

ESTI

EGO STATE THERAPY INTERNATIONAL

NEWSLETTER

Newsletter 2 of 2018

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Dear Ego State Colleagues, Therapists, and Friends

Welcome again to our ESTI Newsletter, the heart of connection and communication within the Ego State Therapy International community!

Please remember to visit our website and to refer friends and colleagues as well:
<http://www.egostateinternational.com/>.

We will continue to add resources there and invite you to submit relevant news as well as articles and other items of interest to me directly at maggiephillipsphd1@icloud.com, along with any questions or suggestions you might have for this newsletter.

Newly certified therapists have their own place on our website. You may find them listed by country at <http://www.egostateinternational.com/esti-certified-therapists.php>

This issue finds ESTI operating under the new executive board, which assumed its position in April. Our new president is Dr. Ursula (Uschi) Helle, our president-elect is Jenny da Silva, our secretary/treasurer is Dr. Wally Hartman, and our past-president is Heleen Malherbe.

You will find my interview of our new president, Dr. Uschi Helle, in the lead-off position in this newsletter. I hope you will welcome her to her new role and am sure you will cooperate with her whenever possible.

Following this interview is global news on upcoming Ego-State training opportunities in various countries. I hope you will take a little time to note the breadth and depth of our Ego state offerings and make your colleagues aware of upcoming opportunities.

Our **Clinical Corner** follows which features clinical innovations in Ego-State Therapy. Dr. Silvia Zanotta, co-chair of EST Switzerland, presents a case which will be featured in her new book, to be published in September,

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I am Whole Again: Multimodal Trauma Healing with Ego-State Therapy and Body Wisdom. Dr. Susanna Carolusson reports the results of a survey of colleagues who have completed EST training in Sweden, and Dr. Peter Richard-Herbert announces his new Ego State Analysis (ESA) approach.

We also include an Update on ESTI Certification Requirements, which will be implemented starting in January, 2019, and will include future changes in this newsletter.

Our new reward feature continues in this edition. In order to encourage you to develop the habit of reading the ESTI Newsletter, we are adding a bonus box in the newsletter. All you need to do is to click on the indicated link, which will take you to the bonus itself. This edition's bonus is a video of a webinar with Wendy Lemke, who specializes in hypnotic EST and me. The topic is *Somatic Ego-State Therapy: Creating Unity in an Age of Divisiveness*.

I hope that this newsletter continues to support you in making outstanding contributions to healing with your clients, families, communities, and our divided earth.

Warmest wishes,



Maggie Phillips, ESTI Newsletter Editor

MAGGIE PHILLIPS INTERVIEWS:
DR. URSULA (USCHI) HELLE, PRESIDENT OF ESTI



Our interview began with a discussion of background experiences that have influenced her toward the practice of psychology and psychiatry. We then explored how she discovered Ego-State Therapy and how this approach has shaped her personal and professional development.

UH: As a young schoolgirl, the ideas of psychology helped me to better understand myself and others. My grandmother lived with us and favored my sister over me; I also had a “wandering” eye and had to wear glasses and have surgery. This led me to the study of science and I entered medical school. During my time in medical school, I completed some training in a hospital for psychotherapy. Then in my 3rd year of medical school, I became pregnant and had two babies by the time I graduated. That prompted me to find a job so I could work with a flexible schedule—psychotherapy. I completed the usual training—psychoanalysis theory, supervised practicum to work with clients, and received systems training and other specialized training.

After medical school, I took special training in psychotherapy for 5 years. I then started my practice in Munich—and had a full psychotherapy practice in 1998 in group practice with 3 other women. Fairly quickly I started learning trauma therapy and discovered that this was a completely different way of getting in touch with people. I studied with Luise Reddemann and Willi Butollo, who taught at the University of Munich. They helped me to be unafraid of trauma inside the patient, and I learned that I am safe when I’m in contact with the patient. I also learned EMDR—I feel lucky to have this background in trauma therapy when my clients do not respond well to a specific approach.

MP: How did you discover Ego-State Therapy?

UH: I attended the hypnosis conference in Nepal 2008, where I met many good people including Wollie Hartman. I then started learning EST—beginning my training with Dr. Jochen Peichl, then traveling to South

Africa in 2010 and learning with Wollie. In Germany, I completed courses with Kai Fritzsche, Susanne Leutner, and Elfi Cronauer. I became certified in 2013 as an Ego State therapist and in 2015 attained supervisor status.

MP: What did you appreciate at the beginning of your EST training?

UH: I discovered that it is very useful to educate clients about EST—that helps them lose their fear of “monsters inside.” I also learned that you can “play” with the states—this means that your focus needs to be flexible and you can create a working atmosphere that helps the client create a new point of view.

MP: How did Ego-State Therapy impact your personal and professional development during the later stages your training?

UH: I’m not really specializing in EST—I work with many different kinds of people, including severe trauma. I don’t work with addiction or eating disorders. I believe that it’s always important to connect with resource parts as well as traumatized parts. We can also explain to clients that they have the inner perpetrators and other destructive ego states inside them. I’ve learned how you can work with these states and that it’s essential to work with them.

Out of 30 clients per week—I have about 6-7 that are severely traumatized and about 10 more clients that display significant trauma. My daughter became very sick a few years ago—she had a psychotic problem and I needed to have time for her too. She is still struggling and in a structured environment. We are still exploring to find what will work—she’s 28 years old now. I started focusing on her in the center of my life, but I also needed time for my son and my granddaughter, and last but not least, myself. All my training in EST and my work with it, has helped me to know myself better—my own boundaries, what I can do and can’t. I have realized my own resources this way, and have experienced being a loved child and my own protector.

MP: How do you hope to contribute to ESTI as our new president? Are there any plans or goals you are leaning toward?

UH: As our new president, it’s a new adventure for me.

I realize EST is growing worldwide—that it's not only used for coaching but also for therapy. I love the idea that people around the world can be trained in this method. We can use it effectively in every culture as a very good tool. I like the goal of spreading this teaching around the world and being inspired by this process as well as inspiring others.

I hope we can do more for the ESTI community to change their experience—to stay in touch with people and improve our communication and connection with each other. Speaking from the German perspective, we have EST certification that is very common but in other parts of the world, this is not as known. I want to encourage people to receive local certification in their own country but also to complete the international certification and the experience of sharing globally. What I really want to do during my presidency is to emphasize the *international aspect of our organization*.

We look forward to the unfolding of Uschi's presidency. As you can see, she has a lot to offer our ESTI organization!

GLOBAL NEWS ABOUT EGO-STATE THERAPY TRAINING OPPORTUNITIES

Austria

Eva Pollani has announced the following new courses:

- A one day workshop in Stuttgart "When Talking is Definitely Not Enough": Overview of Ego-State-Therapy and other Approaches (EMI, somatic methods, etc.). 20 October 2018.
- "Ego-State-Therapy with Couples" in Krefeld (Germany), on 14 and 15 December 2018.

Please contact her at office@eva-pollani.at for more information.

France

Dr. Guillaume Poupard shares news about EST training in Avignon, France. Dr. Silvia Zanotta from Switzerland, Dr. Catherine Fine from the US, and I have all collaborated with Guillaume in creating the Ego-State Therapy curriculum and training program. We are happy to report that the program is continuing to grow.

Guillaume writes that the following new courses have been added for fall, 2018 and early 2019:

- Etats Destructifs with Dr Zanotta, 24 au 26 October, 2018 in Avignon;
- Alliance et Resources with Dr Poupard 23 au 25 January, 2019 in Avignon;
- Situations Complexes with Dr. Zanotta 28 au 30 March, 2019 in Avignon.

Please visit his website for more information (formation-therapie-em.fr/agenda-formation-tem-therapie-etats-moi/).

Germany

Susanne Leutner writes that there are many EST trainings every year now, usually starting in autumn. The best way to access the training schedule is to visit the German website est-de.eu. Clicking on each trainer's name on the left will take you to their training schedule and other information.

The whole curriculum is taught by Woltemade, by Kai, and by Elfi and me, and specialty courses are also offered. Jochen Peichl and Helmut Riessbeck each teach mainly special EST courses. Many of the trainers and faculty also teach in clinics and institutes that provide basic trainings for psychotherapists.

Additional news is that Jochen's new book on Integration will be released soon in German (Editor's note: We will interview Jochen about his book for the November edition of the Newsletter).

Here is a recent photo taken at a three day meeting held in Bonn in April which included trainers and supervisors as well as full faculty. This meeting clarified and implemented the new international curriculum. Susanne comments: "It was good to meet in this growing and active group."



Hong Kong

Alan Chan reports the following news on behalf of the Support Group in Hong Kong.

'Hong Kong will offer the Ego State Therapy Workshop, Part 3 - Facilitating Flow in your Traumatized Clients: A Combined Ego State and Hypno-Somatic Approach, by Dr Woltemade Hartman, on July 25-29, 2018. Apart from the lectures and live demonstrations, we are also excited about the case consultation with Dr Hartman and his highly qualified internationally accredited assistants and supervisors.

This training is sponsored by Fr George Zee, the Whole Person Centre, Hong Kong.

For details and enrolment of the training, please contact Mr Paul Chung at paulchung330@gmail.com.

"We look forward to the growth of the Ego State Therapy practitioners in Hong Kong."

South Africa

Dr Woltemade Hartman continues his very full teaching programme in Europe, China, Japan Hong Kong and Singapore. On 14 June 2018 he will be presenting at the Hypnosis and Pain Congress in Saint-Malo, France He will also present a workshop on Ego State Therapy and Trauma in Rennes, France (19-21 June). Woltemade will be introducing Ego State Therapy to Italy at the congress of the Italian Society of Hypnosis in Bologna during October 2018. Besides the Ego State training presented in German he will also present an Introduction to Ego State Therapy Seminar at the Wiesbadener Institute in English for the first time. Contact details for this workshop: dr.quade@wipra.org. Read more about Woltemade's training programme for 2018-2020 at www.woltemadehartman.com

Jenny da Silva has taken the position of President-Elect of ESTI. She is invited to present a workshop at the 30th celebration congress of the Milton Erickson Society of Austria on the 1st to 4th May 2019. She has a student that started her Ph.D on Ego State Therapy with the victims of house robberies and recent trauma. Jenny changed her Ph.D topic and aims to create a new model combining SE and EST with the SARI model as a base.

Dr Elzette Fritz reflects on Walking the tightrope with brokenness and reports: Presenting the Fundamental Ericksonian psychotherapy training on the 23rd to the 25th of April 2018, I once again came to the realisation how the basic concept of *utilization* is crucial to identifying and addressing dissociation linked to trauma. The Ericksonian principles equip psychotherapists in applying **ego states therapy** along with consideration regarding somatic experiencing knowing that emotional trauma will inevitably impact on the mind and body's functioning. Creative expressive arts therapy training courses have sensitized me to how music, images, movement (to name but a few) can assist in identifying the therapeutic modalities that will serve to enhance resonance best between the therapist and client/patient. P.T. Barnum in the movie, The Greatest Showman, reminded me of Milton Erickson, when he used adversity to celebrate diversity, allowing outcasts a voice and place on the stage, especially expressed through the song "This is me". At the same time, P.T Barnum carried a child part who was stuck in the experience of not being good enough as expressed in the song "Never enough". Charity Barnum epitomizes the loving Inner self, voiced through the song 'Tightrope'. Listening with an Ericksonian ear enables psychologists to identify dissociation manifested through ego states and then using the hypnotic phenomenon to open communication within the family of selves. The key to more functional, integrated selves lies in the magic every person carries within....and a psychotherapist's ability to access the key by being more present, adaptable and walking the tightrope with brokenness - their own as well as that of the client/patient.

The following workshops are scheduled in South Africa from July to November 2018:

- 28 July 2018, Elzette Fritz: Mending a Broken Heart
- 11 August 2018, Joy Nel: Cutters don't cry: Narra-Ego State Therapy with clients who self-injure
- 31 August 2018, Elzette Fritz: Inside-out: Ego states for all ages through creative engagement
- 22 September 2018, Joy Nel: Once upon a time in therapy: Using Bibliotherapy in Ego-State Therapy
- 4-8 October 2018, Woltemade Hartman: German Ego State Therapy Intensive Workshop at Mabula Game Lodge.
- 15-19 October 2018, Woltemade Hartman: Ego State Therapy Beginners 1
- 30 November 2018, Elzette Fritz: Clowning Through your Entrapment

For more information visit the website: www.meisa.biz

The office of Dr Hartman is also hard at work planning the next Ego State Therapy World Congress in April 2020. (Main Congress: 23-25 April 2020 and Congress Safari: 28-29 April 2020)

YOU'VE MADE IT THIS FAR—ONLY A BIT FURTHER TO FIND THE BONUS BOX!

Sweden

Susanna Carolusson reports that Sweden continues to start new educational programs in EST each year in Goteborg. The groups are smaller now, due to new requirements and regulations for Swedish psychologists, but quality is given precedence over financial gain.

Susanna will give a workshop on EST, including a demonstration with theoretical discussion, at the ISH congress in Montreal. She will also continue to teach in Poland 2019 and 2020, invited by Kryszy Klajs. The Canadian Hypnosis Society, Ontario division, has invited her to teach in Toronto for 2 days in June 2019, on how to combine EST with creative Ericksonian approaches. Susanna also hopes that her teaching hypnosis in Saint Petersburg, Russia, will result eventually in a follow-up with an EST advanced program.

(Editor's Note: Please also see the Clinical Corner for more information from Susanna about how EST training has helped her students in their work).

Switzerland

Silvia Zanotta writes that The Swiss Ego State Community is continuing to grow. We proudly announce that Alexandra Frank has certified as an Ego-State Therapist and that Eva Schirmer has certified as Supervisor in Ego-State Therapy.

Since January 2018, Silvia Zanotta has been responsible for the Ego-State Therapy "Corner" in the ESH (European Society of Hypnosis) Newsletter, which is published four times a year. Contributions on Ego-State Therapy (e.g. new development, interesting clinical cases underlining the advantages of EST) **in English** are welcome. Please send them directly to Silvia Zanotta: mszan@bluewin.ch

We are getting ready for the new ESTI-approved curriculum starting in 2018. The Swiss community has been informed of the changes to come and we have adapted our seminars

respectively.

Silvia Zanotta has written a book on Healing Trauma with Ego-State Therapy and Body Wisdom: *Becoming Whole Again* which will be published in September 2018 by Carl Auer. Forewords were written by Maggie Phillips and Gordon Emmerson (Editor's Note: We will review Silvia's book for the November edition of this newsletter).

We are also looking forward to the Parts' therapy Congress in Heidelberg in the beginning of November 2018, where Silvia Zanotta will present a workshop on "Shame – The Hidden Emotion" (This workshop will be presented in German).

United States

Maggie Phillips writes that she is continuing to focus on her new program, Somatic Ego-State Therapy® (SEST), which consists of 12 teaching days, six at the beginning level and another six of advanced training. Qualified participants can earn 6 days toward EST certification for SEST Beginning 1 and 2 and 6 days of SEST Advanced 1 and 2. Participants will earn credit toward requirements for EST certification.

These workshops synthesize Ego-State Therapy with Somatic Experiencing® and emphasize how to work through the body in order to find and heal nonverbal and preverbal states related to prenatal and perinatal stresses, as well as other types of childhood trauma including attachment trauma, abuse, and neglect. Participants will learn how to identify and work with sensorimotor clues linked to nonverbal, implicit trauma, and SEST strategies to provide developmentally based resources through hypnosomatic techniques.

Maggie's fall schedule for SEST in Europe includes:

21-23 September, 018: SEST Beginning 1 in Oslo, Norway. Personal sessions and case consultation will be given 24-27 September.

Please contact barbroandersen@gmail.com.

28-30 September, 2018: SEST Beginning 2 in Zurich, Switzerland. Personal sessions are available on 1st, 2nd, 3rd, and 4th October.

5-7 October, 2018: SEST Beginning 2 in Munich, Germany
12-14 October, 2018: SEST Advanced 2, in Munich, Germany

Personal sessions and case consultations for both Munich groups are available 8-11 October. For more information, contact office@neurotracking.de.

Maggie is also moving forward with the process of launching an Ego State certification program in the U.S. This is a huge undertaking as EST has been taught since its inception mainly through hypnosis societies. Because of shifting leadership yearly in these groups, it has not been possible to sustain a structured EST program. She will interface with the hypnosis societies to add their support and expertise.

The first training events will take place in 2019, and will provide an opportunity for those who have had previous training in EST to evaluate requirements that still must be completed to fulfill ESTI certification. There will also be a beginning EST workshop for those who are new to our field.

A group of highly experienced Ego-State Therapists who specialize in treating trauma, complex trauma, and dissociation and have taught for many years, will be invited faculty (to include):

Dr. Arreed Barabasz, Ph.D.

Dr. Shirley McNeal, Ph.D.

Dr. Carol Ginandes, Ph.D.

Dr. Catherine Fine, Ph.D.

Wendy Lemke, M.S., Licensed Psychologist

Kathy Steele, MN, CS

Dr. Elizabeth Schenk, Ph.D.

Dr. Janina Fisher, Ph.D.

CLINICAL CORNER

In this edition, we include three clinical contributions. Dr. Silvia Zanotta presents one of the cases that will appear in her new book, *I Am Whole Again*. Dr. Susanna Carolusson presents her findings from a survey of recent participants in the EST trainings in Sweden. Finally, Dr. Peter Richard-Herbert shares more about his new Ego State Analysis (ESA) approach.



Silvia Zanotta's Case example:

Co-regulation, self-regulation, corrective experience

The client, age 52 and a university graduate, is being bullied systematically by her boss. She works night and day and is close to a break down and burn-out, suffering from severe anxiety. In the first session she talks about emotional neglect and rejection in early childhood. When talking about her anxieties, she gets flooded with panic.

The therapist asks for permission to talk directly to that anxious state, a girl of 4. The little girl is all alone in a dark cellar. The therapist tells the little girl that this mistreatment is not happening now, that it is over, in the past, and that she now has the power to change her surroundings and this memory into safety. The 4 year old girl state creates a meadow with the sun shining, where she can run merrily, where a kind woman and a caring man play with her and give her safety, love and respect. Following some suggestions of the therapist she creates a safe border around this safe meadow.

The client calms down, and is much relieved. In order to achieve more stabilization, the therapist invites the client to distance herself from her anxious feelings by getting to know her inner observer: "The fact that you can talk about your thoughts, feelings and sensations proves that you can observe them. You are more than your anxiety. Imagine that you stand behind yourself and put one hand on your shoulder and look at your distressed little girl state through kind eyes! Can you do that? "In this observer's position, the client becomes very calm. The therapist tells her that anytime in her daily life when she suffers or is overridden by anxiety, she can become this observer, and create safe distance. The client now feels even more relieved and relaxed.

In the second session the 4-year old girl is still safe in her meadow. But the client suffers from a terrible "primal fear", which threatens her; she says she is close to fainting. When the therapist invites her to stay with this fear for a moment and to track body sensations, she freezes, feels absolutely helpless, confused, has difficulties in describing her reactions. Her lack of words and other clues make it likely that this may be a very young baby ego state, a frozen in time state. Highly activated and numb at the same time, she can't feel her body.

The therapist asks whether it is ok to sit beside her and touch her at her shoulder. At the same time, the therapist calms the baby telling her, that this has happened long ago and that it is over now. That the baby is safe and that

this is a terrible memory that can be changed now: “You are safe now. You are not alone. We are here with you. It is over. “The therapist’s calming voice stabilizes the baby ego state and the adult client, who calms down simultaneously. From time to time, the therapist asks the client to check within and track her sensations, while still touching her shoulder.

After a few minutes the client starts to feel her body and her body “borders. “ The therapist asks the client: “Who could hold the baby and stay with her to give her everything she needs? “ The therapist then starts making suggestions, describing what a baby needs. Through this dialogue, the client starts to create an ideal mother who is totally focused on the baby, nourishing, holding, giving warmth and unconditional love. When the baby finally has everything needed and is safe, the therapist makes sure the baby-state has understood that she will stay safe forever.

Then she asks the (adult) client, how she feels now: “Light, strong, happy, unbreakable! My state and my feelings have totally changed! Nothing can destroy me!” The therapist writes these words on a piece of paper which she gives the client at the end of the session. She tells baby and adult that they have all the time they need to adjust, that it is not baby’s fault that she was left alone and that she deserves unconditional love like every baby on earth: “I am so glad that you finally have that!” In the session that follows, the client says that she feels totally “transformed”.

At the end of the therapy process, the client reports that the first 2 sessions were crucial and quite impressive. In the first session, the safety in the meadow (of the 4-year-old) had started to change her body sensations. In the second session she “came back into her body“ when she was touched on her shoulder. A very important meaning emerged:” I am here!” She says that the change from past into present was dramatic, and that it changed her life.

Many thanks to Dr. Zanotta for sharing this case!



Susanna Carolusson sent the following

question recently to all colleagues who attended and passed the EST training in Sweden. All of them had also had training in hypnosis and an orientation in CBT or PDT.

Her question was: **How has EST added to your competence as a psychotherapist?** The responses of colleagues who answered before the newsletter deadline are included below:

1. I have become more aware of the benefits of exploring the dynamics beneath symptoms. EST gave me new, more direct techniques and new perspectives. The EST model helps me formulate questions and inspires me to help my patients further. I also experience that the reflections and insight gained after and between the EST sessions are important for healing. **Marie Escar, CBT**

2. I can help my patients much more efficiently and faster now, than before my training in EST. I work with EMDR, but find that EST gives a more “mild “approach to traumatic events. My young patients feel more in control of the process during ego state work. They don’t get surprised and scared by their own reactions, which has happened in my EMDR work. I can also pick “bits and pieces” from EST and use on the spur of the moment. To give an example: As I was working with a very ambivalent patient we started doing work with nightmares that just came up during a session. The next session, my patient reported a big change and relief, which motivated him to stay in contact and start serious work with the traumatic event in focus. I find that most patients feel safe with ego state work. Small inputs make big changes. Especially complex traumatized patients become calm and start to show more of themselves and their different states. When they show more of themselves, I can stay calm because I know what to do, where to start and how to move on. I have my theory to guide me. **Annika Källestedt, lic psychotherapist PDT**

3. EST training has helped me understand the psychodynamics of the different ego-states, and how they interact to create and maintain symptom/s. I have gained the skill to address them in order for the patient to become integrated. Furthermore, ongoing supervision helps me to be braver and to stay on track. **Lill Molén, PDT**

4. *EST has made a great difference to me, as a CBT therapist. I have more tools now. Before this training, I used a kind of intuitive common sense variant. EST gave me a theory, concepts and techniques for my needs as a therapist. Foremost I have used EST with severely traumatized clients, but also with less severe problems. My clients appreciate the idea of ego states, it gives them a structure, an understanding, and more self compassion. EST is one of the most creative, fun techniques I have learned. I have experienced personal EST therapy and know how it heals trauma in depth. After the EST training I do not see myself as a "CBT-therapist" anymore. I integrate various techniques, change methods after the individual client and contexts.* **Kristina Östberg Eriksson, CBT**

5. *I used to work as a dance and "talk" therapist when I started my four years psychotherapist licensing training at the Swedish Society of Clinical Hypnosis University approved program. It was a hypnosis-based training with Susanna as head master. John and Helen Watkins were our teachers at the very first weekend in that program. I was immediately sold on EST, so creative and so direct on the spot! I persuaded my psychodynamic supervisor to involve EST in my case consultations, by giving her EST literature and explaining to her my EST treatment plan and the rationale for it. We didn't have EST-trained supervisors those days. Ever since (28 years), I use EST as a framework with all my clients. I can't imagine doing professional psychotherapy without EST, since I always work with it. Outcome evaluations for evaluating my practice have very good results and I believe it is because of EST, for which I thank the Watkins and Susanna Carolusson, who introduced the method to me.* **Sya Tien Redman, PDT**

Many thanks to Susanna Carolusson for posing this important question to her colleagues and sending us the answers. Although we are likely as Ego-State therapists to ask our clients about important life changes, as Dr. Zanotta's case illustrates, it is also vital to ask our EST trainees and practitioners how this work has changed their lives! I hope more of you who are teachers, trainers, and supervisors will follow Susanna's lead to collect this kind of valuable information.



Dr. Peter Richard-Herbert is delighted

to share information about his new training, **Ego State Analysis—Back to the Future**. ESA conceptualizes that people's actions, emotions and general behavior, both in relationships and everyday life, have voice, energy and hold function.

That function may be considered a protective mechanism within the personality that develops into a personality strata of ego states that enable a patient to deal with their everyday issues. Ego State Analysis carries the theoretical hypothesis that ego states or self-states form neural pathways in the brain that may present as commonly occurring defense mechanisms and unconscious behaviors that protect a person from being overwhelmed by stress or emotional overload.

"Ego State Analysis (ESA) is an applied psychological theory and method that identifies and analyzes both adaptive and maladaptive ego states as defense mechanisms within the personality. ESA targets and identifies specific functions of predominant ego states and their related clusters or complexes that have formed from the person's life and relationship experiences. ESA examines the defense mechanisms and function that make up an individual and which predominate personality parts are used to run the person's life and relationships."

He further suggests: "The therapy of Ego State Analysis (ESA) utilizes and advances the original concepts of Freud, Jung and Federn, bringing modern versions of past psychoanalytic technique into present day short-term psychotherapy.

Through the application of ESA, unconscious mechanisms and functions of the mind can be analyzed, interpreted and remediated significantly and efficiently."

He perceives ESA as a ground-breaking application that extends therapy beyond current psychotherapy and psychological techniques where analysis and protective mechanisms are not usually considered. The therapeutic application of ESA is applied through Richard-Herbert's Metaphoric Symbolized Imagery (MSI)TM method. By examining and analyzing predominant everyday functioning states and their outcomes, the therapist can discern why such self-states are in use, their origin and whether they are working for or against the person in their everyday life. The ego states then can be enhanced, supported or reduced to enable the person to deal more effectively with current life or relationship situations.

Please address any questions or comments directly to Dr.

Peter Richard-Herbert at peter@aesta.com.au.

If you would like to propose a case study or article for our next **Clinical Corner**, please contact me directly at maqqiephillipsphd1@icloud.com.

Congratulations! You have found the BONUS BOX! We thank you for being a loyal reader.

Click on the link below to watch a video of a webinar with Wendy Lemke, who specializes in hypnotic EST and Maggie Phillips. The topic is: *Somatic Ego-State Therapy: Creating Unity in an Age of Divisiveness*.

<https://vimeo.com/277491840/360f485e3f>

UPDATE ON ESTI REQUIREMENTS FOR TRAINING AND CERTIFICATION

Eligibility for ESTI certification has been agreed upon as:

- * Being in possession of a degree (or equivalent qualification) in a health related field from a recognized or state university;
- * Proven training in psychotherapeutic modalities or in the process of completing such state licensed training
- * Having completed at least 64 hours of hypnosis training at an ESTI recognized and accredited training institution;
- * The country representatives may use their own discretion in accepting a specific individual working in a therapeutic environment within a health related field under a licensed supervisor based on the individual's knowledge and interest. Such a person will qualify for a certificate of attendance, but not for ESTI certification

International Training Curriculum

- The International training Curriculum was discussed and it was decided that although variations will occur between countries, it is accepted that the **SARI Model and variations** of the SARI Model will form the basic roadmap for all fundamental training. After fundamental training larger variation could be expected.
- The candidate needs to complete **6 Basic Seminars** and **at least 2 additional seminars** before qualifying for ESTI certification.

- The number of additional seminars is currently different in some countries and the expectation is for this to change to at least two from the time of training starting in **January 2019**. The presenting country is to decide on which additional seminars will suit and are of interest for their applicants.

Some suggestions were:

- * Extra practice seminars
- * EST with Children
- * Resourceful Ego States
- * EST and Somatic Experiencing
- * Traumatized Ego States
- * Resource Therapy

Basic Seminars

(Please refer to the diagram on page 10)

Comments on Basic Seminars

- Some delegates felt that it was too early to bring in Working with Destructive Ego States during Seminar 4 whereas others felt that one cannot continue without getting this covered. It will depend on the training country and the specific audience. Seminars 4 and 5 are thus seen as **interchangeable**. In general it is expected that the overall context will be the same, but the **order may differ** from seminar to seminar.
- Representing countries to decide on the number of **Practice Seminars** depending on the needs of those they train.
- It is recommended that seminars follow the **daily pattern** of presenting theory in the morning with a demonstration, discussion and practice session in the afternoon.
- Countries to differ in **length of seminars** are accepted, but the norm seems to be 2-3 days per seminar. Due to travel and other factors some countries prefer facilitating each seminar at a different date whereas other countries prefer to do more than one at a time. This is an acceptable practice.

Basic Seminars Diagram

Seminar	Name	Comments/Discussion
1	Safety and Stabilization, Activation and Work with Resourceful Ego States	To include the History of EST
2	Activation and Work with Symptoms Associated Ego States	Address issues such as: <ul style="list-style-type: none"> • Bodily sensation • Rage and anger • Corrective Experience
3	Activation and Work with Trauma Associated Ego States	<ul style="list-style-type: none"> • Corrective Experience
4	Renegotiation, Rehabilitation and Re-association	
5	Activation and Work with Destructive/Malevolent Ego States	<ul style="list-style-type: none"> • This should include Introjects • Some delegates prefer to spend more time on this seminar
6	Integration and Post-Traumatic Growth	<ul style="list-style-type: none"> • How to apply the whole SARI model • Bringing together the SARI model in practice • How to adjust to normal life • Further practical applications

Other Information

- **Group Supervision** should be **at least 16 hours or two days**
- **Individual Supervision** and case consultation should be **at least 4 hours**
- **Self Experience** in personal sessions should be **at least 4 hours** in total and should be with a trainer or ESTI representative
- This all adds up to at least **120 hours** of face-to-face training
- **Transitional Training:** Should a candidate not have sufficient training in hypnosis, a three-day transitional seminar (24 hours) should be undertaken.
- In order to promote **ESTI Certification** some countries incorporate the cost of the ESTI Certification within the costs of the training seminars. This practice will hugely serve to promote ESTI and is appreciated.

Editor's Note: This Information was excerpted from the minutes of the most recent ESTI meeting held in Wiesbaden on September 14, 2017.

IN CLOSING...

Thanks for taking the time to read this edition of the ESTI Newsletter. We hope you will want to send us comments, feedback, and suggestions. Please direct these to maggiPhillipsphd1@icloud.com.

The **deadline for the next edition of the ESTI Newsletter is November 15, 2018**. I look forward to receiving your contributions.

I hope you will consider submitting your training events, clinical innovations, articles, and other news about research and books in the area of Ego-State Therapy. Let us know if there is any way we can support your growth.

With my very best wishes,
Maggie Phillips, Ph.D.
 ESTI Newsletter Editor



International Congresses

2018

23-25 August 2018, 21st International Society for Hypnosis Congress, Montreal, Canada

www.hypnosis2018.com

1-4 November 2018, The 3rd Parts Therapy Congress/Teile Therapie Tagung, Heidelberg, Germany

Bernhard Trenkle: kontakt@meg-rottweil.de

15-18 November 2018, Hypnose: Entfaltung in Trance. Deutsche Gesellschaft für Hypnose Congress, Bad Lippspringe, Germany

www.hypnose-dgh.de

2019

30 May – 2 June 2019, The first Rottweiler Ego State Therapy Colloquium, in Rottweil, Germany – Language: both German and English.

Bernhard Trenkle: kontakt@meg-rottweil.de

2020

Save the date:

7th World Congress on Ego State Therapy, South Africa

23-25 April - Main Congress

28-29 April - Congress Safari

Contact Hanlé Marais at info@meisa.co.za

Please forward information regarding upcoming congresses to Hanlé at info@meisa.co.za and hanle@meisa.co.za for publication in the ESTI newsletter and on the ESTI website.

NUMBER OF ESTI CERTIFICATES ISSUED

A total number of **293** certificates were issued till date. Please refer to the ESTI website for the names of ESTI certified therapists, supervisors and trainers.

www.egostateinternational.com

Please send an email to Hanlé at hanle@meisa.co.za to request changes to the information on the website.