

New Ego State Therapy Training Curriculum

First Year (10 days of training)

Beginners: Part 1 (5 days)

Day 1

1. Introduction and history of ego states and Ego State Therapy
2. The theory of trauma and dissociation
3. Hypnotic interventions and self-hypnosis in relation to Ego State Therapy
4. Afternoon practise in dyads and triads

Day 2

1. Ego State Therapy: Definition and epistemology
2. Ego State personality theory
3. Stabilization: Conflict-free imagery and safe place/safe space
4. Afternoon practise in dyads and triads

Day 3

1. The SARI Model
2. Stage 1: Safety and Stabilization
3. Afternoon practise in dyads and triads

Day 4

1. The SARI Model Stage 2
2. Activation and accessing ego states: Talking to ego states
3. Afternoon practise in dyads and triads

Day 5

1. The SARI Model Stage 2
2. Activation of resourceful ego states
2. Ego State mapping
3. Afternoon practise in dyads and triads

Beginners: Part 2 (5 days)

Day 1

1. Case consultation and group supervision

Day 2

1. The SARI Model Stage 3
2. Resolving trauma and finding corrective experiences
3. Afternoon practise in dyads and triads

Day 3

1. The SARI Model Stage 3
2. Resolving trauma and finding corrective experiences
3. Afternoon practise in dyads and triads

Day 4

1. The SARI Model Stage 4
2. Integration and generalization
3. Afternoon practise in dyads and triads

Day 5

1. Post-traumatic growth
2. Afternoon practise in dyads and triads

Year 2 (10 days of training)

Advanced: Part 1 (5 days)

Day 1

1. Case consultation and group supervision

Day 2

1. Specialization workshop one: EST with destructive ego states and introjects (Part 1)
2. Afternoon practise in dyads and triads

Day 3

1. Specialization workshop one: EST with destructive ego states and introjects (Part 2)
2. Afternoon practise in dyads and triads

Day 4

1. Specialization workshop two: EST with children and adolescents (Part 1)
2. Afternoon practise in dyads and triads

Day 5

1. Specialization workshop two: EST with children and adolescents (Part 2)

Advanced: Part 2 (5 days)

Day 1

1. Case consultation and group supervision

Day 2

1. Specialization workshop three: Open choice regarding topic and content: EST and bodywork in the treatment of complex trauma (Part 1)
2. Afternoon practise in dyads and triads

Day 3

1. Specialization workshop three: Open choice regarding topic and content: EST and bodywork in the treatment of complex trauma (Part 2)
2. Afternoon practise in dyads and triads

Day 4

1. Specialization workshop four: Master class (Part 1)
2. Afternoon practise in dyads and triads

Day 5

1. Specialization workshop four: Master class (Part 2)
2. Afternoon practise in dyads and triads

Individual case consultations

1. A minimum of two (2) hours of personal case consultation with approved faculty

Self-Experience

1. A minimum of six (6) hours of self-experience sessions with Ego State Therapy by approved faculty

Viva vocé

1. A two (2) hour presentation of ego state work / case studies / questions and answers with approved faculty

Prerequisite

1. At least the **beginners training** in hypnotic interventions by approved service providers

Eligibility

1. Medical doctors, psychiatrists, licensed clinical, educational, counselling and industrial psychologists, master degree psychology students in approved training programmes at universities, and fulltime psychology interns at approved institutions (universities and elsewhere) in accordance with the rules and regulations of the Health Professions Council of South Africa (HPCSA)