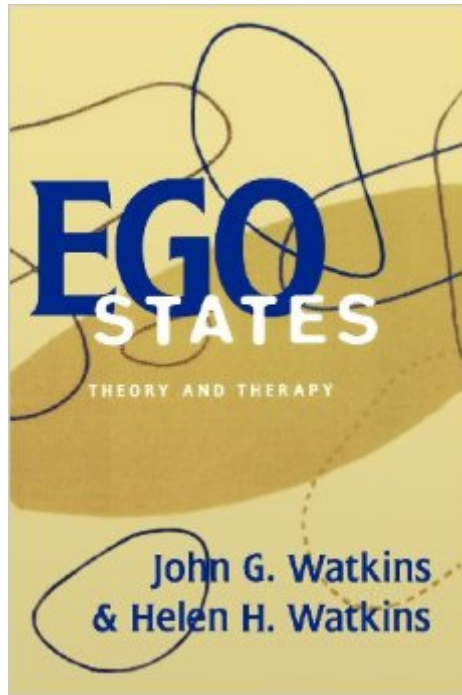


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# Ego States: Theory And Therapy



## Synopsis

Ego states are the parts of our personality that cause us to act different ways in different situations. Ego state theory links normal personality functioning with its extremes, such as found in dissociative identity disorder. The therapy integrates psychoanalytic practice and hypnoanalytic techniques to discover and explore covert ego states, thereby effecting behavior change. With clear language and case extracts, the recognized originators of ego state therapy explain this fascinating theory and how to put it into practice.

## Book Information

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## Customer Reviews

I read this book because I am about to enter into some ego state work as a client. It's a solid introduction to the topic, written by the people who developed it. I would love to read about this theory in the light of more recent discoveries in neuroscience. This book was published in 1997. The book starts out with basic concepts, which assumes some history with traditional Freudian psychotherapy. If you have some basic understanding of the Freudian psychotherapy tradition, this may even seem remedial to you. I found rather annoying the discussion and use of "energy", that perennially undefined term in both mental health and new age circles. Some other fundamental concepts (subject-object, for example) are sketched out or muddily described rather than precisely defined. These problems aside, the authors provide a rough enough understanding to proceed on to the main idea: that we all have a variety of more-or-less distinct personality states, which we shift amongst in our different life situations. Most people behave differently at work, with friends, and with

family, for example. It's when these states become more distinct, separated from one another, or out of volitional control that we head into the realm of pathology. At the severe end of the spectrum is dissociative identity or multiple personality disorder. At the milder end are general difficulties or problems in particular situations, such as severe reactions to criticism or difficulty with public speaking. The idea there is that, typically, some early trauma or difficult situation that couldn't be resolved at the time resulted in the formation of an ego state stuck in that trauma, falling back on the same failed strategy every time a situation reminiscent enough of the original occurs.

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