD hours per seminar)

Presenters: Dr Woltemade Hartman and Carl Hattingh

- EST Seminar I: Introduction, Safety and Stabilisation (4-6 April 2023)
- EST Seminar II: Accessing and Utilising Resourceful Ego States (1-3 May 2023)
- EST III: Therapy with Symptom Associated Ego States (28-30 May 2023)
- EST IV: Therapy with Trauma Associated Ego States (21-23 June 2023)
- EST V: Therapy with Destructive Ego States and Introjects (13-15 August 2023)
- EST VI: Establishing Internal Safety, Integration and Coherence (16-18 October 2022)
- EST VII: Masterclass: Advanced Treatment Planning for Flow, Embodiment, Self-actualisation & Post Traumatic Growth (30 Nov – 2 Dec 2022)

2023 EST Specialisation Workshops:

- 16-18 February 2023 – Body I (Dr Woltemade Hartman)
- 1-2 June 2023 – Dissociative Identity Disorder (Carl Hattingh)
- 24-25 August 2023 – Grief (Dr Woltemade Hartman)

2023 Monthly Group Supervision Dates: 3-hour sessions (2-3pm Sydney Time)

Supervisor: Carl Hattingh

- 10 February 2023
- 10 March 2023
- 12 May 2023
- 16 June 2023
- 4 August 2023
- 1 September 2023

More information available at: <https://www.aichp.com.au/>

The Postgraduate Intensive Training in Clinical Hypnosis and Strategic Psychotherapy is a 10-day training program and starts 16 March 2023. The program is divided in 5 Modules of 2 days each and teaches hypnosis from a mostly Ericksonian perspective. We have structured the modules around the Ego State Therapy training to allow interested participants to complete both at the same time, alternating between hypnosis and Ego State Therapy to incrementally develop specialised hypnosis communication and strategies, combined with the Ego State Therapy training to allow participants to develop more in-depth skills and confidence. More information on the hypnosis training at: <https://www.aichp.com.au/hypnosis/>

I am also very excited to announce that Prof Mark Jensen, president of the International Society of Hypnosis, will be presenting a 2-day workshop on **Hypnosis for Chronic Pain Management** from 8-9 September 2023 live in Sydney.

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

Callie Carl (Callie) Hattingh: <https://www.aichp.com.au/>

Austria

News submitted by Eva Pollani

A new course starts in March 2023/2024 with Trainer Eva Pollani

EST 1: 7 and 8 March 2023

EST Special Seminar: Ego State Therapy with Children: 28 and 29 March 2023

EST 2: 13 and 14 June 2023

EST 3: 3 and 4 October 2023

EST Special Seminar: Working with Couples: 24 and 25 October 2023

EST 4: 9 and 10 January 2024

EST 5: 11 and 12 June 2024

Contact Eva at: office@eva-pollani.at

France

News submitted by Albert Diaz

EGO STATE THERAPY-2023 Training for Certification

TEM France – International Certification ESTI

Fundamental 3-Day Seminars 2023:

TEM - Alliance and Resources; Dr Poupard; January 26-28, 2023; Avignon

TEM - Trauma and Dissociation; Dr Poupard; March 31-April 2, 2023; Avignon

TEM - Destructive States; Dr Poupard; December 19-21, 2023; Avignon

TEM - Complex Situations; Dr Zantotta; April 11-13, 2023; Avignon

Specialization (2-Day) Seminars 2023:

TEM - Preverbal States; Dr Zanotta; April 14-15, 2023; Avignon

TEM – Addiction; Dr Poupard; October 30-31, 2023; Avignon

PRACTICAL HYPNOSIS - 2023

International certification

Hypnosis practitioner

February 24 to 26, 2023

March 16 to 18, 2023

May 24 to 27, 2023

September 28 to 30, 2023

October 27 to 29, 2023

November 16 to 19, 2023

Avignon 10 days 1350€

Contact: poupardguillaume@gmail.com

Germany

News submitted by Dr Ursula Helle, ITEM, München

Sometimes it's just good when something new begins!

One can gain hope, focus on projects for change, reorient oneself or readjust the direction a little. So many people celebrated on New Year's Eve and greeted the New Year so enthusiastically that it was a joy. It's so important not to forget joy alongside the horror and violence in the world. The joy often arises in the small circle of togetherness or in the many light-filled moments that encounters, nature, culture, faith or transcendence give us. I wish you many of these moments in 2023!

Our program for 2023 includes exciting special seminars with renowned speakers Dr. Silvia Zanotta and Dr. Jochen Peichl. And of course, we start the new training curriculum in Ego State Therapy with Dr. Woltemade Hartman in attendance. For those who want to complete the old ego state curriculum in 2023, we still offer the Seminars A3 - A6 in hybrid form.

Dr. Silvia Zanotta

Scham – die versteckte Emotion, von Ohnmacht zu Stärke und Triumph

11 to 12 January 2023

Dr. Jochen Peichl

Maligne Ego-States, Täterintrojekte, Täterintrusionen, EP-control und Co. – unterschiedliche Modelle in der Traumatherapie: Welche Theorie und Anwendung in der Praxis passt zu mir?

7-8 July 2023

Die Überlebensreaktionen Flucht, Kampf, Unterwerfung, Einfrieren, Bindungsschrei – die Entstehung und Funktion innerer Selbstanteile nach Trauma und ihre Therapie

14-15 November 2023

Dr. Woltemade Hartman
EST-Curriculum in Präsenz in München
EST A1: 20-22 June 2023
EST A2: 23-24 June 2023
EST A3: 2-3 November 2023
EST A4: 4-5 November 2023
EST A5: 5-6 May 2024
EST A6: 7-8 May 2024
EST A7: 17-18 June 2024
EST A8: 23-24 October 2024

More information: <https://www.item-uh.de/>

North America

News submitted by Wendy Lemke

South Africa Safari Highlights

You will probably see many highlights in the newsletter about South Africa but as the North America representative and the only North American that attended the conference, I wanted to share some of the news that relates to North America and a few of my highlights.

Maggie Phillips was honoured with the John and Helen Watkins award for Clinical Excellence in Ego State Therapy award for her significant contributions to the field of Ego State Therapy. Congratulations Maggie, you are certainly remembered and missed. Please read more about it in the awards section, where a link is provided for the awards ceremony. I was delighted to be there to accept the award on her behalf.

It was also a delight to participate in the plenary panels on *“What is an Ego State”*, and *“Ego State Therapy with or without Clinical Hypnosis,”* in addition to presenting a workshop titled *“Ego State Therapy Strategies for Developmental Repair Based on the Attachment Theory and Developmental Psychology.”*

The event provided opportunities to meet and learn from other international experts in the field. This networking will help us provide more EST advanced educational opportunities in North America, and we already have two courses scheduled.

We all had a fabulous time learning, socializing, and going on many safaris. I have included a few of my favourite photos. I had the privilege of having my two adult daughters along, thus it was extra special. I highly recommend a trip of this nature in the future if you get a chance. I hope to return!



Ego State Therapy North America Certifications:

Since the last newsletter, we have two more individuals who have been certified as therapists and many more working towards certification. Congratulations to Louis Damis and Kristin Miller.

Louis is the incoming president for the American Society of Clinical Hypnosis and has extensive training and teaching experience in hypnosis as well as Ego State Therapy. He has learned from many of the first-generation EST experts as well as having Dan Brown as a mentor.

Kristin Miller has worked extensively with Maggie Phillips and has continued her training and consultation with me. I had the privilege of meeting her 'in person' at the Association for Comprehensive Energy Psychology's (ACEP) annual conference held in New Mexico in May of 2022. ACEP is recognized as the largest international organization that promotes the research and professional application of energy psychology approaches. Kristin is very involved with ACEP and has a lot of clinical and teaching experience in energy psychology. She submitted the clinical corner for this newsletter.

I am happy to say we also have two more individuals who have been certified as consultants and trainers. Congratulations to Sandra Paulsen Ph.D and Tobi Goldfus. I am delighted to have them on this journey of expanding Ego State Therapy training in North America. Please click on the following links to their websites to learn more about each:

Sandra Paulsen, Ph.D <https://www.paulsenpsychology.com/>.

Tobi Goldfus, <https://www.tobigoldfus.com/>.

Sandra taught an advanced ESTNA approved three-hour online webinar on 2, and Tobi will be teaching an advanced three-hour course early in 2024.

2023 EST Education

We are just wrapped up our fifth Foundations Course, and we have 30 participants. Louis Damis and Leslie Laskin assisted. The second Foundations Course II will start on March 1, with approximately 20 participants. Tobi Goldfus, Louis Damis, and Leslie Laskin will assist with this course.

I am grateful for the wonderful connections I made in South Africa. I am also delighted that those connections have allowed me to secure a few international folks for some advanced ESTI/ESTNA training opportunities to be offered online in North America. Our 2023 schedule is shaping up to look like this:

January 17-Feb 21, 2023: EST I Foundations Course

February 21, 2023: Sandra Paulsen: *"Interweaving Ego State Therapy within the Eight Phases of EMDR: Releasing vs Feathering the Brakes"*

March 1- April 19, 2023: EST II Foundations Course

June 5-7, 2023: Alnwick, England: *Ego State Therapy Experiential and Practice Intensive*

August 23, 2023: Advanced Online Course titled *Ego State Therapy & Body Wisdom*, taught by Sylvia Zanotta

September 6-October 11, 2023: Next EST Foundations Course I.

October 12, 2023: Advanced Online Course: *You will Always be in my Heart: Grief as a Resource in Psychotherapy* taught by Woltemade Hartman

For more information and registration for all EST courses, click on the following link: [Ego State Therapy Course Information](#).

ESTNA's New Website and Social Media:

With the growing number of participants pursuing EST training and certification, we have established a growing community passionate about EST and clinical hypnosis. As a result, we have officially launched Ego State Therapy North America (ESTNA) and have published our own website, www.estna.info.

Thanks to Cynthia Good from Washington state, we now have an online directory of trained ESTNA therapists available on the website: [ESTNA Directory](#). This lists EST trained Therapists, ESTNA/ESTI Certified Ego State Therapists, and Certified Ego State Therapy Consultants who practice in Canada, Mexico, and the United States. Cynthia is also helping with growing our ESTNA presence on social media: Ego State Therapy North America (ESTNA) can now be found on [Instagram](#) and [Facebook](#).

South Africa

2023 International Training Programme Woltemade Hartman

Dr Woltemade Hartman will continue with his international Ego State Therapy training program in 2023. Most of these workshops will be presented as in-person workshops. The workshops for AICHP, Australia will be presented as online workshops. He is presenting workshops for the following institutes: KITA Traumatherapie in Koln, Germany; Wiesbadener Institut für Traumatherapie in Wiesbaden, Germany; Westfälische Institut für Hypnose und Hypnotherapie in Coessfeld, Germany; Trenkle Organisation, in Rottweil Germany; Institut für Traumatherapie und Egostate in München, Germany; Ego State Therapy Japan; Milton Erickson Institute of Austria in Vienna Austria; Australian Institute of Clinical Hypnosis and Psychotherapy; Emergences in Rennes, France; Ego State Therapy Institute in Zürich, Switzerland; Chinese Society of Hypnosis; Ego State Therapy Türkiye; Soester Institut für Egostate Therapie und Resilienzentwicklung, Germany; Auditorium Netzwerk, Germany

Visit <https://www.woltemadehartman.com/international-programme-2023.php> for his extended 2023 programme schedule and registration information

March 2023

2-3 March 2023, Japan - EST Japan: workshop@egostatetherapy.jp Eye Movement Reintegration workshop 1

10-11 March 2023, Müllheim-Baden - Auditorium Netzwerk: petra.alber@auditorium-netzwerk.de: Kurz-Einführung Ego-State-Therapie (Hybrid workshop)

13-14 March 2023, München – ITEM: www.item-uh.de Ego-State-Therapie Seminar 3 (Hybrid seminar)

15.03.2023-16.03.2023 Ego-State-Therapie: ein psychosomatischer Ansatz Teil 2(Körperarbeit)

17-18 March 2023, Zürich – EST Schweiz: www.egostatetherapie.ch Symptomassoziierte Ego-States und Kampf-Flucht-Reaktionen: Ein kombinierter Ansatz aus Klinischer Hypnose, Somatic Experiencing und Ego State Therapie

20-22 March 2023, Wiesbaden – WIETRA: www.wietra-international.com Ego-State-Therapie Seminar 1

24 March 2023 (14:00-17:15) Kassel - MEG Jahrestagung: <https://www.meg-hypnose.de/veranstaltungen> Symptomassoziierte Ego-States und Kampf-Flucht-Reaktionen: Ein kombinierter Ansatz aus Klinischer Hypnose, Somatic Experiencing und Ego State Therapie

29-30 March 2023, Wiesbaden – WIETRA: www.wietra-international.com Ego-State-Therapie: ein psychosomatischer Ansatz Teil 3 (Körperarbeit) and 31 March- 1 April 2023: Der Körper kennt den Weg nach Trauma: Teil 2

Assistance Programme Woltemade Hartman

Woltemade offers an assistant's program in Ego State Therapy. This program affords the opportunity for certified Ego State Therapists to join him, assist him and learn from him during his international Ego State Therapy training program. It also offers the opportunity for certified Ego State Therapists to complete some of the requirements for EST supervisor certification. Please send an email to info@meisa.co.za if you are interested in the assistance programme for 2023.

Ego State Therapy Safari – German Speaking Therapists: 2023 And 2024

An Ego State Therapy Safari for German speaking therapists will be hosted and presented by Woltemade Hartman from 12 – 18 April 2023 at Mabula Game Lodge. The contact person for this event is Hanlé Marais at hanle@meisa.co.za

The date for the **2024** EST Safari for German speaking therapists at Mabula Game Lodge is **10-16 October 2024** (arrival 10 October, departure 17 October 2024). The registration for this event will be opening soon. Please send an email to Hanlé Marais at hanle@meisa.co.za if you are interested in attending.

Switzerland

News submitted by Silvia Zanotta and Max Schlorff

Our Ego State Therapy trainings are very popular and usually fully booked way in advance. Waiting lists for the first 3 seminars of the Ego State Therapy Curriculum have become so long that we meanwhile offer them more than once a year, with participants from all German speaking regions, Austria, Germany, Switzerland.

Finally, the Ego State Therapy Curriculum in French language in the French speaking part of Switzerland is established and will start this year in Lausanne, organized by Olivier Piedfort and his institute, Institut Romand de Psychotraumatologie. Teachers (in French) will be Marcelo Aragon and Silvia Zanotta.

Beside the curriculum, we regularly offer special seminars on various topics like: EST and transgenerational trauma, EST and preverbal phenomena/attachment trauma, EST for children and adolescents etc. taught by our Swiss trainers. We always try to spice up our trainings by inviting expert EST trainers from abroad like Woltemade Hartman. We are planning an online seminar with Wendy Lemke in 2024.

There are 55 certified therapists, 13 certified supervisors and 5 certified trainers in Switzerland, more to come in all departments (for a tiny country like Switzerland these numbers are quite remarkable).

Last but not least: we are especially happy, that Ego State Therapy attracts a lot of young highly qualified therapists.

Our representatives for the recently established ESTI Youth Committee are Marina Frei and Merit Aschwanden. We are looking forward to being more present on social platforms and to getting new perspectives from the international Youth Committee.

Contact: www.egostatetherapie.ch

BONUS BOX

Please enjoy the video clip of Maggie Phillips and Richard Schwartz discussing Ego State Therapy and Internal Family Systems.

<https://vimeo.com/184413547/a33b9ehead>

ESTI ADMINISTRATION**ESTI Certification**

A total of **516** 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 or information to be added send an email to Hanlé Marais at: hanle@meisa.co.za

Ego State Therapy Bibliography

The bibliography is available at <http://www.egostateinternational.com/bibliography.php>

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

Please take note that references should be submitted in the APA 6 format.

Example of format: <http://www.egostateinternational.com/bibliography.php>

IN CLOSING**In Closing**

Thank you to everyone for your submissions. I appreciate all your help and contributions and look forward to hearing from you again for the next issue. Please consider submitting a book or article review. Or, if you have an idea for the Clinical Corner, please let me know. In addition, please start gathering the Ego State Therapy news from your country so that we can keep the wonderful connections we continue to establish. It is a delight to see the passion for Ego State Therapy continuing to grow around the globe providing more opportunities for those suffering to find the kind of help we have become so passionate about. I am grateful to be part of such a wonderful community of international ego state therapy professionals and look forward to more opportunities to learn from each other.

Please submit contributions for the next edition to me at wendylemkelp@gmail.com as well as my assistant, Vicki Qualley at vicki@wendylemke-psy.com.

Wishing you peace and blessings,

Wendy