

# Certificate in Ego State Therapy

**Sydney Workshop 26th & 27th February 2011**

**presented by International presenter and author  
Gordon Emmerson, PhD**

## WORKSHOP DETAILS

The Certificate in Ego State Therapy will be granted on the successful completion of the theoretical and practical aspects of the course. Course Notes are included.

A Diploma Course will be offered to Certificate graduates, and this is presented over a further three weekends early in 2011 after the Certificate course, dates to be announced.

The Diploma will bring participants to a professional practitioner level.

**Certificate Dates:** Saturday & Sunday (9am-5pm)  
26th & 27th February, 2011

**Please book now by email or phone:**

workshops@confidenceaustralia.com.au  
or phone Patricia Temple on 02-9967 9226.

Or fill in the Registration form overleaf and post.

**Venue** is in The Kirribilli Club, a very central location.

Morning and afternoon tea included. Lunch is not included.  
Please advise if you have any special requirements.

**Your Trainer** is Dr Gordon Emmerson

### Gordon Emmerson, PhD

Dr Gordon Emmerson is an Honorary Fellow at Victoria University. He is the author of the books 'Ego State Therapy' (2003, 2007), and 'Advanced Techniques in Therapeutic Counselling' (2006, Crown House). He has held the positions of assistant editor of the 'Australian Journal of Clinical Hypnosis and Hypnotherapy' and Victoria State President of the Australian Society of Clinical Hypnotherapy. 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.

Gordon regularly conducts the Certificate and Diploma of Ego State Therapy in Melbourne. He has conducted numerous ego state workshops in Australia, South Africa, Germany and the US, and has made numerous keynote conference and convention addresses on the therapy.

*"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 harboring pain, trauma, anger or frustration and expressing it inappropriately. Indecision is a result of two Ego States wanting different things." (Emmerson, 2001)*

Mastering Ego State Therapy can foster an improved psychological and physical experience of life. Working directly with the state that needs assistance provides the shortest distance between the goal and the solution. The practical techniques help you to locate ego states in pain, trauma, anger, or frustration and facilitate expression, release, comfort, and empowerment.

### Ego State Therapy

The personality is not a homogenous whole, but is composed of separate mood states that we switch between, taking our ego identity with us. The distance from "I hate you," to "I don't know why I said that. You are my friend," demonstrates two separate ego states, and while in each we ego identify as "I." Clients speaking to a therapist from an intellectual ego state about a problem have little chance of timely change, because they are not talking from the state that is actually troubled. They are talking about that state.

Ego State Therapy facilitates the part of the client with the problem to come forward so the origin of the problem can be directly addressed. The goals of the therapy are:

- To locate ego states harbouring pain, trauma, anger, or frustration and facilitate expression, release, comfort, and empowerment
- To facilitate functional communication among 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 get work done, rest, be open to enjoy emotional experiences or be assertive when challenged).

### Certificate of Ego State Therapy

The Certificate is a practical and experiential course that will provide a theoretical understanding of ego states. It will present ways to access ego states, will present and demonstrate ego state techniques, and will provide an opportunity to practice accessing and communicating with ego states.

Ego State theory and therapy is strongly supported by research. It is very fast and clients appreciate the self-understanding it provides. Ego State Therapy can be used with hypnosis and may also be used in a non-hypnotic setting.

The Certificate Course is designed to give practical experience to students. Techniques will be demonstrated and practised during class time. Successful completion of the theoretical and practical aspects of both this course and the Diploma course gives the participant a Diploma of Ego State Therapy. **Book now on 02-9967 9226**

**Certified by:**

