

THE FOUNDATION FOR EGO STATE THERAPY

(FEST)

EGO STATE THERAPY CERTIFICATION

The directors of the Foundation for Ego State Therapy (FEST) would like to welcome you to our certification program. We have established this program in response to the recent interest in Ego State therapy on a world-wide level, as evidenced by the two recent congresses on Ego State Therapy held in Bad Orb, Germany in 2003, South Africa in 2006, and the third world congress to be held in South Africa in 2010. These well-attended events have augmented the study of Ego State therapy originated by Jack and Helen Watkins in the United States during the 1980's and 1990's.

Professionals who have completed training in the use of Ego State therapy have reported greater success with complex patients, particularly those who previously appeared to be untreatable, such as those with complex PTSD and anxiety, personality disorder patients, and dissociative spectrum patients, including DID (dissociative identity disorder).

Ego State Therapy is uniquely suited to healing the fragmentation that results from various types of trauma and cumulative trauma, including attachment disorders, childhood abuse and trauma, developmental trauma, trauma usually occurring at maturity such as rape, assault, car collisions and work injuries, as well as damage caused by war and natural disasters.

We have also found Ego State therapy to be helpful in working with traumatized children and adolescents, as well as with patients of all ages whose issues appear refractory to various types of good treatment. In these cases, it has been our experience that internal conflicts of the self have prevented the patient's positive response to therapy methods. Ego State Therapy has helped to create a more functional internal family of self, which promotes greater functionality in every area of life.

1. THE FOUNDATION FOR EGO STATE THERAPY (FEST)

This training and certification program is administered by the three founding directors, who are recognized experts in the field of Ego State therapy: Dr. Claire Frederick, M.D. (USA), Dr. Woltemade Hartman, Ph.D. (South Africa), and Dr. Maggie Phillips, Ph.D. (USA). We are joined by an exceptional senior faculty led by Dr. Shirley McNeal, Ph.D., Chair (USA). All senior faculty specialize in the practice of Ego State therapy and have contributed extensively to this field through their presentations and publications. Senior faculty members include Dr. George Fraser, M.D., Canada, Dr. Cheryl Malmo, Ph.D., Canada, and Dr. Louise Reddemann, M.D., Germany, among others. Additional faculty will be added and our list updated.

2. THE CERTIFICATION PROGRAM

The Ego State Certification requirements include the following:

- 2.1 Eligibility of at least an earned master's degree and appropriate licensure in one of the following behavioral science / mental health areas: Psychology, psychiatry, nursing, social work, counseling (including marriage, family, and child therapists), research, and theology or ministry degrees (with accepted training in psychotherapy). These eligibility requirements must also be compatible with requirements from the applicant's given country of practice. We will consider applicants with at least a master's degree in other related areas of specialty. Students enrolled in a graduate program, with official documentation to that effect, may also be considered.

- 2.2 Eligibility also requires documentation of the equivalent of 24 hours of hypnosis training from a recognized institute of higher learning or professional hypnosis society, including: The American Society of Clinical Hypnosis, The Society of Experimental and Clinical Hypnosis (SCEH), and its component societies, The European Society of Hypnosis (ESH), The International Society of Hypnosis (ISH), and the institutes within the US and worldwide that are affiliated with The Milton H. Erickson Foundation.

All other sources of hypnosis training **MUST** be approved by the FEST. We believe strongly that education in the use of hypnosis and hypnoanalysis is an important foundational skill necessary for the effective practice of Ego State therapy due to the degrees of dissociation demonstrated by patients for whom Ego State therapy is indicated.

- 2.3 Documentation of at least 24 hours of training in the fundamentals of Ego State Therapy. Topics include: Ego State personality theory, principles, application models, and clinical practice. Instructors must be senior faculty members of FEST.
- 2.4 Documentation of at least 16 hours of training at the Intermediate level. Emphasis is placed on various applications of Ego State therapy, the skilled use of language and linguistic patterns in Ego State Therapy, internal boundary formation and regulation, developmental repair, self-parenting, and further development of clinical skills in Ego State therapy.
- 2.5 Completion and documentation of at least 30 hours of advanced training in Ego State therapy to include: Advanced hypnotic and clinical applications of EST, structural and other theories of dissociation, internal family systems therapy, special applications of EST with trauma, and other advanced topics from senior and adjunct faculty. Part of this requirement may be acquired from recognized programs in the treatment of trauma and dissociation such as those of ISSTD (International Society for the Study of Trauma and Dissociation) or IFS (The Internal Family Systems). No more than one third of these hours (a total of 10 training hours) can be transferred from any organization outside of FEST.
- 2.6 Completion and documentation of at least 30 hours of clinical consultation with senior faculty. Up to 15 of those hours may be acquired through group clinical case presentations and discussion. A minimum of 15 hours must be individual, face-to-face in-depth review of clinical work to include video case presentations (or audio, or live observation if video is not possible) reviewed by senior faculty members. Up to 5 hours of the individual consultation requirement can be met through personal Ego State sessions with an approved Ego State therapist.
- 2.7 We encourage interested applicants to file an initial application with FEST, designed to open their files and determine whether they have met the basic eligibility requirements. This application is to be accompanied by a proof of payment of \$25 or €15 administration fee and emailed to Dr. Hartman at meisa@vodamail.co.za. Please refer to the banking details below.

<p>1. <u>Applicants living in Germany</u></p> <p>Empfänger: Dr W Hartman, MEISA Kontunummer:100126365 Bankleitzahl: 73369878 Bankbezeichnung: Raffaelsenbank Füssen-Pfronten-Nesselwang eG Bankanschrift: Raffaelsenbank Füssen-Pfronten-Nesselwang eG, Germany Geschäftsstelle Schwangau Füssenstrasse 17 87645 Scwangau Germany</p>	<p>2. <u>Other Applicants</u> (excluding South African applicants)</p> <p>Account Name: Dr W Hartman, MEISA Account Number: IBAN: DE 37733698780100126365 S.W.I.F.T Code: GENODEF1FPN Bank: Raffaelsenbank Füssen-Pfronten-Nesselwang eG Bank Address: Raffaelsenbank Füssen-Pfronten-Nesselwang eG, Germany Geschäftsstelle Schwangau Füssenstrasse 17 87645 Scwangau Germany</p>
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3. South African Applicants	
Account name	MEISA-MEG
Bank	ABSA
Branch	Woodlands
Branch Code	632005
Account number	9095289420

- 2.8 Written documentation of the fulfillment of **all** certification requirements must accompany a certification application. The formal application must be sent to Dr. Hartman via fax or email. Dr. Hartman will notify each student by return email as to which director will receive the application accompanied by necessary documentation in order to complete the assessment. One copy of all supporting materials must be sent to the designated director along with payment of a \$200 or €150 evaluation fee. (Please refer to point 5.)
- 2.9 Supporting documents are to include certificates of attendance, two letters of recommendation, (one must be from a senior faculty member), a video demonstration of no more than 45 minutes accompanied by a detailed case summary of no more than 5 double spaced pages. Other acceptable evidence of Ego State therapy practice may include live observation by senior faculty, or audio taping when video is not possible, if approved in advance by FEST.

3. RECOGNITION OF PAST TRAINING HOURS

The FEST will accept all training in Ego State therapy received in the last 5 years (from 2003 forward) conducted by a recognized provider. Previous training received before 2003 will be evaluated on an individual basis. Applicants with substantial training completed before 2003 may be asked to complete current ego state therapy training.

4. POST-CERTIFICATION PROGRAM

Diplomate status is designed to acknowledge the effective practice of Ego State therapy and further contribution to the field. Requirements for award of diplomate in Ego State Therapy include documentation of at least two years of post-certification experience in the clinical practice of Ego State therapy.

In addition, we require at least one professional presentation (symposium paper and/or workshop) at a national or international conference on Ego State therapy or other relevant professional conference, and publication of Ego State clinical work or research in a peer-reviewed journal. Evidence of applicant qualifications must be evaluated during one hour of "viva voce" (or in-person discussion) with a senior faculty member.

5. EVALUATION FEE

Applicants for either the certification or diplomate programs must pay an evaluation fee of \$200/ €150 to have their application materials reviewed. Payment in the form of a cashier's check or money order or proof of payment (if bank transfer or deposit was made), must accompany the application and supporting materials, and be sent by certified mail to the designated FEST director who will be conducting the evaluation. (The designated FEST director will confirm payment details.)

Applicants, who are not approved for certification, may re-apply for evaluation to another director for review at an additional cost of \$200 /€150.

Fees for training will be determined by the three directors in consultation with the senior faculty. For any training event sponsored directly by the foundation, financial arrangements will be made by the

Foundation with participating faculty. Additional training events may be organized and administered by any participating faculty member with endorsement by the FEST.

We reserve the right to increase fees in the future to reflect cost of living issues and meet administrative needs. Requirements and procedures are also subject to change with ample notice to participants and faculty.

Thank you for your consideration of the Ego State therapy certification program. Please contact us with any questions you may have at our FEST email addresses.

We look forward to having you in our certification program.

Sincerely

Claire Frederick, MD

Email: montamat1@sbcglobal.net

Woltemade Hartman, Ph.D.

Email: meisa@vodamail.co.za or hartmanw@vodamail.co.za

Fax: +27 12 991-3587

Maggie Phillips, Ph.D.

Email: mphillips@lmi.net or assistant@maggiephillipsphd.com

FOUNDATION FOR EGO STATE THERAPY (FEST)

EGO STATE CERTIFICATION (ESC) INITIAL APPLICATION FORM

1. PERSONAL DETAILS

TITLE	
SURNAME	
FULL NAMES	
PREFERRED FIRSTNAME	

2. PROFESSIONAL DETAILS

PROFESSION	
HIGHEST DEGREE	
UNIVERSITY + YEAR	

3. CONTACT DETAILS

STREET/POST BOX	
CITY	
COUNTRY	
ZIP/POSTAL CODE	
TELEPHONE	
FAX	
EMAIL	

4. DOCUMENTATION REGARDING PRIOR TRAINING AND CONSULTATION/SUPERVISION

(Please provide the relevant documentation on submission of application. Refer to point 2, page 1-3, of the Ego State Therapy Certification document)

- 1. Minimum of 24 hours of Hypnosis training (2.2 of document)**
Name of training institution
- 2. Minimum of 24 hours of Fundamental training in Ego State Therapy (2.3 of document)**
Name of training institution
- 3. Minimum of 16 hours of Intermediate training in Ego State Therapy (2.4 of document)**
Name of training institution
- 4. Minimum of 30 hours of Advanced training in Ego State Therapy (2.5 of document)**
Name of training institution
- 5. Minimum of 30 hours of Clinical Consultation/ Supervision (2.6 of document)**
Name of Consultant/Supervisor

Send this form and the relevant documentation by email/fax to Dr W Hartman with proof of payment of € 15/\$25. (Banking details: 2.7, p.2, of the Ego State Certification document) Contact details: email: meisa@vodamail.co.za or hartmanw@vodamail.co.za
Fax: +27 12 991-3587; Tel: +27 12 991-1472