



**7th WORLD CONGRESS ON EGO STATE THERAPY 20-26 APRIL 2026**  
**ONLINE CONGRESS PROGRAMME**  
**ENGLISH WORKSHOPS 20-22 APRIL 2026**  
**Caveat: This programme is subject to change without prior notice**

## **Monday 20 April 2026**

**Time Zone: SAST (South Africa Standard Time)**

### **13:00 – 13:30**

Word of Welcome

Dr Woltemade Hartman (ESTI Secretary) & Carl Hattingh (ESTI President)

### **13:30 – 14:15**

Joosten Theermann – Germany

The History and Development of Ego State Therapy in Graphics

### **14:15 – 15:00**

Dr Silvia Zanotta - Switzerland

Somatic Ego State Therapy with Body Symptoms

### **15:00 – 15:45**

Dr Joseph Meyerson - Israel

Exploring Ego State and Self-State Perspectives: A Relational and Experiential Approach to Working with Multiplicity

### **15:45 – 16:15**

Tea Break

### **16:15 – 17:45**

Dr Woltemade Hartman – South Africa

Clinical Demonstration

### **17:45 – 18:30**

Cynthia Good – United States of America

Coming at Things Sideways: Working with Ego States through the Power of Metaphors



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**18:30 – 18:45**

Tea Break

**18:45 – 19:45**

Dr Shirley McNeal – United States of America  
Some Considerations When Using Ego-Strengthening with Ego States



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## **Tuesday 21 April 2026**

**Time Zone: SAST (South Africa Standard Time)**

### **08:45 – 09:00**

Word of Welcome: Carl Hattingh (ESTI President)

### **09:00 – 09:45**

Carl Hattingh - Australia

Fragmentation to Coherence: Core Competencies for Ego State Therapy in Managing Complex Trauma and Dissociative Disorders

### **09:45 – 10:30**

Dr Woltemade Hartman – South Africa

Ego State Therapy for Depression: A Structured Short-Term Treatment Approach

### **10:30 – 11:15**

Jenny da Silva Faca – United Kingdom

Ego States Rewired: Addressing Emotional Dysregulation in Screen-Engaged Children

### **11:15 – 11:30**

Tea Break

### **11:30 – 12:15**

Stefanos Gkaitatzis - Germany

Ego-State and Hypno-Systemic Therapy (HSEST): A New Synthesis for Innovative Treatment Concepts

### **12:15 – 13:00**

Dr Elzette Fritz – South Africa

Root and Reach: Seeding Ripples of Circumambulation by Integrating Ego States and Expressive Arts in Healing



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**13:00 – 14:15**

Lunch Break

**14:15 – 15:30**

Carl Hattingh - Australia

Clinical Demonstration

**15:30 – 16:15**

Susanne Leutner - Germany

Ego States and EMDR in a Joint Process

**16:15 – 17:15**

Panel Discussion: Ego State Therapy with or without Hypnosis

Cynthia Good, Woltemade Hartman, Wendy Lemke & Susanne Leutner

**17:15 – 17:30**

Tea Break

**17:30 – 18:15**

Wendy Lemke - United States of America

The Principle of Protection: Transforming Resistance into Therapeutic Cooperation for Reducing Therapeutic Impasses

**18:15 – 19:30**

Cynthia Good – United States of America

Clinical Demonstration:



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**Wednesday 22 April 2026**

**Time Zone: SAST (South Africa Standard Time)**

**08:45 – 09:00**

Word of Welcome: Dr Elzette Fritz (ESTI President-Elect)

**09:00 – 09:45**

Verena König - Germany

Trauma Bonding and Toxic Relationships – How We Can Use Ego State Therapy to Help People Free Themselves from Destructive Contexts

**09:45 – 10:30**

Ashkan Anbarzadeh - Iran

Echoes that Stay: Advanced Utilisation in the Treatment of Grief and Bereavement — An Ego State Approach (Case Study)

**10:30 – 11:15**

Joy Nel – South Africa

Down the Rabbit Hole: Ego States at the Mad Hatter's Tea Party

**11:15 – 11:30**

Tea Break

**11:30 – 13:00**

Joy Nel – South Africa

Clinical Demonstration

**13:00 – 14:15**

Lunch Break

**14:15 – 15:30**

Dr Elzette Fritz – South Africa

Clinical Demonstration



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**15:30 – 16:15**

Dr Jörg Marr – Germany

From Alarm to Cooperation: Security, stabilization and self-regulation in ego-state-based trauma therapy

**16:15 – 17:00**

Questions, Answers & Discussion

**17:00 – 17:15**

Tea Break

**17:15 – 18:00**

Dr Sandra Paulsen – United States of America

EMDR and Developmental Trauma Repair as Ego State Approaches: It Was There in Front of Us All Along

**18:00 – 19:30**

Wendy Lemke – United States of America

Clinical Demonstration

**19:30 – 19:45**

Congress Closure: Dr Woltemade Hartman