



INSTITUTE FOR BETTER HEALTH
A Division of IAHB Inc.

In Search — OF OUR — Strongest Selves: Ego-State Therapy From the Inside Out



Maggie Phillips, Ph.D.

January 27-28, 2017 | Seattle, WA

March 10-11, 2017 | Portland, OR

**LIVE
Webcast
AVAILABLE!**

12 CE/CME Credit Hours



Maggie Phillips, Ph.D.

A Dynamic New Workshop on Treating Trauma, PTSD and Other Challenging Client Populations

Dr. Phillips is an internationally-recognized expert in the treatment of trauma. She is a knowledgeable and inspiring speaker whose workshops consistently get rave reviews.

Highlights of the workshop will include:

- Presentation of treatment protocols based on a simple 3-step model
- Experiential exercises to help you build and practice treatment protocols for use with difficult clients
- Case consultation that will emphasize ways of applying workshop strategies with specific clients
- Live and recorded demonstrations that will clarify and inspire the use of “parts model” therapy in your own work

With roots in hypnosis, psychodynamic, cognitive, and somatic practices, Dr. Phillips' methods are consistent with nearly every clinical orientation, and will enhance nearly any specific approach to therapy – including yours! We hope you'll join us.

“Maggie Phillips has linked the principles and practice of Ego-State Therapy to both Polyvagal Theory and Attachment Theory. Participants will find her workshop insightful, enjoyable, and relevant.”

– Stephen W. Porges, Ph.D.
Originator of the Polyvagal Theory

In Search — OF OUR — Strongest Selves: Ego-State Therapy From the Inside Out

Maggie Phillips, Ph.D.

Institute for the Advancement of Human Behavior
Institute for Better Health
P.O. Box 5527
Santa Rosa, CA 95402

Non-Profit Org.
U.S. Postage
PAID
Twin Cities, MN
Permit No. 1096

This workshop will also be streamed live! See inside for webinar details.

ABOUT THE WORKSHOP

Two of the most challenging problems related to trauma are emotional and physical pain and the divided self (fragmentation) due to dissociation. Ego-State Parts Therapy is based on the premise that multiplicity of self is a feature of normal development—that is, throughout life we develop parts that help us accomplish, create, and meet the challenges of life. When the self is significantly overwhelmed, parts of the self may get split off from the rest of the personality through dissociation. Some of these parts contain trauma, some defend against trauma, and some are resources for healing in an attempt to maintain integrity and wholeness. Even though the self is protected by fragmentation the organism is also limited by incomplete functioning because not all of the parts or ego states are in alignment or even present.

DAY ONE

Principles and Practices

In this workshop, you will learn how to integrate some of the principles and strategies of Ego-State Parts Therapy into your work with your most challenging clients.

On Day One, Dr. Phillips will focus on a four-stage model that can help you empower and stabilize your clients. The model will help you find and work with ego states that both contribute to and help resolve emotional, behavioral and physical problems. In addition, you will learn to work with the 'conflict-free self' to build an effective platform for developmental repair and renegotiation of traumatic events so that the self can heal.

DAY TWO

Clinical Applications

On Day Two you will learn how to identify ego states through primitive body experiences in order to work with very early trauma; how to use the language of cooperation to help ego states build alliances and work cooperatively toward common goals; and how to interface with EMDR, Energy Psychology, and Somatic Experiencing. You will learn to apply a three-step approach to resource, regulate and repair trauma-related difficulties. We will review the resolution of pain, anxiety, depression, and panic, as well as complex problems like fibromyalgia, chronic fatigue syndrome, and other challenging atypical symptom patterns.

"You'll get a fresh perspective, and will take home a powerful set of tools that will enrich your current approach to therapy"

**Can't make it onsite to the workshop?
Join us on March 10-11, 2017, for this live webcast!
Please see www.iahb.org/ego-state-therapy for more info.**

"Maggie Phillips' extensive work with pain and trauma empowers those in pain to move from helplessness to feelings of freedom, vitality and power. She is an inspired teacher and therapist."

– Peter Levine, Ph.D.

Internationally-recognized creator of Somatic Experiencing®
Author of *Trauma and Memory*

WORKSHOP LEADER

Maggie Phillips, Ph.D. is a licensed psychologist in full-time practice in the San Francisco Bay area. She has led workshops on hypnosis, psychotherapy, the effects of childhood trauma, uses of energy therapies in mind body healing, and tools to reverse chronic emotional and physical pain conditions nationally and internationally. She has authored numerous papers and articles in the areas of ego-state therapy, pain resolution, and the treatment of post-traumatic conditions. She was the co-recipient of the 1994 ASCH Crasilneck award for excellence in writing in the field of hypnosis and of the Cornelia B. Wilbur award from the ISSTD for contributions to the study of trauma and dissociation. Dr. Phillips is co-author of *Healing the Divided Self* and author of *Finding the Energy to Heal* and *Reversing Chronic Pain*, and co-author with Peter Levine of her latest book *Freedom From*

Pain. She has created a highly acclaimed online self-help program called Reversing Chronic Pain as well as a popular monthly webinar series called Best Practices in Psychotherapy.

She serves regularly on the faculties of the International Society of Hypnosis, the Milton H. Erickson Foundation, the Association of Comprehensive Energy Psychology (ACEP), the Somatic Experiencing Trauma Institute and is a member of the executive board of Ego-State Therapy International.



Maggie Phillips, Ph.D.

WORKSHOP AGENDA

DAY ONE

PRINCIPLES AND PRACTICES OF EGO-STATE THERAPY

8:00 AM *Registration and CE Sign-In*

9:00 AM **Introduction**

Defining Ego States

- 3 Types of Ego States and How to Find Them
- Fragmentation: theory, benefits and limitations

Practice: "The Land Beyond Fear"

10:45 AM **SARI: The Four Stage Intervention Model**

- Safety and stabilization: collaborative & team approaches
- Accessing resource states as well as states related to symptoms and difficulties
- Repair, renegotiation
- Integration and new identity

Using the Language of Suggestion to Build Alliances

Demonstration: Accessing resource states

12:30 PM *Lunch (on your own)*

2:00 PM **The Conflict-Free Self**

- Identifying conflict-free experience
- Linking to the conflict-free self
 - Inner Strength
 - Inner Love
 - Inner Wisdom
 - Ideal parent figures

Demonstration and Practice: Finding the conflict-free self

3:45 PM **Developmental Repair**

- Forming secure attachments from the inside out
 - Ventral vagal connection in the therapy relationship
 - Strengthening the self through ego-state relationships
- Teaching developmental skills (permanence and constancy)

5:00 PM *Adjourn*

DAY TWO

CLINICAL APPLICATIONS OF EGO-STATE THERAPY

8:00 AM *Registration and CE Sign-In*

9:00 AM **Working Through the Body**

- Identifying complex trauma and dissociative disorders
- Detecting ego states related to survival responses

Demonstration: Utilizing fight, flight, freeze ego states as well as connection states

Practice

10:45 AM **Ego States and Attachment Trauma**

- Identifying early trauma through sensory experience

Demonstration: Finding and working with primitive non-verbal or preverbal ego states in early life

Practice: Healing without remembering: Creating new corrective experience

12:30 PM *Lunch (on your own)*

2:00 PM **From Cooperation to Integration**

- How and when to use different parts models: internal family systems, structural dissociation, parts psychology, and ego-state therapy
- Expanding ego-state therapy through EMDR, energy psychology, hypnosis, and somatic experiencing

3:45 PM **Clinical Questions and Case Consultation**

- Diagnostic and theoretical orientation issues
 - How to find symptom relief (panic, depression, anxiety, pain, autoimmune problems)
 - Building interventions from the bottom-up and the top-down
- Demonstration:* Resource, regulation, repair and relief
- Questions and Answers

5:00 PM *Adjourn*

There will be two fifteen minute breaks around 10:30am & 3:30pm each day.

WORKSHOP INFORMATION

January 27-28, 2017

Hilton Seattle Airport & Conference Center

17620 International Blvd.
Seattle, WA 98188
(206) 246-8600

March 10-11, 2017

Oregon Convention Center

777 NE. Martin Luther King Jr. Blvd.
Portland, OR 97232
(503) 235-7575

LIVE
Webcast
MARCH 10-11

If you can't join us in person, register for the live webcast. Upon registering, you will receive email communications on how to access the course online & download any course materials. The webinar will be streamed live during the times outlined in the schedule. All times listed are in Pacific Time.

WHO THE WORKSHOP IS FOR

To meet the needs of mental health professionals including social workers, counselors, psychologists, psychiatrists, nurses, addiction counselors, coaches, and others who provide therapy/coaching services.

NOTE: This workshop will help therapists of all theoretical persuasions, not just clinicians trained in EST. Dr. Phillips will discuss concepts and demonstrate techniques that complement the work of any competent therapist working with trauma and trauma-related problems.

LEARNING OBJECTIVES

Upon completion of this workshop, attendees will be better able to:

- **DEFINE** "ego state" and "Ego-State Parts Therapy"
- **DISCUSS** the what, how, and why of fragmentation
- **IDENTIFY** the four-stage model that is used with Ego-State Therapy
- **NAME** one effective intervention at each of the four stages
- **DESCRIBE** three important principles of Ego-State Therapy
- **DISCUSS** the conflict-free self and how this provides a powerful platform for change

DISCOUNTS

Must be noted on original registration (one discount per person on two-day registration only)

- **Groups:** Organize a group of three or more and save! Mail your registrations together and deduct \$50 from each.
- **Full-time students:** Deduct \$60 from applicable tuition. Proof of full-time status (undergraduate: 12 or more units; graduate: 6 or more units) must accompany your registration.
- **Alumni:** If you have attended an IAHB workshop in the last 12 months, you may deduct \$75 from your tuition.

CANCELLATIONS

Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No credit will be issued within 7 days of the workshop. If IAHB cancels a workshop, tuition will be refunded in full.

WORKSHOP AIDES

Save over 40% on your tuition by working as an aide at the beginning and end of each day and at the breaks. Register as an aide by emailing staff@IAHB.org to see if spots are still available. In the subject line, please write: Workshop Aide & the city you will be attending. Act now; positions fill quickly.

PH17A

CONTINUING EDUCATION

The Institute for the Advancement of Human Behavior (IAHB) has been approved to offer 12 hours of continuing education and continuing medical education (except where otherwise noted) by the following:

ALCOHOLISM & DRUG ABUSE COUNSELORS: IAHB is approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Provider #92713) for 12 CEHs. Provider approved by CFAAP/CAADAC, Provider #4N-86-074-0117 for 12 CEHs. CAADAC is an ICRC member which has reciprocity with most ICRC member states.

COUNSELORS & MFTs: Institute for the Advancement of Human Behavior has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5216. Programs that do not qualify for NBCC credit are clearly identified. IAHB is solely responsible for all aspects of the programs. This course meets the qualifications for 12 hours of continuing education credit for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE 36). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. IAHB is approved by the Illinois Department of Professional Regulation (Provider #168-000119).



EDUCATORS: The Institute for the Advancement of Human Behavior has been approved by the Washington State Professional Educator Standards Board (WESPBS), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

Nurses: The Institute for Advancement of Human Behavior accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP #2672) for 12.0 contact hours.

Physicians: The Institute for the Advancement of Human (IAHB) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Institute for the Advancement of Human Behavior designates this live activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists: IAHB is approved by the American Psychological Association (APA) to offer continuing education for psychologists. IAHB maintains responsibility for the program and its content.

Social Workers: Institute for the Advancement of Human Behavior, #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Institute for the Advancement of Human Behavior maintains responsibility for the program. ASWB Approval Period: 3/16/2016 - 3/16/2017. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12 clinical continuing education clock hours. This course meets the qualifications for LCSWS as required by the California Board of Behavioral Sciences (Provider #PCE-36). As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IAHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC1982, PO Box 149347, Austin, TX 78714, (512) 719-3521. IAHB SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. This course is approved for 12.00 contact hours.

Note: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditation listed is accepted.

“Dr. Maggie Phillips is one of the world’s leading experts in the use of ego state models in trauma treatment. Her teaching style is practical, clear and provides skills that therapists will be able to readily integrate into their work.”

– Laurel Parnell, Ph.D.
Author, *Attachment-Focused EMDR*

REGISTRATION FORM

January 27-28, 2017
Seattle, WA

March 10-11, 2017
Portland, OR

March 10-11, 2017
Live Webcast

Name _____ Degree _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Fax (____) _____

Email Address _____

Profession _____ License(s) # _____

This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact IAHB at 650-851-8411 if special accommodations are required. All meeting rooms are wheelchair accessible.

ONSITE REGISTRATION FEES Register online and save \$10 (www.IAHB.org)

- \$297 Early Registration (Must be postmarked at least 14 days prior to workshop)
- \$317 Regular Registration (Must be received by noon the day prior to workshop)
- \$347 Day of Workshop Registration (If space is still available)
- \$200 Workshop Aide (Please e-mail for approval. No other discounts apply.)

LIVE WEBCAST REGISTRATION FEES

- \$287 Webcast Registration: March 10-11 (Must be received by noon the day prior to workshop)

DISCOUNTS

- Groups: Deduct \$50.00 (Three or more registrations received together)
- Full-time Students: Deduct \$60.00 (Proof of student status must accompany registration)
- Alumni: Deduct \$75.00 (Must have attended an IAHB workshop during the past 12 months)

TOTAL PAYMENT ENCLOSED (U.S. funds)

_____ Payment must accompany registration.

METHOD OF PAYMENT

Check enclosed made payable to IAHB

Card # _____ Exp. date ____/____/____ CVV# _____

Cardholder name _____

Signature _____

ELIGIBILITY: This program is open to professionals and advanced students in health-related fields, and is not suitable for the general public.

GUARANTEE: If by the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to IAHB requesting a refund. Your money will be refunded upon receipt of your written request.

NOTE: Speaker/planner conflict-of-interest disclosures are available on our website. Please check prior to registering.

Recording of this workshop is not permitted.



Mail Completed Form To:

IAHB | P.O. Box 5527 | Santa Rosa, CA 95402

Register by Phone, Fax or Online:

PHONE (800) 258-8411 | FAX (707) 755-3133 | www.IAHB.org