

Ego State Therapy

*All the world's a stage ...
And one man in his time plays many parts ...
As You Like It Shakespeare*



*The personality is composed of separate mood states, which everyone has, called Ego States.
Problems result from States harbouring pain, trauma, anger or frustration
and expressing this inappropriately.*

Gordon Emmerson PhD – author of *Ego State Therapy*
www.egostatetherapy.com

Ego State Therapy is a **powerful experiential brief therapy**, which maintains that personality is composed of different states. Throughout many changes of state, superficially called moods, balanced people know themselves as 'I'.

Recall when you experienced feeling strongly about something, only some time later to feel the opposite just as strongly. Or, recall feeling torn in two, when seeming different parts of you simultaneously wanted and did not want someone, whilst inside you felt indecisively unsettled. Many states make life feel worthwhile, productive and wonderful. Unresolved states feed internal psychological pressure and cause internal unrest, which is expressed in negative patterns.

Ego State Therapy in Practice

Release the negative: We communicate directly with the state needing assistance and invite its expression. Once resolved, the previously troubled state no longer manifests the unwanted symptoms or behaviour, such as: **anxiety, blushing, fatigue, insomnia, phobia, procrastination, frustration, swallowed rage, grief, overwhelm, emotional eating, drinking and smoking.**

Enhance the positive: Clients report sensing meaningful awareness and re-integration, feeling alive, balanced and at ease – fully resolved. Ego State Therapy is undeniably accurate and effective both **with hypnosis** and **non-hypnotically**. When practiced experientially within groups, Ego State Therapy also highly effective for **creativity, confidence, communication and morale.**

Goals of Ego State Therapy

- To locate states harbouring pain, fear, confusion or resentment.
To enable expression, release and renewal through comfort, co-operation and confidence.
- To facilitate good communication and co-operation amongst all the relevant states.
Procrastination is an indicator of two or more states lacking proper communication.
- To help you understand yourself, so that your states may be better engaged to your benefit.

Ego State Therapy Practitioner Diploma Training

Ego State Therapy is strongly supported by clinical research and is recognised good practice in Australia, North America, South Africa, Germany and, increasingly, in England.

Gordon Emmerson PhD is the leading academic, practitioner and trainer of Ego State Therapy. Following a brief introduction in the UK in 2008, I trained with Gordon Emmerson in Australia for the Practitioner Diploma in Ego State Therapy. Gordon guides small groups in his 'hear, see, do' tradition combining expert knowledge, demonstrations, practical peer practice and case review. Gordon Emmerson continues to support my practice as a specialist mentor.

Susan White MA

coach of professional spoken voice and personal presence
reflective practitioner • hypnotherapy • ego state therapy

www.per-sona.com

020 7244 0402

www.explorethepause.com