

INTRODUCTION TO EGO STATE THERAPY

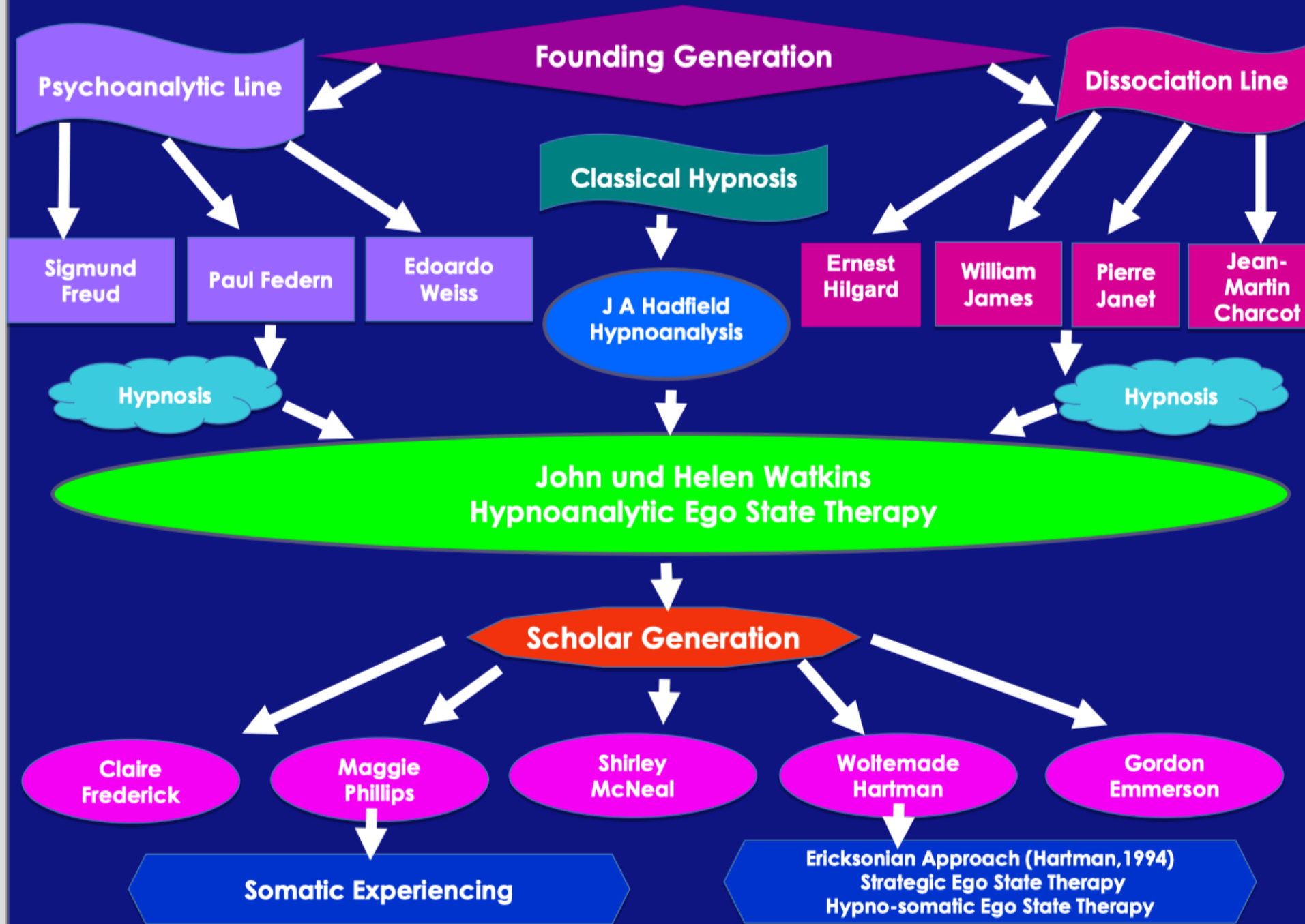
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GENOGRAM OF EPISTOMOLOGICAL INFLUENCES IN THE THEORY OF EGO STATE THERAPY



JOHN AND HELEN WATKINS

Founder of the American Society for Clinical and Experimental Hypnosis (ASCEH)

Developed Ego State Therapy

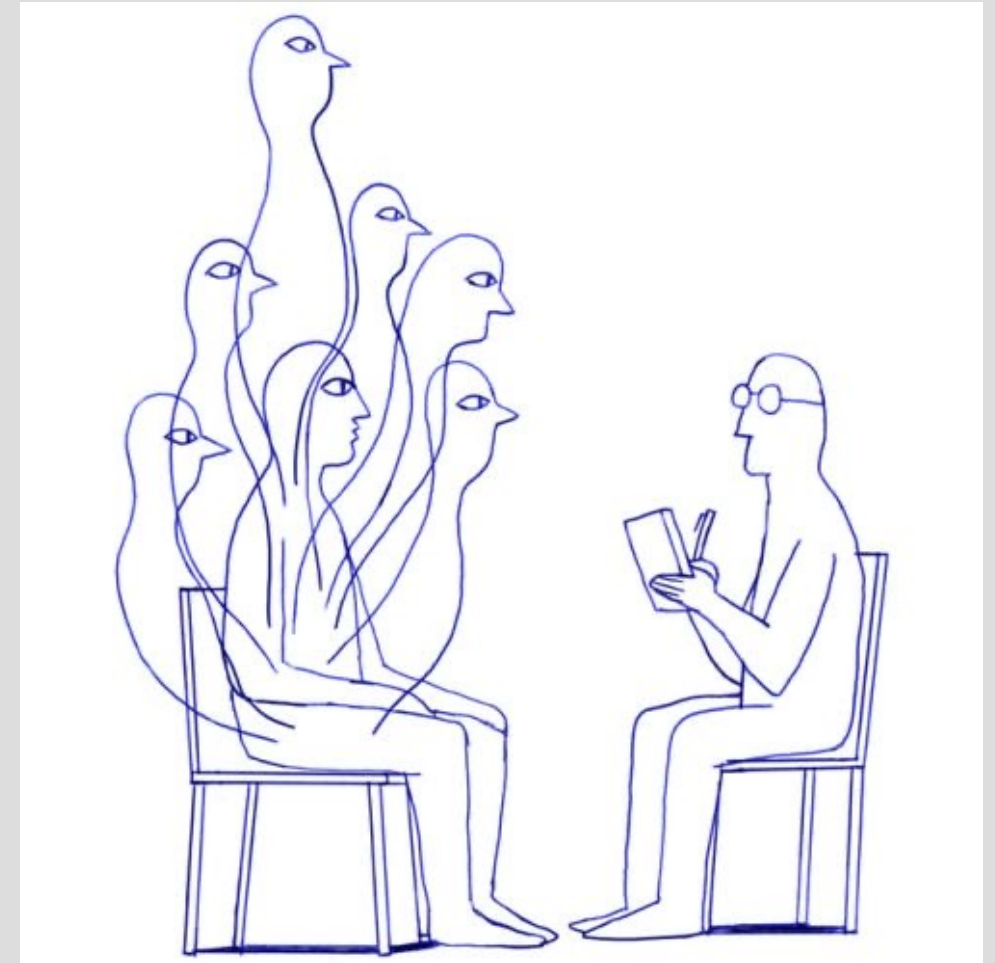
Self Energy (object and subject)

Parts Therapy model

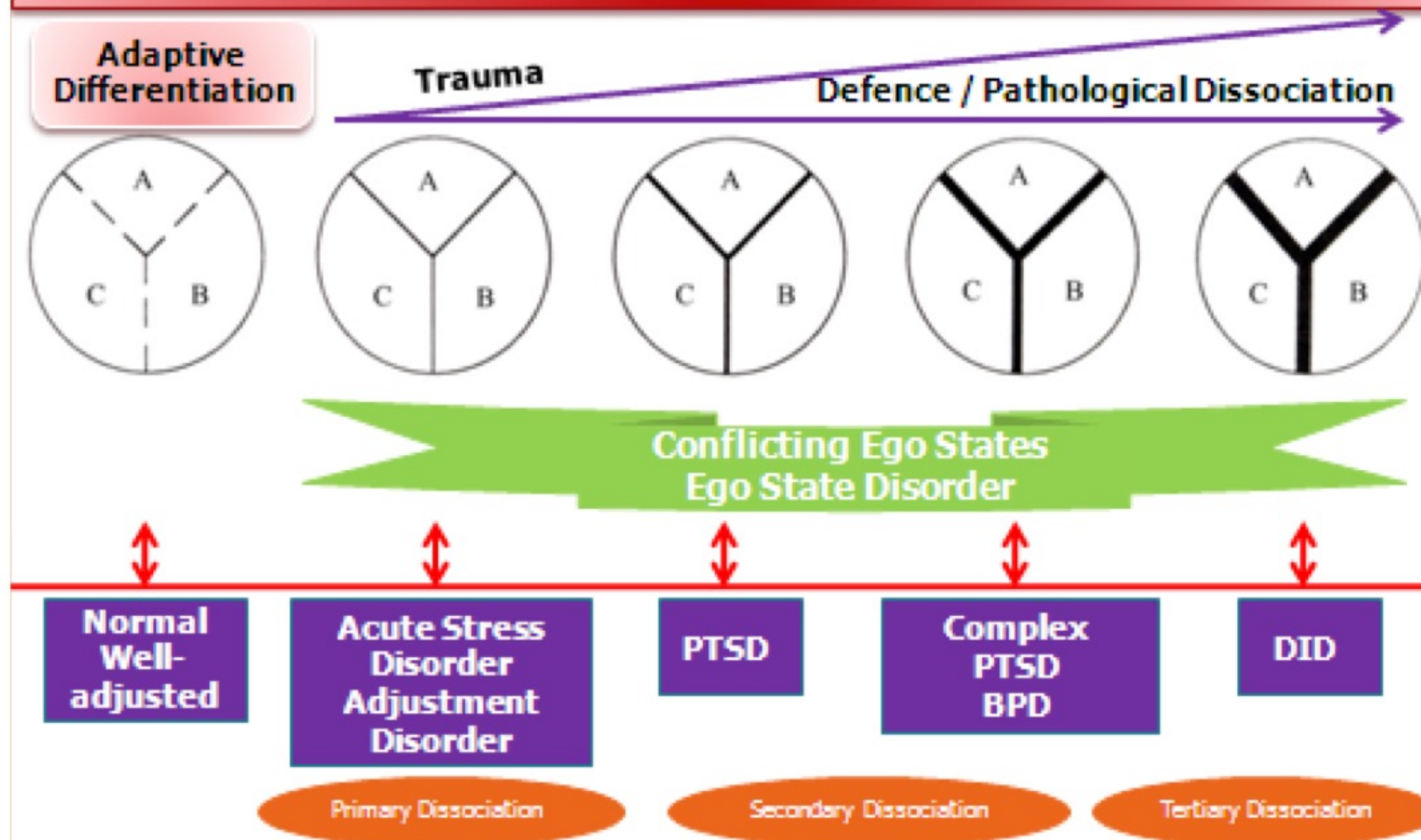


DEFINITIONS

- Ego state therapy can be defined as the “use of individual, group, and family therapy techniques for the resolution of conflicts between the various ego states that constitutes a family of self. (Watkins & Watkins, 1997)
- Watkins and Watkins (1978) described an ego state as “an organized system of behaviours and experiences whose elements are bound together by some common principle, but are separated from one another by boundaries which are more or less permeable”.



The Dissociative Spectrum / The Ego State Spectrum



MODERN DEFINITIONS

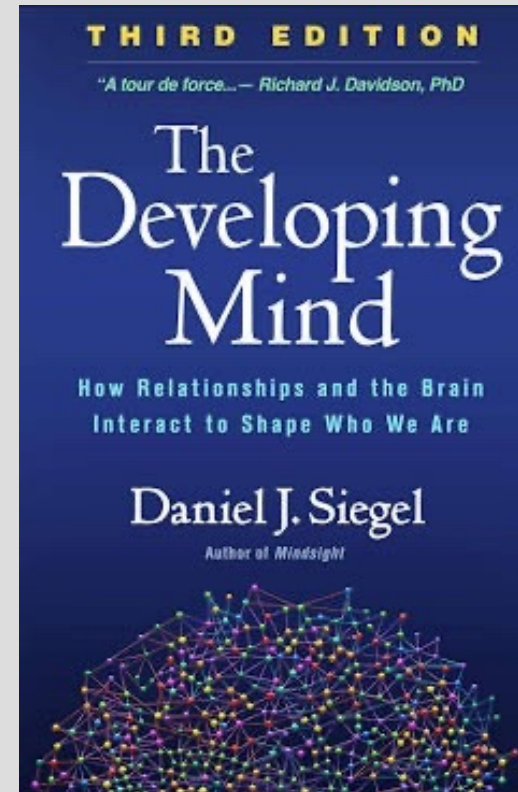
Ego states are neuro-physiological and psychological manifestations of the autonomic nervous system response which may develop as a reaction to certain life experiences, both positive and negative.

Ego States are usually activated hypnotically to reach those ego states that are implicit and not readily available to conscious awareness (Hartman, 2020).



MODERN DEFINITIONS

- Siegel (1999) notes that the clustering of modules of affect and information (easily detected with clinical pathologies connected with early life trauma or attachment difficulties) are also present in normally developing children.
- He concludes:
- We have multiple and varied “selves” which are needed to carry out the diverse activities of our lives . . . As we can see, both developmental studies and cognitive science appear to suggest that we have many selves. Within a specialized “self” or “self-state” as we are now defining it, there is cohesion in the moment and continuity across time. (Siegel, 1998, pp.229–230)
- Integration (Self-regulation) is the process of linking differentiated parts



Psychotherapie- schule	Autor	Name für innere Teile oder Selbstteile
Psychoanalyse	S. Freud	Es – Ich – Über-Ich
Jungianische Psychotherapie	C. G. Jung	Archetypen, Komplexe
Objektbeziehungs- theorie	M. Klein, O. F. Kernberg usw.	Innere Objekte, abgespaltene Teile
Ego-State-Therapie	J. und H. Watkins, Paul Federn	Ich-Zustände bilden eine Selbstfamilie
Psychosynthesis	R. Assagioli, P. Ferrucci	»subpersonalities«, Teilearbeit
Transaktionsanalyse	E. Berne	Eltern-Ich – Erwachsenen-Ich – Kind-Ich
»Internal Family System Therapy«	R. Schwarz	Innere Familie
»Voice Dialogue«	H. und S. Stone	Primäre Selbstanteile, abgelehnte Selbst- anteile
Gestalttherapie	F. Perls	Z. B. »underdog«, »topdog«
Innere-Kind-Arbeit	W. H. Missildine, J. Bradshaw	Säuglings-, Kind-, Schulkind-, Erwachse- nen-Selbst usw.
Wachstumsorientierte Familietherapie	V. Satir	Teile, Gesichter, Theater des Inneren
Kommunikations- theorie	F. Schulz von Thun	Innere Mannschaft, »inneres Team«
Systemische Therapie	G. Schmidt	Konferenz der inneren Familie, inneres Parlament
Neo-Dissoziations- theorie	R. Hilgard	»hidden observer«, executive ego

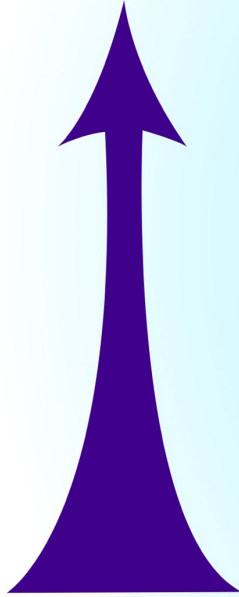
CLINICAL HYPNOSIS

- Since dissociative people by definition go into trance states **spontaneously, it is not possible to work with them without hypnosis**—either they are doing it alone, or you and they are doing it cooperatively.
- A therapist who can help the patient learn how to get the hypnotic process under control and use it autonomously and therapeutically rather than traumatically and defensively is providing a critical service.
- **Trance-inducing techniques** are extremely easy to use with this population of hypnotic prodigies, and they are especially effective in building a sense of safety, containing surplus anxiety, and handling emergencies.
- Help in this area can be found from the American Society for Clinical Hypnosis at www.asch.net and the International Society of Hypnosis at www.ishypnosis.org

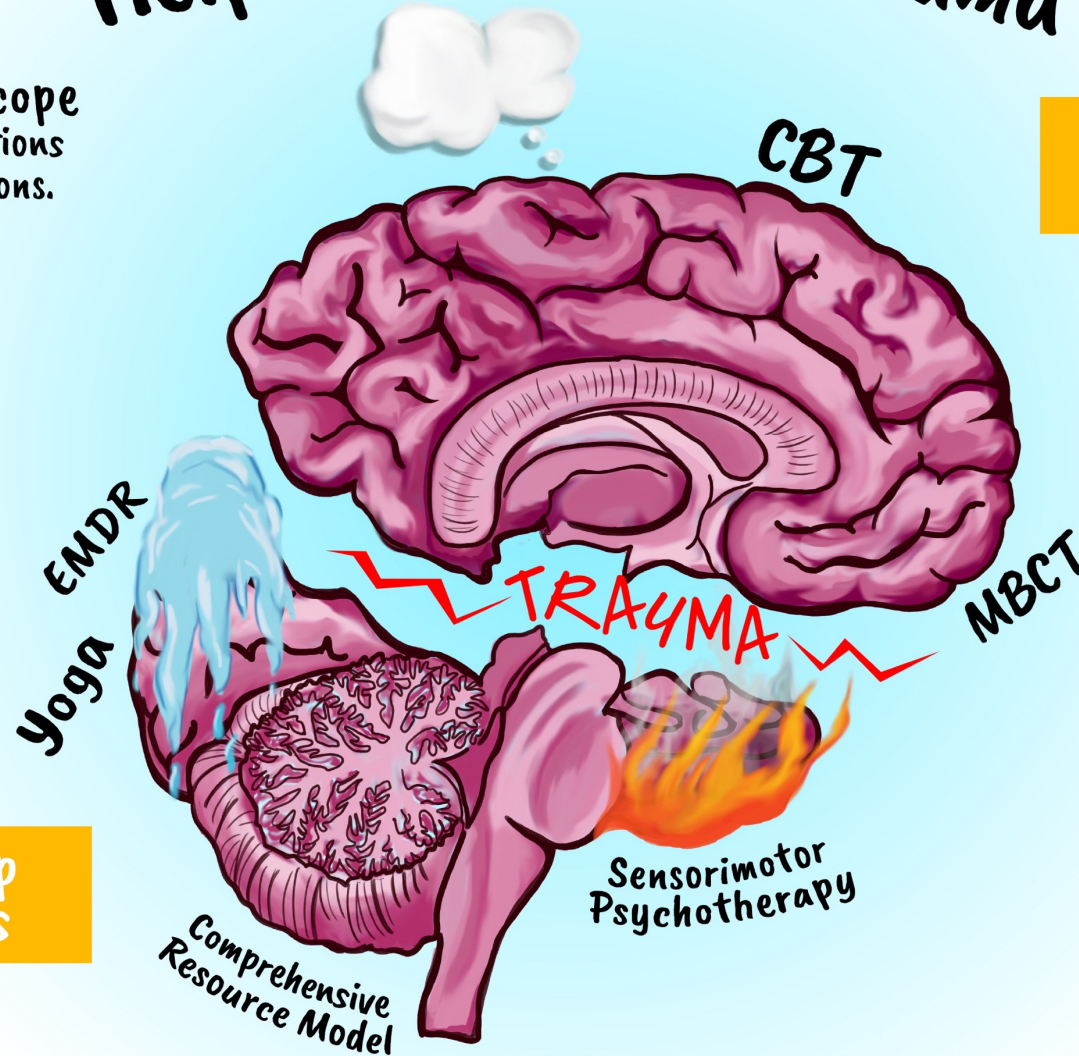


Brain-Based Approaches to Help Clients After Trauma

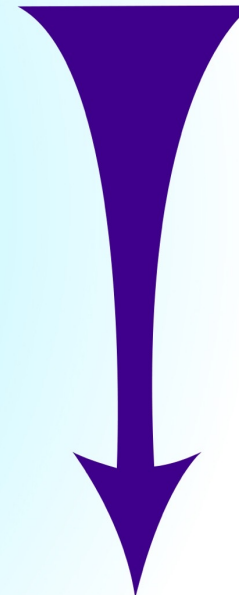
How to help clients cope with their raw emotions and defense reactions.



Bottom - Up Approaches



Top-Down Approaches



How to help clients think differently.

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EGO STATE INTERVIEWS

Ego State Therapy

From Then to Now

INTERVIEW#1



Woltemade Hartman Ph.D.



Ego State Therapy And Ericksonian Hypnosis

TALK WITH CARL HATTINGH

INTERVIEW#2



Carl Hattingh (Callie) is an AHPRA registered Clinical Psychologist in private practice in Sydney.
He is the President of AICHIP and the Founding Director of the Milton H. Erickson Institute of Sydney Australia (EISA).
He is on the Board of Directors of the International Society of Hypnosis and is President-Elect of Ego State Therapy International.



Healing Trauma with Ego State Therapy and Body Wisdom

TALK WITH SILVIA ZANOTTA

INTERVIEW#3



Dr. phil. Silvia Zanotta works as a psychologist and psychotherapist for children, adolescents, adults and families in her private practice in Zurich, Switzerland. She is a certified trainer and supervisor in Ego State Therapy and Resource Therapy, supervisor in hypnosis, as well as founder and co-chair of Ego State Therapy Switzerland.



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