

THE MILTON H. ERICKSON INSTITUTES OF SOUTH AFRICA

EGO STATE THERAPY CERTIFICATION PROGRAMME

1. INTRODUCTION

The directors of the Milton H. Erickson Institutes of South Africa would like to welcome you to our Ego State Therapy certification programme. We have established this programme in response to the recent interest in Ego State therapy on a world-wide level, as evidenced by the four recent congresses on Ego State Therapy held in Germany in 2003, South Africa in 2006, South Africa in 2010 and Germany in 2011. These well-attended events have augmented the study of Ego State therapy originated by Jack and Helen Watkins in the United States during the 1980's and 1990's.

Professionals who have completed training in the use of Ego State therapy have reported greater success with complex patients, particularly those who previously appeared to be untreatable, such as those with complex PTSD and anxiety, personality disorder patients, and dissociative spectrum patients, including DID (dissociative identity disorder).

Ego State Therapy is uniquely suited to healing the fragmentation that results from various types of trauma and cumulative trauma, including attachment disorders, childhood abuse and trauma, developmental trauma, trauma usually occurring at maturity such as rape, assault, car collisions and work injuries, as well as damage caused by war and natural disasters.

We have also found Ego State therapy to be helpful in working with traumatized children and adolescents, as well as with patients of all ages whose issues appear refractory to various types

of good treatment. In these cases, it has been our experience that internal conflicts of the self have prevented the patient's positive response to therapy methods. Ego State Therapy has helped to create a more functional internal family of self, which promotes greater functionality in every area of life.

2. EGO STATE THERAPY SOUTH AFRICA (EST-SA)

This training and certification programme is administered by the Milton H. Erickson Institutes of South Africa and its directors, Woltemade Hartman Ph.D, Callie Hattingh (MA Clin. Psych) Elzette Fritz D.Ed and Jenny da Silva M.Ed Psych, who are recognized experts in the field of Ego State therapy and accredited as Ego State Therapy trainers through Ego State Therapy International - ESTI. All accredited senior faculty members specialize in the practice of Ego State therapy and have contributed extensively to this field through their presentations and publications. EST-SA is affiliated to the Ego State Therapy International – ESTI (www.egostateinternational.com)

3. THE CERTIFICATION PROGRAMME

The Ego State Certification requirements include the following:

- 3.1 Eligibility:** A Masters degree in Psychology or MBChB in Medicine and appropriate Intern-students enrolled in a graduate programme with official documentation to that effect, may also be considered.
- 3.2** Eligibility also requires documentation of the equivalent of 24 hours of hypnosis training from a recognized institute of higher learning or professional hypnosis Society such as The Milton H. Erickson Institutes of South Africa (MEISA), The South African Society of

Clinical Hypnosis (SASCH), The American Society of Clinical Hypnosis (ASCH), The Milton Erickson Gesellschaft of Germany (MEG), The European Society of Hypnosis (ESH), The International Society of Hypnosis (ISH), and the institutes worldwide that are affiliated with The Milton H. Erickson Foundation in Phoenix, Arizona, USA.

All other sources of hypnosis training MUST be approved by EST-SA. We believe strongly that education in the use of hypnosis is an important foundational skill necessary for the effective practice of Ego State therapy due to the degrees of dissociation demonstrated by patients for whom Ego State therapy is indicated.

- 3.3** Completion and documentation of Ego State Therapy Beginners Level Part 1 (5 days) – 40 training hours.
- 3.4** Completion and documentation of Ego State Therapy Beginners Level Part 2 (5 days) – 8 hours Case consultation and Group Supervision + 32 training hours.
- 3.5** Completion and documentation of Ego State Therapy Advanced Level Part 1 (5 days) –. The Advanced level Part 1 includes 1 day of Case Consultation and Group Supervision plus two, 2 days, Specialization workshops. - 8 hours Case consultation and Group Supervision + 32 training hours
- 3.6** Completion and documentation of Ego State Therapy Advanced Level Part 1 (5 days) –. The Advanced level Part 2 includes 1 day of Case Consultation and Group Supervision plus 1, 2 days, Specialization workshops and a two day Master Class - 8 hours Case consultation and Group Supervision + 32 training hours

- 3.7 Completion and documentation of at least 2 hours of Individual Case Consultations with approved faculty members.
- 3.8 Completion and documentation of a minimum of 6 hours individual (personal) Ego State Therapy involving Ego State Therapy as treatment modality with approved faculty members.
- 3.9 Completion and documentation of a **Viva-Vocé (one-to-one, in-person discussion)**. A Viva Vocé entails a face-to-face in-depth academic review on the topic of Ego State Therapy as well as a review of clinical work involving Ego State Therapy. The latter must include at least one DVD case presentation (or audio, or live observation if DVD is not possible) reviewed by senior faculty members. The 2 hour Viva Vocé will be conducted by an approved Ego State Therapy faculty member. The faculty member will then make a recommendation to the regulating body (EST-SA) regarding national certification. All proof of training and relevant documentation must be submitted on application for the Viva Vocé.
- 3.10 We encourage interested applicants to file an initial application with EST-SA, designed to open their files and determine whether they have met the basic eligibility requirements. This application should be accompanied by a proof of payment of R 150.00 administration fee and emailed to Dr. Hartman at info@meisa.co.za. Please refer to the banking details below.
- 3.11 Written documentation of the fulfillment of **all** certification requirements **must accompany a certification application**. The formal application must be sent to Dr. W. Hartman via email. Each applicant will be notified by return email as to which faculty

member will receive the application **accompanied by the supporting documentation** in order to complete the assessment. Supporting documents are to include certificates of attendance, two letters of recommendation, (one must be from a senior faculty member), a DVD/Audio demonstration of no more than 45 minutes accompanied by a detailed case summary of no more than 5 double spaced pages. Other acceptable evidence of Ego State therapy practice may include live observation by an approved faculty member, if approved in advance by EST-SA. One copy of all supporting materials must be sent to the designated faculty member along with a payment of R 1000.00 evaluation fee for the DVD/Audio/Live presentation.

4. RECOGNITION OF PAST TRAINING HOURS

EST-SA will accept all training in Ego State therapy received from 2003 forward conducted by an accredited training institution. Previous training received before 2003 will be evaluated on an individual basis by an approved EST-SA faculty member. Applicants with substantial training completed before 2003 may be asked to update their knowledge on the subject and to complete current ego state therapy training.

- We reserve the right to increase fees in the future to reflect cost of living issues and meet administrative needs. Requirements and procedures are also subject to change with ample notice to participants and faculty members.

On receipt of National Ego State Therapy Certification candidates can also apply for International Ego State Therapy Certification with ESTI – Ego State Therapy International. The fee payable to ESTI for international certification is currently 50 Euro. Candidates interested can contact Dr Hartman ESTI representative for South Africa in this regard at info@meisa.co.za

Thank you for your consideration of the Ego State Therapy certification programme. Please contact us with any questions you may have at our email addresses.

We look forward to having you in our certification programme.

Yours sincerely

Woltemade Hartman, Callie Hattingh, Elzette Fritz D.Ed and Jenny da Silva
Directors Milton H. Erickson Institutes of South Africa
Accredited ESTI Trainers and Supervisors