

# ***Ego State Therapy***

***Foundation Training in Ego State Therapy and further training toward becoming a Clinical Ego State Therapist***



***Presented by: Dr. Gordon Emmerson, PhD,***

***Registered psychologist***

***12<sup>th</sup> to 15<sup>th</sup> September 2013***

Professor Gordon Emmerson is an Honorary Fellow in the school of psychology at Victoria University, Melbourne. He is the author of the books 'Ego State Therapy' (2003, 2007, 2010), and 'Advanced Techniques in Therapeutic Counseling' (2006, Crown House). He authored Ego State Personality Theory (2011), and has developed techniques for working with many psychological conditions. His conceptualization of Vaded Ego States has defined how to work with addictions, OCD and trauma. As a registered psychologist and member of the Australian Psychological Society, he has published a number of articles on Ego State Therapy and has conducted and published clinical research on its efficacy. Dr Emmerson has conducted numerous ego state workshops in Australia, South Africa, Germany, the UK and in the US, and he makes keynote conference and convention addresses on the therapy. He provides Foundation and Clinical Qualification training in Ego State Therapy.

## **Dr. Gordon Emmerson Professional Associations**

- Registered Psychologist, Australia
- Member: APS, Australian Psychological Association

- Life-time Honorary Member, and Patron: AHA, Australian Hypnosis Association
- Member: ASCH, Australian Society of Clinical Hypnotherapist
- Life-time Honorary Member and Cofounder: AESTA, Australasian Ego State Therapy Association
- Honorary Fellow, Victoria University
- Author of the Books
  - 'Ego State Therapy' (2003, 2007, 2010),
  - 'Advanced Techniques in Therapeutic Counseling' (2006),
  - 'Healthy Parts Happy Self' (2012)
- Dr Emmerson has conducted numerous ego state workshops in Australia, South Africa, Germany, the UK and in the US, and he makes keynote conference and convention addresses on the therapy

## **Workshop Details**

Ego state therapy is a powerful and brief therapy based on the premise that personality is composed of separate parts, rather than being a homogenous whole. These parts (which everyone has) are called ego states. The therapist learns to work directly with the state that can best benefit from change, rather than with an intellectual, talkative state.

**We are each made up of a number of different states;** each has its own feeling of power, weakness, emotion, logic, or other personal traits. When we say, "Part of me wants to," we are talking about an ego state. When we say, "I feel at peace with myself on this issue," we are talking about our ego states agreeing, not having an internal struggle. Our various states help to make our lives rich, productive, and

enjoyable. A state harboring pain can cause unrest and unwanted emotional reactions.

### **The Goals of the Therapy are**

- To locate ego states harboring fear or rejection and facilitate expression, release, comfort, and empowerment (It is unresolved states that come out and make us feel out of control. They are our tender spots)
- To resolve conflict between ego states (the statement "I hate myself when I am like that" indicates two states lacking in proper communication)
- To help clients learn their ego states so that the states may be better used to the clients' benefit (e.g., allowing the client to, at one time, be open to enjoy emotional experiences and, at another time, be assertive to feel expressed when challenged).

### **Foundation Training in Ego State Therapy**

The Foundation Training in Ego State Therapy is designed to introduce therapists to work with ego states and provide enough training for therapists to begin using some ego state techniques with clients. It **includes presentation and discussion, demonstrations, and practice in order to introduce therapists to work with ego states.**

Participants will receive some practice in bringing out ego states and engaging with them. Below are some of the **inclusions covered** during the foundation training, and, further, what will be covered for those participants who continue to the Clinical Training.

## **This workshop provides the first level of the Clinical Training in Ego State therapy.**

- *Brief History of Ego State Therapy*
- *Nature of Ego-States, Formation, Goals of Ego-State Therapy, Permanence*
- *Ego States vs. DID (Multiple Personality) Alters*
- *The Executive State, Surface and Underlying States*
- *Normal, Vaded, Retro, and Conflicted States*
- *Introduction of Ego-State Therapy to the Client*
- *Ways to access Ego-States*
- *Working with Ego States; Gaining confidence and facilitating state to state communication*
- *How to address Ego-States, and how to move from one to another*
- *What questions to ask and what notes to keep*
- *Aspects of an Ego-State Session*

## **The program also includes assistance for participants to be prepared for some roadblocks (given below) that clients manifest.**

- *Overcoming hurdles: When the client has difficulty naming an ego state, when the client has difficulty finding an ego state that can help another state, accessing the desired state,*
- *When the client is reluctant to speak to an ego state or introject in using an empty chair,*
- *When the client does not speak directly to the introject in the empty chair,*
- *Spontaneous hypnosis*
- *Handling Resistance in Ego-State Therapy,*

- *Dealing with difficult or destructive ego states,*
- *Working with abreactions*
- *Speaking to the introject of a perpetrator*

**The Foundation training will include the presentation of skills to:**

- *Bridge to the original sensitizing event that is the origin of many psychological disorders*
- *Expression/Removal/Relief technique to resolve states that have retained fear or rejection from past incidents*

## **WHY should YOU learn?**

The [Foundation course is a required level of training for the Clinical Training in Ego State therapy](#). Below are some additional skills and techniques that will be covered in the Clinical training, for those who continue to that more advanced level of training?

**Those who finish the clinical training will qualify for Clinical Membership in the Australasian Ego State Therapy Association (AESTA) and will receive a certificate as a Clinical Ego State Therapist.**

The Clinical training will help therapists learn to assess a presenting problem to determine the best techniques to use for each problem.

There are three central Ego State Techniques that provide interventions for most psychological issues. The clinical training provides presentation, demonstration and practice for these three methods of working.

- Helping ego states that are holding issues from the past (vaded states) that interfere currently.

- Helping ego states that are conflicted with each other to the point of causing psychological distress.

The Clinical Training also includes specific ego state techniques to help clients deal with a range of presentations. The participants will receive supervision for these techniques during the Clinical Training, and for those who choose to continue with supervision beyond the training, Ego State supervisors may be accessed via Skype.

- Helping the client learn to have the most appropriate part out to deal with issues, perform at a high level, and enjoy living.
- Complicated Bereavement: Working with grief and loss, past loss and future loss
- Suicidal ideation
- Anger issues
- Working with Introjects: Internal impressions the client holds of another person. This includes issues of guilt, fear, feelings of rejection, and feelings of disappointment.
- Promoting Self Awareness and Knowledge of Strengths (self esteem).

The **Clinical Training also includes advanced training skills** that will help the therapist better work with ego states:

- Helping ego states keep their purpose to help, but learn to accomplish that purpose in a way that is helpful to the client.
- Ego state assessment: assessing the problem, not the person, to know which direction to take in therapy.

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