

ESTI

EGO STATE THERAPY INTERNATIONAL

NEWSLETTER

Newsletter 1 of 2018

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Dear Ego State Colleagues, Therapists, and Friends

A warm 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.

This issue finds us in transition between the previous executive board and the one that will take office officially in April, 2018.

In this issue, you will find a note from our outgoing president, Dr. Heleen Malherbe. I know you will join me in appreciation for what she has accomplished the last two years.

You will also find a note from our new president, Dr. Ursula (Uschi as she is called) Helle, who has penned a greeting to you as she prepares to take office.

This is followed by a list of new colleagues who have completed the requirements for Ego State Therapist, and in some cases, supervisor and trainer. Some of them have included information and photos, and we hope others will follow in time for the next newsletter.

Our global news on upcoming Ego State training opportunities in various countries comes next. I hope you will take a little time to note the breadth and depth of our Ego state offerings.

A special feature follows, one that will become a permanent fixture hereafter in the newsletter. This is the **Clinical Corner**, which will feature clinical innovations in Ego State Therapy. Dr. Eva Pollani has submitted a case synthesizing Ego-State Therapy, Somatic Experiencing and Auditory Integration Training.

Finally, **a very new feature** is included in this newsletter. In order to encourage you in the habit of reading the ESTI Newsletter, I am 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 recent



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3-way discussion on **Fragmentation and How to Work with it**, featuring Dr. Janina Fisher, Kathy Steele, and myself. Enjoy!

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

Warmest wishes



Maggie Phillips, ESTI Newsletter Editor

A word from our Past President – Heleen Malherbe

To All Members of ESTI, our Board, and those on our mailing list,

Dear Colleagues and Friends,

The selection of a new Executive Board for the period April 2018 to March 2020 has brought some dramatic changes in the structure of the board. First of all I would like to extend my warmest congratulations to our new President, Uschi Helle (Germany), and the President Elect, Jenny da Silva (South Africa). What an honour to step into these positions of trust – positions that also come with a magnitude of expectations and responsibilities – all of which I believe you are capable to fulfil. This is an opportunity for renewal and creative thinking. I believe the whole Ego State Therapy community is eager to support you and wish you well.

Woltemade Hartman has stepped in as Treasurer and he and Hanlé Marais, based at his Pretoria (South Africa) office will fulfil the role of Secretary until such time as other representatives or individuals from their teams feel the need to assist in this role.

As ESTI community we both salute his work ethic and his immense loyalty to the cause. Maggie Philips (USA) has already stepped in to manage the whole of the Newsletter and I believe we can expect some creative changes.

Stepping down from the position of President and into the role of Past President allows me the opportunity to reflect. As always the effort to direct lies within the team and I am grateful for all the work done. Stepping into Woltemade's shoes would never have been easy as he is such a special force within the hypnosis world, but also because of his personal connection with John Watkins. A huge thank you to Woltemade for the opportunities he as Past President allowed me, and especially for his forceful drive to standardize training in Ego State Therapy across all countries represented. Jenny as Treasurer has now organized the process of payment and receipts - a huge relief and much appreciated. For those of you who have never had contact with the administrative and personal skill set of Hanlé in Woltemade's office, this is the person you want on your team – loyal and reliable par excellence. Maggie and I had many a conversation on the Newsletter with all differences of opinion managed with great professionalism and out of the box in our thinking, making it an opportunity for learning and developing – thank you, Maggie

I come from this experience with some deeper knowledge of the working of humanity, not that anyone will ever fully comprehend mankind. But I learned from colleagues and I appreciated their differences. The culturally different ways of approaching decision making were mind-boggling – things that at first glance could be seen as irritating or annoying, soon panned out as just coming from a different culture. An amazing experience!

I also emerge from this experience with a deep appreciation of the exposure I have had from working within health systems and larger corporate structures. Although these organizations are often seen as specializing in red-tape, I have come to the conclusion that we need to step outside the world of psychology, psychotherapy and hypnosis to see what we can learn from other world-systems in our environment.

Thank you all for allowing me to get to know you better, for your support and your questions, and for such a worthwhile experience



Dr. Heleen Malherbe

A note from our Incoming President: Dr. Ursula (Uschi) Helle

Dear Ego State Colleagues, Therapists and Friends

First of all let me say **“Thank You”** for your vote to allow me to become your next president and for your confidence in me. It is indeed a great honour to be the new President of Ego State International (ESTI).

I will surely do my very best to continue the very good work of our former Presidents, Woltemade Hartman and Heleen Malherbe. They were instrumental in helping ESTI to grow and to establish a worldwide community of Ego State Therapists.

ESTI has in a few years reached a high level of integration: we know each other much better, we communicate more, we are empathic, we cooperate, we appreciate each other and sometimes we have co-awareness even with the long distances that separate us. ESTI is the expression of worldwide cooperation, a pool of collecting and sharing experience, development and science. Let's say, ESTI is a collection of brains collaborating into a new network that grows far in excess of every single one.

Another formidable achievement is the fact that ESTI now has an international training curriculum specifically for Ego State Therapists. This curriculum is not only based on the findings of John and Helen Watkins but also on neuro-biological science. Neurobiological sciences offer a fascinating view on how we translate our living experience into biological and chemical processes, into body awareness, and into felt-sense. Current neurobiological sciences now also prove many of the original conceptualizations of the Watkins, and validate how much passion, precise observation, experience and inspiration John and Helen Watkins utilized to originally develop Ego State Therapy.

I am fortunate and honoured to be part of the worldwide Ego State family and I'm looking forward to inspiring communication with you all.

Warm regards



Dr. med. Uschi Helle
ursula.helle@gmx.de

Our newly ESTI certified Ego State Therapists

We are proud to announce the Ego State Therapists who have qualified for certification since our last issue in June 2017:

Judith Würth, Sofia Strand, Lill Molén, Margareta Elowson, Helena Janelöv, Susanne Nylander, Josefina Hansen, Monireh Johansson, Marie Escar, Ulla Byegard, Susanne Krüger-Lebus, Martina Hoisl, Maria Weissenbock, Claudia Schwarz, Irmgard Handlir, Gerfried Schenner, Barbara Niebauer, Veronika Schmidt, Marcelo Aragón, Tessa-Katrin Zeis, Michael Haase, Vanessa Barnes, Hedda Sandemose and Rene Hess. We want to welcome all of you to our Ego State Therapy family.

Supervisors include: Sofia Strand, Martina Hoisl, Gerfried Schenner, Hedda Sandemose, and Rene Hess. This group also includes new Trainers: Guillaume Poupard, Hedda Sandemose and Sofia Strand.

Several of you also sent information about yourselves and photos. We include them here:



Vanessa Barnes completed her Masters Degree in Educational Psychology at the University of Johannesburg (cum laude) and has worked in many educational environments. She is currently in full-time practice in Northcliff, Johannesburg, South Africa. She is a volunteer for the Victim Support Unit of the South African Police services and uses Ego State Therapy in conjunction with Ericksonian Hypnosis to resolve trauma and anxiety.



Michael Haase is a 61-year-old ophthalmologist and psychotherapist with his own practice in Bonn-Beuel, Germany. Michael writes: From 2009 to 2011, I completed my training as a depth psychologist at the medical council in Düsseldorf, obtaining my license in January 2012. During this time, I successfully completed my training in emotion-focused body psychotherapy at the Dan-Casriel-Institute in Hadamar. From 2014 to 2015, I studied hypnotherapy (M.E.G) with Dr. Manfred Prior in Kriftel, near Frankfurt, for which I was certified by the Milton Erickson Society at the end of 2015. From 2016 through 2017, I studied Ego State Therapy with Dr. Woltemade Hartman at the Woltemade Hartman-Institute in Wiesbaden. I was certified in EST in January 2018 (EST-DE, ESTI). My work as a therapist is based largely on the concept of solution-focused hypnotherapy in conjunction with Ego State Therapy.



Hedda Sandemose is a psychologist who frequently integrates EST in her hypnoanalytic and psychoanalytic work with patients who suffer from consequences of PTSD, child abuse, depression, fear, and pain which might have led to dissociation. As a newly certified trainer and supervisor, she looks forward to contributing her knowledge and experience.

Helena Janelov is a Swedish psychologist and psychotherapist. She works mainly with children and adolescents in a psychiatric unit at the Skaraborgs Sjukhus Hospital in the middle of Sweden. She writes that EST is very helpful with the disturbed teenagers with whom she works.



Tessa-Katrin Zeis is a psychotherapist (41 years old) from Innsbruck/Austria, she writes: My place of work is the Psychosomatic Department/Uni-klinik in Innsbruck. We are specialized in eating disorders and trauma. I am responsible for the individual therapy and also for dynamic group therapy. My background is in analytical psychotherapy and I have also learned systemic therapy and hypnotherapy. I also work in private practice - especially with young adults. I use Ego State Therapy in combination with other approaches for intensive work with women with eating disorders as well as trauma. It works very well and the patients get a lot of benefit in their therapy. I am very glad to learn more and more using Ego State Therapy because it's so effective.



Marcelo Aragón is a solution-focused psychotherapist, he writes: I was quite satisfied with this method until I began to work in a single person context with people having serious emotional problems. I then decided to start hypnosis training and in a hypnosis conference in Zürich I completed an introduction to Ego State Therapy. From then on, I shifted from hypnosis to Ego State training and finished that first. I work in a private practice in Biel - a French and German speaking town in Switzerland. As a systemic therapist I work with couples, families and single persons. But no matter the setting, I always use the Ego State Therapy method. Nowadays I can't imagine working without it!



Marie Escar is a nurse and therapist from Gothenburg, Sweden. She uses Ego-State Therapy in hypnosis, working with different types of mental health problems for patients 70 and older.



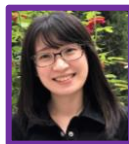
Monireh Farsi Johansson is certified as a psychotherapist by the National Board of Health and Welfare in Sweden. Her private practice is in Linköping, Sweden and she uses Ego State work on a daily basis in her work. She writes that she finds Ego State Therapy to be a very powerful and useful tool.



Dr. Rene Hess writes: I'm working as a self-employed psychotherapist and supervisor for more than ten years in Bern, Switzerland. After university I received training in the client-centred approach (Carl R. Rogers), then became fascinated with the systemic-constructivist approach taught in Heidelberg. I also did a lot of training in hypnosis and completed my first workshop in 2008 in Ego State Therapy. I like to work with the ego state approach in the individual setting as well as with couples. As a next step I will offer group supervision in my office in Bern for people working with this approach.



From Japan, we have **Yoshikazu Fukui**, who is President and founder of Ego State Therapy Japan since 2015, a clinical psychologist and psychotherapist in private practice, a Professor at Konan University in Kobe, and honored to be a board member of ESTI. In addition, he is a certified EMDR trainer, a trainer of TFT (Thought Field Therapy) and a certified Somatic Experiencing® practitioner, assisting and providing SE sessions at the advanced level. Yoshikazu writes that there have been several introductory workshops in Japan. He learned first from Dr. Watkins in Japan, and also from Maggie Phillips in Vienna, and from Dr. Woltemade Hartman in Beijing. He is also currently the supervisory translator of the Watkins' book, *Ego States: Theory and Therapy*, which will be published in Japan in 2018. He enjoys working with complex trauma and dissociative disorders and is eager to spread EST further throughout Japan.



ESTI is also pleased to welcome **Satoko Koyama**, who is vice President of EST-J, and a newly certified Ego State therapist. Satoko is a clinical psychotherapist who finished her master's degree in education at Hyogo University of Teacher Education Graduate School. She was trained as an Ego State therapist by Professor Fukui in Japan. She has served as a member on the board of EST-J, and as of October 2017, is the current vice president of Ego State Therapy-Japan (EST-J). Satoko has extensive training in numerous forms of trauma treatment. She's a certified clinical therapist in EMDR (Eye Movement Desensitization and Reprocessing) with the Japanese EMDR Association, and has also trained in Somatic Experiencing® Professional Training, Thought Field Therapy®, Japanese Society of Clinical Hypnosis, Brainspotting, Trauma-Focused Cognitive Behavior Therapy, and has completed an EEG Biofeedback Comprehensive Training Course. In her work as a psychotherapist at the Koide Clinic Psychiatric Facility in Osaka, Japan, she is treating patients with dissociated symptoms and internal conflicts with Ego State Therapy, as well as providing trauma care for both adolescents and adults, using various techniques such as EMDR, Ego State Therapy, TFT, SE, and Brainspotting. She is looking forward to present a conference presentation and to participate in providing EST training in Japan.

From China, we have exceptional news! Thanks to the teaching of Dr. Woltemade Hartman, we have added 55 newly certified Ego-State Therapists in mainland China. They include: Yang Chen, Jing Dai, Qi Dang, Wei Dong, Manpeng Du, Jiang Du, Guangzhong Gu, Cuiying Guo, Aiping Guo, Yanxia He, Hua Hu, Bin Hu, Deng Hu, Ling Huang, Zhongliang Jiang, Liyan Kang, Yu Kong, Guifang Kuang, Rong Lei, Qianqian Li, Yanling Li, Jue Li, Xiuzhen Li, Guohua Li, Shuying Li, Mei Li, Baoqiang Liu, Chunzi Liu, Fen Liu, Ying Liu, Guiping Liu, Hong Liu, Fang Liu, Xiaojun Qu, Jing Shan, Xiuyun Shen, Yang Wang, Hui Want, Fengxiang Wang, Wenjing Wang, Lingling Wang, Qijie Wei, Hai Yan, Junfeng Yang, Xuhong Yang, Caiqin Yao, Subin Zhang, Ruidong Zhang, Jiubo Zhao, Shulan Zhao, Botian Zheng, Hui Zhong, Waner Zhu, and Dan Zhu.



Congratulations to all of you and to Dr. Hartman, your teacher. We welcome you warmly to our ESTI family!

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

Training news from various countries worldwide

Hong Kong

Alan Chan from Hong Kong has written that the Hong Kong group are looking forward to the Hypno-Somatic Ego State Therapy Workshop, Part 3 on "Trauma, Trance, and Transformation" taught by Dr. Woltemade Hartman, from July 25-29, 2018. This training is sponsored by the Whole Person Centre in Hong Kong. "We look forward to the growth of the Ego State Therapy practitioners in Hong Kong."

For details and enrolment of the training, please contact Mr. Paul Chung at paulchung33@gmail.com

South Africa

South Africa, now have several internationally certified ego state therapists, trainers and supervisors. Vanessa Barnes is the latest psychologist to be certified as an EST therapist. We are also seeing a surge of new research in this area on Masters and Doctoral levels.

Dr. Woltemade Hartman continues his very full teaching programme in Europe in 2018. He is also teaching EST training programmes in China, Hong Kong, Singapore and Japan and will start teaching the new Ego State Therapy curriculum. Dr Hartman was instrumental in inviting China, Singapore and Japan to become ESTI representative countries. He will also be facilitating his fourth German Ego State Therapy Advanced workshop at Mabula Game Lodge in South Africa from 4-8 October 2018 and will be teaching Ego State Therapy Beginners workshops on 14-18 May 2018 and 15-19 October 2018 in Pretoria, South Africa. (For more information please refer to www.woltemadehartman.com)

Dr. Elzette Fritz will focus on combining Creative Expressive Arts Therapy with Ego State Therapy and will be facilitating various workshops this year. She will, amongst others, offer an exceptionally creative workshop based on the Pixar movie 'Inside Out'. This movie is a wonderful illustration of ego states linked to emotions and illustrates the concept of core memories and how these core memories have a significant role to play in the creation of "personality islands".

Joy Nel will be facilitating the following one day Ego State Therapy workshops: Mandala magic in Ego State therapy: Circles of me; Ready, Steady ... Play: Playful approaches in Ego State Therapy; Cutters don't cry: Narra-Ego State Therapy with clients who self-injure; Once upon a time in therapy: Using Bibliotherapy in Ego State therapy.

The office of Dr. Hartman is also hard at work planning the next Ego State Therapy World Congress in April 2020. More information will be made available as soon as possible.

For more information on the Ego State therapy training workshops in South Africa, please visit the MEISA website at www.meisa.biz

Switzerland

Silvia Zanotta writes that EST is still growing in the German part of Switzerland. "Our seminars are usually fully booked with waiting lists. Both Max Schlorff and I are teaching in-house training at several psychotherapeutic institutions throughout Switzerland. Our goal is to spread Ego State Therapy to the French part of our country through their local hypnosis societies and also to encourage therapists to complete the French training in Avignon, in the south of France."

Beside the Ego-State Therapy training seminars, there are some special upcoming events to consider:

Hypnosystemic Play Therapy with Anxious and Aggressive Children: Workshop with Peter Alleman, 16/17 March 2018 in Zurich (German)

Preverbal Phenomena and Attachment Trauma: Workshop with Dr. Silvia Zanotta in German, 13/14 April 2018 in Zurich (German)

Resource Therapy: the whole training curriculum with Prof. Gordon Emmerson, 29 August – 9 September 2018 in Zurich (English with German translation). For information and registration, see www.egostatetherapie.ch.

Dr. Maggie Phillips will begin teaching **Somatic Ego State Therapy**®, a 12 day-curriculum combining Ego State Therapy with Somatic Experiencing®/Traumahealing, 29 June – 1 July 2018 (days 1-3) and 28 – 30 September 2018 (days 4-6) at the Polarity Institute in Zurich (English with German translation). For information and registration:

<https://www.traumahealing.ch/index.php?id=0202&l=de&kid=1725&kidlang=en>

Sweden

Susanna Carolsson reports that the 6th advanced EST training will take place from May 5, 2018 – February, 2019. It is also reaccredited as a specialist training for psychologists, for the fourth time. Swedish Psychologists Association has raised the standards so from 2019 we have to offer a separate EST programme will be offered for psychologists in specialist education. This is the last group with both psychologists and psychotherapists combined with other backgrounds (such as

physicians, nurses, social workers, etc.) Teachers are: Susanna Carolusson, Hedda Sandemose, Sofia Strand, Ulla Byegard and Sya Tien Redman.

Susanna also taught the most recent EST weekend in Poland from 12-14 January 2018.

France

Dr. Guillaume Poupard shares news about EST training in Avignon, France. Dr. Silvia Zanotta from Switzerland, Dr. Catherine Fine from the US, and Dr Maggie Phillips have all participated with Guillaume in creating the Ego State Therapy curriculum and training programme.

He writes that there will be two Beginning 1 and two Beginning 2 trainings and 3 Advanced Trainings, all in Avignon. Visit his website for more information and dates (formation-therapie-em.fr/agenda-formation-tem-therapie-etats-moi/).

Austria

Dr. Eva Pollani will be teaching at the following Ego State Therapy events:

- In Salzburg at the congress of OEGATAP" held from April 5 - April 7 2018, she will present "Substance-free Addictions and the Work with Ego-States."
- She will also present "Working with Ego State Therapy in Grief" at the congress of OEGATAP from 10 - 12 May 2018 in Goldegg (Austria, Salzburg).
- Introduction in Ego State Therapy in Dresden (Germany) 25 and 26 May 2018
- Ego State Work with Introjects (perpetrators, offenders, loyal introjects, etc.) from 22 and 23 June 2018 in MEGA, Vienna.
- 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) 14 and 15 December 2018

The United States of America

Maggie Phillips writes that she is focusing on her new program, Somatic Ego-State Therapy® (SEST), which consists of 12 days, six at the beginning level and another six of advanced training. These workshops synthesize Ego-State Therapy with Somatic Experiencing® and emphasize how to work through the body in order to find and heal states related to prenatal and perinatal, as well as other types of trauma, how to identify and

work with sensorimotor clues linked to nonverbal, implicit trauma, and SEST strategies to provide developmentally based resources through hypnosomatic techniques.

In the US, Maggie will present a pre-conference event on March 16, 2016 at the American Society of Clinical Hypnosis conference in Orlando, FLA., titled "**It Takes More Than Two to Tango: Building Secure Attachment through Hypnotic and Ego-State Relationships.**"

Dates for SEST® events in Europe are as follows:

Oslo, Norway, 19-21 April, SEST Beginning 1. Group consultation and personal sessions available 18 March. Contact Barbro Anderson at barbroandersen@gmail.com.

In Munich, Germany, SEST Beginning 1 will take place on 8, 9, 10 June. Two weeks later, Maggie teaches SEST Advanced 1 also in Munich. This event is open to participants who have completed SEST Beginning 1&2 or the equivalent. Please contact office@neurotracking.de for more information and registration.

Maggie will present on SEST at the Somatic Experiencing® conference. Her workshop is titled **Unity, Variety, and Diversity Embodied: Resolving Trauma and Restoring Goodness in the World** in Potsdam, Germany and her lecture is titled "How Somatic Ego-State Therapy® Can Help Clients Shift from Surviving to Thriving" and my lecture is titled "Achieving Unity in an Age of Divisiveness through Somatic Ego-State Therapy.®"

Finally, Maggie will travel to Zurich to teach SEST Beginning 1 June 29-July 1. Her sponsor is The Polarity Institute of Zurich (click <https://www.polarity.ch/index.php?id=04&l=en&ref=56> for more information and registration (also see Switzerland above)

Maggie has also started the process of launching an Ego State certification program in the U.S. The first training events will take place in fall, 2018, and will be 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, grandfathered in as EST therapists, supervisors, and trainers. They are in the process of paying their dues in order to become members of ESTI and include:

- Dr. Arreed Barabasz, Ph.D.
- Dr. Shirley McNeal, Ph.D.
- Dr. Carol Ginandes, Ph.D.

Priscilla Morton, LCSW
 Dr. Catherine Fine, Ph.D.
 Wendy Lemke, M.S., Licensed Psychologist
 Kathy Steele, MN, CS
 Joanne Twombly, MSW
 Dr. Elizabeth Schenk, Ph.D.
 Dr. Janina Fisher, Ph.D.

EST Book News



Sya Redman from Sweden has announced that her book *Ego-State Therapy in Time and Space* was released in November, 2017. Though it is printed in Swedish, we will hope for an English translation sometime soon since it appears to be an excellent book!

This book helps the reader travel through implicit and explicit boundaries and mental outskirts. It explains the method and techniques of Ego State therapy as well as the interactions between the psychotherapist and the patient. The book also describes therapeutic moments that are shaped between the two, therapist and patient, in a transparent, powerful, and precise manner. The therapy room becomes a safe context where every sigh, tear and emotion plays a role in the drama.

Ego-State Therapy in Time and Space brings magic moments between the patient and the psychotherapist into life, where the two are able to get insights, initiate change and eventually heal.

Through her many years of experience as a psychotherapist and supervisor, the author shares her knowledge of working with patients in a truly creative and mutual interaction.

This book also explains the ego state therapy method in a comprehensive way, and provides tools on how to verbalize the non-verbal. It discusses the creative impulse, which enables one to love and be loved, without losing the self. It also triggers the reader's curiosity in his/her own existential values.

The book is targeted towards the public as well as professional psychotherapists, and provides an answer to the question to why Ego State therapy is an efficient treatment and how it heals.

We congratulate Sya Redman on this accomplishment! Her publisher is Reach Out. If any of you have connections to English publishers, please let Sya know.

Clinical Corner

This is the first version of a new feature that will appear in each edition of the ESTI Newsletter. Our contributor is Dr. Eva Pollani from Austria who shares a special clinical case with us illustrating some intriguing innovations.



Combining Ego-State-Work, Somatic Experiencing, and Auditory Integration Training (AIT/Berard) by Dr. Eva Pollani

Can you imagine losing your heart? You may have lost it during your dating years, but I am referring here to a complete physical loss through organ transplantation. I would like to introduce you to Rainer, 26 years old. He is one of my clients who underwent heart transplantation.

After the surgery and after getting used to his new heart, he started to feel differently in many ways. He reported a change of his personality which was also "visible" to others. He felt less joy and sadness, no highs nor lows in most of his emotions and he started to disconnect from relatives and friends. He had difficulties reaching orgasms although he had no erectile dysfunction. Most annoying of all were panic-attacks: they came regularly and woke him up at random times during his nights.

Rainer contacted me to get rid of those panic-attacks and he sounded desperate. Not only did he suffer from unpleasant nights; those attacks started to change his sleep patterns and he was almost unable to work. Trained in Ego-State Therapy and Somatic Experiencing®, I started to work with him using both approaches. He presented an Ego-State who had an important message for me. This state said through Rainer, "I am cut off from life and I hope to relate to life again if I awake. Can you help, Eva?"

Of course such a severe surgery has many impacts: the life thread before the organ transplantation, the surgery itself, possible medical complications after the transplantation that include multiple scars in body and mind that can appear. So we worked our way through these after effects with Somatic Experiencing® and through this particular Ego-State, who identified himself as "the new heart" who felt disconnected from Rainer. "The New Heart," as well as adult Rainer were interested to learn that during the heart transplantation, the vagus nerve is cut through and certain

conditions appear because of the lack of connection that occurs between the brain and the heart. This disconnected state was exactly what “The New Heart” experienced. Having worked with AIT and successfully using it with children on the spectrum (autism spectrum disorder), I introduced the training to Rainer and he was willing to try.

Stephen Porges has proposed the “Polyvagal Theory”, a theory that links the autonomic nervous system to the emergence of social behavior. His theory provides insights into the mechanisms that mediate symptoms observed in several behavioral, psychiatric and physical disorders, and provides a theoretical background to study and to treat stress and trauma. Guy Berards’ work focuses on the two muscles in the middle ear: the *tensor tympani* and the *stapedius*. Porges has found that the same nerves that control these two muscles also control vocalization, facial expression, heart rate, and breathing.

After working with AIT, communication, relationships, and quality of life can improve. In AIT sessions, randomly filtered and electronically modulated music is played through headphones. The protocol consists of two 30-minute sessions per day for ten days. Rainer underwent that training parallel to the psychotherapy sessions. Inviting “The New Heart” to connect with Rainer and different “parts of his body”, thus promoting a more feeling of integration was experienced as a success by Rainer. There was the need of introducing “The New Heart” formally and a commitment to work together in a healthy way. Soon Rainer’s sleep came back to normal and the panic attacks disappeared. Step by step, Rainer connected with friends again, overcoming his fear of disconnection—it seemed to me as if he learned new social skills which he had lost together with his old heart. As we know, “hearing” and “listening” are two different skills, and the “listening” was improved with AIT. Rainer reported a more balanced life, and his therapy could be ended after 6 months.

The integration of different approaches has to be done carefully, strategically and under supervision. What I like most is the challenge in working with difficult cases where creativity and clinical knowledge can be combined to obtain significant lasting results.

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AIT

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Our thanks to Dr. Pollani for her excellent case study. If you want to share questions and comments, please contact her at office@eva-pollani.at.

If you would like to propose a case study or article for our next **Clinical Corner**, please contact me directly at maggiephillipsphd1@icloud.com.

Congratulations! You have found the BONUS BOX! We thank you for being a loyal reader. If you would like to replay a captivating 3-Way Discussion with Dr. Janina Fisher, Kathy Steele, M.N, and me on “Fragmentation: What it Is and How to Heal it,” please click:
<https://vimeo.com/249869521/f550438711> (NOTE: in English only).

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 them to maggiephillipsphd1@icloud.com.

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

I hope you will consider submitting your training events, clinical innovations, 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 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 for publication in the ESTI newsletter and on the ESTI website.



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