



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