

EGO STATE THERAPY INTERNATIONAL (ESTI)



REQUIREMENTS FOR TRAINER STATUS

Preconditions: Being certified by ESTI as an Ego State Therapist and Supervisor.

1. Clinical Experience

The prospective candidate will be asked to demonstrate intensive experience in the use of Ego State Therapy.

This can be done by one of the following alternatives:

- 1.1 providing a description of clinical practice post-certification to include an estimated number of EST cases treated and the types of problems treated.
- 1.2 asking an approved EST faculty member to verify completion of the requirements as Ego State Therapist and Supervisor in writing
- 1.3 otherwise, proposing how this competency can be demonstrated e.g. recommendation from a supervisor or trainer of good standing in the national EST grouping who has followed the candidate's clinical work and supervision.

2. Teaching Experience

Prospective candidates will be asked to demonstrate adequate supervised teaching experience in basic and specialized Ego State Therapy seminars.

This criterion can be met by:

- 2.1 Assisting in at least **ONE** (approved by EST committee for each country) **round of 6 basic and 2 specialized workshops from a teaching perspective.**
- 2.2 otherwise, proposing how this competency can be demonstrated.

3. Contributions to the Professional Field of Ego State Therapy

Prospective candidates will be asked to contribute professional presentations or publications in the field of Ego State Therapy.

This criterion can be accomplished by:

- 3.1 submitting proof of at least three professional presentations (symposium papers and / or workshops) at a national or international conference on Ego State Therapy.
- 3.2 proof of submission of at least one publication on clinical applications of Ego State Therapy, or research in this area (including Master or Doctoral dissertation), in a peer reviewed, professional journal, or as a chapter in a book
- 3.3 otherwise, proposing how this competency can be demonstrated.

4. Clinical Supervision

Prospective candidates will be requested to demonstrate their abilities to supervise or act as clinical consultants to other professionals in the field who are seeking certification and using Ego State Therapy with their clients.

This competency can be demonstrated by:

- 4.1 participating in at least two consultation sessions with approved EST faculty for discussion of their supervision or consultancy experiences
- 4.2 otherwise, proposing how this competency can be demonstrated.

5. Viva Vocé

When all four competency areas above are completed, the prospective candidate can apply to take a final viva vocé (interview) on advanced applications of Ego State Therapy and supervisory experience.

This criterion can be accomplished in the following ways:

- 5.1 scheduling a **TWO** hour interview with an approved EST faculty member with the purpose to assess the applicant's capacity to teach.
- 5.2 otherwise, proposing how this competency can be demonstrated.
- 5.3 submitting proof of being up to date with the latest theoretical and practical developments in the field, including attendance of seminars congresses, workshops etc. (in person or online).

6. General Information

- 6.1 Trainer status will only be valid for a period of five years where after certified trainers will need to reapply.
- 6.2 Ego State Therapy International reserves to right to withdraw trainer status at any given time if deemed necessary, such as malpractice, not practising as a trainer anymore or not meeting the general requirements for trainer status any longer etc.