



****New for 2012****
Ego-States Therapy

“What is the ego? It is our awareness of the “me” inside. It is the “me” that is sometimes focused and working, sometimes playful and laughing, sometimes in pain, and sometimes illogical in feeling and reaction. We each experience our ego from our own special states, states that have been formed through our experiences.”

Gordon Emmerson PhD

The personality is composed of a grouping of separate states, each possessing identity, memory, and specific traits. Evolving from a young age these ego states continue to develop as we go through life and are personal to each of us.

When ego-states don't have the resources they need and they aren't working well together we can feel **distressed, anxious and depressed**. This can undermine our best laid plans, ambitions and goals in life.

This weekend you can learn how to:

- ❖ Access ego-states (Dichotomous technique)
- ❖ Map your own ego-states discovering their role and attitude (5-15 are easily accessible at the surface level)
- ❖ Dialogue with ego-states (Through stages of acceptance, conflict resolution and cooperation)
- ❖ Locate ego states holding trauma (Resistance bridge and affect bridge techniques)
- ❖ Work with personal development; psychosomatic disorders; relationships and addiction

Ego-state work is an effective brief therapy enhanced by hypnosis.

Attend this CPD course, led by **Bernadette Jaye**, if you want to add another powerful tool to your toolbox

Dates and Venue

16th/17th June 2012
 Central London venue to be confirmed

Cost

£220, split between a £70 registration deposit and £150 on 16th June 2012

Please note that, in order for training days to accrue towards your DHP and/or MCH (as applicable), you will need to attend the entire course. Please also note our 21-day cancellation policy, under which cancellations will be accepted (and deposits refunded) up to 21 days prior to the start of this course.

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ENROLMENT FORM (Ego-States Course – 16/17.06.12)

Please send to: The Institute of Clinical Hypnosis, 28 Tantallon Road, LONDON, SW12 8DG

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 2 I wish to pay by debit/credit card^(Note 1) and my details are as follows:

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SIGNATURE: DATE:

1 Please note that a surcharge of 2.65% is payable on all credit cards. There is no additional charge if you pay by debit card. We accept Mastercard, Visa, Visa Debit, Visa Electron, Maestro and Solo. A receipt will be sent to you by post if you pay by debit/credit card.
 2 This will be the last 3 or 4 numbers on the reverse of your card, on the signature strip.