

**Easy Ego State Interventions**  
**Presenter: Robin Shapiro, MSW, LCSW**  
**April 1-2, 2022**  
**9:00am - 4:30pm (CDT)**

**LEARNING OBJECTIVES—PARTICIPANTS WILL BE ABLE TO:**

**DAY ONE:**

1. Distinguish functional ego states from dysfunctional dissociative states.
2. Apply the Two-Hand Interweave to assist clients to distinguish between kinds of emotions, thoughts, introjects, and choices.
3. Apply a simple ego state trauma protocol with a wide variety of clients.
4. Apply Ego State and trauma therapies with survivors of sexual abuse to assist them in having healthy, happy, trauma-free sex lives with their current partners.
5. Apply ego state therapy to assist clients to find and create healthy love relationships.
6. Apply EMDR and ego state therapy to heal over-active immune systems and chronic pain.

**DAY TWO:**

1. Identify personality disorders as dissociative disorders and identify several PD diagnoses, including Borderline, and two kinds of Narcissistic PDs.
2. Identify DID clients.
3. Apply the Theory of Structural Dissociation as a roadmap to treatment of Dissociative Disorders.
4. Apply the Calof's Rage Room and other containment "rooms" with destructive DD parts.
5. Apply the Dissociative Table with DD clients.
6. Apply appropriate trauma strategies with DD clients, including modified EMDR protocols, modified Life Span Integration, and others.

**CONTENT AND TIMELINE**

**DAY ONE:**

9:00am	Introduction to Ego States (including guided experience)
10:30	Break
10:45	The Two-Hand Technique with emotions, thoughts, introjects, self-image, addictions
12:15pm	Lunch
1:15	Working with Sexual Abuse Survivors; Attachment Issues: Imaginal Nurturing, Healing Place Interventions
2:45	Break
3:00	Ego States and EMDR with Over Active Immune Systems
4:30	Close

**DAY TWO:**

9:00am	Personality Disorders: Causes and Descriptions
10:30	Break
10:45	Introduction to DID
12:15pm	Lunch
1:15	Rage Room Demonstration and Dealing with "Protector Parts"
2:45	Break
3:00	More Trauma therapy with DD Integration and Final stages in DD treatment
4:30	Close

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