

SOMATIC EGO-STATE THERAPY (SEST™)

Advanced 1 & 2

Maggie Phillips, Ph.D. (USA)

Ego-State Therapy is an innovative approach designed to treat complex posttraumatic and dissociative conditions, but can also be helpful with many clinical problems including anxiety, depression, panic, pain, autoimmune disorders and many other difficulties. Developed by Dr. John Watkins, and his wife Helen Watkins, Ego-State Therapy is an efficient, effective way to heal inner conflicts resulting from trauma that contribute to many problems that present in clinical practice including personality fragmentation or splitting, which can block many therapeutic interventions including Somatic Experiencing®.

Topics at the advanced level of Somatic Ego-State Therapy include:

- The neuroscience of Ego-State therapy;
- Aspects of the therapy relationship including transference and countertransference, rupture and repair, and reenactment and triggering;
- Ways to provide symptom relief for difficulties that may prevent the client from participating successfully in EST, including flashbacks, hyperactivation, sleep disturbance, excessive fatigue, major depression, and pain;
- Innovations in accessing covert as well as conscious states;
- Strategies for mediating and developing enhanced internal cooperation with complex conflicts;
- Techniques for identifying, managing, establishing working alliances with, and transforming malevolent and destructive ego states;
- Advanced strengthening approaches that utilize center core “conflict free” phenomena;
- How to find and work with more malevolent, destructive, complex dissociative, and shame states;
- Interventions that address “specialized” ego states, including the “Illness State,” the “Gate Keeper” or “Stonewalling Ego State,” the “Inner Monitor” Ego State; the “Death-Longing” Ego State, and the “True Essence Ego State;”

- Strategies for integrating SEST with Somatic Experiencing® , Hypnosis, EMDR, Internal Family Systems, and other therapeutic models;
- Tools for working with “intractable” symptoms including atypical anxiety and depression, and chronic emotional and physical pain syndromes.

In addition, we will explore ways of achieving developmental and attachment repair, evaluating and shifting cognitive distortions and blocking beliefs, as well as effective approaches for diagnosing and treating challenging dissociative symptoms and dissociative disorders.

Workshop format will include opportunities for experiential practice, live demonstration, and clinical case consultation.

It is highly recommended that participants at the advanced level of SEST™ have completed the Intermediate level of the Somatic Experiencing® curriculum. Those who are SEP's (Somatic Experiencing Practitioners) may apply these workshop training hours toward the post-advanced SE (Somatic Experiencing® certificate approved by SETI (the Somatic Experiencing Training Institute).

Eligibility includes completion of the Beginning Level 1 & 2 of SEST™ (6 days) as taught by Maggie, or completion of other courses in Ego-State Therapy presented by faculty approved by Ego-State Therapy International (ESTI). If participants do not meet these requirements, they may complete a special workshop in SEST™ Training and an oral exam to gain entrance into the SEST Advanced level.