

**HEALING THE DIVIDED SELF:  
SOMATIC EGO-STATE THERAPY FOR POSTTRAUMATIC CONDITIONS  
Beginning Level 1 21.-23. september 2018, Oslo**

**Maggie Phillips, Ph.D., USA**

This 3-day workshop is designed to present one of the most effective models for the treatment of complex PTSD and relational trauma—Somatic Ego-State Therapy. Although there are many “parts models,” Somatic Ego-State Therapy is unique in using hypnosis and other tools to reach unconscious, hidden, and evasive aspects of self that play a major role in posttraumatic symptoms including anxiety, pain, dissociation, depression, and atypical difficulties that are not responsive to usual treatment approaches. Participants will learn how unresolved inner struggles among “self states” can block progress in therapy and maintain persistent symptoms for extensive periods of time. Somatic Ego-State Therapy also provides ways of understanding and resolving some of the most difficult and complex problems that lead to disempowerment, shame, and problems of confused and “false self” identity. Participants will learn and practice hypnotic and nonhypnotic methods to connect with adaptive, introjected, and trauma-related states while building inner cooperation and collaboration within the ego state system. In addition, the workshop will include the following topics:

- Early clinical evidence for the divided self
- Principles and practices of Ego-State therapy
- The effects of trauma and hypnosis on memory
- Diagnoses related to ego-state therapy and the dissociative spectrum
- How ego states develop
- Functions, roles, and characteristics of ego states
- How to form effective therapeutic alliances with ego states
- \* How to build a foundation through the body
- How to identify and work with nonverbal, preverbal, symbolic, and somatic states
- Strategies for symptom resolution and relief and for self-cohesion and empowerment
- The SARI model as a 4-stage treatment framework in Somatic Ego-State Therapy
- Indications and contraindications for Somatic ego state work
- Preparing the patient for treatment

The workshop format will emphasize live demonstrations and practice of ego-state methods. Opportunities will also be given for case consultation and discussion of clinical applications of Ego-State Therapy.

## Course Outline

### Day One

- I. Introductions
  - A. Review of participants' needs
  - B. Overview of the workshop
  
- II. Foundations of Ego State Theory
  - A. Early polypsychism
  - B. Evolution of Ego State Theory
    1. Paul Federn & Eric Berne
    2. Paul Janet, Charcot, Catherine's guy
    3. John & Helen Watkins: A Hypnoanalytical Model
      - a. An energy model of the self
      - b. Definition of ego state
      - c. Purposes and uses of Ego-State Therapy
      - d. The dissociative spectrum: Dyad exercise
    4. Recent contributions
    5. Clinical discussion
  
- III. Ego State Formation
  - A. How and why ego states are formed: Adaptation, introjection, and trauma
  - B. Ego State Spectrum
    1. Ego states in healthy individuals
    2. Dissociative disorders---how to recognize & assess
    3. Diagnostic considerations
    4. How ego states are linked to resources and strengths
    5. Accessing positive ego states: Hypnotic pathways
      - a. Demonstration
      - b. Triad practice or dyad practice
      - c. Debriefing
  
- IV. Closing

- A. Clinical case discussion
- B. Questions and answers

## **Day Two**

- I. How ego states are linked to conflict and symptoms
  - A. Issues of activating conflicted states: Direct and indirect
  - B. Ego states related to survival defenses: Polyvagal theory
  - C. Clinical implications
- II. Types of Ego States
  - A. Conflict free states
    - 1. How to find them
    - 2. Benefits
    - 3. Group demonstration and debriefing
    - 4. Dyad practice and debriefing
  - B. Ego states associated with benevolent functions
    - 1. Ways to access these states: Hypnotic and non-hypnotic
    - 2. Benefits and use with clients
    - 3. Demonstration and discussion
    - 4. Dyad practice and debriefing
- III. Closing:
  - A. Case consultation
  - B. Questions & answers

## **Day Three**

- I. How to Work with Ego States to Unlock Symptoms
  - A. How ego states are associated with conflict, symptoms or trauma: Case consultation
  - B. Principles of work with negative states: Forming alliances
  - C. Demonstration and practicum
  - D. Differences between ego states and alters

- II. Integrating Somatic Ego State Therapy into Clinical Practice
  - A. Therapeutic relationship issues
  - B. Indications and contraindications for EST
  - C. Purposes and goals of EST
  - D. Preparing the client for EST
    - 1. Explain the ego state model
    - 2. Discuss client indicators for EST
    - 3. Explain the role of hypnosis
    - 4. Discuss traumatic memory
  
- III. Forming Alliances with Ego States
  - A. Provide safe holding environment
  - B. Techniques for activating ego states
    - 1. Calling out ego states and talking through
    - 2. Client communicates with ES and reports results
    - 3. Hypnotic activation
    - 4. Use of imagery to elicit states
  - C. Demonstration and discussion
  - D. How to communicate with ego states: Resonance & empathy
  - E. Demonstrations and dyad practice
  
- IV. Clinical Issues
  - A. Recognizing dissociation and fragmentation
  - B. Caveats in working with dissociation
  - C. Considerations in the timing of accessing ego states
  
- V. Closing
  - A. Course evaluation
  - B. Trouble shooting in the use of SEST
  - C. Case consultation
  - D. Questions and Answers