

# Functional Ego States



## Critical Parent

- moralistic
- judgemental
- authoritarian

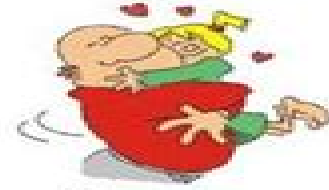


## Rebellious Child

- defiant
- complaining

## Adapted Child

- compliant
- passive



## Nurturing Parent

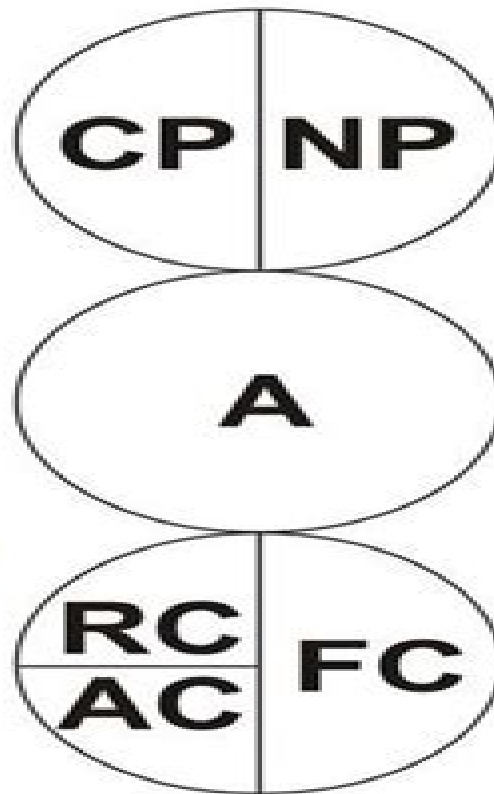
- reassuring
- caring
- encouraging
- supportive
- understanding

## Adult

- non-judgemental
- open-minded
- interested
- confident
- reality based

## Free Child

- curious
- energetic
- fun-loving
- spontaneous



Ref: Woollams and Brown (1978)

# Ego State Therapy

**Carol Forgash, Margaret Copeley**



## **Ego State Therapy:**

*Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy* Carol Forgash, Margaret Copeley, 2007-12-17 This read truly does have something for everyone who works with trauma and dissociative processes American Journal of Clinical Hypnosis This volume which takes a multi perspective approach to the practice of EMDR and Ego State Therapy presents a wide variety of ways to integrate these two therapies both with each other and with other complementary methods in the treatment of trauma and dissociation European Association for Body Psychotherapy EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits This book pioneers the integration of EMDR with ego state techniques and opens new and exciting vistas for the practitioners of each From the foreword by John G Watkins PhD founder of ego state therapy This read truly does have something for everyone who works with trauma and dissociative processes American Journal of Clinical Hypnosis The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician s abilities to work with this terribly injured population This book blends concepts from neurobiology hypnosis family systems theory and cognitive therapy to enhance treating this population It is a well written book that the novice as well as the seasoned clinician can benefit from Mark Dworkin author of EMDR and the Relational Imperative This book conveys complex concepts that will be of interest to seasoned therapists with a clarity that will appeal to the novice as well This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma Sarah Chana Radcliffe M Ed C Psych Assoc Author Raise Your Kids without Raising Your Voice I believe that this book is a significant contribution to the fields of psychology and EMDR It is the first of its kind anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients Sara G Gilman in Journal of EMDR Practice and Research Volume 3 2009 This is a book about polypsychism and trauma It offers a number of creative syntheses of EMDR with several models of polypsychism It also surveys and includes many other models of contemporary trauma theory and treatment techniques The reader will appreciate its enrichment with case examples and very generous bibliographic material If you are a therapist who works with patients who have been traumatized you will want this book in your library Claire Frederick MD Distinguished Consulting Faculty Saybrook Graduate School and Research Center Training in EMDR seems to have spread rapidly among therapists in recent years In the process awareness is growing that basic EMDR training may not be adequate to prepare clinicians to effectively treat the many cases of complex trauma and dissociation that are likely to be encountered in general practice By integrating it with ego state therapy this book may just serve as a crucial turning point in the development of EMDR by providing a model for productively applying it to the treatment of this important and sizeable clinical population Steven N Gold PhD President Elect APA Division of Trauma The powerful benefits of EMDR in treating PTSD have been solidly validated In this groundbreaking new work nine master clinicians show how complex PTSD involving dissociation and other challenging diagnoses can be treated

safely and effectively They stress the careful preparation of clients for EMDR and the inclusion of ego state therapy to target the dissociated ego states that arise in response to severe and prolonged trauma

*Easy Ego State Interventions* Robin Shapiro,2016-01-21 Quick essential techniques to practice ego state therapy a popular therapeutic approach Most of us have different aspects parts or ego states of ourselves the silly and imaginative five year old part for example or the depressed anxious or angry adolescent which manifest as particular moods behaviors and reactions depending on the demands of our external and internal environments Ego state therapy refers to a powerful flexible therapy that helps clients integrate and reconcile these distinct aspects of themselves This book offers a grab bag of ego state interventions simple practical techniques for a range of client issues that any therapist can incorporate in his or her practice In her characteristic wise compassionate and user friendly writing style Robin Shapiro explains what ego states are how to access them in clients and how to use them for a variety of treatment issues After covering foundational interventions for accessing positive adult states creating internal caregivers and working with infant and child states in Part I Getting Started With Ego State Work Shapiro walks readers step by step through a variety of specific interventions for specific problems each ready for immediate application with clients Part II Problem Specific Interventions includes chapters devoted to working with trauma relationship challenges personality disorders suicidal ideation and more Ego state work blends easily and often seamlessly with most other modalities The powerful techniques and interventions in this book can be used alone or combined with other therapies They are suitable for garden variety clients with normal developmental issues like self care challenges depression grief anxiety and differentiation from families and peer groups Many of the interventions included in this book are also effective with clients across the dissociation spectrum dissociation is a condition particularly well suited to ego state work including clients who suffer trauma and complex trauma Rich with case examples this book is both a pragmatic introduction for clinicians who have never before utilized parts work and a trove of proven interventions for experienced hands to add to their therapeutic toolbox Welcome to a powerful flexible resource to help even the most difficult clients build a sense of themselves as adult loveable worthwhile and competent

**Ego State Therapy** Gordon Emmerson,2007-10-10 Emmerson s innovative book presents the theory and practice of working with ego states helping to understand them recognize and use them will be a very valuable addition to the subject Professor V M Mathew MBBS DTM H DPM MRCPsych MPhil Consultant Psychiatrist and Clinical Director West Kent NHS and Social Care Trust

*Ego States* John Goodrich Watkins,Helen Huth Watkins,1997 Ego state theory links normal personality functioning with its extremes such as found in dissociative identity disorder The therapy integrates psychoanalytic practice and hypnoanalytic techniques to discover and explore covert ego states thereby effecting behavior change With clear language and case extracts the recognized originators of ego state therapy explain this fascinating theory and how to put it into practice

[Somatic Ego State Therapy for Trauma Healing](#) Silvia Zanotta,2024-08-08 This book integrates Ego State Therapy with body based therapies to present a multidimensional

approach to working with clients who have experienced trauma Drawing upon a range of important modalities including Somatic Experiencing Polyvagal theory Hypnotherapy and Ego state therapy Silvia Zanotta lays out a practical view of what it means to navigate the internal and external world in the aftermath of trauma She provides an up to date applications oriented view that prepares the practitioner to move beyond a one size fits all treatment formula to meet the complexity of human experience This approach holds that issues such as resistance guilt and shame rejection and rage should be anticipated as a part of more than an obstacle to PTSD treatment Case vignettes transcript content and step by step instructions for specific interventions and activities take the content of the chapters from theory to practice This is a practical experiential book that will appeal to all professionals working with trauma including psychotherapists counsellors body workers and social workers

The Developmental Needs Meeting Strategy Shirley Jean Schmidt,2004 The Developmental Needs Meeting Strategy DNMS Institute, LLC,2009-02-01 **The Developmental Needs Meeting Strategy** Shirley Jean Schmidt,2009-12 This book teaches psychotherapists how to apply the Developmental Needs Meeting Strategy DNMS The DNMS is an ego state therapy designed to treat a wide range of clients symptoms and issues This includes clients with complex trauma wounds such as those inflicted by verbal physical and sexual abuse and clients with attachment wounds such as those inflicted by parental rejection neglect and enmeshment The DNMS is based on the assumption that the degree to which developmental needs were not adequately met is the degree to which a client is stuck in childhood It starts by guiding clients to establish three internal Resources a Nurturing Adult Self a Protective Adult Self and a Spiritual Core Self Together these Resources gently help wounded child ego states get unstuck from the past by meeting their unmet developmental needs helping them process through painful emotions and by establishing an emotional bond Alternating bilateral stimulation made popular by EMDR is applied at key points in the process The DNMS focuses special attention on healing maladaptive introjects ego states that mimic abusive neglectful or dysfunctional caregivers Since these wounded ego states cause the most trouble for clients their healing results in a significant benefit As introjects heal clients report unwanted behaviors beliefs and emotions diminish This book provides DNMS background material including a discussion of ego state theory and the practical application of ego state therapy It outlines detailed protocol steps for establishing Resources selecting maladaptive introjects for processing and meeting developmental needs The final chapter is devoted to handling processing complications and blocks The appendix provides practice worksheets and forms and many other supportive materials

**A Case Study Using Ego State Therapy** Patricia Hund,2004 **The SAGE Encyclopedia of Theory in Counseling and Psychotherapy** Edward S. Neukrug,2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind

them while presenting them in context needed to understand their strengths and weaknesses This is a quick one stop source that gives the reader the who what where how and why of contemporary counseling and psychotherapy theory From historical context in which the theories were developed to the theoretical underpinnings which drive the theories this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter Features Benefits Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context A Master Bibliography and a Resource Guide to key books journals and organizations guide students to further resources beyond the encyclopedia The Reader s Guide a detailed Index and the Cross References combine for effective search and browse in the e version and helps students take the next steps in their research journeys This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory It is ideal for the public and professionals as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree

**DISSOCIATION IN EGO-STATE THERAPY AND EMDR MODELS** Ryohichi Nagashima,2020-10-22 EMDR Eye Movement Desensitization and Reprocessing is an effective psychotherapy for PTSD Post Traumatic Stress Disorder For example the therapist puts a finger in front of the client s eyes and slowly moves it to the left or right with a constant rhythm The client performs eye movements that follow the movements of the fingers with both eyes while recalling unpleasant memories that he she does not want to recall It is a completely new treatment method in which the unpleasant memory gradually fades due to the eye movement It is a completely new treatment method in which the unpleasant memory gradually fades due to the eye movement This book presents four models that are currently considered to be the mechanism of action of EMDR and examines the possible mechanism of action It would be greatly appreciated if the consideration in this book would be useful not only for EMDR researchers and people related to psychology but also for all modern people living under mental stress *Summary of Robin Shapiro's Easy Ego State Interventions* Everest Media,2022-05-18T22:59:00Z Please note This is a companion version heal trauma by creating a true dual attention between parts stuck in a traumatic event and the here and now adult in the relatively safe world bring former resources to current situations 4 When doing ego state work therapists tend to focus on two states positive resourced ego states and dysfunctional reactive not connected to present reality states Resourced states can be the grown up capable ego states and if dissociative ANPs Apparently Normal Parts that take care of the business of daily life Handbook of Medical and Psychological Hypnosis Gary Elkins,2016-07-25 A unique state of the art interdisciplinary resource on clinical hypnosis in psychology and medicine This is the only up to date comprehensive interdisciplinary resource on clinical hypnosis research and applications in psychology and medicine Authoredby hypnosis experts worldwide it encompasses state of the art scholarship and techniques for hypnotic treatments along with hypnosis transcripts and caseexamples for all major

psychological disorders and medical conditions In easily understandable language this desk reference addresses theories neurophysiology of hypnosis hypnotherapy screening measurement of hypnotizability professional issues and ethics Individual chapters present hypnotic inductions to treat 70 disorders including anxiety depression pain sleep problems phobias fibromyalgia irritable bowel syndrome menopausal hotflashes Parkinson s disease palliative care tinnitus addictions and a multitude other common complaints The guide also examines the history and foundations of hypnosis myths and misconceptions patient screening dealing with resistance and precautions to the use of hypnosis It examines a variety of hypnotherapy systems ranging from hypnotic relaxation therapy to hypnoanalysis With each application the text includes relevant research specific induction techniques and an illustrative case example Additionally the resource covers professional issues certification hypnosis in the hospital and placebo effects

**Key Features** Presents state of the art hypnosis research and applications for a wide range of psychological and medical disorders Encompasses information on 70 disorders with relevant research intervention techniques and case examples Authored by an international cadre of experts Provides an interdisciplinary perspective of both the mental health and medical communities Addresses certification ethics and other professional issues

Special Issue on Ego-state Therapy Moshe S. Torem, 1993

**Ego State Therapy** Antonius Arief, 2013-08-15

Amazing Sebuah karya penting untuk dunia psikoterapi hipnoterapi dan pengembangan diri di Indonesia Arif membeberkan dengan sederhana dan mudah dimengerti sebuah teori tentang kepribadian yang sebelumnya terlihat begitu rumit Plus teknik intervensi perilaku dan emosi yang sangat hebat hasilnya dan hanya perlu waktu singkat untuk melakukannya Salut Siapa pun yang ingin mengubah perilaku negatif menjadi positif harus membaca buku ini Ariesandi CHt Holistic Coach and Family Hypnotherapist Penulis buku laris The Ultimate Success [www.akademihipnoterapi.com](http://www.akademihipnoterapi.com) Hidup menyajikan masa masa krisis yang memungkinkan potensi potensi tersembunyi muncul ke permukaan Menjadi pribadi pemenang atau pecundang ditentukan sikap seseorang saat mengalami krisis Bila Anda menemukan Diri menjadi tawanan keinginan ketakutan kekhawatiran kegaManga Manhwa Manhwan keraguan kesedihan dan keranjingan buku EGO STATE THERAPY ini akan membantu Anda langkah demi langkah untuk menjadi pribadi merdeka Drs Asep Haerul Gani Psikolog Pionir pembelajaran Ericksonian Hypnotherapy di Indonesia Penulis buku FORGIVENESS THERAPY Buku ini membahas sebuah metode yang praktis luar biasa Banyak manfaat yang bisa Anda dapatkan dengan Belajar Ego State Therapy termasuk untuk diri anda sendiri Jadi rekomendasi saya BELI buku ini SEKARANG JUGA Awie Suwandi T H U M B Trainer Hypnotherapist Unconsc Mind Zetter Mental Coach Bestseller Bookwriter Turbo Hipnotis Perubahan itu mudah jika tahu caranya Mempelajari cara berubah itu mudah jika tahu siapa gurunya Dan saat Anda bertanya siapa guru paling tepat untuk belajar Ego State Therapy pikiran saya pun melayang pada Antonius Arif Saya tidak tahu seberapa hidup Anda akan berubah setelah membaca dan mempraktikkan buku ini Teddi Prasetya Yuliawan Founder of Indonesia NLP Society [www.indonesianlp society.org](http://www.indonesianlp society.org) Author of NLP handbook NLP The Art of Enjoying Life Saya tidak banyak tertarik dengan Ego State

Therapy sampai saya observasi bagaimana Antonius Arif melakukannya A simple and great tool Buku ini menunjukkan kepada siapa saja yang tertarik dengan pengembangan atau perbaikan diri atau siapa saja di bidang helping people bahwa melakukannya bisa sangat sederhana So simple and useful Hingdranata Nikolay 1st Licensed Trainer of NLP di Indonesia CEO dan Master Trainer INSPIRASI INDONESIA NLP INDONESIA Penulis buku best seller BE HAPPY GET WHAT YOU WANT

Intuition and Ego States Eric Berne,1977 Eric Berne does more in these pages than penetrate the mysteries of intuition He explains the fascinating course that leads him to found a whole psychotherapeutic system transactional analysis TA that extraordinary aid in the fathoming of human affairs These historically important articles describe as only a primary source can the evolution of Dr Berne s insights and awarenesses from those of an orthodox psychoanalyst to those of an originator of an almost defiantly new approach in pscyhotherapy Editor s preface

**Somatic Ego State Therapy for Trauma Healing** Silvia Zanotta,2024 This book integrates Ego State Therapy with body based therapies to present a multidimensional approach to working with clients who have experienced trauma Drawing upon a range of important modalities including Somatic Experiencing R Polyvagal theory Hypnotherapy and Ego state therapy Silvia Zanotta lays out a practical view of what it means to navigate the internal and external world in the aftermath of trauma She provides an up to date applications oriented view that prepares the practitioner to move beyond a one size fits all treatment formula to meet the complexity of human experience This approach holds that issues such as resistance guilt and shame rejection and rage should be anticipated as a part of more than an obstacle to PTSD treatment Case vignettes transcript content and step by step instructions for specific interventions and activities take the content of the chapters from theory to practice This is a practical experiential book that will appeal to all professionals working with trauma including psychotherapists counsellors body workers and social workers

**Ego States** John Goodrich Watkins,1997

**Ego States** Charlotte Sills,Helena Hargaden,2002-11-01 This book offers a comprehensive overview of approaches to ego state work within transactional analysis It is intended to provide a coherent overview of the state of the art in the theory of ego states in transactional analysis

*EGO STATE THERAPY INTERVENTIONS TO PREPARE ATTACHMENT-WOUNDED ADULTS FOR EMDR.* SHIRLEY JEAN. SCHMIDT,2020



## Decoding **Ego State Therapy**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Ego State Therapy**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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