

Introducing Ego States

What causes the words we hear in our mind?

What internal dynamic produces depression, panic attacks and addictions?

How can learning what is inside bring back the love and wonder of childhood?

The personality is composed of separate mood states. These mood states, which everyone has, are called Ego States.

Medical and psychological problems result from Ego States harbouring pain, trauma, anger or frustration and expressing it inappropriately.

Indecision is a result of two Ego States wanting different things.

Gordon Emmerson PhD | author of *Ego State Therapy*

published clinical research on the efficacy of Ego State Therapy – University of Victoria, Melbourne, Australia

Our personalities are not homogeneous, rather composed of separate mood states that we easily switch between.

Each of our states feels equally real at the time and, throughout, balanced people know themselves as 'I'.

Call to mind an occasion when you felt something clearly and yet, sometime later, you felt completely different.

Analytical cognitive therapies, such as CBT, encourage people to talk about and examine their issues from the detached perspective of an intellectual state. This affords little chance of timely change, because the troubled state is not expressing itself. In fact, the troubled state is being 'talked about'. It is not being enabled to express itself or its needs, to gain clarity, support, renewal or release – this way internal tension, the root of unwanted habits, remain.

Ego State Therapy in Practice

During Ego State Therapy you communicate directly with the state needing assistance and invite its expression.

Once expressed and fully resolved, the previously troubled state no longer manifests unwanted behaviour, such as: *anxiety, blushing, feeling lonely/defeated/stuck, frustration, procrastination, insomnia, depression, phobia, obscured hidden rage, addictive habits or inner conflicts with food, alcohol, smoking.*

This approach is very immediate for people who are **ready to change** and who can locate a **felt-sense** in the body.

There are also many experiential practices to build this somatic awareness if Clients are happy to explore and be guided.

In contrast to the analytical process of constructing coping strategies for symptoms, as in CBT, Ego State Therapy focuses precisely on positive resolution led from an inner conviction. This positive focus of enabling troubled states to communicate their desired outcome also avoids the risk of compounding misery from focusing on the details of trauma.

Ego State Practice facilitates troubled inner states to come forward so that the frequently suppressed or confused state finds relief, support and resolution. Clients report feeling depth of awareness, integrated, fully alive and at ease.

Ego State Therapy is undeniably accurate and is effective both **within hypnosis** and **non-hypnotically**.

Combined with other Reflective Practices it is also highly effective for creative expression, confidence and achievement.

Goals of Ego State Practice

- To locate ego states harbouring pain, trauma, confusion, anger or frustration and to facilitate expression, release and renewal through comfort, co-operation and empowerment.
- To facilitate good communication and co-operation amongst ego states.
Conflicting beliefs and procrastination are indicators of two or more states lacking proper communication.
- To help you understand your ego states so that states may be better engaged to your benefit.
eg. **ceasing passive-aggressive impulses** or **releasing anxiety/phobia** which developed to prevent recurrent pain, in reaction to events that the body felt as traumatic, perhaps when the client or states were too young to cope.

Professional Practitioner Training + Supervision

Ego State Theory and Therapy is strongly supported by clinical research. It is recognised practice in Australia, America, South Africa and Germany. I am the first and currently only *Diploma-trained* practitioner in the UK.

The leading academic and practitioner-trainer is Gordon Emmerson, PhD – an American, actively practising in Australia. He is the author of *Ego State Therapy* and *Advanced Skills and Interventions in Therapeutic Counselling*.

Following a brief introduction in the UK, I travelled to Melbourne in 2008 to train in depth with Gordon Emmerson and received his Diploma in Ego State Therapy. Gordon, like all great mentors, guides small groups in the 'hear, see, do' tradition combining expert knowledge, demonstrations, questions, practical peer practice and case review.

Gordon Emmerson supports my Ego State Practice as an on-going specialist mentor and supervisor.

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