

Ego State Therapy: Foundation Course

Presented by: Dr. Gordon Emmerson, PhD, Registered psychologist

When: 8th & 9th March 2013

Venue: Bahrain

Contact: Esho Funi Consultants

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Workshop Details

Ego state therapy is a powerful and brief therapy based on the premise that personality is composed of separate parts, rather than being a homogenous whole. These parts (which everyone has) are called ego states. The therapist learns to work directly with the state that can best benefit from change, rather than with an intellectual, talkative state.

Certificates: provided by 'Australasian Ego State Therapy Association'

We are each made up of a number of different states; each has its own feeling of power, weakness, emotion, logic, or other personal traits. When we say, "Part of me wants to," we are talking about an ego state. When we say, "I feel at peace with myself on this issue," we are talking about our ego states agreeing, not having an internal struggle. Our various states help to make our lives rich, productive, and enjoyable. A state harboring pain can cause unrest and unwanted emotional reactions.



The Goals of the Therapy are

- To locate ego states harboring fear or rejection and facilitate expression, release, comfort, and empowerment (It is unresolved states that come out and make us feel out of control. They are our tender spots)
- To resolve conflict between ego states (the statement "I hate myself when I am like that" indicates two states lacking in proper communication)
- To help clients learn their ego states so that the states may be better used to the clients' benefit (e.g., allowing the client to, at one time, be open to enjoy emotional experiences and, at another time, be assertive to feel expressed when challenged).

Foundation Training in Ego State Therapy

The Foundation Training in Ego State Therapy is designed to introduce therapists to work with ego states and provide enough training for therapists to begin using some ego state techniques with clients. *Continued....*

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It will help understand the formation and nature of ego states, how they interact in the personality, and how best to bring them to the surface and communicate with them to affect change. Participants will receive practice in bringing out ego states and engaging with them. Below are some of the inclusions covered during the foundation training.

- Brief History of Ego State Therapy
- Nature of Ego-States, Formation, Goals of Ego-State Therapy, Permanence
- Ego States vs DID Alters
- The Executive State, Surface and Underlying States
- Normal, Vaded, Retro, and Conflicted States
- Introduction of Ego-State Therapy to the Client
- Ways to access Ego-States
- Working with Ego States; Gaining confidence and facilitating state to state communication
- How to address Ego-States, and how to move from one to another
- What questions to ask and what notes to keep
- Aspects of an Ego-State Session

The program also includes assistance for participants to be prepared for some roadblocks (given below) that clients manifest.

- Overcoming hurdles: When the client has difficulty naming an ego state, when the client has difficulty finding an ego state that can help another state, accessing the desired state,
- When the client is reluctant to speak to an ego state or introject in using an empty chair,
- When the client does not speak directly to the introject in the empty chair,
- Spontaneous hypnosis
- Handling Resistance in Ego-State Therapy,
- Dealing with difficult or destructive ego states,
- Working with abreactions
- Speaking to the introject of a perpetrator

It will include the presentation of skills to bridge to the original sensitizing event that is the origin of many psychological disorders, and it will include the

- Expression/Removal/Relief technique to resolve states that have retained fear or rejection from past incidents.

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WHY should YOU learn?

The Foundation course is a required level of training for the Advanced Clinical Training in Ego State therapy. Below are some additional skills and techniques that will be covered in the Advanced Clinical Training.

- There are three central Ego State Techniques that provide interventions for most psychological issues. The clinical training provides presentation, demonstration and practice for these three methods of working.
- Helping ego states that are holding issues from the past (vaded states) that interfere currently.
- Helping ego states that are conflicted with each other to the point of causing psychological distress.
- Helping the client learn to have the most appropriate part out to deal with issues, perform at a high level, and enjoy living.

The Clinical Training also includes specific ego state techniques to deal with:

- Addictions: gambling, drugs, workaholism, obsessive compulsive disorder, and others.



- Depression
- Panic disorder and PTSD
- Couples counseling: Relationship issues
- Complicated Bereavement: Working with grief and loss
- Suicidal ideation
- Anger issues
- Promoting self awareness and knowledge of strengths

The Clinical Training also includes advanced training skills that will help the therapist better work with ego states:

- Helping ego states keep their purpose to help, but learn to accomplish that purpose in a way that is helpful to the client.
- Ego state assessment: assessing the problem, not the person, to know which direction to take in therapy.
- Practice issues, getting clients, referrals.
- Supporting skills and ethical considerations.
- The value and practice of advanced listening.
- Learning to make sure the client's central problem is the focus.
- What lies within: Ego-States, Inner Strength, Interjects, Other-personalised Identity, Creative Form Identity

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About your instructor...

Professor Gordon Emmerson is an Honorary Fellow in the school of psychology at Victoria University, Melbourne. He is the author of the books 'Ego State Therapy' (2003, 2007, 2010), and 'Advanced Techniques in Therapeutic Counseling' (2006, Crown House). He authored Ego State Personality Theory (2011), and has developed techniques for working with many psychological conditions. His conceptualization of Vaded Ego States has defined how to work with addictions, OCD and trauma. As a registered psychologist and member of the Australian Psychological Society, he has published a number of articles on Ego State Therapy and has conducted and published clinical research on its efficacy. Dr Emmerson has conducted numerous ego state workshops in Australia, South Africa, Germany, the UK and in the US, and he makes keynote conference and convention addresses on the therapy. He provides Foundation and Clinical Qualification training in Ego State Therapy.

Dr. Gordon Emmerson Professional Associations

- Registered Psychologist, Australia
- Member: APS, Australian Psychological Association
- Life-time Honorary Member, and Patron: AHA, Australian Hypnosis Association
- Member: ASCH, Australian Society of Clinical Hypnotherapist
- Life-time Honorary Member and Cofounder: AESTA, Australasian Ego State Therapy Association
- Honorary Fellow, Victoria University
- Author of the Books
 - 'Ego State Therapy' (2003, 2007, 2010),
 - 'Advanced Techniques in Therapeutic Counseling' (2006),
 - 'Happy Parts Happy Self' (2012)
- Dr Emmerson has conducted numerous ego state workshops in Australia, South Africa, Germany, the UK and in the US, and he makes keynote conference and convention addresses on the therapy

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ABOUT the coordinator...

Dr. Puja Taneja Malhotra is a health Psychologist and also trained in Client centered Parts Therapy, Hypnotherapy, Neuro Linguistic Programming and Dance therapy. She is also trained in REBT for Anger management and uses relaxation and releasing techniques, as well as art based therapies.

She's been working as a Consultant for more than 7 years and has designed and conducted programs / trainings containing special modules on Hypnotherapy, Hypnobirthing, Health & Lifestyle management, Emotional Empowerment, Stress Management, Anger Management, Interpersonal Relationships, and Goal clarity.

Her forte has been developing techniques which enable people to heal themselves (physically and psychologically) using the power of their mind (through meditation & relaxation techniques) and empowering people to utilize emotions as their core strength.

Professional Qualification

- Client Centered Parts Therapy, Practitioner & Coach, Dr. Roy Hunter, 2012
- Clinical Hypnotherapy (Ericsonian Hypnotherapy), 2008, American Board of Hypnotherapy
- Practitioner of Neuro Linguistic Programming, 2008, American Board of NLP
- Dance Therapy, 2007, Tripura Kashyup (Dance Therapist), Delhi
- Psychological Counselling 2001, Christian Counselling centre, Vellore
- Cognitive Behavioural Approaches to Anger Management, 2001, by Prof. Howard Kassinove, Chairman, Department of Psychology, Hofstra University, New York, USA