

# ESTI

## EGO STATE THERAPY INTERNATIONAL

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Greetings Ego State Therapy colleagues and friends,

I hope this finds you well, and I wish you much peace as we progress into the holiday season.

Here in the U.S., we just celebrated Thanksgiving, and with all that is going on in the world, I just want to say how grateful I am to the compassionate worldwide community we have in Ego State Therapy International. I am not sure if Mr. Rogers (a famous child television host, author, and producer) is known worldwide, but I often repeat what he would share during times of tragedy and terror to comfort kids, "Focus on the helpers". By focusing on the helpers, we see how people come together, provide help, support, and comfort to those who are hurting. Additionally, focusing on the 'helpers' often provides us with a sense of hope and reminds us of the beauty that still exists within humanity.

Thank you to all the 'helpers' reading this issue. You are that sense of hope for so many.

Thank you also to those who submitted contributions for this issue. I know it is a busy time, and it is challenging to get them in, but the community likes to know what is happening worldwide. If you missed this issue, please consider collecting information to submit for the next one. Future submissions 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).

With Gratitude,



Wendy Lemke, MS LP  
ESTI Newsletter editor

## LETTER FROM THE PRESIDENT

Our family has just celebrated my daughter's 4<sup>th</sup> birthday. Like most four-year-olds, Juiliana is not aware of what I do for a living on a daily basis, aside from that I work and play with other children. Shortly before her birthday, however, I caught her being unkind to her sister and realising this as a teachable opportunity, readied myself for a talk on kindness and the importance of being kind to one's siblings.

As soon as she realized mom was about to scold her, she looked at me and said "but mom, I am NOT Juiliana, I am Elsa. Juiliana is good and kind, but Elsa is naughty because she's still learning [to be kind]." Impressed by my daughter's ability to worm her way out of trouble, the ego state therapist in me seized the opportunity to get Juiliana to teach her 'Elsa ego state about kindness. Unfortunately, Elsa decided she was having none of it and ran off to find more insects for her 'bug hotel'.

This exchange has stayed with me since and has provided me with a first-hand account of how easily and naturally (if not mischievously) children talk about and identify parts in themselves. Much of our work as ego state therapists is concerned with traumatised and dissociated parts that we forget to appreciate the parts of self that come about as part of normal differentiation in response to normal events and situations. This to me is a delight to witness.

Speaking of celebrating and cultivating positive ego states, the Milton Erickson Institute of South Africa (MEISA) is proud to announce, back by popular demand, the next Psychotherapy congress in South Africa on the 1<sup>st</sup> to 9<sup>th</sup> February 2025. The congress will be held at Mabula Safari Lodge, Bela Bela, Limpopo Province. The congress will as usual incorporate knowledgeable speakers in both a German and English track, a delight for our academic/therapist selves. Mornings and evenings are reserved for game drives (safaris), sumptuous dinners and socializing for our often neglected fun-loving ego states. More information will be released in due course.

Ego State Training remains very popular. Training is now additionally being offered in Turkey, Poland, Italy and Denmark. The United States has resumed their training with Wendy Lemke. Training continues to be offered in Japan and China with Woltemade Hartman. A new curriculum on Ego State Coaching and Counselling aimed at coaches, counsellors and those in health-related occupations has been presented in the German-speaking countries, which was very well received. We continue to have a very active Youth Committee chaired by Marina Frei from Switzerland. The spokesperson for this committee is Joosten Theerman from Germany.

Please be sure to follow us on our social media accounts:

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>

Carl (Callie) Hattingh from Australia and Woltemade Hartman have proposed a Crisis and Intervention Committee of the International and European Societies of Hypnosis (ISH) to train and support psychotherapists and psychologists working in various countries affected by war in Ego State Therapy. They have already offered online pro bono workshops to professionals. Please contact them at [info@meisa.co.za](mailto:info@meisa.co.za) if you are willing to assist on a pro bono basis.

In July 2024, the current ESTI board will rotate and welcome in Carl (Callie) Hattingh from Australia as the new President of ESTI. Shortly thereafter a new president-elect will be elected. This new board will serve for the next 3 years.

Please enjoy this last newsletter of 2023. To you and your families, we wish you a safe and blessed Christmas and a happy and healthy New Year!



**Jennifer (Jenny) da Silva Faça**

President Ego State Therapy International

**INTERVIEW WITH ELZETTE FRITZ**

For this issue, I enjoyed a delightful zoom-interview with Educational Psychologist and certified ESTI trainer, clinical supervisor affiliated with the Department of Educational Psychology University of Johannesburg and Co-Director of the Milton Erickson Institute of South Africa, Elzette Fritz from Johannesburg, South Africa.

I first met Elzette by participating in her presentation at the Mabula Lodge in South Africa, in October, 2022 and was impressed with her compassion, vibrant and grounding presence as well as her creative integration of Ego State Therapy and Expressive Art Therapy, thus I thought you would enjoy getting to know her, too. Her outer beauty and style is only enhanced once you get to know her beautiful spirit. I first asked her if she could tell me a little about herself and her interests and her response was indicative of the love of nature that I witnessed in her at Mabula. Elzette is a magnificent photographer capturing the beauty of nature in creative ways (below are two photos of her favourites). She explained that she loves the play of light with natural elements and enjoys the unexpected moments when animals, for example, enter the frame during a photo. She also loves blowing bubbles and the light reflected as it lands on plants and flowers. The photo included was taken whilst she was blowing bubbles and it landed on a flower. During the process of trying to capture the sun in the bubble, her cat curiously entered the frame, providing a glimpse into her inner world of appreciation for beauty.



Her powerful Expressive Art presentation in Mabula involved beading, thus it was a delight to know where and how this interest started. Even in her interview, the energy of her beautiful spirit comes through!

**If you wouldn't mind, could you tell me a little about yourself and your interests?**

“One of my very earliest memories as a four-year-old child was walking in my grandfather’s garden amidst the pine trees, collecting the red bean seeds from a coral tree and gathering them in my dress. In South Africa, we call these “lucky beans,” and they are used for beading and jewellery making. I have always been a collector of natural things: seeds, stones, shells, leaves.

I remember from a very young age that it was nature that helped me through some very difficult times. As a single child of a single child parent without a lot of family members, I spent time with my grandfather who stayed and worked in a

Pine forest. My grandfather was a “walker,” and we would walk to places. That has been my story – whenever things feel heavy for me, I walk. I walk and I collect.

These natural items I’ve always collected are used to inform the metaphors in my practice – they are very much nature-inspired. Nature for me, in all its chaos, has a steadiness – it’s a grounded-ness; it’s the ability to go with what’s unpredictable, but in a very contained manner. You don’t know when spring will come or when the seasons will change, and yet they do. It’s embracing change, even though change can be very scary.”

### **How did you decide to become a psychotherapist and a psychologist?**

“At a young age, friends would share their own problems with me, though I was deemed the “weird” one. Many of us deemed “weird” become psychologists I think, because we understand the language of hurt and trauma, and of emotions and light & dark. This allows psychologists to connect on not just a cognitive level, but an embodied emotive level. This is where my path was already carved early on going into the domain of psychology.

My first inclination was to work in nature with animals and plants, but I sucked at math and mathematical components of science! 😊 Life and nature have taught me to play the cards you’ve got and grow where you can. Trauma was one of the cards life dealt me. That took me into the domain of education, then into educational psychology. I do know there is freedom in playing, regardless of age. It’s cool to go into a career where you can play every day with children and adults.”

### **How has your career evolved so far?**

“After receiving my qualifications and getting my master’s, I worked for two years at a university as a lecturer, which was quite challenging. I then went into private practice while still maintaining a relationship with the university, training students, and supervising them.”

From 2004-2013, I went back to the university as a lecturer and coordinator for the Masters Educational Psychology training program. I lectured in therapeutic interventions – strategic, constructivist interventions – which are more short-term and briefer. In South Africa (and internationally), many can’t afford years of therapy. They need a ripple of change sooner than later that holds hope.

In 2013, I returned to private practice, working with a school that includes preschool, primary, and high school students. I’m also a clinical supervisor for students at the University of Johannesburg, Faculty of Education in the Department of Educational Psychology, supervising some of the master’s and intern students. I present training workshops for psychologists, teachers, and parents across the Gauteng area and in Cape Town. These trainings specifically deal with trauma and challenging behaviour in the classroom. That is the gift of what education psychology allows me to do.”

### **How did you become interested in Ego State Therapy?**

“Early in my career, I attended a workshop given by Dr. Woltemade Hartman. I admired his eloquence and the skills he demonstrated, knowing they could make a difference to people. Then from about 1998 through 2000, I began training in EST & Ericksonian hypnotherapy with him.

In 2004, Wollie recommended I attend the Ericksonian conference in Phoenix, Arizona, where a presentation given by Dr. Joyce Mills especially resonated with me, as she used shields as metaphors for inner strength and engaged the delegates in creating a safe space with clay. The expression, creativity, and playfulness used to access ego states vs. just using hypnosis or trance work was a much more comfortable method for me, as well as thinking about what creates a safe space. I also noticed how easy it was to move from being stuck when engaging in expressive art.”

**Who have been some of your mentors in your professional journey? How did they help you?**

**Dr. Woltemade Hartman:** I am very grateful for the opportunities Wollie gave me. Had it not been for him, I wouldn't have done a third of the things I've done in my life in terms of presenting at conferences internationally, speaking over the radio, addressing teachers & principals (who always scared me!). And yet, now I can face an audience full of principals and get them to play, to take off their shoes and do an outline of their feet! And for that, I will always be very, very grateful for Wollie.

**Paolo Knill and Markus Alexander:** Co-founders, presenters, & facilitators of the European Graduate School Spring Expressive Arts Symposium and Sally Atkins, previously affiliated with the Appalachian Expressive Arts Collective from the European Graduate School. Their method resonated with Ego States in that by creating artefacts and giving voice to them, it's suddenly as if different parts of you come out, and you're unpacking yourselves. That really grabbed me! I wanted to find out more about how I could use that. Without being artists, we all have the ability to create something, because we all once were children. If you can create dark shadows, it means you can create the opposite, as well. And that's Ego States!

**Sonia Gomez:** I loved getting affirmation for the effect trauma has on the body from her trainings.

Finally, we have the privilege that *whoever* we meet has the possibility of something to offer. I gather a lot of introjects along my journey that I feel might be useful for me. It is the whole notion that we are not just one energy, there are many energies."

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

"People bring so much more than a problem story or a story of brokenness or pathology. It really resonates with me the personal and cultural resources people bring to therapy. They bring to you so much more, and then it's up to you to be able to identify it and utilize it. That's for me a gentleness and respectfulness to the EST approach. It's empowering."

**In what directions do you envision your work moving in the next 5-10 years?**

"I'm very excited! At the beginning of this year, I wrote a very short story and met an illustrator who put images to my story. We're now in process of how to get it printed in South Africa and make it digitally available to others. I'm envisaging it becoming a series in the next couple of years to be used in EST. Book one is setting the landscape and introducing the character. The message is that sometimes something is bad for it to be good in the long run. I'm very excited about a book coming to fruition.

I'm also in the process of finalizing a chapter for Wollie's upcoming book, as well as submitting an article for Markus Alexander (another mentor) who has established "Expressive Art without Borders" on Facebook. I'm enjoying the playful, gentle energy of that space.

I would like to present and facilitate more workshops, especially incorporating nature, which is something I love to do. I'm holding open the possibility of international workshops. I love exploring and going overseas, and when I can combine it with a giving and a receiving - that for me ticks all the boxes!

I want to continue working and being active as long as I'm able. I hold images inspired by a 90-year-old doing gymnastics and John Watkins dancing at the conference when I met him! The rest I very much open up to the universe and will see how that unfolds!"

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## CLINICAL CORNER



This edition's clinical corner submission is an article written by Louis F. Damis, Ph.D., ABPP, FASCH. Dr. Damis is the current American Society of Clinical Hypnosis President and an ESTNA/ESTI certified therapist, among many other credentials. He had the great fortune of working closely with Dan Brown and is an advocate of his "Ideal Parent Protocol," which he utilizes in his practice and teaches regularly, including adaptations for those self-states with more conflicting systems. He will be teaching an online webinar in January for ESTNA (Central Time Zone) if you're interested in learning more about this: [Ideal Parent/Caregiver Protocol and EST Implications](#)

### **The Relevance of Attachment Repair for Ego State Therapy**

Louis F. Damis, Ph.D., ABPP, FASCH  
Assistant Professor of Psychology, UCF College of Medicine  
Integrative Health Psychology, PA  
Licensed Psychologist

Ego State Therapy is a critical intervention for working with a range of dissociative disorders. Many individuals with a history of developmental trauma experience Complex PTSD, episodes of derealisation and depersonalization, as well as various dissociative self-states and Dissociative Identity Disorder. Moreover, disruptions in attachment often underlie these trauma-related disorders.

Barach (1991), Liotti (1992, 2004, & 2006), Schore (2002), and Cortina and Liotti (2007) have noted the relevance of disorganized attachment to the development of dissociative and trauma-related disorders. Multiple studies have documented the relationship of disorganized and insecure attachments to the diagnosis and severity of posttraumatic symptoms (Barazzone et al., 2019). For instance, Mikulincer et al. (2015) reported that attachment insecurities were associated with PTSD severity and that attachment security had a healing effect on these symptoms.

Bowlby (1969/1983, 1992) outlined the nature and importance of the infant's attachment to his/her mother or primary caretaker. Based on the primary caregiver's response to the infant's attachment behaviours, the child develops an Internal Working Model (IWM) for expectations regarding interactions with the social environment and one's ability to influence it (Mikulincer & Shaver, 2017)[. These IWMs are acquired before the development of language and the full capacity of the declarative memory system (Josselyn & Frankland, 2012; Cortina & Lotti, 2007) and are considered strongly related to implicit memory mechanisms. Mikulincer and Shaver (2017) have noted that IWMs of these parental interactions "become part of a person's implicit procedural knowledge, tend to operate automatically and unconsciously, and are resistant to change." Similarly, Cortina and Liotti (2007) noted that "memories of the first four years of life are not usually available for recall in verbal narrative form that is the hallmark of autobiographical memory" but "nonetheless, early experience is carried forward in the form of nonconscious, automatic expectations and attributions" (p. 43).

Several others have also noted the likelihood that these early representations involve the implicit memory system (Amiri, et al., 1996; Kadel, 1999; Stern et al., 1998). Attachments also develop later in life when the explicit memory system is accessible. In this respect, Galynker et al. (2012) examined the neural networks subserved by early and later formed attachments [126]. These authors found that the effects of early attachment (mothers) were only in the subcortical circuits and neural activity associated with late attachment (friend) was not. These findings support the prominent role of implicit memory in the development of critical early life attachments.

Recognizing the importance of affecting attachment repair for the treatment of complex PTSD, dissociative disorders, and developmental trauma, Brown and Elliot (2016) published their Three Pillar approach to comprehensive attachment repair. The primary intervention in their approach involves the co-creation of interactive imaginal scenes of the client as a young child interacting with Ideal Parent Figures engaging with them in ways supportive of secure attachments. In contrast to trauma-focused interventions that involve recollecting traumatic events, Brown and Elliot's approach involves only positive images and consequent positive affects related to desirable behaviours of secure attachment experiences. Co-creating these imaginal experiences on a repeated basis allows for the implicit memory to internalize new information, what the authors refer to as remapping the internal working models.

Brown and Elliot (2016) reported on a pilot study of 12 patients who all started treatment with AAI severe disorganized insecure attachments and ended treatment with attained earned secure status on the AAI. Para et al. (2017) utilized only the Ideal Parent Figure (IPF) protocol over four weekly sessions in the treatment of patients with severe complex PTSD related to childhood trauma [157]. These researchers found that use of co-created generic IPF imagery sessions recorded for participants to practice between sessions was associated with significant decreases in symptom severity and attachment traumatization along with increases in quality of life from pre-treatment levels to 1-week and 8-month posttreatment assessments. Moreover, at the 8-month assessment, participants reported continued use of the recording and use of them following episodes of emotional distress to facilitate recovery. Taken together, the work of Brown and Elliot (2016) and Para et al. (2017) suggest that repeated imaginal exposure of oneself as a child experiencing secure attachment interactive scenes allows the implicit memory system to internalize such experiences and modify IWMs. Moreover, this occurs automatically at a nonconscious level.

The use of the Ideal Parent Figure protocol and safe-place imagery to modify implicit unconscious memory facilitates mental organization and equips the mind/brain with the capacities necessary to master traumatic experiences. In addition, this implicit sense of safety stabilizes the mind and allows it to remain in the window of tolerance during trauma processing work. Moreover, once ideal parent imagery has been developed, it can be accessed for trauma memory reconsolidation updating that has been found to modify remote trauma memories underlying cognitive, emotional, somatic, and behavioural symptoms (Ecker, 2020).

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## BOOKS, ARTICLES AND MEDIA



By Wendy Lemke

For this issue, I don't have any specific journal or book reviews, but want to mention a few. Please consider submitting articles you find of interest and/or a book review that is related to Ego State Therapy for our next submission.

### In the media:

I thought about posting a review written about the *Crowded Room*, a series on Apple TV inspired by the Billy Milligan case, but don't want to give spoiler alerts so will just mention it here because in the U.S. many people have seen it, and I'm not sure if the case is known in the International community. Although it is informative and inspired by a true story, it is fiction and set in the late 70's or early 80's, thus we have come a long way in understanding what we now know as dissociative identity disorder. I am mentioning it here, as it may be useful to view it to understand what clients with dissociative identity disorder will resonate with, as well as what might not be accurate and/or what will be triggering to clients because of the way some things are portrayed. I have had several folks express concern because of the way the treatment was portrayed, as well as concern regarding the images associated of 'dormant' parts. (That's all I will say, as I don't want to share any more specifics should you choose to view. Perhaps in the next edition, I will share some of my thoughts on the series.) Here is a link to the trailer: [The Crowded Room](#).



**Books Perhaps of Interest:**

- Twombly, J. (2023, January 8). Trauma and Dissociation Informed IFS. ([Book info. on Amazon](#))

Although, IFS in my opinion is missing some important Ego State Therapy components especially useful in treating complex trauma and dissociative disorders, I think this book is useful as Joanne brings together her knowledge of dissociation Ego State Therapy, and IFS for use in treating trauma and dissociative disorders. For EST therapists, I believe we need to be armed with at least a basic understanding of IFS as more clients are presenting with having had IFS treatment and/or understanding and not all have had great experiences. To assist in trust, we need to be able to educate our clients on the differences of EST versus IFS.

- Zanotto, Silvia (in press) Somatic Ego State Therapy™ for Trauma Healing - Whole Again. Routledge, Taylor and Francis, New York.

Most of you know Silvia has written a very popular book in German titled: Zanotta, S. (2018). Wieder ganz werden: Traumaheilung mit Ego-State-Therapie und Körperwissen. Carl-Auer Verlag. I am happy to tell you the English version of that as indicated above is scheduled to come out in 2024. Silvia also wrote a chapter: "Somatic Ego State Therapy™ with Traumatized Children" for the book: The Science of Embodiment - Trauma, Body and Relationship, edited by Herbert Grassmann PhD, Maurizio Stupiggia PhD & Stephen W. Porges PhD. The book will be published by Norton Professional Books.

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

I was asked to write a chapter in a Hypnosis book on Ego State Therapy that should be coming out in the Spring of 2024. It will be published in German. I chose to focus on my adapted EST P-principles: *pacing, permission, purpose, priming for safety, physiology, perspective, and protection* which help guide clinical work by respecting the multiplicity of self.

- Huber, Florian (2023) Die letzte Stunde. Sokrates und die Ego-State-Therapie.

In an hour of reading time this book describes the versatility of Ego State Therapy using its most prominent example to date: Socrates. It is an example of an ego state therapy session, bridging body-orientated ego state therapy, hypnotherapy, philosophy and psychotherapy. The result is as often in ego state work – surprising! The booklet still needs to be translated in English. Contact Florian at [info@elarena.de](mailto:info@elarena.de) for more information.

**Articles Perhaps of Interest:**

Again, please submit whatever articles you come across and/or consider writing a brief review of an article you found helpful for the next issue. I have included a few recent publications I found that you might find interesting.

Goldfus T. B. (2023). The impact of social media use on depression, anxiety, and well-being for teens/young people: using hypnosis to build a strong sense of self. *The American journal of clinical hypnosis*, 1–17. Advance online publication. <https://doi.org/10.1080/00029157.2023.2240863>

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

Edward T. Novak (2023) On Pandya's Article "Touching Practice": Exploring Relational Aspects of Clinical Touch Within Traumatized Ego States, *Transactional Analysis Journal*, 53:2, 192-197, DOI: [10.1080/03621537.2023.2184154](https://doi.org/10.1080/03621537.2023.2184154)

Daharnis, K., Ildil, K., Amalianita, B., Zola, N., & Putri, Y. E. (2021, March). The Effectiveness of Ego-state Therapy in Reducing Trypanophobia. *Addictive Disorders & Their Treatment*, 20(1), 61-65. DOI: [10.1097/ADT.0000000000000210](https://doi.org/10.1097/ADT.0000000000000210)

Sin, T. H., Ildil, K., & Amalianita, B. (2021, June). The Effectiveness of Ego State Therapy in the Reduction of Athletes' Stress Levels. *Addictive Disorders & Their Treatment*, 20(2), 81-84. DOI: [10.1097/ADT.0000000000000211](https://doi.org/10.1097/ADT.0000000000000211)

## NEWS FROM THE ESTI COMMUNITY

### FRANCE

**Submitted by Guillaume Poupard, Ph.D**

October 30 and 31, 2023: TEM – Addictions (Dr. Poupard)

December 19 to 21, 2023: TEM 3 – Destructive States (Dr. Poupard)

January 26 to 28, 2024: TEM 1 - Alliance and Resources (Dr. Poupard)

March 29 to 31, 2024: TEM 2 – Trauma and Dissociation (Dr. Poupard)

June 22 to 24, 2024: TEM 1 - Alliance and Resources (Dr. Poupard)

July 5 and 6, 2024: TEM – Somatic (Dr. Silvia Zanotta)

September 16 to 18, 2024: TEM 3 – Destructive states (Dr. Poupard)

December 6 to 8, 2024: TEM 4- Advanced Techniques (Dr. Poupard)

Contact: [poupardguillaume@gmail.com](mailto:poupardguillaume@gmail.com)

### GERMANY

**Submitted by Sylvia Pohl & Dr. Ursula Helle, ITEM, München**

The EST 2024 curriculum will commence in February 2024. For more information visit <https://www.item-uh.de/>

Dr Ursula Helle and Dr Woltemade Hartman will be presenting the second intensive training in Ego State Therapy for **German speaking** Ego State Therapy therapists at the Hotel Bemelmans in Bozen, Lowenstein, Südtirol from, **30 June 2024 to 6 July 2024**. South Tyrol is located at the northernmost point in Italy. The province is bordered by Austria to the east and north, specifically by the Austrian federal states Tyrol and Salzburg, and by the Swiss canton of Graubünden to the west. Sigmund Freud, the founder of psychoanalysis, is probably the most famous guest who stayed at Bemelmans. He wrote his book Totem and Taboo during his visit in 1911. This workshop not only provides an opportunity for Ego State Therapists to enhance their skills in Ego State Therapy but also to enjoy the beautiful scenery, hiking and other activities on offer. More information and registration are available at <https://www.item-uh.de/item-goes-suedtirol>.



### NORTH AMERICA

**Submitted by Wendy Lemke**

#### Educational Endeavors

#### EST Foundation Courses

We completed two Foundation I. Courses with a total of 51 participants and one Foundation Course II with a total of 25 participants in 2023. Assistants included: Tobi Goldfus, Louis Damis, and Leslie Laskins.

#### EST Advanced Offerings

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

Sandra Paulsen's Webinar on *Interweaving Ego State Therapy within the Eight Phases of EMDR: Releasing vs Feathering the Brakes*

*You will Always be in My Heart: Grief as a Resource in Psychotherapy* presented by Woltemade Hartman Ph.D.

*Ego State Therapy & Body Wisdom* presented by Silvia Zanotta, Ph.D.

*Symptoms as Solutions* through the MN Society of Clinical Hypnosis presented by Wendy Lemke.

Wendy Lemke presented the adapted EST P-Principles at the annual American Society of Clinical Hypnosis Conference held in Jacksonville, FL where several ESTNA members/faculty gathered 'in person' for the first time. It was great to socialize!



Wendy Lemke, Leslie Laskins, Louis Damis at the ASCH annual



Natalie LeQuang, Beth Martin, and Wendy Lemke at the ASCH annual

We also offered our first Ego State Therapy Adventure Course which was an experiential masterclass held at Alnwick Castle in Alnwick, England with some participants residing at the castle. We had a fabulous time and hope to return in the future.



Alnwick Castle, Alnwick England (Home of the Duke & Duchess of Northumberland)



Christine Sells, Joanne Damico, Wendy Lemke, Nancy Thorson, and Zlata Kostejnova



Wendy Lemke

### Consultation

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

### Certifications:

We have more folks that have met the requirements for certification (or are very close to it) and have created a stream-lined way for those who have met requirements to apply for certification online that we will implement soon. With our training schedule in 2024, we will fortunately have more North America training opportunities to acquire ESTNA/ESTI credit, propelling more towards certification requirements completion.

Kristin Miller was issued certification as an ESTNA/ESTI therapist. Kristin was fortunate to have met several of the requirements through her training and work with Maggie Phillips.

### ESTNA Website/Directory Updates

Always a work in progress, our website, [www.estna.info](http://www.estna.info) has been updated with our 2024 training schedule (that is known to date, likely more will be added). Our online directory is growing and thanks to Cynthia Good we are enhancing the process of updating the directory and application for certification. For those that have met ESTNA/ESTI certification requirements, soon we will have an online stream-lined process for applying for certification available on the website. Currently, you can download a certification checklist for ease in tracking and gathering your certification materials.

### Training Calendar for 2024

ASCH Approved Clinical Hypnosis Level 1 & 2 Trainings taught by ESTNA/ESTI trainers or certified ESTNA therapists

Jan 10-Feb 14<sup>th</sup>: Online- Ego State Therapy Foundation Course I. presented by Wendy Lemke [Click here for more information and registration.](#)

Mar 6-Apr 24<sup>th</sup>: Online Ego State Therapy Foundation Course II. Presented by Wendy Lemke [Click here for more information and registration.](#)

Mar 22<sup>nd</sup> Preconference titled: *Clinical Hypnosis for the Treatment of Dissociative Disorders: Making the most of hypnotic suggestions when dealing with parts* presented by Wendy Lemke at the International Society for the Study of Trauma & Dissociation Annual Conference, Frisco, TX.

Mar 24<sup>th</sup>: *Respecting the Wisdom Within: Emphasizing Dignity in Healing with Ego State Therapy* presented by Wendy Lemke at the International Society for the Study of Trauma & Dissociation Annual Conference, Frisco, TX.

April 4<sup>th</sup>, 9 am to 4:30 pm Central Time: *Hosting Advanced ESTNA online course on Shame* presented by Woltemade Hartman from South Africa: [Click here for more information and registration.](#)

May 9<sup>th</sup>, Online Webinar: *Turn Stressful into Restful: Enhancing Sleep through Self-State Strategies* presented by Wendy Lemke

June 13<sup>th</sup> & 14<sup>th</sup>: Online Ego State Therapy Masterclass/Experiential & Practice Course; Primary faculty Wendy Lemke and Tobi Goldfus.

Sept 20-22: Treating Complex Trauma & Dissociative Disorders with Ego State Therapy, in Zurich, Switzerland. [Click here for more information and registration.](#) Presented by Wendy Lemke

October 29<sup>th</sup>: Advanced ESTNA Webinar: *The Open and Affirming Nature of Ego State Therapy for All (Ego States AND Treatment Interventions)* presented by Tobi Goldfus

For additional updated ESTNA training offerings and/or more information visit: [www.estna.info](http://www.estna.info): [ESTNA Educational Offerings.](#)

### Training in Spanish:

January the 6th 2024, Sandra Paulsen, Ph.D., “Healing Trauma with EMDR and N.E.S.T.™ (Neuroaffective Embodied Self Therapy): An Integrated Approach”: A Master Class Program "Genius by Feelink

March the 23rd, N.E.S.T.™ series (Neuroaffective Embodied Self Therapy), called, “S is for Self System: Looking Through the Eyes of Trauma and Dissociation.” A Master Class Program "Genius by Feelink

June the 8th N.E.S.T.™ series (Neuroaffective Embodied Self Therapy), called, “T is for Temporal Integration: Healing Early Trauma and Neglect with EMDR When There Are No Words.”: A Master Class Program "Genius by Feelink

For more information on these opportunities click here: <https://feelink.com.mx/genius/>

### ASCH Approved Clinical Hypnosis Level 1 & 2 Trainings taught by ESTNA/ESTI trainers:

January: Level 1, Hybrid model, Primary faculty: Leslie Laskins, contact her for more info.

Feb 8-10: Online Trauma Informed Level 1 Hypnosis Course, [Click here for more information and registration.](#) Primary faculty: Wendy Lemke

April 26-28<sup>th</sup>: Level 1 Hypnosis Course/ISSTD in Washington D.C. (Wendy Lemke & others)

October 25-27: Level 2 Hypnosis Course/ISSTD in Washington D.C. (Wendy Lemke & others)

Dec 5-7<sup>th</sup>: ONLINE Trauma-Informed Level 2 Hypnosis Course; Primary faculty Wendy Lemke with Tobi Goldfus: [Click here for more information.](#)

## SOUTH AFRICA

### Submitted by Hanlé' Marais

Dr Woltemade Hartman, Dr Elzette Fritz and Joy Nel presented online workshops for South African Psychologists during August 2023.

Woltemade presented a workshop on *Resource Activation in Difficult Times: Combining Clinical Hypnosis, Yoga, Breathwork and Somatic Experiencing Techniques: A powerful Match!*

Elzette Fritz and Joy Nel presented: *Join the dots to see the whole: Ego States play for the young at heart.* Utilizing Expressive Arts in combination with Ego States Therapy can open up new possibilities and novel ways of accessing, communicating and integrating Ego States in therapy. This introductory workshop opened the window to the utilization of basic expressive arts in Ego States Therapy with children across the age range.

Dr Woltemade Hartman will continue with his international Ego State Therapy training program in 2024.

He will be 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;

Hamburger Institut für Traumatherapie, Hamburg, Germany; Akademie Traumatherapie, Berlin, Germany; Soester Institut für Ego State Therapie und Resilienzentfaltung, Germany; Auditorium Netzwerk, Germany; Milton Erickson Institute Graz in Graz, Austria; Milton Erickson Institute of Austria in Vienna Austria; Ego State Therapy Japan; Australian Institute of Clinical Hypnosis and Psychotherapy; Ego State Therapy North America; Chinese Society of Hypnosis; Ego State Therapy Türkiye; Iranian Institute of Psychology and Mental Training.

### Training dates January to March 2024

**ISH Masterclass (Online)** 24 January 2024: Body Trance: Advancing flow, embodiment and self-regulation in your traumatized clients: A Combined Clinical Hypnosis and Somatic Experiencing Approach with Live Demonstrations  
International Society of Hypnosis: <https://www.ishhypnosis.org/ish-monthly-masterclass/>

### AUSTRALIA

Ego State Therapy Seminar 1 (online)  
Australian Institute of Clinical Hypnosis and Psychotherapy  
Contact Carl Hattingh; website <https://www.aichp.com.au/>

### AUSTRIA

#### Vienna

1-2 February 2024: Ego-State-Therapie Seminar 4  
3-4 February 2024: Ego-State-Therapie Seminar 5  
Milton Erickson Institute of Austria; Contact: Stefan Wiesel: [office@hypno-mega.at](mailto:office@hypno-mega.at) \_ Website: <https://www.hypno-mega.at/seminare/>

#### Graz

11-13 March 2024: Ego-State-Therapie Seminar 1  
Milton Erickson Institut Graz ; Contact: Kathrin Kren: [office@mei-graz.at](mailto:office@mei-graz.at)

### GERMANY

#### Coesfeld

1-3 March 2024: Ego-State-Therapy Seminar 1  
Westphalian Institute for Hypnosis and Hypnotherapy - Dr. Helga Hüsken-Janßen  
Email: [kontakt@weiterbildungsinstitut-hypnose.de](mailto:kontakt@weiterbildungsinstitut-hypnose.de)

#### Kassel

8 March 2024: **MEG Annual Meeting:** You Will Always Be in My Heart: Grief as a Resource  
Milton H. Erickson Society; Website: <https://www.meg-hypnose.de/veranstaltungen>

#### Köln

12-14 February 2024: Ego-State-Therapy Seminar 1 20-21 March 2024: Ego-State-Therapy Seminar 2  
KITA ; Contact: Margarethe Kruczek-Schumacher ; Website: <https://www.kita-traumatherapie.de>

25 February 2024: Trauma Therapeutic Yoga  
Trauma Therapeutic Yoga Academy ; Contact: Margarethe Kruczek-Schumacher  
Website: <https://tty-akademie.de/>

#### Müllheim-Baden

16-17 February 2024: Topic to be announced (Online- Live in Studio) 26-27 March 2024:  
Topic to be announced (Online- Live in Studio)  
Auditorium Network; Contact: Petra Alber; Email: [petra.alber@auditorium-netzwerk.de](mailto:petra.alber@auditorium-netzwerk.de)

**München**

20-22 February 2024: Ego-State-Therapy Seminar 1

23-24 February 2024: Ego-State-Therapy Seminar 2

Institute for Trauma Therapy and Ego State München; Contact: Dr Ursula Helle; Website: [www.item-uh.de](http://www.item-uh.de)

**Rottweil**

22-23 March 2024: Ego-State Therapy Seminar 5

24-25 March 2024: Ego-State Therapy Seminar 6

Trenkle Organization; Website: <https://www.meg-rottweil.de/anmeldung/workshops-c-seminare>

**Soest**

9-11 February 2024: Ego-State-Therapie Seminar 1

16-17 March 2024: Ego-State-Therapie Seminar 2

Soester Institut für Egostate Therapie und Resilienzentfaltung; Contact: Daniela Müller

Website: <https://so-est-institut.com/>

**Wiesbaden**

5-6 March 2024: Ego-State-Therapy Counselling and Coaching Seminar 1

WIETRA; Contact: Claudia Müller-Quade and Christoph Quade; Website: [www.wietra-international.com](http://www.wietra-international.com)

**IRAN (Online)**

25-27 January 2024: Ego State Therapy Seminar 2 (English with Farsi translation)

Ego State Therapy Iran, Enayatollah Shahidi: [dr.enayat.shahidi@gmail.com](mailto:dr.enayat.shahidi@gmail.com)

For more information as well as the 2024 and 2025 training programmes visit: [www.woltemadehartman.com](http://www.woltemadehartman.com)

**German Ego State Therapy Safari, 10-17 October 2024, 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 10-17 October 2024 at Mabula Game Lodge.

Please visit <https://www.woltemadehartman.com/deutsche-ego-state-therapie-safari-2024.php> for more information and online registration.

More information about Mabula Lodge is available at: <https://mabula.com/>

The contact person for this event is Hanlé Marais at [hanle@meisa.co.za](mailto:hanle@meisa.co.za).

Join us for amazing wildlife experiences and breath-taking African sunrises and sunsets.



**SAVE THE DATE: MEISA Psychotherapy Congress 1-9 February 2025, South Africa**

The Milton H. Erickson Institute of South Africa will be hosting a psychotherapy congress at Mabula Lodge from **1-9 February 2025**. The venue for the congress is Mabula Safari Lodge, Bela Bela, Limpopo Province. Parallel workshops will be presented in both **English and German**. The congress will not only provide a learning opportunity but also ample time to relax and experience activities such as day and night safaris, star gazing, cheetah tracking experience and guided bush walks all under the expert guidance of highly qualified game rangers. **More information will be released in due course**. Herewith a glimpse of what can be expected: Video: Heide Schimke, Ego State Therapy Safari October 2022: <https://www.youtube.com/watch?v=JwK1N3GWqxs>

Send an email to Hanlé Marais at [hanle@meisa.co.za](mailto:hanle@meisa.co.za) if you are interested in attending.

**SWITZERLAND**

Submitted by **Silvia Zanotta**

- Our Ego State training seminars keep being fully booked with long waiting lists!
- We have finally and successfully started Ego State Training in the French part of Switzerland in the French language (taught by Marcelo Aragon and Silvia Zanotta).
- Silvia Zanotta's book will be published next summer by Routledge, Taylor, & Francis. The title is: *Somatic Ego State Therapy for Trauma Healing: Whole Again*.

Dr. phil. Silvia Zanotta

[www.egostatetherapie.ch](http://www.egostatetherapie.ch)

[www.resourcetherapyinternational.com/dr-silvia-zanotta](http://www.resourcetherapyinternational.com/dr-silvia-zanotta)

[www.therapiezentrum-hirschenplatz.ch](http://www.therapiezentrum-hirschenplatz.ch)

**ESTI ADMINISTRATION****ESTI Certification**

A total of **581** 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](http://www.egostateinternational.com)

**ESTI Website**

For any changes to your details on the ESTI website send an email to Hanlé Marais at: [hanle@meisa.co.za](mailto:hanle@meisa.co.za)

**ESTI Bibliography**

The list was updated in October 2023 and is available on the ESTI website at:

<https://www.egostateinternational.com/bibliography.php>

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

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



## IN CLOSING

I want to express my gratitude to all of you for the work you do and to everyone who shared submissions for this edition of the newsletter. Your assistance and contributions mean a lot-the newsletter can't happen without you. I also want to thank my assistant Vicki Qualley for all her help in putting this newsletter together and Hanlé Marais for all she does to make this happen. I couldn't do it without them.

Given the busy nature of these times and the labour that goes into the newsletter, I am considering publishing just one newsletter a year in the future, similarly around this time. This way folks can summarize what has taken place and share their upcoming year training programs. Please send your feedback about receiving just one newsletter a year to me at [wendylemkelp@gmail.com](mailto:wendylemkelp@gmail.com). Unless there is significant protest, it is likely that you will just see one issue per year from here on out.

There are several interesting publications coming out, so please let me know if you would like to share a review of a book or article related to Ego State Therapy, and if you have any ideas for the Clinical Corner, don't hesitate to reach out. Additionally, please keep track of Ego State Therapy news from your region to share with the larger Ego State Therapy community.

Witnessing the global enthusiasm growing for Ego State Therapy is truly inspiring, creating more avenues for those in need to discover the profound help we are so dedicated to providing. Being a part of this incredible community of international ego state therapy professionals is a blessing, and I look forward to further opportunities for mutual learning.

Please send your contributions for the next edition to me at [wendylemke@gmail.com](mailto:wendylemke@gmail.com) and to my assistant, Vicki Qualley, at [vicki@wendylemke-psy.com](mailto:vicki@wendylemke-psy.com).

Wishing you tranquillity and abundant blessings now and through this holiday season.

Wendy Lemke  
ESTI Newsletter Editor

## BONUS BOX

You are herewith invited to attend my 90-minute webinar to be held on **28 December 2023**, at **11 am Central Time Zone**: ***Lighting the Therapeutic Path Principles for Safe & Manageable Therapeutic Progress*** by utilizing principles and language that recognize and respect the multiplicity of self.

**Please use this discount code to apply when registering so that you can attend for free:** Wendy/Thanksyou.

The webinar will be recorded and available to registered participants for a limited time.

You can find more information about the webinar here:

[https://www.wendylemke-psy.com/service-page/light-the-therapeutic-path?referral=service\\_list\\_widget](https://www.wendylemke-psy.com/service-page/light-the-therapeutic-path?referral=service_list_widget)