



Newsletter January 2017  
Editor: Dr. Maggie Phillips

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## Conference Calendar

The following events may provide opportunities for ESTI members who wish to attend and teach EST

23-26 August 2017  
[14th Congress of EHS,](#)  
Manchester, UK

13-17 December 2017  
[Erickson Foundation: Evolution in  
Psychotherapy](#)  
Anaheim, California

23-25 August 2018  
[21st Congress of ISH](#)  
Montreal, Canada

**Registration for the ISH 2018 congress is open. Catch the Super Early Bird registration fees until 1 March 2017**  
<http://www.hypnosis2018.com>

## Dear Ego State Colleagues, Therapists, and Friends,

Welcome again to our ESTI Newsletter, the primary vehicle for connection and communication within the Ego State Therapy International community!

I remind you to visit our website, and to refer others as well: [www.egostateinternational.com](http://www.egostateinternational.com). We will continue to add resources there and invite you to submit articles or items of interest by sending them to me at [maggiephillipsphd1@icloud.com](mailto:maggiephillipsphd1@icloud.com), as well as any questions or suggestions you might have.

In this issue, you will find a letter from our president, Dr. Heleen Malherbe, with her reflections on Jack and Helen Watkins that influenced and shaped her professional development. I hope others of you will also share your connections with the Watkins; even though they are no longer with us physically, they live on as creators of the Ego State foundation upon which we build. This will become a regular feature of each newsletter, so if you are lucky enough to have real-life memories, as well as valuable second-generation perspectives, please let us know.

Heleen also has shared information about our newly certified Ego-State therapists so please welcome them to our global community as evidence that our network is continuing to expand.

You will also find ESTI global news as well as announcements of activities and offerings from individual countries. Please make sure that your country is represented by contacting me directly with news. The deadline for the next bi-annual newsletter will be June 1st, 2017.

And finally, I have contributed a commentary on the last published paper written by my long-time friend and colleague, Dr. Claire Frederick, MD, on "Beyond Empathy: The Tree of Compassion with Malevolent Ego States." As many of you know, Claire and I studied and taught with the Watkins for many years and based our book, *Healing the Divided Self*, on their work. This paper was published in the *American Journal of Clinical Hypnosis* shortly after her death in early 2016.

Since you must be a member of the American Society of Clinical Hypnosis to access this paper, my commentary will allow you to become familiar with the material presented.

I wish all of you a prosperous, satisfying New Year. During this particular year with all of its cresting global unrest and divisiveness, I can think of no better means of healing than Ego- State Therapy. Here's hoping that all of us will find creative and effective ways to contribute to that cause during 2017!

Warmest wishes, Maggie Phillips  
ESTI Newsletter Editor  
ESTI Executive Board Member

**A NOTE FROM OUR PRESIDENT HELEEN MALHERBE**

To all board members and all those on our mailing list,

Traditionally the end or the beginning of a year can serve as a period of reflection. One can celebrate lessons learned, and one can re-evaluate and use this thinking as a renewed driving force.

Bernard Trenkle (Membership Chair of the International Society of Hypnosis) refers to how new, huge and successful hypnosis congresses are bringing together like-minded colleagues in the hypnosis world. Therefore the ISH has set as a crucial goal for 2017 to interconnect leading colleagues in hypnosis. Katalin Varga and András Költő from the European Society for Hypnosis mirrors this idea in creating an International Corner in their newsletter.

Trenkle values how a chance meeting with Woltemade and Idilette Hartman at the ISH San Diego Congress in 1997 around Speech Pathology and stuttering kick-started Woltemade into teaching Ego State Therapy in Germany. And, in turn this was followed by the 2003 joint congresses of the Milton Erickson Gesellschaft für Klinische Hypnose and the First International Congress on Ego State Therapy.

I remember my excitement in attending my first international congress. I remember the crisp March air in 2003 as I made my way to participate in celebrating the 25th Anniversary of MEG, and the 90th birthday of John G. Watkins - all this in stark contrast to Bush on the eve of the U.S. Congress declaring war on Iraq.

I remember the names of those presenting - sadly some of them not with us anymore, others were not so prominent at that stage: Woltemade Hartman in Celebrating Jack & Helen Watkins; Maggie Phillips - already with the focus on healing trauma; Claire Frederick, Shirley McNeal and Gordon Emmerson. And also George Fraser, Kris Klajs, Carol Ginandes, Anne-Marie Harnum and too many others to remember.

And then there was Jack Watkins. At first he delivered a paper on The History of Ego State Therapy, but then followed with two videotaped clinical demonstrations on The Artistry of Helen Watkins and The Personhood of the Psychotherapist referring to Helen Watkins. These sessions shaped into a master class where we listened and questioned and he would have gone on and on had Woltemade not protected his time.

You may well ask me the reason for all this personal reminiscing. You may wonder about my reasons for referring to the ISH and ESH organizations and their recent innovations. My reasons are twofold:

To find ways to survive in this era of constant war and trauma, and To honor and celebrate the history of EST to protect its legacy.

The first International Congress on Ego State Therapy coincided with a war, as always, not to be easily forgotten. I can only make sense, find peace and calm, and counteract war by living a life and being a person and a therapist in a way that is demonstrated by the legacy of Helen Watkins. Yes, she did find academic and intellectual acclaim, working with Jack Watkins to gift the therapeutic world with Ego State Theory. And yes, she was a founding member of the International Society for the Study of Dissociation, but it is the person of the psychotherapist, Helen Watkins, that we remember.

In a therapeutic age where cognitive models and short-term solutions are seen as the answer, her work could be seen as "syrupy" - but then those who think so miss the point - which is to keep the focus on:

The therapist's willingness to form deep intersubjective connections so that the client can borrow strengths if need be

Resonance, where the relationship goes beyond clinical and cognitive understanding - not fearing transference, but working with it.

Sharing intuitive compassion, but also laughter, tears, respect and healing Helping the other to find their Inner Strength and actualize their true potentials

Holding the belief that the Therapeutic Self can do all this

All this we know, and we teach the principles, and the legacy is carried on. But are we able to share the personhood of this exceptional person and psychotherapist with our new colleagues? Every time I realize a colleague was fortunate enough to train with Jack and Helen Watkins, I have a gut reaction. I see this vast treasure of experiences that is carried and remembered only by a single individual, perhaps unknown or "forgotten" by many others.

My challenge and plea therefore goes out to all therapists who had the privilege to train with Jack and Helen Watkins to share their experiences with the ESTI community. Tell us about the laughter and the jokes shared, tell us of the emotional experiences and tell us about the intellectual "wow"-moment. It does not have to be pages long and it does not have to come through in perfect English. Just send it! We need to build a history of intellectual and emotional memories to build a future on.

I will be waiting at this email address: [heleen.d.malherbe@gmail.com](mailto:heleen.d.malherbe@gmail.com)

With my warmest wishes, Heleen

Our thanks to Heleen for "digging deep" in order to share her recollections of the Watkins. Starting with the June 30, 2017 Newsletter, we invite each of you to share your memories and perspectives on the Watkins and their teaching and friendship in this newsletter.

## **NEW ESTI CERTIFIED EGO-STATE THERAPISTS**

Celebrating Achievements from April to December 2016:

From our **Austrian** team with Eva Pollani, Mathias Mende and Susanna Hausleitner-Jilch, the following therapists obtained certification status:

- Daniela Kovacs
- Maria Raab
- Barbara Raninger
- Matthias Reitzer

In **Switzerland** Silvia Zanotta and Max Schlorff assisted Doris Wehrli and Kerstin Hentschel to supervisor status. Along with Maggie Phillips, Silvia journeyed with Guillaume Poupard from France, to his ESTI certification.

From Susanna Carolusson and Sya Tien Redman in **Sweden** we had two individuals reaching certification status:

- Monica Gaita
- Karin Wick

And also from Sweden we had the special achievement of a candidate who achieved certification as both trainer and supervisor in the person of Åsa Fe Kockum.

And to **Germany** our warmest welcome to Thomas Nick who qualified as therapist, under Elfie Cronauer and Susanna Leutner, but also assisted by Woltemade Hartman and Kai Fritzsche.

Congratulations to our **South African** team with Woltemade Hartman and Jenny da Silva for supporting a number of individuals towards obtaining their certification:

- Dvori Blumenau
- Danie Nel
- Elizabeth Nel
- Dr Helena Niedinger
- Marthe Pienaar
- Karin Potgieter
- Dr (med) Anthon Schröder
- Monica van Niekerk
- Dr Matrié van Niekerk

Please visit the ESTI website at [www.egostateinternational.com](http://www.egostateinternational.com) for the names of all previously ESTI certified therapists, supervisors and trainers.

## **NEWS FROM OUR GLOBAL ESTI COMMUNITY AND INDIVIDUAL COUNTRIES**

### **Susanna Carolusson reports on EST-SE (Sweden):**

She writes that EST-SE is directed by her, as a board member of ESTI, but also as part of SSCH (Swedish Society of Clinical Hypnosis). It is a win-win arrangement because Ego State Therapy can be taught in the Swedish hypnosis programmes that started in the 1970s. Since the EST training is s younger than the hypnosis training, we have agreed that the teaching of EST at basic and middle levels can be done by the faculty members of SSCH, some of whom are not ESTI-certified teachers, but nevertheless were trained by Hunter, Watkins, Frederick, Maggie Phillips, myself and Woltemade Hartman.

The final EST certification level of 90 hours, are also under the head of SSCH, but with me as the head of the faculty and only with ESTI certified trainers.

During the autumn 2016, we have had three educational programmes in SSCH under my responsibility in Gothenburg, with participants from all parts of Sweden:

June- August: Basic training in hypnosis of 64 hrs. including a minimum of 6 hrs. of EST theory and demonstration:

Sept - Dec: Day 5-8 of 16, in the 2 years hypnosis training, which includes a middle level of EST training.  
 Sept - Dec: Day 1-4 of 8, in the advanced Ego-State training (they will be certified in May). Two ESTI certified teachers are sharing the teaching with me on this curriculum.

Oct - Dec: A Danish EST therapist is a trainee with me, to become a certified ESTI teacher and supervisor.

Meanwhile, ESTI-certified therapists are giving 5-10 mandatory Ego-State Therapy hours to those in the advanced training.

In 2017, Susanna notes that with the help of several ESTI-certified therapists and two ESTI-certified teachers/supervisors in the Stockholm area (Åsa Fe Kockum and Sya Tien Redman), there is a possibility to offer an advanced programme located in Stockholm in a near future. The rest of us certified teachers, Maria Ranch, Sofia Strand and myself are all living and working on the west coast, Gothenburg area.

**Silvia Zanotta from Switzerland has reported:**

EST training events in Switzerland or by Swiss trainers in 2016:

3 Supervision days (April, June and October) with Silvia Zanotta, Zita Stoltenberg-Zehnder and Elfi Mächler  
EST Beginners 1, Beginners 2 and Beginners 3(2-day-seminars) with Silvia Zanotta and Zita Stoltenberg-Zehnder

EST Advanced 2 with Woltemade Hartman

Special seminar: Resource Therapy with Gordon Emmerson; Special seminar: Somatic approaches to Psychotherapy with Maggie Phillips

Max Schlorff taught an EST introduction seminar (2 days) at the WILOB institute

Silvia Zanotta taught a special seminar EST and anxiety and phobia seminar (2 days) in Rottweil, Germany

Silvia Zanotta taught advanced EST in Avignon France

Silvia Zanotta taught 2 EST-workshops at the Kindertagung (Children's Conference) in Heidelberg, Germany

Silvia Zanotta was interviewed at the Kindertagung in German (see [youtube-clip](#))

Zita Stoltenberg-Zehnder taught 1 EST-workshop at the Kindertagung in Heidelberg, Germany

Silvia Zanotta taught EST Beginners 2 in Poznan, Poland end of November 2016

Silvia Zanotta taught hypnosomatic EST in Berlin, Germany in December 2016

In 2017 in Switzerland:

Ego-State-Therapie Schweiz will continue with Beginners' and advanced seminars and will offer 4 supervision days throughout 2017; Furthermore there will be special seminars with Woltemade Hartman and Joy Nel from South Africa, and with Gordon Emmerson, Australia,

**Maggie Phillips announces news from ESTNA (Ego-State Therapy North America):**

Wendy Lemke, M.S., from our ESTNA board has continued to conduct ongoing consultation groups in Ego-State Therapy during the last months of 2016. Wendy also taught a well-received online webinar with me in September on How to Use Ego-State Therapy in Clinical Practice.

Also during the last six months of 2016, Wendy taught:

June 23-26th, Alexandria, VA; American Society of Clinical Hypnosis Regional Conference (Intermediate Hypnosis Conference)

October 22st-23rd, Cocoa Beach, FL; Florida Society of Clinical Hypnosis, (Ego State Therapy) <http://www.fsch.org/WorkshopAnnouncementFall2016.html> In 2017, she is scheduled to teach at the following events:

March 18-21st, Phoenix, Arizona; American Society of Clinical Hypnosis Annual Workshop: Teaching Intermediate Hypnosis Workshop, and a section in Advanced called: A Few of My Favorite Things (which will include EST applications)

April 1, 2017: ISSTD 34th Annual Conference, Arlington, VA: Applications of Dissociation in the Mainstream (paperpresentation)

May 26th, New Castle, Australia: Accessing Internal Resources for Unconscious Battles (more info will be added to [Conference site](#))

Dr. Catherine Fine, also from our ESTNA Board, will teach an Advanced 2 Ego-State Therapy workshop from June 23-25, 2017, for the Ego-State Therapy certification program in Avignon, France.

Dr. Guillaume Poupard, Director ESTI certification program in France, announces that he also has a new website called Way Inside. View his January, 2017 newsletter at [www.wayinside.com](http://www.wayinside.com).

Dr. Maggie Phillips reports that she will be teaching two new workshops in Ego-State therapy from January 27-28 in Seattle, Washington, and from March 10-11 in Portland, Oregon. The workshop title is "In Search of Our Strongest Selves: Ego-State Therapy from the Inside Out".

If you cannot attend in person, webcast is also available for the March 10-11 workshop. To register and find out more, [visit here](#). (Use this promo code (EGOSTATE1) when registering online and save \$25 on tuition).

In addition, Maggie will be teaching her Somatic Ego-State Therapy™ courses in Vienna and Norway. For more information, contact [assistant@maggiephillipsphd.com](mailto:assistant@maggiephillipsphd.com).

**Eva Pollani from Austria has let us know that she will be teaching the following classes in 2017**

Ego-State Therapy with Addictive Patients, March 10-11, 2017; Milton Erickson Society, Graz, Styria  
EST Advanced Workshop, June 2-4, 2017; Milton Erickson Society, Poland Beginning level in Ego-State Therapy in Munich, Germany; Dates To Be Arranged

**Jenny da Silva from South Africa reported the following:**

As we have been learning more about the neurophysiology of the body, we have been updating the training in Ego State Therapy to include this new knowledge.

Jenny da Silva is presenting training on the combination of Somatic Experiencing, Ericksonian Hypnotherapy and Ego State Therapy. She is also currently busy with her Ph.D on the same topic which focuses on these same modalities in the treatment of trauma.

The German Annual Intensive Ego State Therapy Training held in South Africa will be running for its 3rd year in South Africa and has become a highlight. This training is held by Dr Woltemade Hartman at Mabula Wild Animal Reserve from 26 November to 1 December 2017. Visit the website [www.meisa.biz](http://www.meisa.biz) for more information.

In addition to Dr Hartman's usual overseas training programme, he will also be training this year in Singapore, China, Hong Kong and Israel.

Dr Elzette Fritz will be hosting a one day workshop in Bad Lippspringe in Germany in November 2017 as part of the DGH (Deutsche Gesellschaft für Hypnose) Annual Conference.

**MAGGIE PHILLIPS: COMMENTARY**

**COMMENTARY ON CLAIRE FREDERICK'S LAST PAPER: View PDF: [Click Here](#)**

**IN CLOSING...**

Thanks so much for taking the time to read our news. Please feel free to send any feedback or corrections.

The deadline for our next newsletter is June 30, 2017. I hope you will consider submitting further news about your activities. If there is any way we can support you, please let us know.

*My best wishes*

*Maggie*

Newsletter contributions to be emailed to [heleen.d.malherbe@gmail.com](mailto:heleen.d.malherbe@gmail.com)



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