

THE DEVELOPMENT OF THE CONCEPT OF DISSOCIATION WITHIN
EGO STATE THEORY

by

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ABSTRACT

Watkins and his wife, Helen Watkins (Watkins, 1992; Watkins & Watkins, 1997), developed a therapeutic system referred to as ‘Ego State Therapy’ based on, amongst others, the psychoanalytic theories of Freud (1936) and Paul Federn (1952), and on the dissociation theories of Jean Martin Charcot (1879), Pierre Janet (1907) and William James (1894). Ego state theory draws greatly on his conceptualization of especially dissociation. This study is situated within the interpretive paradigm and is conceptual in nature. A qualitative literature review methodology was followed to guide the research process. The aim of this study is to elucidate the evolution of the concept of dissociation within ego state theory since the inception of ego state theory in the early 1970s up to and including the most recent scholars and developments in the field. Our understanding of ideas, definitions and concepts give temporal perspectives about how we understand and how something acquires its current meaning. In psychotherapy, there is a reciprocal link between theory and therapy and it is important to explore and extrapolate our understandings. Within the field of psychology, the concept of dissociation is linked with multiple disorders such as, dissociative identity disorder (DID), dissociative amnesia, depersonalization and derealisation disorder as well as post-traumatic stress disorder (PTSD). Dissociation is also linked to various treatment modalities including, hypnosis, body therapies, cognitive behavioural therapies and psychodynamic approaches.

Key terms: ego state theory, dissociation, interpretivism, parts

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CHAPTER ONE – INTRODUCTION

1.1. Introduction

The focus of this qualitative literature review study is on the development of the concept of dissociation within ego-state theory. This study is situated within the interpretive paradigm and is conceptual in nature. The concept of dissociation is widely used in psychology as well as in various approaches to and applications of psychotherapy. In this chapter, the importance of dissociation as a concept will be extrapolated and specific attention given to its association with ego state theory.

1.2. Conceptual Context

The history of ego-state theory starts with Freud (1936) who saw the personality as composed of three parts, the id, ego and superego. However, Federn (1952) saw the personality being composed of numerous parts. He called these parts, ‘ego states’ because he observed that we take our ego with us when we change states. Federn shared his concepts of ego states with Edoardo Weiss, who likewise shared his understanding of ego states with John Watkins (Emmerson, 2006). However, it was Watkins, and his wife Helen who developed Federn’s concept of multiplicity within the personality, into a therapeutic approach (Watkins & Watkins, 1997), which is known today as ego state therapy.

1.3. Research Problem

Pierre Janet is an important figure in this study. His influence on the development of our understanding of *dissociation* is recognized even today (Avdibegović, 2012). Furthermore, ego state theory draws greatly on his conceptualization of especially dissociation. At the end of the 19th century, Janet systematically elaborated on the concept of dissociation (Spitzer, Barnow, Freyberger, & Grabe, 2006). Van der Hart and Dorahy (2009) state that Janet unquestionably presented the most detailed and articulate account of the connection between the division of The development of the concept of dissociation within ego state theory.

the personality or consciousness, also known as dissociation, and hysteria. Ever since Janet, dissociation has come to have several different meanings.

Spiegel et al. (2011) define dissociation as a disruption of and/or discontinuity in the normal, subjective integration of one or more aspects of psychological functioning, including, but not limited to memory, identity, consciousness, perception, and motor control. This definition indicates that the term dissociation is used as a clinical phenomenon, symptom, general principle of psychological organization, and a mechanism of defence (Avdibegović, 2012). Janet (1907) applied the term *dissociation* to describe systems of ideas that were split off and not associated with the other ideas within the personality. In contrast, Watkins and Watkins (1997) assert that dissociation is a normal reaction that protects people from frightening situations and decreases fear. It is evident that dissociation as a psychopathological phenomenon, from Pierre Janet until more recently, remains the subject of numerous discussions and is discussed amongst various researchers within the domains of traumatology, neurophysiology, hypno-psychotherapy and many more (Watkins, 1980; Scaer 2005). Due to its numerous applications and different meanings, the focus of this study is on the development of the concept of dissociation within ego-state theory.

This study focuses on the development of dissociation within ego-state theory primarily because of its centrality within this theory. In so doing, certain theorists who heavily influenced how dissociation was understood in ego state theory, will be discussed. These theorists include, Braun (1986), Coons (1984), Kluft (1987), and Ross (1989). The aforementioned theorists have contributed to the modifications and development of both theory and practice in ego state psychology (Watkins & Watkins, 1997).

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1.4. Concept Clarification

A concept clarification is provided to define the different concepts that are mentioned and discussed with this research study.

1.4.1. Ego state. An ego state can be defined as: “An organised system of behaviour and experience whose elements are bound together by some principle, and which is separated from other such states by a boundary that is more or less permeable.” (Watkins & Watkins, 1997, p. 24).

The concept of an ego state is elaborated on more fully in Chapter Two. However, it is important to note, from the above definition, is that the focus of ego states is on parts of the self and the boundaries between these parts.

1.4.2. Dissociation. The concept of dissociation is commonly understood in the field of psychiatry as well as psychology as “an unconscious defence mechanism concerning the segregation of any mental or behavioural processes from the rest of the individual’s psychological activity” (Sadock, Sadock & Ruiz, 2015, p.724).

Concepts that are similar yet also very different from dissociation are depersonalization and derealisation.

1.4.3. Depersonalisation. The DSM-V defines the concept of depersonalization as: “Experiences of unreality, detachment, or being an outside observer with respect to one’s thoughts, feelings, sensations, body, or actions (e.g., perceptual alterations, distorted sense of time, unreal or absent self, emotional and/or physical numbing)” (American Psychiatric Association, 2013, p.452).

1.4.4. Derealisation. Similar to the concept of depersonalisation, the DSM-V defines the concept of derealisation as: “Experiences of unreality or detachment with respect

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to surroundings (e.g., individuals or objects are experienced as unreal, dreamlike, foggy, lifeless, or visually distorted)” (American Psychiatric Association, 2013, p.453).

1.4.5. Alters. There is a distinction drawn by Watkins and Watkins (1998) between ego states and alters. They define alters as:

“... having their own identities, involving a centre of initiative and experience, they also have a characteristic self representation (*sic*), their own autobiographic memory, and distinguish what they understand to be their own actions and experiences from those done and experienced by other alters” (Watkins & Watkins, 1998, p.68).

1.4.6. Executive ego state. Within ego state theory different types of ego states are identified. These types of ego state will be mentioned and discussed throughout this research study. An executive ego state can be defined as the state or part of the personality that is conscious or overt at any time, it is also known as the core personality (Watkins & Watkins, 1997; Emmerson, 2001).

1.4.7. Malevolent ego state. Another type of ego state within ego state theory is known as a malevolent ego state. A malevolent ego state can be defined as an “...ego state that is difficult, malicious and destructive in nature (Emmerson, 2001, p.5).”

1.4.8. Vaded ego state. Lastly, a vaded ego state can be defined as “Ego states that hold negative, unprocessed emotions from the past (Emmerson, 2011, p.8).”

1.5. Justifications, Aim and Research Question

1.5.1. Justification. There is a spate of research and theoretical publications on the theory and practice of ego state therapy. However, no systematic research has been conducted specifically on the evolution of the concept of dissociation within the context of ego state theory as confirmed by myself and two other individuals. We conducted extensive online The development of the concept of dissociation within ego state theory.

searches using various platforms¹. In light of the complexities surrounding dissociation as a concept in psychology as well as its centrality in ego state theory, such extrapolation would contribute to understanding how a concept developed within a specific academic domain.

Our understanding of ideas, definitions and concepts give temporal perspectives about how we understand and how something acquires its current meaning. In psychotherapy there is a reciprocal link between theory and therapy and it is important to explore and extrapolate our understandings. Within the field of psychology, the concept of dissociation is linked with multiple disorders such as, dissociative identity disorder (DID), dissociative amnesia, depersonalization and derealisation disorder as well as post-traumatic stress disorder (PTSD). Dissociation is also linked to various treatment modalities including, hypnosis, body therapies, cognitive behavioural therapies and psychodynamic approaches.

1.5.2. Aim. The aim of this study is to elucidate the evolution of the concept of dissociation within ego state theory since the inception of ego state theory in the early 1970s up to and including the most recent scholars and developments in the field.

1.5.3. Research Question. In light of the aim of this study the research question for this study is: How did the concept of dissociation develop within ego state theory?

A qualitative literature review was deemed appropriate to answer the research question.

1.6. Methodological Context

This study is situated in a qualitative research approach and adhered to the philosophical principles of interpretivism. A qualitative literature review methodology was followed to guide the research process. Specific parameters were drawn in terms of publications to include, the time and the unit of analysis to render the study feasible for a

¹ Searches were conducted by myself, my supervisor as well as Ms Shirley Shai, Department of Psychology, Library Specialist at the University of Pretoria, to determine the feasibility of this study. The development of the concept of dissociation within ego state theory.

dissertation of limited scope. Dissociation is the unit of analysis for this study, it focuses on primary authors and eminent scholars within the ambit of Chapter Four.

1.6.1. Reflexivity in Qualitative Research. The process of reflexivity involved my constant awareness, assessment, and reassessment of my own contribution or influence of inter-subjective research and the consequent research findings (Paitnaik, 2013). During the process of reflexivity, it is important to critically analyse and scrutinise myself as the researcher. A personal introspective reflection is provided in the sixth, and final chapter, where I focus the investigative lens on myself as the researcher. I do this because in qualitative research, and according to my interpretative paradigm stance my role has been central to the process. As part of the reflective process, I not only reflected on my role as the researcher in the process, but also reflected on my personal experience of the research process or research methodology that I employed and discuss in Chapter Three.

1.7. Outline of Study

This dissertation is divided into five chapters. Chapter Two addresses literature that pertains to ego state theory, dissociation within ego state theory as well as more recent literature and theories regarding dissociation. It attempts to cover the relevant ideas and concepts in relation to the subject of enquiry. Chapter Two firstly explicates the history and development of ego state theory by setting forth its genealogy, and the most important concepts that inform this theory, specifically dissociation. Furthermore, this chapter pays close attention to how dissociation has been understood over time, related terms and contemporary understandings informed by neurophysiological notions.

Chapter Three begins by describing the qualitative research approach, methodology and method. It provides an outline of the analysis, from formulating the research question and determining what primary research literature and studies to include, to how the findings were The development of the concept of dissociation within ego state theory.

synthesised and the manner in which the findings were expressed. The chapter concludes with the ethical and quality considerations that had to be taken into account during this research project. Chapter Four provides a detailed analysis of the work of six identified scholars (Claire Frederick (M.D), Maggie Phillips (Ph.D.), Gordon Emmerson (Ph.D.), Woltemade Hartman (Ph.D.), Jochen Peichl (Dr Med) and Kai Fritzsche (Dr Phil.)) of the ego state theory that will be identified in Chapter Two. A brief biological sketch introduces each scholar and contextualizes their position in the field of psychology and ego state therapy. Thereafter the selected texts are listed and analysed.

The fifth chapter provides a discussion of the research project and the identified themes. The discussion covers the reiteration of the preceding chapters. It links the analysed data with the relevant literature discussed in Chapter Two. It also provides the limitations of the study, potential avenues for future research as well as a personal reflection regarding the process of this research project.

1.8. Summary

Dissociation is a broad topic within the field of clinical psychology. Although a large body of research on dissociation does exist, attention is paid specifically to the concept of dissociation within ego state theory could not be easily identified. The studies that were conducted in relation to the phenomenon of dissociation remain scattered across the academic field. This research project aims to fill the research gap pertaining to ego state theory. It intends to provide a framework of the development of the concept of dissociation within ego state theory to inform future research and therapy regarding dissociative disorders.

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CHAPTER TWO – LITERATURE REVIEW

2.1. Introduction

The literature review focuses on the relevant and current literature regarding ego state theory and on the concept of dissociation. I aim to introduce and explain relevant theories which informed this research. This review will also aim to explicate the development of the concept of dissociation as it evolved within ego state theory. However, the chapter will also explore other, more recent theories on dissociation deemed relevant to the study. Ego state theory itself serves as theoretical background and provides context to the investigation on dissociation. As such, this chapter will first explicate the history and development of ego state theory by setting forth its genealogy and the most important concepts that inform this theory with a specific focus on dissociation. The second part of this chapter pays close attention to how dissociation has been understood over time, related terms and contemporary understanding informed by neurophysiological notions.

2.2. Ego State Theory

Emmerson (2003) states that ego state theory is more than a theory of therapy, it is also a theory of personality. Personality is a complicated concept to define, and many theorists and researchers have attempted the intricate task of describing the development, functioning and essential dimensions of personality (Fourie, 2009). These include Adler, Allport, Freud, Fromm, Jung, Maslow, May, Piaget, Rogers, Sullivan, to name a few (Watkins & Watkins, 1997). Ego state theory is based on the concept that the human personality is poly-psychic; an ego state is seen as a ‘part’ of the personality of an individual (Frederick, 2005).

Going back in history one finds that primitive science originally viewed the individual personality as unitary. The New Testament description of Jesus casting out devils from a
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distressed individual depicts one of the views of poly-psychism entertained by the science of His day (Frederick, 2005). The concepts of poly-psychism can be found in multiple cultures and religions, for example, in the Christian tradition it is believed that the soul can be inhabited by the Holy Spirit whereas Greek and Roman mythologies state that a person could become a host for positive energies (Assagioli, 1965). Ellenberger (1970) noted that St Augustine pondered whether the personality was a unity but by the end of the eighteenth century the concept of the divided personality was known. Later, both Freud and Jung found it necessary to adopt some form of poly-psychism in their theories (Watkins & Watkins, 1997). Jung conceptualised personality as an outgrowth of a number of archetypes and complexes, thus implying personality segments that were organised into unconscious patterns (Frederick, 2005). Watkins and Watkins (1997) as well as Frederick (2005) assert that many other clinicians and theorists have viewed the mind as a confederacy of part or sub-selves including Janet (1907), Alexander (1930), Kernberg (1976), Kohut (1977), Prince (1978) and even Milton Erickson (1980).

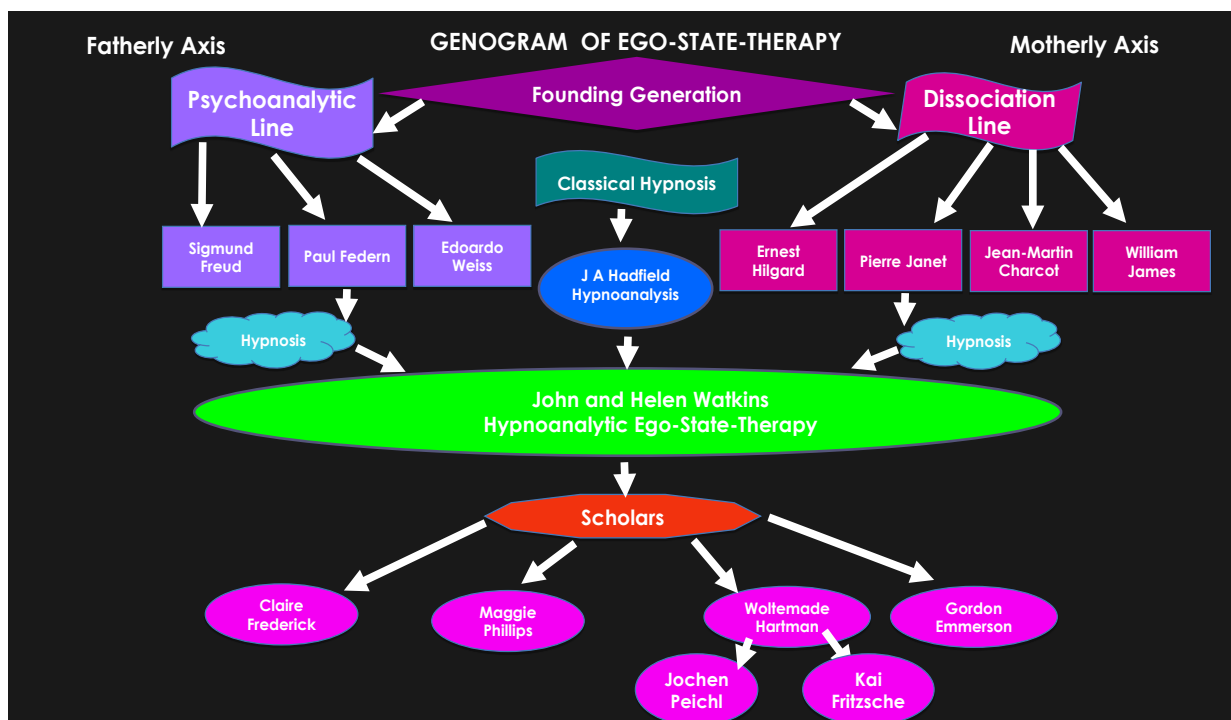
Watkins and his wife, Helen Watkins (Watkins, 1992; Watkins & Watkins, 1997), developed a therapeutic system referred to as 'Ego State Therapy' based on, amongst others, the psychoanalytic theories of Freud (1936) and Paul Federn (1952), and on the dissociation theories of Jean Martin Charcot (1879), Pierre Janet (1907) and William James (1884), to name but a few. This hypnoanalytic form of treatment is based on the dynamic theory of the ego where the human mind is considered not a monolithic entity, but rather consists of separate parts detailed to the individual (Hartman, 2002). According to Emmerson (2003) ego state therapy is a specific approach that has developed from the amalgamation of psychoanalysis and hypnosis. It can be seen as a treatment modality founded on an eclectic-hypnoanalytic

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approach (Hartman, 1995). Although ego state theory drew most of its sources from the above-mentioned theories, it was also built on the dissatisfaction with those formulations.

The research on the evolution of the concept of dissociation within ego state theory is embedded within three major therapeutic paradigms as illustrated in Figure 2.1. It consists of two gendered axes and the hypnoanalytic tradition as depicted below. Freud (1936), Federn (1952), Charcot (1879), Janet (1907), James (1884) and Hadfield (1940) are known as the founding generations of ego state theory, namely psychoanalysis, or commonly referred to as the fatherly axis, dissociation theory or the so-called motherly axis, and classical hypnosis (Peichl, 2012; Hartman, 2015).

Figure 2.1: Genogram of ego state therapy, for the depiction of major theorists and three paradigms (Peichl, 2012; Hartman, 2015).



The first major paradigm is the fatherly axis and it mainly consisted of the work of Sigmund Freud, Paul Federn and Edoardo Weiss (Peichl, 2012). Freud was one of the first theorists to suggest the idea of parts, which he described as the id, the ego and the super-ego. This

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structural model of the personality can be regarded as an early psychoanalytic parts model of the personality of a human being. According to Peichl (2012), Federn asserts that later on Freud conceptualised the self as an undividable whole. Frederick (2005) states that Freud's own energy theory of personality was based on the interaction between a positive life-energy, the libido (pleasure seeking), and Thanatos, also known as the 'death instinct' that is concerned with aggression that has to be neutralised.

Paul Federn, one of Freud's earliest associates, furthered the research of this idea of parts and introduced the concept of ego states. Federn originally accepted Freud's tripartite division of the personality into the id, ego and super-ego (Watkins & Watkins, 1993). Although Freud describes the self as a whole, Federn describes it as a cluster of repressed self-states or ego states. As previously mentioned, the concept of mental energies held a central position in the theory of Freud, and energy conceptions became an integral part of the theory of Federn (1952), greatly influencing the ego state theory of Watkins (Watkins & Watkins, 1997). Federn described the ego as a real, experienced state of feeling and not simply a theoretical construct (Erskine, 2015). Furthermore, Federn made two substantial contributions that are relevant to the understanding of multiplicity and therefore, ego states. Firstly, he believed that whether a physical or mental process was experienced as a part of the self (I or me) or as an object (he, she, or it) was determined by the nature of the energy (ego or object) that activated it (Watkins, 1993). Federn proposed this two-energy theory to explain many psychological phenomena which, according to Watkins and Watkins (1999), Freud's one-energy (libido) could not adequately account. Secondly, Federn believed that the personality was not merely collections of perceptions, cognitions, and affects, but that they were organised into clusters or patterns, which he called ego states (Watkins, 1993). According to Federn (1952), the human ego is comprised of a number of 'ego states', each of which, according to him, is formed in childhood, The development of the concept of dissociation within ego state theory.

and all of which exist in some dynamic relationship with one another. Although, Federn theorised that all ego states are formed during childhood, Fredrick (2005) asserts that growing information about ego state formation in traumatic situations (Putnam, 1989), material about the creation of helpful ego states (Ginandes, 2004) and other clinical data suggest greater personality plasticity than he originally envisioned.

Whilst Federn (1953) did define and create further theories regarding his premise of ego states, he did not expand on his theory to the point of actually creating a therapeutic methodology. Edoardo Weiss further elaborated on the concept of ego states, based on his psychoanalysis of specific clinical cases (Watkins & Watkins, 1997). Weiss was Federn's chief exponent and the editor of Federn's (1952) book, *Ego Psychology and the Psychoses*, which was published posthumously (Heathcote, 2010). Furthermore, Weiss both clarified and systematised Federn's theory on ego psychology (Weiss, 1950). Federn himself did not employ hypnosis in his treatment but described its use in activating ego states (Peichl, 2012). It was Edoardo Weiss who wrote in the introduction of Federn's book that the ego states of earlier ages do not merely disappear but are rather repressed (Federn, 1952). He adds that in hypnosis a former ego state, containing the corresponding emotional dispositions, memories and urges, can be re-awakened.

Peichl (2012) also identifies the second paradigm, referred to as the motherly axis or dissociation line, as consisting out of the work of Jean-Martin Charcot (1897), Pierre Janet (1907), Ernest Hilgard (1977) and William James (1884) and These four theorists, mostly known for their work in dissociation theory, also identified and researched the concept of parts. Dissociation had been observed by many of the early workers using hypnosis.

Jean-Martin Charcot (1897) was the first to propose the radical hypothesis that similar brain processes were responsible for the unexplained neurological symptoms of 'hysteria', now The development of the concept of dissociation within ego state theory.

typically diagnosed as ‘conversion disorder’ or ‘dissociative (conversion) disorder’ (Vaughan, Oakley, Halligan & Deeley, 2011). Central to Charcot’s explanation was the concept that symptoms could derive from unconscious ‘fixed’ ideas based on suggestions or autosuggestions that remained isolated from the rest of the mind and expressed themselves outwardly through corresponding motor phenomena, also known as parts (Ellenberger, 1970).

It was a student of Charcot, Pierre Janet (1907), who originally applied the term *dissociation* to describe systems of ideas that were split off and not associated with the other ideas within the personality. Janet held that a system of ideas became dissociated from the main personality and could exist as a subconscious personality, almost identical to that of ego states (Watkins & Watkins, 1997). The personality as a system can be understood as being comprised of various psychobiological states or subsystems that function in a cohesive and coordinated manner. Thus, Janet believed that under ordinary conditions, awareness of emotions, thoughts, actions, and sensations related to any particular experience are united as a single consciousness and is under voluntary control (Van der Kolk & Van der Hart, 1989). Janet studied true multiple personalities (dissociative identity disorder), but he clearly implied that these personality patterns also existed subconsciously, even if not overt and available to conscious observation and experience (Watkins & Watkins, 1997). The definition by Janet of dissociation corresponds to a large extent with that of ego state theory.

William James (1984) did not only contribute to the development of ego state theory with his work on dissociation but rather with his theory on transitive parts. This theory consisted of the belief that there is a distinction between substantive states of consciousness and the transitive ones which intervene temporally between them (James, 1984). He added that though consciousness is a flux, it is also differentiated, thus consisting of different parts. Furthermore, James conceptualised dissociation as a dimensional process existing along a

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continuum from normal and relatively common dissociative experiences, such as daydreaming, to severe and clinically relevant forms such as the dissociative disorders (Spitzer, Barnow, Freyberger, & Grabe, 2006).

There are also other observations and findings that complement the orientation that the mind is multiple in its composition (Frederick, 2005). It was in a series of experiments with normal subjects that Hilgard (1977) identified a ‘hidden observer’, an aspect of personality out of conscious awareness. Hilgard proposed the neo-dissociation theory (1977, 1991) as a way of understanding this and related phenomena. He stated that the mind is divided into compartments that each observes as well as regulates it within their own realms (Frederick, 2005). Furthermore, Hilgard stated that these compartmentalised mental energies communicate with one another and with something like a core or central personality that he called the ‘executive personality’ (Watkins & Watkins, 1997).

The third paradigm, the classical hypnosis paradigm, consisted of the work of J.A. Hadfield. He was in search of a more time-efficient and effective method of psychotherapy. This led him to combine psychoanalysis and hypnosis, creating the term ‘hypnoanalysis’ (Hawkins, 2008). Psychoanalysis was used by Hadfield (1940) to treat shell-shocked (currently known as post-traumatic stress disorder) soldiers during World War 1. Watkins found that a combination of psychoanalytic techniques, coupled with hypnotic trance, as was evident in the work of Hadfield, could effectively address the debilitating effects of traumatic dissociation (Watkins, 1992). The researcher of this study finds the interconnectedness between ego state theory, traumatic dissociation and hypnosis an interesting phenomenon. This led the researcher to the idea to investigate the evolution of the concept of dissociation within ego state theory.

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With regard to ego state theory and therapy, these earlier concepts by Freud, Federn, Weiss, Charcot, Janet, James and others were either not made fully meaningful or they were incomplete and did not adequately describe and explain the phenomena that John and Helen Watkins had observed in their clinical practice (Watkins & Watkins, 1997). The research by Watkins and Watkins (1981, 1990) led to the theory of multiplicity and the therapeutic techniques based upon it. The basic assumption is that multiplicity is a normal organisational principle of the human psyche. Accordingly, there are many 'part-selves' in the human mind, outside the awareness of the overt self (Hartman, 1995). According to Fourie (2009), it can be confirmed that the psyche is not a homogeneous whole, but is composed of separate parts or ego states, specific to the individual. Watkins conceptualised the ego as containing a number of states separated from one another by more or less permeable boundaries (Watkins & Watkins, 1980). Ego states are thought of as existing as a family of sub-selves which can operate in a functional way, and like many families, have varying degrees of dysfunction. Usually, when there is dissension or lack of co-operation, pathology occurs (Hartman, 2001); some ego states are formed as adaptive responses to trauma.

Since its inception, ego state therapy has been applied in a variety of contexts and to an ever-widening range of clinical conditions (Torem, 1987; Hartman, 1997; Phillips, 1993). In ego state therapy, ego states are activated hypnotically and they usually communicate through the speech of the hypnotized patient (Hartman, 2001). Like individual patients, individual ego states also communicate by means of symbolic, sensory and motor signals (Frederick, 1994; Phillips, 1993) as well as through symbolic language such as symptom words, figures of speech, word plays and sequences (Hartman, 2001).

In order to understand the concept of an ego state, it is necessary to understand the nature of ego states as discussed by Watkins and Watkins (1999) as well as Emmerson (2003):
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1. An ego state cannot be eliminated, but it can be changed.
2. Normally ego states are able to express how old they feel, usually reporting to feel younger than the person experiencing them.
3. Ego states may choose to become inactive or they will hide. They can also change and when they do they prefer to have a new name, for example, 'depressed' ego state may become 'helpful' ego state.
4. Ego states, when asked, will report that they are part of an individual.
5. Ego states have their own identities thus when a state is executive (conscious), it speaks in the first person and will refer to other ego states as 'the others'.
6. Ego states also have feelings and do not like derogatory comments made about them, directly or even to other states; they may also refuse to talk or co-operate.
7. Lastly, all individuals have ego states, although the dissociation differs from person to person.

John and Helen Watkins made important contributions to ego state theory and practice, predominantly in the area of hypnoanalysis, which utilises hypnosis to identify, explore, and repair issues within the individual ego states as well as within the inner family of self as a whole (Frederick, 2005). Other clinicians have explored the activation of powerful, conflict free aspects of personality, such as inner-strength (Frederick & McNeal, 1993), inner-love, inner-advisor, and internal helpers as well as the nurturing self (Fritzsche & Hartman, 2010). Additional areas of focus include ego state therapy techniques and applications for the treatment of dissociation as well as trauma (Ginandes, 2002; Morton, 2001; Phillips & Frederick, 1995).

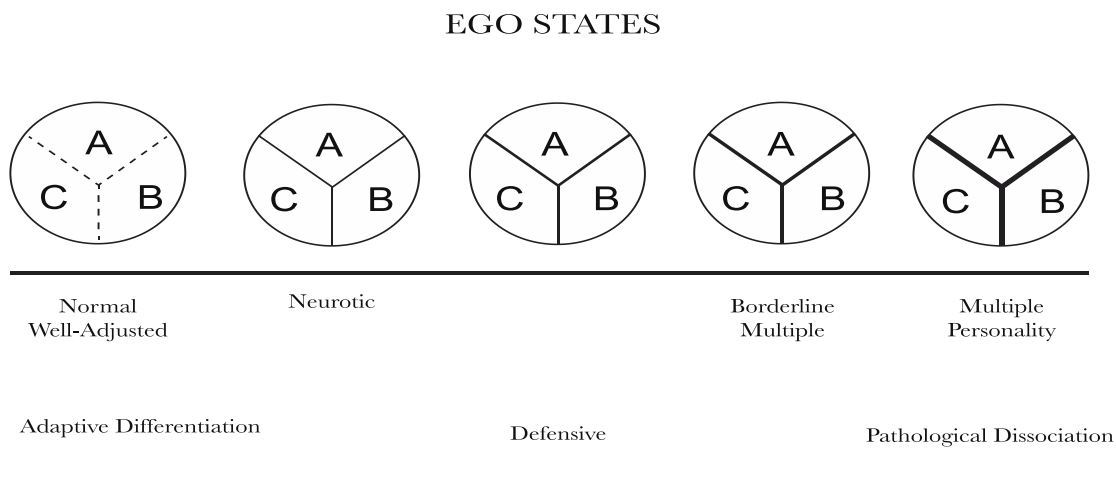
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It is evident that dissociation plays a central role not only in ego state theory but as well as in ego state therapy. In the next section I will explicate the importance of the concept of dissociation by Watkins and Watkins, in ego state theory. I will also focus on the concept of dissociation in a broader and more recent context.

2.3. Dissociation

In order to understand ego state theory, it is beneficial to take the core concepts surrounding ego state theory and therapy into consideration. Figure 2.2. illustrates the Watkins' original explication of ego states and its interrelatedness with dissociation, similar to the continuum of William James, as previously mentioned.

Figure 2.2: The differentiation dissociation continuum (Watkins & Watkins, 1997).



Watkins and Watkins (1997) assert that there are few psychological processes that exist on an either-or basis — anxiety, depression, immaturity, etc., all lie on a continuum with lesser or greater degrees of intensity. The differentiation-dissociation continuum (Figure 2.2) is based on the same principle. As explained in Figure 2.2, multiple personalities or what is currently known as dissociative identity disorder (DID), represent the extreme and maladaptive end of The development of the concept of dissociation within ego state theory.

the continuum, whereas normal ego states are non-pathological and can adapt to the struggles of everyday life. As an example, Watkins and Watkins (1997) assert that dissociation can be a very normal reaction, protecting us from frightening situations and decreasing our fear. In addition to dissociation as a reaction or disruption, the human ability to dissociate has also been put to therapeutic use. Watkins and Watkins (1997) defines an ego state as: “an organised system of behaviour and experience whose elements are bound together by some common principle, and which is separated from other such states by a boundary that is more or less permeable” (p. 25).

When boundaries of ego states are permeable and not rigid, the entity can be regarded as a normally adaptive entity, as can be seen on the left-hand side of Figure 2.2. It is when the boundaries become rigid and impermeable that the term dissociation amongst ego states is used (Watkins & Watkins, 1997). It is when these boundaries are extremely rigid and completely impermeable, with no interaction between that ego states, that dissociative identity disorder (DID) will become evident, as seen on the right-hand side of the figure (Watkins & Watkins, 1997). Figure 2.2 shows that Watkins and Watkins (1997) combined their theory of ego states or parts, with the phenomenon of dissociation. However, Watkins and Watkins (1997) add that dissociation, whether resulting in DID or not, seems to be related to severe trauma and stress.

Watkins was not the only theorist who recognized and acknowledged the importance of dissociation. The idea that the human personality is naturally divided or segmented was commonly held in the late 19th and early 20th centuries (Philips & Frederick, 1995). As previously mentioned Janet was the first to clearly describe the term ‘dissociation’ and has influenced the development of many other theories and concepts regarding dissociation over the decades (Watkins & Watkins, 1997). Farina and Liotti (2013) state that there is no unanimous agreement on the meaning of the term ‘dissociation’. However, other scholars

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argue that contemporary clinicians and researchers seem to agree on a common element, that dissociation can be described as the loss of the ability of the mind to integrate some of its higher functions (Dutra, Bureau, Holmes, Lyubchik, & Lyons-Ruth, 2009). The common concept stems directly from the concept of *désagrégation* introduced by Janet in order to indicate a disorder of the integrative capacity leading to a mental fragmentation (Farina & Liotti, 2013). Dissociation has been and continues to be a central concept in psychology and in traumatology in particular. Research suggests that a strong connection exists between factors, such as parental abuse, neglect and failures of care, and the presence and severity of dissociative symptoms in adulthood (Chu et al., 1999; Dalenberg et al., 2012; Egeland & Susman-Stillman, 1996). Furthermore, Schimmenti & Caretti (2014) state that empirical research consistently supports the hypothesis that severe trauma may result in dissociation and may foster psychopathology. There is evidence of an association between trauma, dissociation and the development of psychopathology. However, different conceptualizations of dissociation do continue to exist.

A systematic overview of the various uses of the term of dissociation by Cardena (1994), illustrated dissociation in three distinct ways: as a lack of integration of mental modules or systems, as an altered state of consciousness, and as a defence mechanism. On the other hand, Holmes et al. (2005) state that all dissociative phenomena are qualitatively similar, differing only by degree. The difference by degree can be explained by drawing a distinction between two relevant forms of dissociation: *detachment* and *compartmentalization* (Allen, 2001). Detachment as a type of dissociation that encompasses depersonalization and derealisation, similar to an out-of-body experience where the individual experiences an altered state of consciousness (Holmes, et al, 2005). Compartmentalisation as a form of dissociation incorporates dissociative amnesia and neurological symptoms such as conversion disorders, The development of the concept of dissociation within ego state theory.

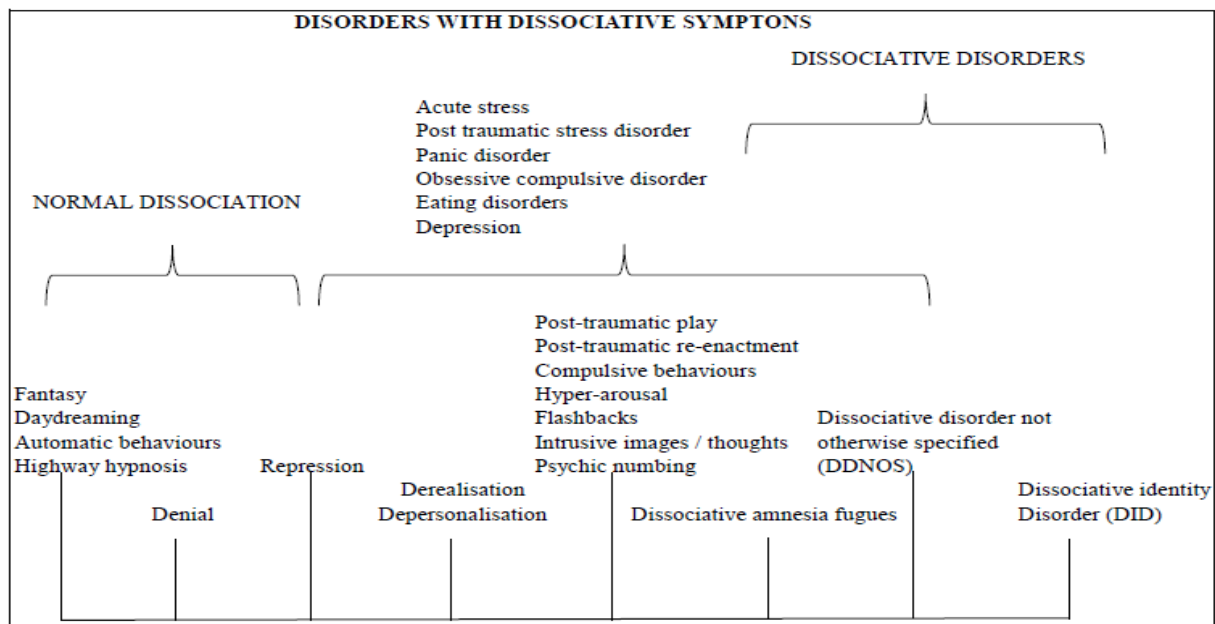
also known as somatoform dissociation (Nijenhuis, Spinhoven, Van Dyck, Van der Hart & Vanderlinde, 1996). The latter also closely links to Janet's original theory which states that hysterical symptoms (conversions) arise from dissociation of traumatic material from the consciousness (Janet, 1907). It can be concluded that there is a clear distinction between detachment and compartmentalisation. Spitzer et al. (2006) assert that this dichotomy is clinically meaningful and may hold serious implications for therapeutic interventions. It can be concluded that although detachment, derealisation, and compartmentalization are distinct phenomena categorised under the term 'dissociation', a core feature unifies all three of them: dissociation is essentially an experience of disconnection (Gold & Seibel, 2009). As such dissociation involves an alteration in consciousness that affects perception, thinking, behaviours, memory-related manifestations, emotional expression, and neurophysiology (Scaer, 2001, Shirar, 1996, Van der Kolk, 2007a).

Putnam (1989) and Van der Kolk and Van der Hart (1989) have provided a reinterpretation of the contributions of Janet to the understanding of traumatic stress and dissociation. Putnam (1996) asserts that the more severe the trauma is, the greater the likelihood that the individual will be driven into an altered state of consciousness. Van der Kolk (1994) asserts that trauma leaves its mark in the body in the form of dissociation causing somatoform disorders as well as somatisations. It has been confirmed by multiple theorists such as Kluft (1985), Spiegel (1999), Liotti, (2009) and Schore (2009) that dissociation provides a psychological escape from emotional and/or physical distress associated with a traumatic event, such as childhood maltreatment, war trauma, torture and others. So, when no physical escape is possible from a traumatic event such as torture, the individual might escape by use of compartmentalisation or detachment (Spiegel, 2012). Furthermore, Putnam (1997) describes the defensive functions of dissociation as falling into three categories namely

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behavioural automatization, affective and informational compartmentalization and identity alteration/depersonalisation. He describes behavioural automatization as an individual's ability to automatically engage in a behaviour, while attending to another task at the same time. Affective and informational compartmentalization refers to a lack of integration of affect and/or knowledge (Dell & O'Neil, 2010). Lastly, identity alteration/depersonalisation refers to ways in which the individual may be unable to access the part of his identity or feels 'detached' from himself and his cognitions or affect (Putnam 1997). Continuum models of dissociation describe these processes as ranging from normal to pathological. A continuum of dissociative experiences and phenomena from normal to pathological was also presented by Shirar (1996) (see Figure 2.3).

Figure 2.3: The continuum of dissociation (Shirar, 1996).



According to Figure 2.3, more general dissociation is that ability to lose oneself in a daydream, to escape the monotonous reality in fantasy or a good book. Dissociation that occurs in the presence of a disastrous situation, and that may be acute, are also categorised as normal. When dissociation is at the pathological end of the continuum it includes clinical conditions such as depersonalisation, derealisation, acute stress disorder, post-traumatic stress disorder. The development of the concept of dissociation within ego state theory.

(PTSD), borderline personality disorder (BPD), panic attacks, dissociative disorders and, in extreme form, DID (American Psychiatric Association, 2013). These symptoms may also occur in the context of mental health difficulties including agoraphobia, obsessive-compulsive disorder (OCD), depression, bipolar disorder, as well as eating disorders (Holmes et al. 2005; Putnam 1989; Simeon 2009; Steinberg 1995). In general, each of these defensive functions of dissociation may be conceptualized as relating to one's ability to integrate and compartmentalise behavioural, cognitive and affective mental processes (Dell & O'Neil, 2010).

The concept of dissociation is also very prominent in the work of Nijenhuis (1994), even with possible similarities to ego state theory. Nijenhuis and Van der Hart (1999) identify three types of structural dissociation namely, primary, secondary, and tertiary dissociation. They define primary dissociation as an inability to integrate sensory and emotional aspects of trauma into consciousness, such that the individual may be unaware of the reality of their trauma (Dell & O'Neil, 2010). It is within secondary dissociation that Nijenhuis, Van der Hart & Steele (2004) explain how the parts of the personality may become divided into several emotional parts or ego states that each serves its own defensive function. Van der Hart, Nijenhuis and Steele (2006) describe dissociative parts as components of a single personality. This dissociation involves the coexistence of and alternation between a so-called Apparently Normal Part of the personality (ANP) and a so-called Emotional part of the personality (EP) (Van der Hart, Nijenhuis & Steele, 2006). The EP is the part of the personality that re-enacts the trauma and was split off during the trauma. What remains in ordinary consciousness is the ANP. This is the constricted, avoidant, numb personality that we see. The constricted person that one sees is not a whole person but only a part of a person (Howell, 2007). Both EP and ANP are parts of the personality with the EP holding the memory of the trauma. A single

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individual presents but with two different parts of the person that are dissociated (Howell, 2007). Tertiary dissociation is most often demonstrated by individuals with a long-lasting history of severe abuse and can be considered the most pathological extreme of the dissociative processes (Van der Kolk, Van der Hart and Marmar, 1996). It represents a dissociation of separate ‘ego states,’ states that consist of organized cognitive, affective and behavioural patterns, in which the individual is believed to experience distinct ‘identities’ or ego states (Dell & O’Neil, 2010). Structural dissociation can range from very simple to extremely complex divisions of the personality, similar to the original differentiation-dissociation continuum presented by Watkins in ego state theory. These researchers also clearly link personality division to the concept of dissociation. Van der Hart (2000) explains that the ANP does not want to acknowledge the trauma and thus avoids the EP. In turn, the rejected EP intrudes into the experience of the ANP in the form of flashbacks as well as upsetting and unwanted memories (Howell, 2007). This pendulation between constriction and intrusion characterizes PTSD.

An alternative model of dissociation as proposed by Levine (2010) approaches dissociation from a neurophysiological and behavioural viewpoint. Levine’s model highlights somatic factors across the dimension of *sensations, imagery, behaviours, affects* and *meaning* (Fourie, 2009). It is referred to as the SIBAM-model an acronym of the abovementioned factors. Dissociation may be accompanied by split or altered perceptions not only of self and reality, but also of parts or regions of the body. Levine refers to dissociation as a freeze response within the victim during a traumatic event (Levine, 2010). He describes this freeze response as immobility behaviour and adds that this perceptual experience in the traumatic moment is called dissociation, which he describes as being physiologically the same as the freeze response (Levine, 2010). Scaer, another prominent and recent scholar, was also inspired

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by the work of Peter Levine. He developed a definition of dissociation as:

A subjective experience, a continuum of abnormal perceptions and behaviours that occur in people subjected to a traumatic event or even to an intense period of stress. He describes dissociation as a disruption of consciousness, memory, identity, and perception of the environment, and it may alter any of these states and functions (Scaer, 2005, p.177).

He adds that it is clear when a person is in a state of dissociation, their perception of reality, in a particular state, is distorted and fragmented (Scaer, 2005).

Scaer's description clearly refers to parts or so-called ego states within the personality and it closely links with ego state theory. He describes individuals in traumatic situations as experiencing symptoms of constriction and the dulling of cognition and thinking, a feeling of confusion and foginess, low-grade fear, and profound physical exhaustion (Scaer, 2001). These symptoms suggest that an individual enters a state of dissociation or freeze. Individuals who actively dissociate at the time of a traumatic event are much more likely to develop subsequent symptoms of PTSD than those who do not (Scaer, 2001).

The discussion on the topic of dissociation will not be complete if the most recent elaborations on trauma and dissociation, by Van der Kolk and Porges, are not cited. I have therefore decided to briefly describe them. Van der Kolk (2014) asserts that until recently, the bidirectional communication between body and mind has been largely ignored by Western science, even though it has been central to traditional healing practices in many other parts of the world, such as Africa, India and China. Today it is transforming the understanding of trauma, dissociation and recovery. One contributor to such a transformation process has been Stephen Porges (1994) who introduced us to the polyvagal theory. The term 'polyvagal' refers to the many branches of the vagus nerve which connects numerous organs, including the brain, The development of the concept of dissociation within ego state theory.

lungs, heart, stomach, and intestines (Van der Kolk, 2014). After a traumatic occurrence, one experiences the world with a different nervous system that has an altered perception of risk and safety (Van der Kolk, 2014).

Porges's theory provides an innovative and contemporary explanation of dissociation. According to Porges (2011) the autonomic nervous system (ANS) regulates three fundamental physiological states, and the level of safety determines which one of these is activated at any particular time. These physiological states can be briefly summarised as:

Social engagement: When someone feels threatened they will instinctively turn to social engagement, and call out for help, support or comfort from people around them.

The fight or flight response: If no one comes to our help or aids us, we will resort to more primitive ways of surviving. We will either fight our attacker or we will run to safety.

Freeze/Dissociation: If both the aforementioned possibilities fail, the organism will attempt to preserve itself by shutting down completely; resorting to a state of freeze or dissociation.

This is where the aforementioned many-branched vagus nerve comes in and is central to the understanding of how people deal with trauma. The social engagement system depends on nerves that have their origin in the brain stem regulatory centres, primarily the vagus nerve, together with the adjoining nerves that activate the muscles in the face, throat and many more (Porges, 2011). The ventral vagal complex (VVC) enables the individual to nod the head, smile or frown and also sends signals down to the heart and lungs, slowing down the heart rate and increasing the depth of breathing (Porges, 2011). The latter results in the individual feeling calm relaxed or pleurably aroused. When something distressing happens and no one responds to our call for help, the sympathetic nervous system (SNP) will take over to mobilise the muscles, heart and lungs for fight or flight (Van der Kolk, 2014). Lastly, if there is no way out

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of the danger, the ultimate emergency system will be activated, namely the dorsal vagal complex (DVC) (Porges, 2011). This system reaches to the stomach, kidneys, and intestines and reduces the metabolism throughout the body. As a result, the heart rate will plunge, we will experience an inability to breathe and our gut will empty. At this point the individual will completely disengage, freeze and will be in a full state of dissociation (Van der Kolk, 2014). Van der Kolk (2014) adds that once we are in a state of dissociation, other people and ourselves, cease to matter due to the complete shutdown of awareness, leading to a lack of registration of any physical pain.

The evolution of the concept of dissociation led to the description of a constellation of different clinical manifestations attributed to it, including altered perceptions of physical sensation, time, memory, and the perceptions of self and reality (Levine 2010). Dissociation is moving towards a more physiological reaction to trauma and less of a cognitive reaction (Peichl, 2007). The concept of dissociation evolved to include not only mental and emotional aberrations, but also stereotyped and unusual somatic perceptual and motor experiences and expressions as described in the work by Scaer (2005), Levine (2010) and Porges (2011).

2.4. Conclusion

In this chapter, I attempted to explicate the development of the ego state theory by discussing each paradigm as well as the role-players who contributed to the development of the theory. I also discussed the concept of dissociation outside of the boundaries of ego state theory by introducing the reader to other relevant theories as well as more recent, modern and contemporary neurophysiological perspectives. The following chapter details the research design, approach and methodology of this research.

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CHAPTER THREE – RESEARCH DESIGN

3.1. Introduction

This chapter describes the design that was adopted by this study to answer the research question: “How did the concept of dissociation evolve within ego state theory?”. A qualitative research approach was utilized to answer the research question. The study followed a qualitative literature review design to integrate information from an array of published literature. The genogram, as previously seen in Chapter Two, was used as a guideline to locate literature of the eminent scholars of ego state therapy. This chapter begins by describing the research approach, methodology and method. It will be followed by an outline of the analysis, from formulating the research question and determining what primary research studies to include, to how the findings were synthesised and the manner in which the findings were expressed. The chapter will then conclude with the ethical and quality considerations that were taken into account.

3.2. Research Approach and Assumptions

3.2.1 Qualitative Research. According to Taylor, Bogdan and DeVault (2016), descriptive observation, interviewing, and other qualitative methods are as old as recorded history. Wax (1971) pointed out that their origins can be traced back to historians, writers and travellers ranging from the Greek Herodotus to Marco Polo. Furthermore, Clifford (1983) stated that it was not until the 19th and early 20th centuries that what we now call qualitative methods were consciously employed in social research. A qualitative methodology encompasses an extensive area of changing, contested and complex diversities regarding paradigms, research methods, approaches to data, and methods of analysis of data (Miles and Huberman, 1994; Punch, 2005). Merriam (2009) asserted that the qualitative research approach should correspond to the research question asked and that the design The development of the concept of dissociation within ego state theory.

should be compatible with ones' worldview, skills and personality. Taylor, Bogdan and DeVault (2016) explore the characteristics inherent in qualitative research. My study falls within the wide ambit of the general assumptions of qualitative research. In this regard, the study was concerned with and related to the certain characteristics of qualitative research in the following way: As the researcher, I was concerned with the meanings and understandings of each of these different scholars, with regard to their understandings of the concept of dissociation within ego state theory. I identified each scholars' data individually to see how the concept of dissociation is perceived by that particular scholar. The approach under the methodology of my study uses systematic, structured and auditable processes in order to generate principal claims about the phenomenon under investigation and by means of deductive derivation. As will be discussed later on in this chapter it is with great appreciation that I realized that qualitative research is indeed a craft. In addition to these general characteristics, qualitative research also acknowledges its situatedness within a certain philosophical positioning. Qualitative research thus emphasises the necessity to take a stance about what one believes about the nature of reality, also referred to as ontology, as well as one's beliefs about the nature of knowledge, referred to as epistemology (Willig, 2008). This research adopted an interpretivist paradigm as its world view and will now be discussed in more detail.

3.2.2 Research Paradigm. The study followed a qualitative literature review design and associates itself with the interpretivist paradigm. Interpretivism developed as a critique of positivism in the social sciences (Black, 2006) and holds specific beliefs about the nature of knowing and reality. It subscribes to a relativist ontology, which assumes that reality, as we know it is constructed intersubjectively through the meanings and understandings, developed socially and experientially (Hudson and Ozanne, 1998). There is from this position no mind-
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dependent reality ‘out there’ about which we can proclaim to know the truth. Following on this relativist ontology, interpretivism is also embedded in transactional or subjectivist epistemology, which assumes that we cannot separate ourselves from what we know (Black, 2006). The implication of these assumptions for my study is that my presuppositions are part of the research process; thus, objective knowledge is not possible. I interpret and understand from a position of already knowing in realities and truths that are never fixed or ultimate (Hudson and Ozanne, 1988). Due to my personal relationship with the late John. G. Watkins, it was important to be aware of the possible pre-assumptions during the interpretation of the data, and it was also important to understand these pre-assumptions, as mentioned in Chapter Five.

An interpretive perspective abandons claims to objectivity in order to emphasise the reflexive nature of the research process and the subjective nature of constructions of meaning, both by the research participants and by the researcher (Mottier, 2005). Goldkuhl (2012) states that the core idea of interpretivism is to work with subjective meanings already existing in the world for example to acknowledge their existence, to reconstruct them, to understand them, to avoid distorting them and to use them as building blocks in theorising. Mouton (2001) describes interpretive findings as research that advances a new interpretation or reading of an existing text. The latter relates directly to my research as it is concerned with interpreting a variety of existing texts with the intention of creating a new understanding of how the concept of dissociation developed within the ego state theory. From the interpretative stance, each scholar’s view is regarded as their own interpretation of the meaning of dissociation. In order to guide the process of interpreting and understanding the development of the concept of dissociation, a systematic research strategy was followed.

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3.3. Research Design and Method

This study follows a qualitative literature review design and draws on the seminal work of Cooper (1985) and more recent developments of his taxonomy, as explicated by Whitemore & Knafelz, (2005) and Randolph, (2009). Cooper (1989) defines a literature review as reviewing that is done in order to summarise past research by attempting to draw overall conclusions from studies and literature, that addresses a particular topic of interest. Furthermore, Cooper (1989) suggests that literature reviews can be classified according to five characteristics, which I used in order to plan my study. The five characteristics are known as *focus*, *goal*, *perspective*, *coverage*, *organisation* and *audience*.

Figure 3.1 below illustrates these characteristics as well as the relevant categories that I applied for this study.

Figure 3.1 Cooper's Taxonomy of literature reviews. Adapted from Cooper (1985).

Characteristics	Categories	Description
Focus	Theories	The focus is specifically on ego state theory and the concept of dissociation as understood by it.
Goal	Integration Identification of central issues	Integration and explication of dissociation within ego state theory unfolding over time. Identifying central issues in understanding dissociation.
Perspective	Espousal of position	Revealing my own pre-existing biases and how it may have effected this review.
Coverage	Purposive sample	Purposive sampling approach- only the eminent ego state scholars were included in this study in order to narrow the scope.
Organisation	Conceptual	This review is organized around the concept of dissociation within ego state theory.

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Audience	Specialised and general scholars	For this mini-dissertation my primary audience will be my supervisors and reviewers. This review will also be presented in the form of a journal article aimed at an academic audience.
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In terms of Cooper’s (1985) taxonomy, the focus of the study is on theory (i.e., dissociation as a concept), the goal is to explicate views on dissociation and integrate it into a temporal understanding.

The literature review is a complex process that can be defined as “an interpretation of a selection of published and/or unpublished documents available from various sources on a specific topic that optimally involves summarisation, analysis, evaluation, and synthesis” (Onwuegbuzie, Collins, Leech, Dellinger and Jiao, 2012, p.2).

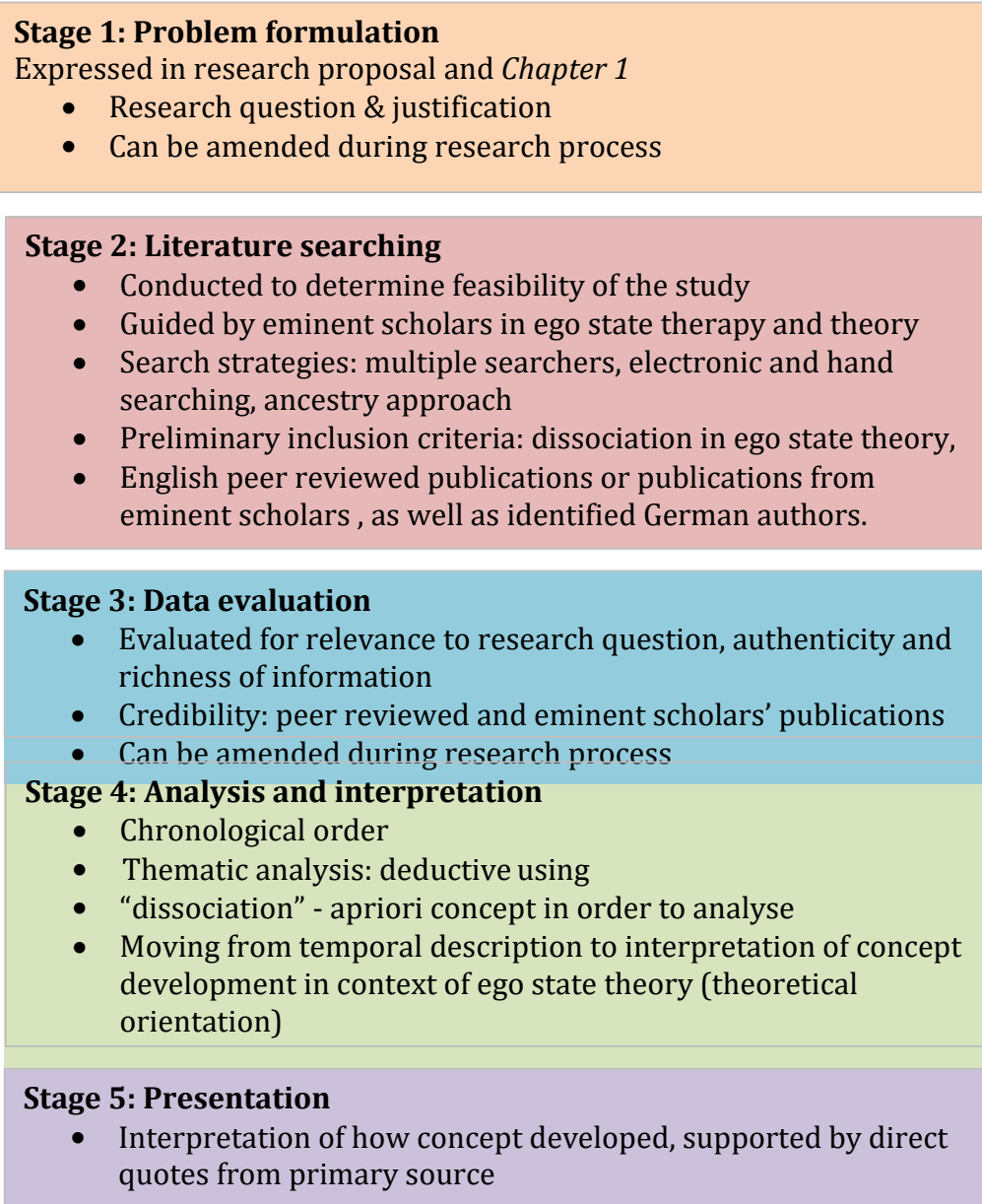
A methodologically sound literature review is a valid scholarly document worthy of being published (Randolph, 2009). The purposes of a literature review can vary, and for this study, it is to situate the research in historical context and to clarify concept development within a specific theory (Randolph, 2009). According to Fink (2005), a literature review is a systematic, explicit and reproducible method that enables the researcher to identify, evaluate, and synthesise the existing body of work. What Fink (2005) argues for is transparency of the research process. In order to answer to the requirements of it being explicit and reproducible, certain steps have been followed and are described and discussed below in detail.

As previously mentioned, this study used the stages of literature reviewing as identified by Cooper (1985) and developed by others (e.g., Randolph, 2009; Whitemore & Knafel, 2005).

These stages mirror those of primary research and are iterative although presented sequentially in the following discussion. These stages are illustrated in Figure 3.2 below:

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Figure 3.2 Literature review as research design using thematic analysis as method to analyse texts.



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3.3.1 Problem formulation and research question. The problem formulation and research question stage entailed that the problem was clearly identified and the topic and sampling frame were identified (Whittemore & Knafl, 2005). A clearly defined review purpose is essential in facilitating all other stages of the review. The formulation of the research problem and question is important for it has implications for the breadth and depth of the study and determines inclusion criteria.

Through in-depth reading and engagement with ego state literature, a preliminary research problem and question was developed for this study and the justification for the study was clarified. However, according to Willig (2013), the research question is not cast in stone and can be refined as the research unfolds. With this in mind, I remained open to the possibility of amending the research problem and question.

In the literature exploring stage the research question addressed the contributions of John G. Watkins to the development of ego state theory and the subsequent advancements by his second-generation scholars. However, it soon became evident that the research question was rather broad and the scope far too encompassing for a dissertation of limited scope. From the beginning, I was interested in how ego-state theory developed. Because dissociation is such a central concept in ego state theory, I decided to explicate how it has evolved in ego-state theory and therapy over time – how its meaning changed or stayed the same. In this manner, I narrowed the study for practical considerations while still engaging in topics I find interesting and relevant to psychology and psychotherapy. By narrowing the scope from an all-encompassing review to a concept centric one possibly allowed for a more in-depth review. The research question that guided the study was: *How did the concept of dissociation develop within the ego state theory?*

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3.3.2 Literature exploration. A well-defined search strategy is pivotal for enhancing the rigour of any type of review and sampling decision needs to be explicit and justified (Cooper, 1985; Whittmore & Knafl, 2005). As I am in possession of the primary works of John Watkins, they served as a point of departure for collecting further texts. The majority of Watkins' work was based on his studies of multiple personalities and the degree of dissociation involved. Furthermore, I conducted extensive online searches, in order to determine the feasibility of the study. This phase involved identifying a place to start looking for literature, using existing frameworks as a 'compass' of who to include as well as using technology in the actual exploration.

It became evident that in most of Watkins's studies, dissociation was the central concept, especially in his work of ego states. To facilitate the literature search process, I made use of the genogram of eminent scholars in ego state therapy by, Peichl (2012) and Hartman (2015) as a guideline (see Figure 2.1 in Chapter Two) to locate publications focusing on dissociation. The genogram served several purposes. It allowed a frame based on credible authors within which I could explore available literature. However, it may be seen as limiting the scope of literature exploration. The intention was not to stay only within the boundaries that the genogram provided, rather it was used as an initial point of engagement. Information was corroborated through the use of multiple texts (Yin, 2003). When using the word 'texts' I not only include scholarly articles but also published books relevant to my topic. Yin (2003) states that allowing for cross-referencing of information can enhance the internal validity of the information collected. By utilising online sources, I researched the concept of dissociation in broad terms by noting and following which authors were citing each other. Lastly, Whittmore and Knafl (2005) advised the use of the ancestry approach whereby citations in

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the references section of texts are searched and to search journals by hand. These were employed in order to explore the data.

3.3.2.1 Data collection. Whereas the literature searching stage entailed exploring with some guidance, the scope of relevant literature, the data collection stage, was a much more deliberate and focused effort. I made use of multiple sources in order to collect relevant data for this study. Purposive sampling was used for this study because literature needs to be on the specific topic of interest. Patton (2002) states that purposeful sampling is a technique widely used in qualitative research for the identification and selection of information-rich cases for the most effective use of limited resources. In order to identify relevant texts, certain inclusion criteria were formulated. The inclusion criteria were guided by the research question and entailed ensuring that texts concerned with dissociation and situated within ego state theory and practice were included. The study is by no means exhaustive since only English publications and as well as German publications, (only by Jochen Peichl and Kai Fritzsche) were included.

I made use of the ancestry approach in order to track citations on bibliographies of seemingly relevant articles, so that I developed a clear understanding of prior relevant research. Secondly, I made use of the services of the University of Pretoria's specialist librarian for Psychology so that relevant studies were exhaustively indexed. Furthermore, I mostly relied on the online computer searches on databases available on the internet as well as the online university library. The search terms used were the names of the scholars followed by ego states and dissociation. Only articles and literature that came up with these keywords were utilised. Below is a list of the databases and search engines used for this literature review:

1. Google Scholar
2. PsychInfo
3. Medline

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4. EBSCO Open access journals
5. ScienceDirect Freedom Collection
6. Academic search Primer
7. Sage Publications
8. Taylor and Francis Social Science and Humanities
9. SpringerLink
10. Cambridge Journals Online

A google scholar search with key words ‘ego states and dissociation’, published between 1997 and 2017, yielded 18200 results. The next stage explains how the final texts included in the study were selected.

3.3.3 Data evaluation stage. This stage entails deciding which texts to consider for inclusion in the analysis. Qualifying and disqualifying characteristics of texts had to be considered and refined. This delineation directly addressed the question of the relevance a text has for my study (Cooper, 1998; Randolph, 2009; Swales & Feak, 2009). Included below is a more detailed description of my inclusion criteria for this study:

1. English publication of journals or books from 1997 to 2017 were included.
2. German publications from 1997 to 2017 for German theorists, Jochen Peichl and Kai Fritzsche, were included.
3. Peer review articles as well as books were included. Peer review articles refer to those that were published in accredited scholarly journals.
4. Unpublished theses, dissertations, reports or conference papers were excluded from this review.
5. Only the work of the following ego state scholars was included: Claire Frederick, Maggie Phillips, Gordon Emmerson, Jochen Peichl, Woltemade Hartman and Kai Fritzsche.

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In addition, Whittemore and Knaff (2005) recommend evaluating theoretical sources for their authenticity, informational value and representativeness. I made use of both articles and books due to books typically being more in-depth while articles can be of great value due to their specificity. The texts were first and foremost evaluated in terms of their relevance to the research question. Care was taken to ensure the inclusion of only credible sources; those published by eminent scholars within ego state therapy as well as texts published in accredited journals. A detailed description regarding the publications used for this study can be found in the following chapter, Chapter Four, where each article is described. A summary of the number of articles used for each scholar is presented in the table below:

Table 1
List of scholars and type of texts used in the review:

SCHOLAR	AMOUNT OF PUBLICATIONS INCLUDED
Claire Frederick	3 Journal articles, 1 Joint publication
Maggie Phillips	4 Journal articles, 1 Joint publication
Gordon Emmerson	4 Journal articles, 1 Book
Woltemade Hartman	2 Journal articles, 1 Chapter in Book
Jochen Peichl	3 Books
Kai Fritzsche	2 Books

Based on the above-mentioned criteria, a number of articles were also excluded. The following table illustrates examples of the texts that were excluded and the reasons for the exclusion. The list is not exhaustive:

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Table 2
List of literature excluded from the review:

SCHOLAR	TITLE	YEAR	REASON FOR EXCLUSION
Maggie Phillips	Giving the body its due: The use of somatic experiencing in body focused psychotherapy with trauma	2007	Does not focus on ego state theory.
Claire Frederick	Hypnotically Facilitated Treatment of Obsessive-Compulsive Disorder: Can it Be Evidence-Based?	2005	Primary focus is on Hypnosis and not ego state theory.
Woltemade Hartman	Ego state therapy with sexually traumatized children	1995	Not within time frame of 1997-2017.
Gordon Emmerson	Couples counselling: An ego state therapy approach	2002	Focus was not on the theory of ego states but more practically orientated.
Jochen Peichl	Teilearbeit bei traumaassoziierten Störungen	2009	Could not access the German journal.

3.3.4 The analysis and interpretation stage. Cooper (1985) explains that during the analysis stage, data from primary sources are first ordered, then coded and lastly integrated into a unified conclusion about the research problem. Because the aim of the study is to follow the development of dissociation over time, the selected texts were firstly organised chronologically. The earliest text is from 1997 and the most recent text is from 2016.

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Next, a system for extracting data from the relevant articles and literature was developed (Randolph, 2009). A thematic analysis as proposed by Braun and Clarke (2006) was used. Braun and Clarke (2006) state that researchers must determine using either an inductive or deductive approach to coding data. Dissociation has been defined as the *a priori* concept for analysis, therefore the principles of thematic analysis as a deductive approach was used (Braun & Clarke, 2006). A deductive approach, also known as a ‘top-down’ approach, tends to be driven by the researcher’s theoretical or analytic interest in a specific area, as is the case in my study, the concept of dissociation makes the study more explicitly analyst-driven (Braun & Clarke, 2006). The deductive approach tends to provide a less rich description of the data overall, but provides a more detailed analysis of the concept of dissociation within the ego state theory. Operationalising the process of thematic analysis, the steps can be described as:

- i) Reading through the texts to get familiar with their content. Screening for relevance remained a priority. During the process of reading through the texts, I identified any information relating to dissociation and also highlighted the text when the word *dissociation* was used. I made note of other themes that were repeated often throughout the literature and that contributed to the development of the concept of dissociation. Braun and Clarke (2006) state that after the stage of data familiarisation, the more formal coding process can begin. The coding continued to be developed and defined throughout the entire analysis.
- ii) The second reading of the text was more focused on systematic and manual coding of data with the specific question of how dissociation was conceptualised (i.e. theory-driven, not data driven coding). Braun and Clarke (2006) explain that this phase begins once the researcher, in this case, me, has read and familiarised

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themselves with the data. I made use of highlighting the word dissociation as well as other terms that described dissociation. These terms were: *fragmentation, parts, divided-self, freeze, sub-selves, and inner-parts*. Furthermore, Braun and Clarke (2006) add that coded data differs from themes that start to develop in the next phase.

- iii) Looking for themes entailed identifying similarities and shifts in conceptualisations of dissociation over time. According to Braun and Clarke (2006), this phase entails the researcher to re-focus the analysis at the broader level of themes, rather than codes. Dissociation was the main theme that I researched, I also identified other themes that are discussed in Chapter Four.
- iv) Reviewing the themes entailed refining them and checking for coherence within and between themes. It also entailed checking the consistency and distinctness of themes. It was important for me to focus on identifying themes that were relevant to the development of the concept of dissociation in ego state theory. It was a challenge for me due to my knowledge of the theory as I would sometimes drift away and get caught up in the theory of ego states itself. Braun and Clarke (2006) state that by the end of this phase the researcher will be familiar with all the different themes and how they fit together.
- v) During the last step, I checked for overlapping themes between different scholars and the lack of specific themes within the work of certain scholars.

The analysis entailed tracking the conceptualizations of dissociation in theoretical texts. The themes are descriptive and show the patterns in the semantic content. Analysis progressed from description to interpretation. The final stage of analysis was to translate and integrate The development of the concept of dissociation within ego state theory.

descriptions of dissociation in ego state theory and to interpret the broader implications and meanings. This process of analysis will be discussed in detail in Chapter Four and the findings will be explicated in Chapter Five.

3.3.5 Presentation stage. The last stage included a decision about what to include in the published report as well as the ways in which findings will be communicated. Whittemore and Knafl (2005) urge review researchers to be explicit about the primary data that supports their interpretations. It is to ensure that data is not over-interpreted, leading to conclusions exceeding the evidence. Examples from primary data that support interpretations were provided to enhance the believability of the study. This research is presented here as a mini-dissertation with a possible outcome resulting in a conference presentation and journal publication.

3.4. Summary of Research Design

The research design followed for this study was intersubjective and interpretive in nature. It was important to identify patterns of understandings about the concept of dissociation as it developed overtime. My main focus was how the concept developed. Although certain steps were followed, (figure 3.2), it was guided by principles of interpretation, moving from smaller to larger understandings, and back and forth throughout the research process. The research design is also iterative in that when engaging with one stage of analysis, I often had to move back, think ahead and check my previous stages of understandings.

Although dissociation was chosen as a unit of analysis, the process of researching was deductive, thus focused on developing an understanding. Lastly, the interpretative paradigm acknowledges a researcher's subjectivity, in that bias-free understanding is impossible. However, to allow the data to speak for itself, reflexivity was of great importance and will be further elaborated on in the next section.

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3.5. Trustworthiness and Quality of Research

Patton (2001) states that validity and reliability are two factors which any qualitative researcher should be concerned about while designing a study, analysing results and judging the quality of the study. The term ‘reliability’ is a concept usually used for testing or evaluating quantitative research, but is also important for qualitative research. The most important test of any qualitative study is its quality; it is with what reliability concerns itself. Stenbacka (2001) states that reliability is a concept to evaluate quality in quantitative studies where the purpose will be *explaining*, while the quality concept in a qualitative study has the purpose of generating *understanding*. Healy and Perry (2000) assert that the quality of a study in each paradigm should be judged in terms of its own paradigm. For this research study, based on my interpretative stance, the focus was on the richness and meaningfulness of my interpretations. The data analysis of this research was conducted independently by myself; supporting the validity of the study due to the researcher not being influenced by another researcher’s analysis.

Furthermore, I considered whether the method of qualitative analysis was described in sufficient detail. The consideration was done in a manner that outlined the specific type of research design as proof of rigorous research design. Reflexivity and transparency are two crucial components in assuring validity in qualitative research. In order to develop research that is open, accountable and verifiable, I gave special attention to auditability and transparency (Thorne, Jensen, Kearney, Noblit, & Sandelowski, 2004), which contributed to the replicability of the research study (O’Leary, 2004). A detailed exposition of the research method was included in the research study to provide transparency which in turn, provided greater clarity for the research process to be traced or audited by others to enhance the reproducibility of the study (O’Leary, 2004). I have provided a comprehensive and detailed description of the

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research methodology; the aim of which is to strengthen dependability. The dependability of the study was also strengthened by the participation of an external evaluator.

3.5.1. Methodological Reflection. Methodological reflexivity aims to ensure that standardized procedures have been followed in the conduction of the research process (Patnaik, 2013). The purpose of this section is to provide a personal account of the research process also known as a methodological reflection. It provides the reader with a richer perspective of the personal qualities and interpretations that have influenced the overall research process. In so doing, it will also enhance the soundness of this research project.

Upon deciding on a research topic, I was aware from the beginning that I wanted to conduct research regarding dissociation. I soon became aware, after conducting a preliminary search, that the topic of dissociation is an extremely broad field with multiple literature studies published about it. I then came to the realization that in order to complete a mini-dissertation, I would have to narrow down my field of research. Being in possession of personal journal articles written by John G. Watkins, I narrowed down my scope of research by deciding to research the concept of dissociation within ego state theory. Within narrowing my scope, one of the most important things I realized was that I had to expand my knowledge regarding the concept of dissociation beyond the ego state theory, in order to adequately research the development of it. After conducting another preliminary search, the genogram presented by Peichl (2012) as depicted in Chapter Two, allowed me to narrow my scope of research even more when I identified the primary and secondary scholars of ego state theory. After that, was a traditional literature review identified as being an appropriate research methodology. I started to review articles pertaining to dissociation in broader literature as well as within the ego state theory. Thereafter I had to identify literature to be included in the literature review, by the six scholars mentioned earlier.

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Although I had identified clear steps to follow when reviewing the literature, the process soon turned out to be iterative and messy. It became difficult to follow the proposed steps possibly due to the diversity in the work of the scholars. I found that some scholars incorporated the concept of dissociation clearly within their work, whereas for others I had to interpret their concept of dissociation and do a more in-depth search as the concept was more implicit in their work. In interpreting their work, I had to be aware of my own biases that could possibly influence my interpretation. The latter will be addressed in a personal reflection, in the sixth and final chapter. Furthermore, the practical and theoretical implications of the development of the concept of dissociation, became salient during the analysis of the data. A clear shift within the work of the scholars became evident and was interpreted and integrated. The latter is explicated in the chapters to follow.

3.6. Ethical Considerations

As all of the texts that form the data for this research project are in the public domain no special permission was required. However, Watkins gave me his texts in 2011 but has since passed away. Ethically, the study aimed to adhere to the principles of good quality research. Since I am still a student and in the process of developing the appropriate expertise and experience required, I worked under the supervision of a more experienced expert in the field.

3.7. Conclusion

Within this chapter, an outline was provided pertaining to the research that was employed to answer the research question. The study followed a qualitative literature review design and associated itself with the interpretivist paradigm. Furthermore, I made use of thematic analysis, a deductive approach, as proposed by Braun and Clarke (2006). Only the relevant literature of the six identified eminent scholars of ego state therapy were included in this study. The chapter

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was concluded with a description on the ethical and quality considerations that were relevant to this study.

CHAPTER FOUR – DATA ANALYSIS

4.1. Introduction

In this chapter I will provide a detailed analysis of the work of the eminent scholars of ego state theory as seen in Figure 2.1. The six scholars are Claire Frederick, Maggie Phillips, Gordon Emmerson, Woltemade Hartman, Jochen Peichl and Kai Fritzsche. A brief biological sketch introduces each scholar and contextualizes their position in the field of psychology and ego state therapy. Thereafter the selected texts are listed and analysed. Due to dissociation being the a priori concept, the study is concerned with the development of it within ego state theory. This chapter explicates the main themes (understandings) of dissociation for each scholar. Because of the genealogical relationship between the said scholars, references to them indicates influences, similarities and shifts in understandings. Each scholar will be presented and discussed individually and possible conceptual overlaps between scholars will also be pointed out. In addition to dissociation as the primary unit of analysis, additional themes that influence the development of it were also identified. Some sub-themes emerged under each of these themes and will be discussed and expanded on under each relevant theme.

The scholars have been discussed in order of primary scholars and then secondary scholars, as depicted in Figure 2.1, Genogram of ego state therapy, for the depiction of major theorists and three paradigms (Peichl, 2012; Hartman, 2015), in Chapter Two.

4.2. Claire Frederick

Frederick was originally from New Orleans, USA. She received her medical degree and completed her residency in neurology and psychiatry in 1963. Not only was Frederick a practicing neurologist and psychiatrist for most of her life, but she also had an astounding gift

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and passion for teaching. As a psychiatrist and neurologist, she started her hypnosis training in the late 1970s. Frederick had a broad range of intellectual interests, but it was in 1991, in an ego state therapy workshop run by John and Helen Watkins, that her professional life took a significant turn. After receiving training in ego state therapy, she proceeded to develop and advance the theory, methods, and applications of ego state therapy. Together with her passion for ego state therapy, Frederick was also a prolific contributor to the field of hypnosis. In August 2015, she received the first Helen and Jack Watkins award from the International Society for Hypnosis for her contributions to the development of ego state theory. Frederick also worked closely with her colleague, Maggie Phillips. They co-authored numerous publications and also presented online courses and seminars together. Sadly, Frederick passed away unexpectedly on October 6, 2015 in Massachusetts. Her work remains an inspiration to all.

4.2.2 Analysis. A total of three articles written by Fredrick were analysed, as well as an eBook that was co-authored by Maggie Phillips. This eBook will be discussed under the work of Maggie Phillips later on in this chapter.

The reviewed literature is listed below:

TITLE	DATE	TYPE OF PUBLICATION
1. Selected topics in Ego State Therapy.	2005	Journal
2. The centre core in Ego State Therapy and other hypnotically facilitated psychotherapies.	2013	Journal

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3. Beyond empathy: The Tree of 2016 Journal
compassion with malevolent Ego
States.

After the review and analysis of the above-mentioned articles were completed, a number of themes were identified in the work of Frederick. The work of Frederick is presented with a prominent focus on the concept of parts, as explicated below:

We believe that an understanding of the nature of the divided self is essential for the clinicians who is (*sic*) practicing psychotherapy today. Far too often we consult with patients who have seen a number of therapists but have received no substantive results for their efforts. A major reason for this is that their therapy overlooked problems of self-division and failed to identify what was most central to the patient. It is not surprising, in view of this, that their previous therapy was unable to reach the depth of discovery necessary for healing (Frederick & Phillips, 1995, p. 1).

As previously mentioned in Chapter Two, Watkins was greatly influenced by the work of Janet (1976) and Federn (1952). Furthermore, Watkins showed a keen interest in the work of Hilgard's (1984) neo-dissociation theory and the phenomenon of the 'hidden observer'. This further inspired Watkins and Watkins (1999) to develop their unique ego state therapy approach. In the work of Frederick, a known eminent scholar of Watkins, it is clear to see that her approach to dissociation was greatly influenced by the work of the Watkins.

Fredrick (2005) for instance, asserts that normal dissociative phenomena appear during the course of everyday life in for example, day dreaming or having your mind wonder off while paying attention to something else. She adds that Hilgard's (1973) theory of neo-dissociation The development of the concept of dissociation within ego state theory.

is an excellent one. Hilgard, for example, thought that the mind was divided into compartments that observe and regulate itself within its own separate realms (Frederick, 2005). Hilgard also conducted experiments that measured bodily responses in order to discover whether the body was responding physiologically to pain even when the hypnotized subject had anaesthesia for it (Frederick & Phillips, 1995). Frederick (2005) states that Hilgard’s experiments led him to the conclusion that cognitive functioning is the result of the interaction of many ‘subordinate control systems’, which Watkins and Watkins (1999) referred to as ego states. Furthermore, Frederick (2005) adds that the neo-dissociation theory was completely compatible with Freudian theory. Frederick and Phillips (1995) provide a description of Hilgard’s theory as depicted in Figure 4.1.

Figure 4.1. Neo-dissociation theory: Dissociation and repression (Frederick & Phillips, 1995, p.4).

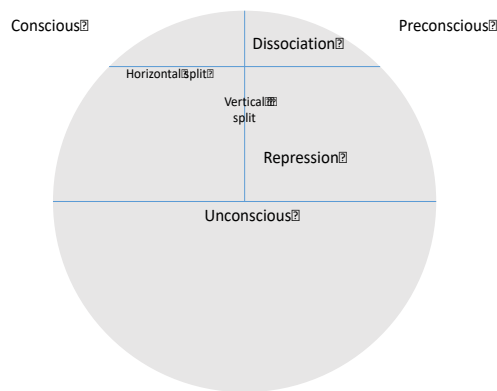


Figure 4.1 shows that there were two kinds of defence mechanisms, with two different kinds of splits that could develop within the psyche. The horizontal split represents the Freudian topographical map, which separates conscious from unconscious repressed material, and a vertical split that is placed within the realm of the conscious mind and which separates the dissociated material from the rest of the conscious content into the so-called preconscious. The development of the concept of dissociation within ego state theory.

(Frederick & Phillips, 1995). Hilgard named the main manifesting consciousness the ‘executive ego’, which is seen as the core or central personality, and other covert observing aspects of the mind were known as ‘hidden observers’. The abovementioned core or executive personality is also very prominent as a theme in the work of Frederick. Frederick (2005) explains that when such compartments of the mind or ego states are unable to communicate with the ‘core’ or ‘executive’ personality, they may carry on their functions without regard to what is going on around them which leads to dissociation. Furthermore, Frederick (2005) states that hypnosis is one situation that alters the relationship of the compartmentalised functions or ego states with the core personality, and creates a pathway for communication. In the same manner, Spiegel (1986) asserts that dissociation can be distinguished from repression in terms of the relationships among material which is kept out of conscious awareness. Furthermore, Spiegel explains that repression is best imagined as a pushing or pulling of ideas deep into the unconscious where they cannot be accessed, whereas dissociation is described as a severing of the connections between various ideas and emotions (Singer, 1995). Adding to Spiegel, Frederick and Phillips (1995) state that repressed material does not necessarily exclude other types of intrapsychic material.

Several years later Frederick moved towards a more neuro-physiological approach with regard to dissociation, a concept that is not explicitly addressed in the work of Watkins. It was also a prominent theme in her work. Frederick (2005) for example, maintains that: “There may be connections between psychological explanations and brain development ... Neuroscience may have something to contribute to the Watkins’ viewpoint.” (p. 343).

Similar to Frederick, Cozolino, (2002), Schore, (2000) and Siegel, (1999) state that the developmental sculpturing of the structure of the brain grows as a result of the interaction between the developing brain and its environment, including its interpersonal environment.

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The latter entails that our childhood experiences have neuroanatomical and neurophysiological consequences (Frederick, 2005).

Frederick refers to the work of Daniel Siegel multiple times, especially with regard to the interconnectedness between neurophysiology and dissociation. Siegel (1999) is of the opinion that there are multiple sources of information that suggest that a so-called hidden observer is present outside a state of hypnosis. This is contrary to the work of Hilgard that stated that hidden-observers are only present in a state of hypnosis. Siegel (1999) states that:

... basic states of minds are clustered into specialised selves, which are enduring states of mind that have repeated patterns of activity across time. These specialised selves each have relatively specialised and relatively independent modes of processing information and achieving goals. Each person has many such interdependent and yet distinct processes which exist over time with a sense of continuity that creates the experiences of the minds (p. 231).

Frederick (2005) explains that the brain is faced with the task of organising the activation of billions of neurons with trillions of interconnections into organized patterns that create the mind. Furthermore, she adds that this is done through ‘states of mind’ that permit the brain to function in an integrated manner. Siegel (1999) defines a state of mind as the total pattern of activations in the brain at a given time. Frederick (2005) adds that once a state of mind has occurred, it can be recalled. Siegel (1999) had explained several years earlier that the repeated activation of a state increases the likelihood that it will be activated in the future. Particular states of mind may develop cohesion through their repeated activation, as well as the functional benefits of their internal linkages. Moreover, Frederick (2005) explains that as the brain

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develops, states of minds become ‘attractor states’ within the system, influenced by both history as well as context.

Furthermore, a relatively minor dysfunction at one level of the system could produce major dysfunction in other parts of the system or the entire system. Frederick emphasises that the work done by Siegel points in the direction of research that requires further exploration. She adds that the search for more specific evidence of neuroscientific underpinnings within ego states will involve a variety of methods and devices for exploration and will become increasingly necessary (Frederick, 2005).

In relation to dissociation, it is particularly the ‘malevolent’ ego state of Frederick that emerged as a prominent theme. Such ego states are also known as destructive, perpetrator, demonic, and protector ego states (Frederick, 2016). These types of ego states play an integral part in the process of dissociation after a traumatic event. Her typology of perpetrator ego states is categorised into three types (Frederick, 2016):

1. Functionaries

These are parts that help the greater personality to survive intolerable abuse and believe themselves to belong to the internal family of the selves. Frederick (2016) states that they often perceive their roles as being the punishment that the patient deserves. These perceptions are reflections of the traumatiser’s attitude towards his/her victim.

2. Janissaries

These parts are formed during coerced abuse (Schwartz, 2013). Contrary to functionaries, these parts do not believe that they belong to the greater personality. Instead, they are completely affiliated with the perpetrator, to whom they regard themselves as primarily attached and deeply connected. They also possess deep

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loyalties towards the perpetrator. Their main purpose is to internally abuse and persecute other ego states.

3. Daemons

These personality parts are psychotic and delusional. They also do not have accurate memory concerning their origins or purposes. These parts run amok within, for reasons that tender no rational explanations. They also do not belong to the greater personality. These aspects of the personality preside over a number of self-destructive behaviours, such as suicide and homicide attempts, disturbances of mood and cognition, somatic and somatoform illnesses, and disabling flashbacks (Frederick, 2016). Patients with serious malevolent ego states are often times diagnosed with DID. The uniting function of these ego states are to protect the greater personality, and the fragile child parts, from dissociated, frightening, and destabilising trauma material (Frederick, 2013). Watkins and Watkins (1997) state that their function is to protect the child parts involved in trauma from the knowledge and experiences of their dissociated traumatic pasts.

These destructive ego states are not easily integrated within the greater personality.

Dissociation is seen as a defence mechanism based on cognitive, emotional and somatic implications to help the individual cope. Integration is both a process and a normal human function and not a single event that is going to happen automatically (Frederick, 2005).

Furthermore, Frederick (2005) asserts that integration, another prominent theme, is the goal that therapy should be directed towards from the beginning of the therapy process. Without integration, the individual will be stuck in a dissociative state, and will be unable to get all ego states to integrate and co-exist in harmony.

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Frederick (2016) emphasises that working with dissociation in the form of malevolent ego states can be extremely challenging for the therapist. Moreover, she adds that empathy for these parts, from the therapist, are key in creating sufficient transformation and integration within the personality.

Another prominent theme that emerged in the work of Frederick, in conjunction with integration, is the theme of ego-strengthening. Frederick (2013) believes that ego-strengthening is the most significant technique that a therapist can use at any stage of treatment, especially when dissociation is present. Frederick believes that this technique may promote self-esteem, lead to increased clarity of thinking and better problem-solving skills (Frederick, 2013). Frederick and McNeal (1999, p136) define ego-strengthening as "... the process of extending the scope and influence of the ego and increasing effectiveness of ego functions". The value of ego-strengthening techniques in ego state therapy lies in their ability to increase the interplay between positive, helpful aspects of the personality (Frederick, 2013).

Frederick based the majority of her work on the concept of integration as opposed to dissociation. If the malevolent ego states can be integrated within the greater personality the patient will be able to function more adequately on a daily basis. Claire Frederick together with Maggie Phillips developed a model to assist in this process of integration. It is a treatment model for dissociative disorders. This model will be discussed in the next section, in conjunction with the analysis of the work of Phillips.

4.3. Maggie Phillips

Phillips has been a clinical psychologist for more than 38 years, and has her full-time private practice in California, United States of America. She is the director of the California Institute of Clinical Hypnosis and is also a past-president of the Northern California Society of Clinical Hypnosis. Apart from Phillips' full-time practice, she always had a passion for

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teaching. She has led workshops on hypnosis, psychotherapy, the effects of childhood trauma, and reversing chronic pain in countries such as the United Kingdom, Germany, France, Japan, China, and South Africa. She also utilises energy therapies in mind-body healing. As previously mentioned, Phillips worked closely with her colleague and friend, Claire Frederick. Both Phillips and Frederick were students of John Watkins and attended multiple international congresses on ego states with him. Phillips was also greatly influenced by the work of John and Helen Watkins and published numerous articles on ego state therapy as well as post-traumatic conditions.

4.3.1. Analysis. A total of 4 articles were analysed as well as a chapter in a book written by Phillips. As mentioned previously, the book that she co-authored with Frederick will also be discussed in this section.

The reviewed articles are listed below:

TITLE	DATE	TYPE OF PUBLICATION
1. Spinning Straw into Gold: Utilization of transference resources to strengthen the hypnotic relationship.	1999	Journal
2. Joan of Arc meets Mary Poppins: Maternal re-nurturing approaches with male patients in Ego State Therapy.	2004	Journal
3. Combining hypnosis with EMDR and Ego State Therapy for Ego strengthening.	2008	Chapter in Book
4. Mending Fences: Repairing boundaries through Ego State Therapy.	2013	Journal

Joint publication (Co-Author) with Claire Frederick

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5. *Empowering the self through Ego-State Therapy* 2010

Book

From the perspective of ego state theory, parts of the human personality are believed to originate as dynamic responses to early and ongoing needs for adaptation to complex environmental demands, as well as to inner requirements for coping with overwhelming traumatic events and developmental crises (Phillips, 2004, p.4).

Throughout Phillips' work, it is clear that she based her original concept of dissociation on the theory of Watkins and Watkins (1999). However, Phillips goes a few steps further and explores how the repair of fragmentation (dissociation) related to PTSD, as well as to dissociative disorders, can be resolved with specialised ego state therapy interventions. It is done in order to help clarify and strengthen internal and external personality boundaries (Phillips, 2013). Moreover, Phillips states that healthy boundaries are crucial to healthy development and must be flexible and permeable. Her views are, in accordance with Figure 2.2: The differentiation dissociation continuum by Watkins & Watkins (1997), as depicted in Chapter Two. Phillips (2013) asserts that according to Watkins and Watkins (1997), certain boundaries organize segments of personality or self-states, as ego states are also termed. Phillips (2013) adds that the centre core or the core self, interfaces with a number of ego states that are constant in a given individual and which present to the individual and the world a relatively consistent presentation of the self. These self-states that connect with the core self are segments of the self that were differentiated (dissociated) for adaptive purposes in the course of normal development. These adaptive states assist the individual in coping and adapting to the common challenges of everyday life (Phillips, 2013). Moreover, Phillips (2013) explains that there are also ego states that may have been split off from the core self because of traumatic fragmentation; a cognitive, emergency response to traumatic stress. For Phillips, in such

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instances of split off parts, there is a need to form and repair boundaries within the self because of the conflicts that arise among ego states that comprise the core self.

The work of Phillips was greatly influenced by her colleague and friend, Frederick, and is noticeable in her work. Similar to the work of Frederick, Phillips eventually also supports the movement towards a more neurobiological underpinning of ego states, moving away from a pure cognitive perspective. In Frederick and Phillips (2010) it is stated that ego state therapy offers great potential for healing the mind, the body, and the spirit. Phillips (2013) mentions the different healing effects on the body through ego state therapy, namely, the transformation of ego states, integration, modified reactions to stress, the reduction of pain, and recovery from a host of mind-body based physical illnesses. She adds that one of the most crucial effects is the production of profound changes on the brain. Frederick and Phillips (2010) elaborate that more neurophysiological studies about the impact of psychotherapy on individual ego states still need to be done. However, currently, there are many reasons to believe that ego state therapy changes the brain itself.

Neuroplasticity is the concept that the brain can change itself through thinking, behaviours, and learning as well as exercise, attention, novelty, and surprise. All of these activities have the ability to turn genes on and off, thus shaping the anatomical configurations of the brain, but also human behaviour (*sic*), our emotions and cognitions, and at times our motor and sensory abilities (Frederick & Phillips, 2010, p.16).

Phillips does not only concur with Frederick with regard to the neuroplasticity of the brain but also agrees that integration is the Alpha and the Omega of treatment when it comes to dissociative related disorders. Other themes which emerge from the work of Phillips is her The development of the concept of dissociation within ego state theory.

emphasis on integration and ego-strengthening which are similar to the themes of Frederick. Integration being the opposite of dissociation, makes this very relevant to this study.

Frederick and Phillips created a model, known as the *SARI* Model (S-safety and stabilisation, A-activation, R-resolving trauma, I- integration) that encourages work towards integration from the very beginning of therapy (Frederick & Phillips, 2010). This model is an expanded ego state therapy model, which includes the use of Ericksonian principles to enable individuals to move from a divided self to a new integrated self. This model was mainly developed for psychotherapeutic intervention for individuals with post-traumatic stress and dissociative symptoms. Ego strengthening is regarded as the cornerstone of this treatment model (Phillips & Frederick, 2005). The model is also used to initiate a hypnotic intervention with the dissociative patient. The four stages of treatment are: *safety* and *stabilization*; *accessing* the trauma and related resources; *resolving* traumatic experiences and restabilization through personality integration. In all of these stages of therapy, dissociation and the work towards integration takes precedence. The model can be summarised as follows:

1. Stage One: Safety and stabilization

This stage involves the stabilization of the person and the development of a sense of safety. Stabilization may rely on both internal and external resources (Frederick & Phillips, 2010). Internal resources can include promoting feelings of mastery, self-control and empowerment, whereas external resources can include feeling safe at home and supported by your family after experiencing a traumatic event. Ego strengthening, physical, emotional and cognitive mastery and empowerment are the focal points of this stage (Phillips, 1999). Dissociative patients' functioning is likely to be disrupted in most or all areas under considerations (Phillips & Frederick, 1995).

2. Stage 2: Activating the ego states and accessing the trauma

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This stage is also concentrated on accessing the trauma information and related internal resources that are currently dissociated from the complete experience, and are most probably related to the presenting symptoms of the individual (Phillips & Frederick, 1995). During this stage dissociated as well as resourceful ego states are being activated.

3. Stage 3: Resolving the trauma and finding a corrective experience

This stage entails re-associating or resolving trauma material so that the trauma can be renegotiated or reprocessed, and the different elements of trauma material can become linked with the mainstream thought (Phillips, 1999). The main purpose of this stage is to re-associate conflicting and dissociated ego states within the mainstream personality again.

4. Stage 4: Integration of the experience and the ego states

The last stage of the model focuses on the integration of previously dissociated and reworked trauma. During this stage, ego states and other changing personality structures are integrated. Ego strengthening and post-traumatic growth play an important role in this stage (Phillips, 2004, 2008).

Furthermore, Frederick and Phillips (2010) assert that integration and the general success of treatment are also concerned with the presence of trans-theoretical effectiveness factors in treatment. Phillips (2013) identifies dissociative symptom resolutions as one of these factors. Here one becomes aware of a shift from the traditional work of Watkins by Phillips who incorporates a more mind-body approach. This mind-body approach also emerged as a very relevant theme in Phillips' work.

Similar to Frederick, Phillips states that there are symptoms that need to be addressed early in therapy. These symptoms include, flashbacks, hyperarousal/freeze responses, anxiety, The development of the concept of dissociation within ego state theory.

sleep disturbances, depression, pain and fatigue, to name only a few (Fredrick & Phillips, 2010). They place emphasis on the fact that hyperarousal and freeze responses should be addressed without delay and further explain that such responses are trauma reactions and communications about the current state of the patient's mind-body condition. Similar to the work of Dr Peter Levine (as discussed in Chapter Two), Phillips states that the freeze (dissociation) reactions in individuals, as a result of a traumatic event, is due to the malfunctioning at the sub-cortical level of the brain (the blood supply to the cortex is diminished). Such patients will experience difficulty with functions such as cognitive processing. It is the role of the therapist to help the patient 'label' what is happening with the mind-body connection which can be achieved through psycho-education.

Phillips's recent shift to a mind-body perspective of dissociation may be regarded as a significant contribution to a more neurophysiological conceptualisation of dissociation and to ego state theory as a whole.

4.4. Gordon Emmerson

Gordon Emmerson resides in Australia where he is an Honorary Fellow at the School of Psychology at the Victoria University in Melbourne. He was granted his doctorate degree at Kansas State University in 1986. Emmerson together with Peter Richard-Herbet, founded the Australasian Ego State Therapy Association in 2011, and currently serves as the vice-president. Emmerson is also the president and co-founder of Resource Therapy International. In November 2011, Emmerson assisted in the formation of Ego State Therapy International (ESTI) where he was the inaugural vice-president. Emmerson taught Ego State Therapy using his personality theory and therapeutic techniques in Australia and abroad for a number of years, before he formally named his distinct therapeutic model, Resource Therapy, in 2014. Moreover, he has published numerous refereed articles and has conducted and published The development of the concept of dissociation within ego state theory.

experimental clinical research on ego state therapy. Apart from his private practice in Victoria, Australia, Emmerson has also conducted workshops in Australia, South Africa, Europe, New Zealand, the United States of America and the Middle East. Emmerson has also presented at numerous congresses worldwide in the company of Frederick, Phillips and Hartman.

4.4.1 Analysis. A total of four articles were analysed as well as relevant chapters from his book, *Ego State Therapy*.

The reviewed literature is listed below:

TITLE	DATE	TYPE OF PUBLICATION
1. Ego State Therapy: Its development and progress in the 20 th Century.	2001	Journal
2. <i>Ego State Therapy</i>	2003	Book
3. Ego state personality theory.	2011	Journal
4. Ego State Conditions	2013	Journal
5. The Vaded Ego State and the Invisible bridging induction.	2013	Journal

Emmerson strongly believes in the ego state theory and therapy. He has encouraged scholars to pursue more research within the theory.

The number of Ego State journal articles continues to increase and Ego State workshops are being offered around the world. In combination with hypnosis, Ego States may well be the personality theory and therapy of the 21st Century (Emmerson, 2001, p.1).

The development of the concept of dissociation within ego state theory.

Watkins and Watkins (1999) established the building blocks for the development and expansion of ego state theory. They maintained that ego states may develop through normal differentiation, the introjection of significant others or through traumatization. The formation of ego states was also emphasised in the work of Frederick (2005), Phillips (2013), Fritzsche and Hartman (2010) and Fritzsche (2014). As previously mentioned, Frederick started to move more towards a neurophysiological explanation for the formation of dissociated ego states, based on the work of Daniel Siegel and others. She, however, was not the only scholar to pursue and explore a neurophysiological explanation. In his approach towards the concept of dissociation and ego state formation Emmerson (2011) places special emphasis on the way in which such ego states may develop, making it a prominent theme in his work. Emmerson (2011) maintains that ego states form during the development of personality. He also adds that in the early years of life, and even later in life, the brain is a dynamic changing organ. Emmerson (2011, 2013a) is of the opinion that it is primarily during the development of the brain in the early years that ego states are formed. Moreover, Emmerson (2011) explains that, “An ego state is a neural pathway of dendrite and axon connections and trained by recurring synaptic firings. It is created through training and repetition” (p.6.).

Emmerson (2011, 2013b) asserts that ego state personality theory is based on evidence that the brain is formed and trained through repetition. For example, the repetitive behaviour of positive feedback, by a parent to a child, can create a nurturing ego state. It is formed as a neural pathway made up by axon and dendrite connections and trained synaptic firings that may be activated when a person receives positive feedback. When this ego state comes into the core personality, it brings with it a particular level of feelings, intellect and skills it has learnt during the repetitive behaviour. The development of the concept of dissociation within ego state theory.

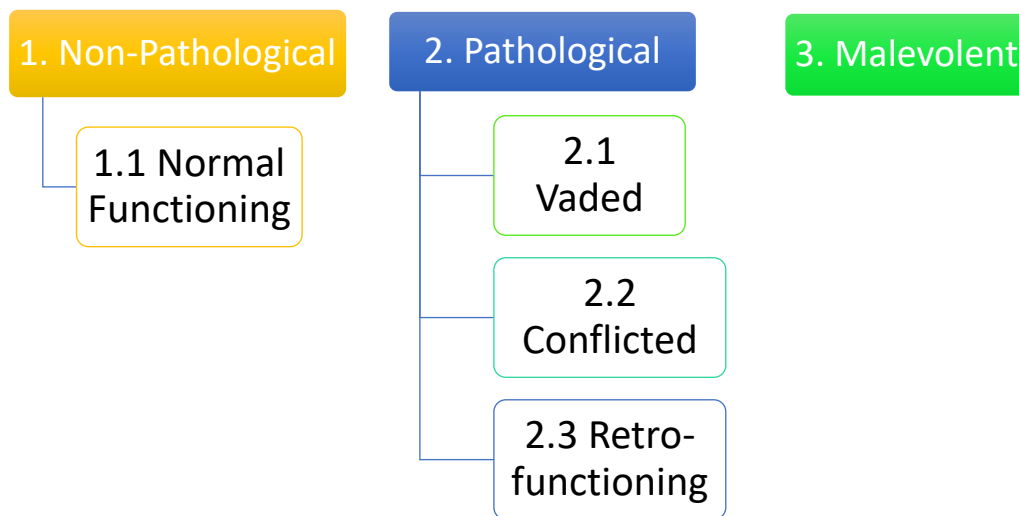
that formed it (Emmerson, 2011). It is concluded that physiological brain growth and training from repeated practice creates a neural pathway that creates an ego state (Emmerson, 2003, 2011).

Emmerson (2011) mentions that it should be noted that some ego states communicate effectively with each other and some communicate poorly. Ego states that have poor communication are very likely to be more dissociated. The states that are more dissociated will not come to the surface easily. Emmerson (2011) explains that the neural pathways that formed these dissociated states are still present, but are rarely activated. With regard to DID, Emmerson (2011) mentions that this disorder is a result of broken down communication between the ego states. He adds that this usually occurs during relatively early childhood when severe and chronic abuse is experienced. As a sub-conscious coping mechanism, the child will learn to suppress these memories over a period of time. Over many months or years, this training to break the communication between the ego states or to suppress them, can be achieved, as the communication synaptic firing links between the ego states atrophies, thus transforming ego states into alters (Emmerson, 2011). An alter is defined as “sub-personalities of a person who is suffering from DID and these alters generally communicate poorly with each other” (Emmerson, 2011, p. 9). Emmerson departs radically from Watkins and Watkins (1999) in his conceptualization of ego state formation. For him ego states are theorised to be physiological, are a result of brain development and eventually become part of the personality (Emmerson, 2011). Furthermore, he adds that each individual possesses an undetermined number of ego state neural pathways; the numbers are at least in double digits.

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Ego state therapists assume the personality is composed of parts, called ego states (Federn, 1952; Watkins & Watkins, 1997; Emmerson, 2000; Emmerson, 2003; Emmerson, 2011). Emmerson (2013) asserts that some ego states are healthy, while other ego states are pathological, due to severe dissociation, and can be divided into several categories as depicted below:

Figure 4.2. Types of ego states (Adapted from Emmerson, 2013).



Each of these types will now be briefly explained:

4.4.2. Non-pathological ego states.

4.4.2.1. Normal Functioning ego states. Normal functioning ego states function within positive roles to the benefit of other states and the individual (Emmerson, 2013). These ego states are seen as healthy and non-pathological. Emmerson (2013) explains that these ego states function internally positively with other ego states in a manner that other ego states appreciate, and which are not in conflict with other ego states. Such ego states may also experience stress and conflict, but not on a level that would necessitate a therapeutic intervention. Similar to Watkins and Watkins (1999), Emmerson also believes that the more normal ego states come about through adaptive segmentation by the personality in the solving

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of fairly normal problems of living, in contrast to more severe dissociative behaviours. The different states have content in common and are aware of each other. They are usually experienced as common mood changes by the individual (Emmerson, 2011).

4.4.3. Pathological and dissociated ego states.

4.4.3.1. Vaded ego states. Emmerson (2013a, 2013b) states that the most common source of psychological distress comes from vaded ego states. Emmerson (2013a) defines a vaded ego state as:

An ego state that was normal before being invaded and overtaken by negative an unresolved emotion. When a normal state is vaded it will not be able to fulfil its normal function until its issue is resolved. A state is often vaded in a single incident, most usually in childhood, but states may be vaded in any stage of life (p. 9).

Emmerson (2011) explains that if an ego state experiences a specific trauma, and it is not able to receive some type of crisis intervention after the trauma, it may become vaded and each time that ego state comes to the executive the individual will re-experience negative emotions associated with that specific trauma. Furthermore, Emmerson (2013a, 2013b) adds that individuals will experience these states or will attempt to escape from them in the form of addictive behaviour or obsessive-compulsive disorder (OCD). Addictive behaviour as well as self-harming behaviour are examples of sub-conscious processes due to the individual trying to escape from such an ego state.

4.4.3.2. Conflicted ego states. Emmerson (2013a, 2013b) describes a conflicted ego state as internally conflicted with another ego state to the point where the anxiety resulting from this conflict is problematic. This state is also characterised by having a positive role, but being uncooperative internally. The ego state wants to work and also wants to rest. This The development of the concept of dissociation within ego state theory.

internal struggle of the ego states may become psychologically debilitating to the individual (Emmerson, 2013a). It is however possible for these ego states to be moved to a normal condition by establishing a direct line of communication between them (Emmerson, 2013a).

4.4.3.3. *Retro-functioning ego states.* These pathological states exhibit old roles that are opposed to other states or opposed to the benefit of the person and is the least common ego state condition (Emmerson, 2013b). Such states manifest uncontrolled anger, pathological lying or psychosomatic symptoms and may even cause antisocial behaviour (Emmerson, 2013a). Whereas the vaded ego state will feel upset or powerless, the retro ego state will feel it is doing what it is supposed to do. Due to severe dissociation at an early age, integration of these ego states into the executive personality may be challenging.

4.4.3.4. *Malevolent ego states.* Similar to Claire Frederick, Emmerson (2013a) describes malevolent ego states as dissociated, severely traumatised, angry and hurtful ego states within the personality. Furthermore, Emmerson (2013a) agrees with Frederick (2005) that these ego states may cause self-harming or rude behaviour that, on the surface, appears difficult to understand. These negative behaviours include, obsessive checking, psychosomatic illness, suicidal ideation and social acting out behaviour that is later on regretted by the individual (Emmerson, 2003). Moreover, self-mutilation can be seen as an attempt to escape from severe internal pain that the patient is experiencing. These ego states are an extreme form of a defence or coping mechanism that possibly came into existence in order to protect the survival of the individual (Watkins & Watkins, 1988; Emmerson, 2003). The goal of ego state therapy is not to eliminate this ego state but to release the anger and facilitate integration back into the personality (Watkins & Watkins, 1999).

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Emmerson is currently still working towards expanding and advancing ego state theory. In 2014, Emmerson published a book on Resource Therapy (RT). It is a type of parts therapy, also known as Advanced Ego State Therapy, that seeks to bring normality to all of our parts. It recognizes that all parts of us are valuable resources that make us the unique individuals we really are. Resource therapy is a respectful therapeutic theory and practice which acknowledges and validates the personality's needs for internal and external health and harmony. Emmerson has started to move away from so-called pathological states, and now focuses more on the integration of all parts through the utilisation of resources.

It can be concluded that Emmerson made a fundamental shift regarding dissociation and the formation of ego states. Moving away from the original theory of ego states as formulated by the Watkins, Emmerson focuses on a pure neurophysiological explanation of the formation of ego states and dissociation has been core to understanding the process of personality formation. His movement towards neurophysiology holds implications for the concept of dissociation within ego state theory and therapy. Through his work he has contributed significantly to establishing ego state theory as a true personality theory with a more solid neurophysiological foundation.

4.5. Woltemade Hartman

Woltemade Hartman (PhD) is a Clinical and Educational Psychologist, and psychotherapist in private practice in Pretoria, South Africa. He received his training as an Ericksonian psychotherapist at the Ericksonian Foundation in Phoenix, Arizona, USA. Hartman also trained as an Ego State therapist with J.G. Watkins and H. Watkins in Missoula, Montana, USA. He is the author of *Ego state therapy with sexually traumatized children* and *Einführung in die Ego-State Therapie*, as well as various articles on the topic of hypnosis and psychotherapy. Hartman is a past executive committee member of the South African Society

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of Clinical Hypnosis, past member of the Board of Psychology of the Health Professions Council of South Africa (HPCSA) and is the Founding Director of the Milton H. Erickson Institutes of South Africa (MEISA). He is also past-president of Ego State Therapy International (ESTI) and was a Board Member of the International Hypnosis Society (ISH) until 2015. Hartman is a Senior Research Fellow at the Department of Psychology at the University of Johannesburg and lectures in South Africa, Europe, Australia, Canada, USA, Scandinavia, China, Hong Kong, France, Israel and Japan. He currently teaches on an annual basis for the Milton H. Erickson Society of Germany (MEG), and the Milton Erickson Society of Austria (MEGA). He has been a keynote speaker at various international congresses. Hartman is the recipient of the 2009 Early Career Award for Innovative Contributions to Hypnosis from the International Society of Hypnosis.

4.5.3. Analysis. A total of two articles, a book and one chapter in a published book were used for this review.

The reviewed literature is listed below:

TITLE	DATE	TYPE OF PUBLICATION
1. Ericksonian Utilisation: The use of guiding ego state associations.	1997	Journal
2. Ego state therapy- Then and now- towards a naturalistic utilization approach.	2002	Journal
3. Over the Rainbow. Generating colourful solutions for ego states to sparkle as Resources: The case of Esti.	2014	Chapter in Published Book.

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Joint Publication with Kai Fritzsche: 2010 Book

4. *Einführung in die Ego-State
Therapie.*

Hartman (1995), states that there are many conscious part selves in the human mind, outside of the overt self. Being an eminent scholar of Watkins himself, Hartman has based the majority of his work on the principles of ego state theory as explicated and applied by Watkins and Watkins (1997). Although he respects the theory as developed by Watkins and Watkins (1999) he has explored, merged and experimented with the theory of ego states, by combining it with other modalities.

Various interesting themes that may influence the development of the concept of dissociation emerged during the analysis of Hartman's contributions. Hartman stated in 2002 that a third generation of ego state therapists are evolving, coupling existing ego state epistemology with the utilization approach of Milton H. Erickson (Erickson, 1959). Zeig (1992, p.256) defines utilisation as "the readiness of the therapist to respond strategically to any and all aspects of the patient or the environment". Hartman (1997) states that any aspect of the psychotherapy experience can be utilised, including a patient's style, dress, mannerisms, history and language patterns. Moreover, the therapist can also utilise symptom words, figures of speech, such as proverbs and idioms, as well as the sequence used in describing a problem, to effect unconscious processing and change (Hartman, 1997).

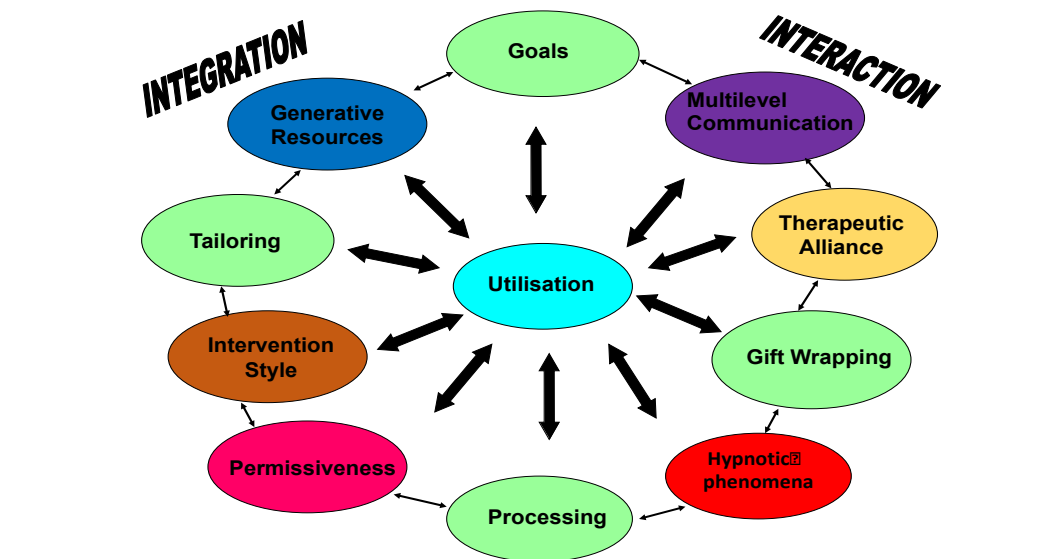
The influence of the utilization approach is also evident in the SARI Model of Phillips and Fredrick (1995), as previously mentioned. During research in clinical practice, Hartman (1997, 2002) explored ways of integrating Erickson's utilization approach, the Watkins' ego state therapy methods and the expanded ego state therapy approaches of Phillips and Fredrick

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(1995) and Frederick and McNeal (1999). This model was developed by Hartman for therapy with dissociative disorders as well as for severe trauma.

The difference between the utilization approach and ego state therapy as seemingly opposite approaches to psychotherapy has been a continuous source of bemusement to Hartman, yet he states that there seems to be some similarities between these two approaches (Hartman, 2002). Both the utilization approach as well as ego state theory, conceptualise hypnosis to be an inner focus, which can access the inner resources of an individual (Hartman, 1999, 2002). Furthermore, Hartman noted that ego state therapy accepts and works with the patients' internal reality and pattern of ego state self-expression, and therefore it reflects the principle of utilization. Thus, he proposed the Utilisation Model of Ego State Therapy that integrates Milton Erickson's (1959, 1980) utilization approach with ego state theory and the conceptualisations of Watkins and Watkins (1997). The utilisation model is presented in Figure 4.3:

Figure 4.3: An utilisation Model of Ego State Therapy (Hartman, 2002).



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Similar to the ego state theory of Watkins and Watkins (1999), the goal of the utilisation model is to bring about integration in the dissociated individual. It is also similar to the work of Phillips. Hartman expanded on the Watkins approach to treating dissociation by incorporating the utilization principle of Erickson. The utilisation model of ego state therapy is based on certain pivotal points. Each of these focal points will be briefly discussed.

According to Hartman (1997) it is important that specific *goals* should be defined since utilization is directed towards a specific end when working with ego state pathology (Hartman 2002). Hartman states that the therapy goals could be aimed at directing the dissociated individual's attention more internally and at eliciting ego state responsiveness as well as processing information at a more experiential level (Hartman 1999, 2002). The main focus is on stabilizing the individual, ego strengthening, accessing ego states and inner-resources, reconstruction of traumatic material and to achieve personality integration (Phillips & Frederick, 1995; Hartman, 2002).

Secondly, *Gift-wrapping* involves the process of packaging the goal within a symbol, a metaphor or story. The goal can also be presented within an age regression or age progression, affect and somatic bridging, a confrontation, a dialogue between ego states or systematic desensitization (Hartman, 2002). According to the idea of utilization, a certain ego state gift-wraps a problem in a particular symptom that the individual suffers from, and the therapist then gift-wraps a solution within a certain technique (Hartman 1999, 2002).

Tailoring suggests that the therapist must individualise the treatment to the unique characteristics of the dissociated individual, and it should be taken into consideration that there are different degrees of dissociation (Hartman, 2002), as shown in Watkins and Watkins' (1999) dissociation-differentiation continuum (Figure 2.2, Chapter Two). Tailoring will enhance receptivity and responsivity amongst ego states (Hartman 1999). Methods of
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intervention such as the degree of directness or indirectness, language patterns and word choices all pose other means by which a therapist can tailor interventions (Hartman, 2002).

Hartman states that the therapist should also orientate himself towards *processing* the tailored and gift-wrapped goals and this can be achieved by seeding ideas (Zeig, 1990), uncovering trauma, reconstructing the traumatic experience, reframing the experience and promoting integration amongst ego states.

The intervention style chosen by the therapist may influence the effect of the treatment and may also influence the *therapeutic alliance* between the patient and the therapist. With regard to the ego states, trust is of the utmost importance. Hartman (2002) asserts that it is more important to establish a therapeutic alliance with the patient than to find out the detail about the so-called problem.

Generative resources and strengths of the individual and the ego states should be elicited and utilized by the therapist in order to facilitate integration, growth and healing. Hartman (2002) describes ego state therapy as becoming a more evocative process, geared towards evoking and utilising existing cognitive, psychological and physiological functions that can facilitate the individual's growth and healing. From this view point it becomes clear that Hartman also started considering a more neurophysiological approach in explaining ego state formation.

Permissiveness refers to a more respectful and less authoritarian approach to acknowledge the individual's ability to make choices on his/her own behalf. Frederick (2003) states that a permissive approach is particularly useful when working with immature or malevolent ego states, thus supporting Hartman's position regarding the importance of permissiveness when working with ego states.

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Multilevel communication is used when the goal is to indirectly stimulate and guide multiple associations, causing some change in behaviour, feelings and attitudes. Multilevel communication involves the therapist talking to patients and ego states at multiple levels of meaning and influence, with the goal of indirectly causing some change in behaviour, feelings or attitudes. These communications are not apparent in the overt content of the communication and are designed to effect responses without conscious awareness (Hartman, 1997). Examples of multilevel communications include the use of metaphors, figures of speech and word plays to mention a few (Hartman, 2002).

The last focal point of this model is the so-called *hypnotic phenomena*. Hartman states that hypnotic phenomena can be effectively utilized in ego state therapy, for example, by utilising age regression into the past and progression into the future, and by working towards integrating dissociated ego states (Hartman, 2002). Furthermore, they can be utilised in ego state therapy by using heightened remembering, also known as hypermnesia or selective forgetting, perceptual distortions, perceptual dissociations (positive and negative hallucinations) as well as observable events, such as the automatic, unconsciously driven scribbling of words on a sheet of paper (Hartman, 1997). Hypnotic phenomena can be defined as natural behaviour as well as experiential manifestations of the trance or hypnotic state (Fourie, 2009). Further, Yapko (2003) states that traces of hypnotic phenomena can be found in ongoing daily experiences, and they are seen as the building blocks for all experiences. The latter is emphasized throughout the work of Hartman.

By combining ego states and the utilization approach, Hartman has significantly expanded on the original concept of dissociation as depicted in the theory of Watkins and Watkins (1999). Also, he provides the field with more enhanced Ericksonian techniques to deal with dissociative disorders. As in the work of both Frederick and Phillips, a prominent theme

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that features in the work of Hartman is his emphasis on working towards *integration* of dissociated ego states, as a primary goal of ego state therapy. The latter promotes flow, flexibility, wholeness, coherence, self-regulation and containment (Fritzsche & Hartman, 2014).

Another interesting theme that emerges in the work of Hartman is the fact that he started to become critical of the traditional Watkins approach towards ego state therapy. Both Peichl (2007) and Hartman (Fritzsche & Hartman, 2014) assert that the traditional Watkins approach to ego state therapy has to date focused far too much on the role of cognition and emotion in ego state formation. Both these theorists contend that the role of neurophysiology in ego state formation has been severely neglected and requires urgent exploration (Peichl, 2007, 2012; Fritzsche & Hartman, 2014). Hartman is of the opinion that the role of sensations, and, more specifically, the senses needs to be elaborated on (Fritzsche & Hartman, 2014). In this instance Hartman refers to the Braun' Bask-Model (1988) to explain how the behaviour, affects, sensations and knowledge of patients may be negatively impacted by dissociative conditions (Fritzsche & Hartman, 2014). Hartman focuses on the effect that dissociation may have on the body of a patient and how ego states can manifest themselves as bodily symptoms within sensations. He also asserts that the formation of ego states as a physiological (autonomic nervous system reaction) and less of a psychological reaction to traumatic stress, should become a central point of focus within ego state theory (Fritzsche & Hartman, 2014).

Although not adding to the formal analysis of this chapter, the researcher felt it important to mention that Hartman has expanded even more on the ego state theory. By combining ego state theory with the work of Peter Levine, he moves the focus of his ego state work towards a more neurophysiological orientation. He does this by utilising somatic

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experiencing (SE) in conjunction with ego state therapy. His research is in press and will be published in 2018.

4.6. Jochen Peichl

Jochen Peichl qualified as a medical doctor in 1975 at the University of Göttingen, in Germany. From 1978 until 1989 he completed his residency in psychiatry, neurology and psycho-somatic medicine at the University of Göttingen. Between 1989 and 1992 Peichl was the lead researcher for the sleep-and dream analysis in the Department of Psychiatry at the University of Munich.

Thereafter, he held the position of head of the department at the Nürenberg Clinic for psycho-somatic and psychotherapeutic medicine. During this time Peichl was responsible for the establishment of the Department of Trauma Therapy and somatisation disorders. He completed his training as Psychoanalyst at the Lou-Andreas-Salome Institute of Göttingen. He also completed his training as a group psychotherapist and psychodrama therapist at the Moreno Institute in Überlingen. Furthermore, he qualified as an EMDR psychotherapist, ego state therapist and hypnotherapist. Peichl is also an internationally certified supervisor and trainer for Ego State Therapy International (ESTI). He is the founding director of the Institute for Hypnoanalytic Parts Therapy and Ego State Therapy in Nürnberg (Nuremberg). He lectures both nationally and internationally and specialises in the treatment of patients with borderline personality disorder (BDP), DID, and disorders of traumatic stress. Peichl is a prolific writer on various topics such as ego state therapy according to Watkins and Watkins' ideas, disorders of traumatic stress, perpetrator introjects and the integration of modern psychoanalytic and systemic concepts.

4.5.1 Analysis. A total of 3 books were analysed. Only relevant chapters on dissociation were utilized.

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The reviewed literature is listed below:

TITLE	DATE	TYPE OF PUBLICATION
1. <i>Innere Kinder, Tatter, Helfer & Co: Ego-State-Therapie des traumatisierten Selbst.</i>	2007	Published Book.
2. <i>Hypno-analytische Telearbeit: Ego-State-Therapie mit inneren Selbstanteilen.</i>	2012	Published Book.
3. <i>Rote Karte für den inneren Kritiker.</i>	2014	Published Book.

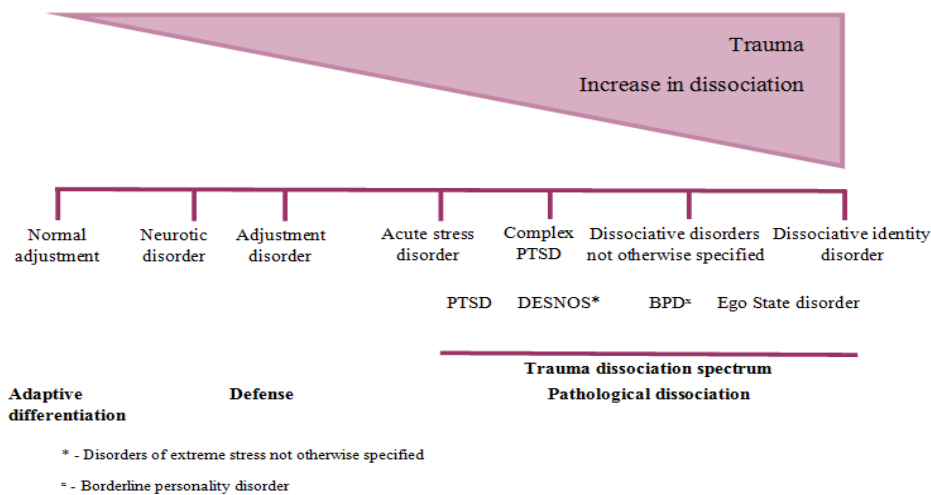
“Each of us consists of a more, a compilation of selves” (Fernando Pessoa, 1932, p.6).

What characterizes the work of Peichl most is his eloquent description of the interrelatedness of trauma and dissociation. He describes trauma as a toxic condition, a mixture of deadly fear, absolute helplessness and lack of control (Peichl, 2007). Dissociation is regarded as a survival strategy after unbearable trauma, pain, deadly anxiety, hatred and despair. According to Peichl dissociation should not only be seen as a psychological defence mechanism, but rather as a lack of integration in the psycho-biological system of an individual. Peichl (2007) agrees with Hartman when he asserts that dissociation should be regarded as less of a cognitive process and more a physiological, neurological and emotional reaction to trauma. He states that dissociation takes place automatically without full conscious awareness and he distinguishes between the concepts of internal splitting and dissociation. Peichl regards splitting as a *passive* consequence of traumatization and is often psychological by nature, whereas dissociation is regarded as a physiological emergency reaction (Peichl, 2007). He continues to state that dissociation involves functional change on a neuro-psychological level. The development of the concept of dissociation within ego state theory.

It disrupts the normal process of attachment and relationship building which eventually impedes normal functionality and psychological flow (Peichl, 2007).

Peichl (2007) criticises the Watkins’s quantitative continuity model of dissociation (figure 2.2). According to him, the Watkins model views dissociation as a psychological phenomenon which explains the development of ego states as ranging from a normal developmental process to pathological dissociation after traumatic stress. Peichl (2007) subsequently formulates his own spectrum of dissociative ego state conditions as can be seen in figure 4.4:

Figure 4.4 The Spectrum of Ego State Conditions (Peichl, 2007, p. 124).



Peichl (2007) contends that the quantitative model of Watkins (Figure 2.2) and suggests a more qualitative model of dissociation, a more modern approach which is supported by contemporary neurological research. He asserts that the formation of ego states as depicted in Figure 4.2 from the left side to the right side of the figure have different neurobiological origins and functions. He clearly makes a distinction between the formation of normal and neurotic ego states on the left side of the figure and the formation of ego states as a result of traumatic stress on the right side of the figure. Peichl (2007) views pathological dissociation, as seen in the *formation of pathological ego states*, as dependent on the degree of traumatic stress. The development of the concept of dissociation within ego state theory.

The body of Peichl's work focuses on the aforementioned exposition. One aspect of his work however, which receives special attention by itself, is how pathological ego states, such as destructive ego states and perpetrator ego states, develop. Such ego states may be formed through the process of introjection on a neurophysiological level, and as a survival strategy, during or after traumatic stress (Peichl, 2012). For instance, he describes such a process as transferring the psychological functions of an external object, such as a perpetrator, as an imitation or introject, into the inner world of a person. He, therefore, refers to it as a perpetrator introject (Peichl, 2014). It may lead to structural changes within the personality.

In conclusion, Pierre Janet (1907), Nijenhuis et al (2004), and Peichl (2014) all regard dissociation as a pathological phenomenon resulting as a reaction to extreme stress which results in a structural, and not a functional change in the personality of a human being. Phenomena such as the experience of flow and everyday trance experiences, should rather be regarded as dissociative mechanisms of everyday experiences, which have nothing to do with structural changes within the personality as a result of pathological dissociation. Peichl (2014) regards pathological dissociation as a survival reaction based on traumatic stress which may lead to different degrees of dissociation. Dissociated ego states are formed as a result of trauma. They should be regarded as a mixture of neurobiological reactions in the brain to threat which may result in fight, flight, freeze or submission responses. Peichl (2007) describes this entire process concisely by saying, "To become multiple is a different way to survive and should be regarded as neuropsychological art" (p.238).

From the aforementioned it becomes clear that the major theme in Peichl's work is his description of the interrelatedness of trauma and dissociation, and more specifically that dissociation should be regarded as a physiological reaction to trauma. A prominent contribution is the description of how destructive and perpetrator ego states may develop as a

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neurophysiological reaction to traumatic stress. Peichl clearly makes a significant shift away from the traditional Watkins approach to a more neurophysiological orientation.

4.7. Kai Fritzsche

Dr Phil. Kai Fritzsche is a psychologist and psychotherapist in private practice in Berlin, Germany. Fritzsche qualified as a psychologist at the Humboldt-University of Berlin (HUB). He is also a research fellow at the Institute for Clinical and Research Psychology at the Humboldt-University. He is certified as an international ego state therapist, supervisor and trainer, and is the founding chairperson of the Ego State Therapy Association of Germany as well as the director of the Institute for Clinical Hypnosis and Ego State Therapy in Berlin, Germany. He has received extensive training in clinical hypnosis at the Milton Erickson Gesellschaft (Society) of Germany (MEG), as well as in the interactionist approach to psychotherapy, psycho-traumatology, behaviour therapy, eye movement and desensitization processing (EMDR), ego state therapy, energetic psychotherapy. He is also a certified Neuro-linguistic programming (NLP) health practitioner. Fritzsche lectures at various training institutes in Germany, Austria and Switzerland. He is a well-known speaker at both national and international congresses. His teaching focuses mainly on ego state therapy, PTSD and dissociative disorders. He is an author and co-author of various publications on ego state therapy.

4.7.1. Analysis. One book, and one joint publication with Dr Hartman were analysed.

Only the relevant chapters on dissociation were utilised.

The reviewed literature is listed below:

TITLE	DATE	TYPE OF PUBLICATION
1. <i>Praxis der Ego-State-</i>	2013	Published Book

Therapie

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Joint publication (Co-Author):

- | | | | |
|----|--|--------------------------------------|----------------|
| 2. | <i>Einführung in die Ego-State Therapie.</i> | Kai Fritzsche and Woltemade Hartman. | Published Book |
| | | 2010 | |

Fritzsche uses a very descriptive metaphor in describing how the concept of dissociation has evolved since its early beginnings. He describes how the Watkinses were influenced by the psychodynamic approach, the work of Ernst Hilgard and the early contributions of Pierre Janet (Fritzsche, 2014). Fritzsche then describes how Germany, and more specifically the city of Berlin had been dissected and became dissociated different parts after World War II (Fritzsche, 2014). This ‘dissociation’ of the country and the city continued until 1989 when Germany reunited and integrated into one country again. The city of Berlin was also reintegrated as the capital of Germany. This metaphor is an excellent example to demonstrate the process of traumatic dissociation and the so called ‘freeze response’ as described by the work of Levine (2011). Moreover, it also eloquently describes how a traumatized part, in this case the city of Berlin, can be rehabilitated and transformed into a healing resource.

Fritzsche describes how ego state therapy has evolved in recent years, for example, how it could be combined with behavioural techniques and the body oriented approach (Fritzsche, 2014). He specifically alludes to the work of his teacher, Woltemade Hartman, and how his conceptualization of dissociation has been influenced by a more hypnotherapeutic and *body-oriented approach* (Fritzsche, 2014). Fritzsche uses another metaphor in describing the various ways how ego state therapy can be combined with other psychotherapeutic modalities. He mentions that the city of Berlin has gone through many changes since its early years, and has today become a cosmopolitan city comprised of various cultures, all living in one integrated The development of the concept of dissociation within ego state theory.

city. The city has become representative of strengths and resources. This metaphor is very descriptive of the process of dissociation and re-integration as originally described by Watkins and Watkins (1999). Hartman also alludes to the aforementioned metaphors in Fritzsche and Hartman (2010).

Fritzsche (2014) specifically emphasises the development of the process of dissociation and the subsequent *formation of ego states*, based on the work of Watkins and Watkins (1999) and Frederick (2005). He describes three distinct ways how dissociated ego states can be formed, namely through *normal differentiation*, the *introjection of significant others* and through *traumatisation* (Frederick, 2005; Fritzsche, 2014). The formation of these dissociated ego states will be briefly discussed below:

4.7.1.1. Normal Differentiation. One purpose of ego state formation is that certain ego states are needed for the individual to be able to function normally in one's own life roles, occupation, culture and play. Frederick (2005) asserts that these ego states are needed for normal development as well as functioning in the world. Fritzsche (2014) adds that they enable the individual to shift from daydreaming to the implementation of various skills, giving us reason to think that ego states can also be formed later in life due to such adaptive ego states having the ability to develop and carry on activities of a trade or a profession. It can be concluded that ego states are not static.

4.7.1.2. Introjection of significant others. Orinsky and Geller (1993) state that imitation and subsequent identification are essential parts of human development. Ego states may be as a result of the introjects of parents or other significant figures and also significant events (Fourie, 2009). Fritzsche (2014) adds that so-called introjects are seen as having love, power, knowledge and skills, and/or other attributes that are needed by the individual to negotiate life in their family and in the world. According to Frederick (2005) one should take

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into consideration that caretaker ego states, that want to protect the individual, possess the ability to carry problems such as, aggression, depression, greed, envy, somatization, and many more.

4.7.1.3. *Traumatisation.* There are multiple kinds of traumatic experiences. Watkins and Watkins (1997) developed ego state therapy based on work with severely traumatized patients, thus ego states, for them, may be associated with major traumatic experiences. However, Frederick (2005) states that smaller events and cumulative trauma also have the ability to structuralise the mind-body into an ego state.

From the aforementioned explanation by Fritzsche as to how the process of dissociation takes place, it is important to note that he emphasises the fact that certain ego states are formed as a survival reaction due to traumatic stress (Fritzsche, 2014). He then continues to describe three distinct categories of dissociated ego states, namely: *fundamentally resourceful ego states, hurt or traumatized ego states* and *hurtful or destructive ego states* (Fritzsche, 2014, p.65). In order to orientate the reader, I will provide a brief description of each ego state category.

1. Fundamentally resourceful ego states

According to Watkins and Watkins (1997) the basic assumption is that each human being has resourceful ego states. As mentioned earlier, these so-called resourceful ego states develop throughout the lifespan of an individual through the process of differentiation and the introjection of positive experiences and attributes of significant others. These so-called resourceful ego states can manifest themselves within bodily sensations, emotions, cognitive convictions, behavioural patterns and inner pictures. Such resourceful ego states are regarded as the building blocks of the human personality. According to Phillips and Frederick (1995) resourceful ego states

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are also associated with conflict-free life experiences such as, inner strength, inner wisdom, inner love, self-confidence, joy, pride, freedom, social engagement and creativity. Csikszentmihalyi (1992) connects resourceful ego states with the so-called 'flow' concept, referring to the fact that resourceful ego states contribute to healthy functioning and flexibility within the human personality. Fritzsche (2014) also refers to the fact that resourceful ego states may develop through the process of introjection of significant others such as parents, grandparents, idols, sport stars, religious and spiritual figures. The introjection of positive, resourceful others depends on the strength of the positive relationship and how resourceful this positive relationship had been. In summary, one would ask: "Who has impressed us, who was an example to us, who was nice to us, who represented our ideals and who protected us?" By answering these questions, resourceful ego states will be identified. Fritzsche draws on the works of Watkins and Watkins (1999), Fredrick, and Phillips for his conceptualization of resourceful ego states, by following their original idea.

2. Hurt or traumatized ego states

Fritzsche (2014) divides the so-called hurt ego states into two distinct sub-categories, namely, *symptom-associated* and *trauma-associated/traumatized* ego states. He asserts that both these sub-categories of ego states are dissociated from the mainstream personality as a coping mechanism and survival strategy after a crisis, a conflict or as a result of traumatic stress. He describes symptom-associated ego states as ego states in activation, responsible for the formation of a variety of symptoms such as anger, rage, depression, fear and anxiety. Fritzsche (2014) also refers to them as so-called 'symptom carriers'. Trauma-associated ego states on the

other hand, are referred to as survival strategies after traumatic stress and shock. Such ego states are associated with the ‘freeze’ response by Levine (2011), as previously alluded to (Fritzsche, 2014). These ego states are associated with complex trauma such as PTSD, personality disorders, dissociative disorders, derealisation, depersonalization and amnestic episodes.

3. Hurtful or destructive ego states

The third category of ego states are described by Luise Redemann (2011a) as the so-called hurtful ego states. Fritzsche (2014) integrates this understanding on destructive ego states by Redemann (2011a) into his understanding. He states that they are destructive by nature and are also referred to as malevolent and resistant to change (Fritzsche, 2014). Such ego states are associated amongst others with attachment trauma, psychopathological relationships with significant others, neglect, chronic illness, severe threat, traumatic shock and political persecution. Destructive ego states may also manifest themselves as psychological symptoms in the form of amnesia, conversion disorders, concentration disorders, eating disorders, suicidal ideation, substance abuse, symptoms of chronic pain and anxiety and depressive disorders. Fritzsche (2014) asserts that these ego states may be described as having masks, and are often repressed and self-destructive by nature. Their destructiveness however, should be regarded as a mask/coping mechanism to both protect the individual and to survive traumatic experiences. According to Fritzsche (2014) destructive ego states can also be formed through the process of introjection. These ego states are formed in the face of or as a result of severe traumatisations and are described as perpetrator introjects. A perpetrator ego state can be regarded as the so-

called ‘last chance’ to survive a traumatic experience and may be seen as similar to a viral infection.

From the abovementioned it is clear that Fritzsche conceptualizes the process of dissociation in a very similar manner to the depiction of Watkins’s differentiation-dissociation continuum as seen in Chapter Two. However, from the aforementioned it becomes evident that Fritzsche goes a step further by delineating specific categories of ego states with precise descriptions. It is within this description of the dissociative process where his major contribution lies. Fritzsche gives great credence to the *formation of fundamentally resourceful ego states* within an individual and expands on this topic in great detail. Peichl on the other hand focuses more on the formation of pathological ego states as can be seen in his description of Figure 4.2. Furthermore, it is interesting that both Fritzsche and Peichl view pathological dissociation, as seen in the formation of pathological ego states, as dependent on the degree of traumatic stress.

4.8. Summary

This chapter elucidated the development of the concept of dissociation in ego state theory. Each scholar’s individual view of ego state theory as well as dissociation was analysed in detail. Apart from the main theme of dissociation, other prominent themes were also identified and discussed. Throughout this analysis it has become clear that there have been significant shifts towards a more neuro-physiological orientation regarding the concept of dissociation. These shifts, similarities and differences between the works of the different scholars will be integrated and interpreted in more detail in Chapter Five.

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CHAPTER FIVE – DISCUSSION AND CONCLUSION

5.1. Introduction

The aim of this chapter is to consolidate the work of this research project. The latter is done in line with the research aims that were outlined in Chapter One. The aim of this research project was to extrapolate the development of the concept of dissociation within ego state theory, between 1997 up to 2017.

In this chapter, this discussion will firstly reiterate the research design employed by this study. This will be followed by a brief summary explaining the identified themes within the work of the six scholars. Thereafter a concluding summary concerning the development of the concept of dissociation within ego state theory will be offered. It will be done by discussing similarities, differences and overlaps or shifts within the work of the six identified scholars of ego state theory. Furthermore, the concept of dissociation within a broader context of the relevant literature will also be discussed. Possible limitations of this study, as well as recommendations for clinical use and future research will also be explicated at the end of this chapter. Lastly, a concluding summary regarding this research project will be provided.

5.2. Review of the Research Design

This study followed a qualitative literature review design and associated itself with the interpretivist paradigm. Whilst employing this qualitative approach it was important for me to constantly be aware of my own pre-assumptions and potential biases. This approach was utilised in order to research the development of the concept of dissociation within ego state theory.

First, I identified an area of interest based on a gap found in the existing research related to my subject of enquiry. Following the identification of the general field of interest, a research The development of the concept of dissociation within ego state theory.

question had to be generated. Thereafter, I conducted a preliminary search in order to create an exhaustive list of literature relevant to my study and in order to assess the feasibility of my study. Up to the completion of these stages there was a personal interest in the topic, as well as a gap in the relevant field of interest. The list of primary literature was narrowed down by only including literature of the six identified scholars of ego state theory, as depicted in Figure 2.1, the genogram of ego state therapy in Chapter Two. More specific exclusion and inclusion criteria were used and the primary literature of each scholar was identified to serve as the focus of this literature review. This was followed by numerous readings of the literature in order to gain a better understanding of each scholar's context, their perspectives on ego state theory and to extract findings on the development of the concept of dissociation within ego state theory. I made use of thematic analysis and employed the identified steps by Braun and Clarke (2006) to research the concept dissociation as the *a priori* theme, as well as to identify any other relevant themes.

5.3. Primary Themes

As previously mentioned, dissociation was identified as an *a priori* theme and was the main focus of the literature review. Based on the findings extracted from the literature of all six scholars, other relevant themes were also identified in the work of each scholar. The following themes, apart from dissociation, were identified and can be seen in Figure 5.1, overleaf:

Figure 5.1: Identified themes in work of eminent scholars

		Eminent Scholars					
		Claire Frederick	Maggie Phillips	Gordon Emmerson	Woltemade Hartman	Jochen Peichl	Kai Fritzsche
Themes	Executive personality	X					
	"Malevolent" ego state	X		X			
	Integration	X	X		X		
	Hypnosis	X	X		X		
	Ego-strengthening	X	X				
	Neurophysiology	X	X	X	X	X	
	Core-self		X				
	Alters			X			
	Utilisation				X		
	Pathological ego states					X	
	Traumatic Stress					X	X
	Formation of ego states						X
	Categories of ego states						X
	Resources						X

It is clear that there are multiple overlaps as well as differences in the themes of these six scholars. The latter will be discussed and interpreted in the next section.

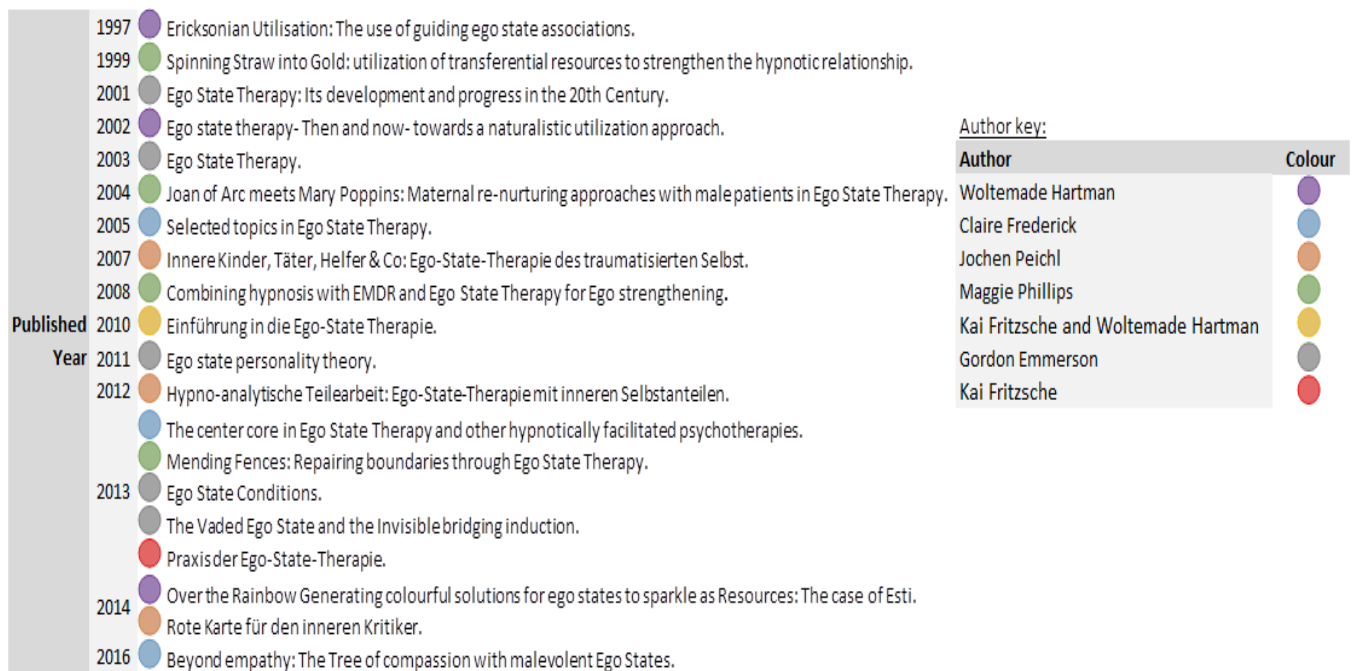
5.4. Discussion of Findings

Since the creation of ego state theory, it has achieved considerable recognition amongst clinicians in the field of psychotherapy. However, it became clear that in the 1990's, published literature in the field of ego state theory and therapy dramatically expanded (Frederick, 2005). It can be attributed to the work previously done by John and Helen Watkins (Watkins & Watkins, 1997). The work of Watkins and Watkins (1997) mostly focused on DID, but it has become evident that scholars of ego state theory have started to expand this focus to a wider field of interest. As explicated in Chapter Two, Watkins and Watkins' (1997) concept of dissociation, is depicted by Figure 2.2. This differentiation-dissociation continuum can be regarded as a pivotal component of ego state theory, and thus dissociation.

It is clear that John and Helen Watkins provided a solid and rich foundation of ego state theory and also made it possible for their scholars and other theorists to expand on their theory. The development of the concept of dissociation within ego state theory.

5.4.1. Dissociation. Dissociation has been identified as a core theme within ego state theory, and within in the work of the eminent scholars. Figure 5.2 depicts a timeline of the publications by the eminent scholars. This timeline was utilised to identify prominent shifts within the work of the scholars.

Figure 5.2: Timeline depicting chronological publications by ego state scholars



As previously mentioned in Chapter Four, it became evident that the initial literature by the ego state scholars were greatly influenced by the theory of Watkins and Watkins (1997), more specifically, the work of Claire Frederick, Maggie Phillips, Gordon Emmerson and Woltemade Hartman. These scholars primarily based their concept of dissociation on Figure 2.2, the differentiation-dissociation continuum by Watkins, as depicted in Chapter Two. The primary scholars, namely Claire Frederick, Maggie Phillips, Gordon Emmerson and Woltemade Hartman, remained loyal students and followers not only of ego state theory but also of John G. Watkins, himself. It is also clear that in the early work of these scholars, namely between 1997 and 2004, their concept of dissociation was mainly based on the primary work The development of the concept of dissociation within ego state theory.

of Watkins. Dissociation was conceptualised by these scholars in light of the work of Pierre Janet, William James, Jean-Martin Charcot, Hilgard and, eventually, Watkins, as mentioned in Chapter Two. The influence of Watkins' theory on these scholars clarifies the prominence of themes in their work such as *the core-self*, *inner-strength*, *hypnosis* and *integration*. These identified themes are all concepts central to ego state theory and therapy (Watkins and Watkins, 1997).

The findings in Chapter Four highlight a prominent shift in the work of all six of the scholars with regard to the development of the concept of dissociation. This shift becomes most prominent between 2001- 2005 (Figure 5.2). The shift relates to the theme central in all the scholars' literature, mainly the theme of neurophysiology. It can be interpreted that from 2005, there was a clear shift from the traditional concept of dissociation towards a more neurophysiological perspective and explanation. It became apparent that in the work of these scholars, they all initially only mentioned the role of neurophysiology. The concept was then gradually expanded upon by the scholars and is currently still being broadened within dissociation theory.

The scholars' concept of dissociation gradually started to evolve as each of them progressed more in their own development of concepts regarding ego state therapy. Based on my findings in Chapter Four, as each scholar expanded their work in ego state theory, it is evident that they shifted away from a pure cognitive and emotion-based orientation towards a more neurophysiological orientation. To this effect Fredrick (2005) asserts that: "The search for further and more specific evidence of neuroscience underpinnings will involve a variety of methods and devices for exploration. Neuroscience explorations within the field of ego state theory and hypnosis are proceeding in several directions" (p.345).

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As explained in Chapter Four, Frederick was also greatly influenced by the work of Daniel Siegel. Fredrick (2005) added that neuroscience may have something to contribute to Watkins' viewpoint, with regard to ego state theory. The latter can be contributed to the fact that during the last ten years it is now known that the developmental sculpturing of the structure of the brain grows as a result of the interaction between the developing brain and its environment, including the interpersonal environment (Schore, 2000; Siegel 1996, 1999). The latter indicates that our childhood experiences have neuroanatomical and neurophysiological consequences which impact on the concept of dissociation within ego state theory.

Similar to Frederick, it was also explicated in Chapter Four that Emmerson shifted away from the original theory of ego state formation towards a neurophysiological explanation. It was 14 years after Watkins and Watkins published their book *Ego States: Theory and Therapy*. Emmerson (2011) contradicted the Watkins's theory on the formation of ego states asserting that the development of ego states is theorised to be physiological by nature and as a result of brain development. It indicates that the concept of dissociation, which is central to ego state theory, should also move towards a more neurophysiological perspective.

Since 2010, there has been a prominent shift towards a more neurophysiological explanation of the concept of dissociation in the work of Phillips, Emmerson, Hartman, Peichl and Fritzsche. It is also evident in their published literature, as they started incorporating more neurophysiological concepts and explanations in their work. Phillips, for example, emphasises the importance of mind, body and spirit in her more recent work, but she also started to move away from the traditional ego state theory and more towards combining the ego state modality with that of somatic experiencing, as put forward by Levine (1999). The latter focuses on healing of trauma through the body and resetting the autonomic nervous system response. The SARI-Intervention Model, as originally presented by Phillips and Frederick, however stagnates

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on the original theory of ego states as presented by Watkins and Watkins (1999) and does not include more modern conceptualisations regarding trauma and dissociation. It therefore needs urgent review based on current neurophysiological research.

Similar to Phillips, Hartman and Fritzsche also started to move towards a more neurophysiological explanation of the concept of dissociation. Moreover, Fritzsche conceptualises the process of dissociation similar to that of Watkins and Watkins (1999), but as stated in Chapter Four, he provides specific categories of ego states with precise descriptions regarding dissociative processes and emphasising the role of traumatic stress within dissociation theory. Furthermore, in conjunction with Fritzsche, and based on the work of Peter Levine (2001), Hartman accentuates the effect that dissociation may have on the body of the patient and how ego states can manifest with physical symptoms and sensations.

It is within the work of Peichl that I gained a clear understanding of the development of the concept of dissociation within ego state therapy. Peichl disagreed with Watkins's differentiation-dissociation continuum and proposed his own revised continuum as depicted in Figure 4.4 in Chapter Four. Peichl (2012) presented an updated model, which is supported by neurological research. The analysis of the literature of Peichl indicates a shift that started within the description of the formation of different ego states and categories of ego states. Moreover, he asserted that pathological ego state formation is a neurophysiological and emergency reaction as a response to traumatic stress that indicates a more advanced and elaborated explanation of the concept of dissociation within ego state theory. Fritzsche and Hartman (2014) agrees with Peichl (2012) regarding the formation of pathological ego states regarding the role that neurophysiology in the formation of pathological ego states. It is evident that Peichl very recently, radically shifted away from the original theory of ego states towards a more neurophysiological orientation.

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The results of this study indicate that ego state theory is falling behind with regard to current developments in the field of clinical psychology. It can explain why multiple scholars have combined ego state theory with other modalities such as Ericksonian approaches. It also holds implications for ego state therapy, as well as other modalities. A more neurophysiological theoretical explanation for ego state theory and dissociation, would imply that therapeutic modalities will also start to be more neuro-physiologically focused and orientated.

5.5. Dissociation as a Concept within the Broader Body of Trauma Literature

The concept of dissociation as a consequence of trauma is not at all new to the literature as it has already been discussed and elaborated on as far back as Freud, Janet and others (Breuer & Freud, 1974). More recently researchers have increasingly placed more emphasis on specific aspects of the trauma response, leading to a much more comprehensive understanding of dissociation as a phenomenon within trauma theory (Swart, 2009).

In a study conducted 17 years ago by Waller et al. (2000), the researchers made a clear distinction between somatoform dissociation and psychological dissociation. According to this study, psychological dissociation is defined as having a range of cognitive, affective and behavioural manifestations, including amnesia, derealisation, depersonalisation and identity alterations (Waller et al., 2000). Somatoform dissociation, on the other hand is defined by the researchers as the failure to fully integrate the somatic components of the dissociative experience (Nijenhuis, Spinhoven, Van der Linden, Van Dyck & Van der Hart, 1998). The researchers of this particular study hypothesised that somatoform dissociation will be linked specifically with forms of trauma that involves physical injuries such as physical or sexual abuse, whereas psychological dissociation will be related to broader forms of trauma, such as neglect or emotional abuse (Waller et al., 2000). In comparing my findings to the broader literature regarding dissociation, I became aware that the scholars neglected to emphasise a

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distinct difference between psychological dissociation and somatoform dissociation, an aspect crucial to the development of the concept dissociation within ego state theory. It poses the question why they neglected this distinction? It can be hypothesized that it was due to it not being compatible with ego state theory, because of a lack of neurophysiological explanations. Five years later after Waller and colleagues, Scaer (2005), (also referred to in Chapter Two), illustrated that the manifestations of dissociation can be multifaceted, including physical and mental symptoms and ranging from normal adaptive dissociation to personality disorders and psychosomatic symptoms, thus emphasising the relationship between neurophysiological and psychological symptoms of dissociation. Levine (2001) goes a step further in his work and states that dissociation can be a “fragmentation of different dimensions of experience” as well as an “over-association or over-coupling where experiences are joined together in manners that cannot be integrated” (p.85), similar to the work of Siegel (1999) and Scaer (2005). Both Siegel and Scaer emphasized the role of neurophysiology with regard to the concept of dissociation, similar to the work of Levine, as explicated in Chapter Two. It was elucidated by Levine (1997) that persistent dissociation would prompt an individual to go into a state of ‘freeze’, responding to a wide range of stimuli that might be associated with a threat to well-being. He furthermore adds that the lack of recovery from this ‘freeze’ or dissociated state is due to the storage of energy of the truncated fight or flight response, as discussed in Chapter Two (Levine, 1997). This sustained state of the sympathetic nervous system serves as the drive for memory and arousal-based symptoms of trauma, which eventually may result in dissociative disorders (Scaer, 2001). Somatic symptoms due to dissociation and traumatic stress are attributed to the inhibitory influence of selected neocortical centres that block the instinctual capability of the individual to ‘discharge’ or release the stored energy (Levine, 1999; Scaer, 2001, 2005).

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According to Scaer (2001), the concept of dissociation has evolved to include not only mental and emotional aberrations, but also stereotyped and unusual somatic, perceptual and motor experiences and expressions. Scaer (2001) continues to elaborate that one of the dilemmas that we face in the field of psychology is that of the classification of symptoms of dissociation. He states that these symptoms assume varied forms and expressions such as emotional, perceptual, cognitive or functional (Scaer, 2001). He therefore emphasises the distinction between psychological symptoms, such as panic and catatonia, and neurophysiological symptoms caused by activation in the autonomic nervous system. The latter includes, amongst others, tremors, shaking, convulsions, and psychosomatic illnesses such as, fibromyalgia and irritable bowel syndrome (Scaer, 2001, 2005). A year prior to Scaer, Nijenhuis (2000) posed the following question: “Does dissociation indeed only manifest in psychological variables, leaving the body unaffected?” (p.8). Nijenhuis (2000) concluded that a phenomenological distinction among psychological and somatoform symptoms of dissociation can be clarifying, in that it highlights the largely forgotten clinical observation that dissection also pertains to the body. His conclusions were in accordance with the work of Porges (1994) and Levine (2001, 2011).

As previously mentioned, it became apparent from the analysis in Chapter Four, that the scholars did not emphasise the difference between psychological aspects of dissociation and the neurophysiological basis of dissociation. Hartman (2014) asserts that the traditional theory of Watkins and Watkins (1999) has focused too much on the role of cognition and emotion in ego state formation; the psychological components of dissociation. Hartman and Fritzsche (2014) and Peichl (2014) accentuate that the role of sensations and the senses, with regard to somatic dissociation, should be more focused on and elaborated upon. Furthermore, they also emphasise the role of the autonomic nervous system reaction to trauma, similar to the

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somatic experiencing approach of Peter Levine (1999). This approach of Levine involves transformation and renegotiation of trauma within the body, resetting the autonomic nervous system response to trauma, by accessing memories through the felt sense, and so-called tracking methods, pendulation techniques and therapeutic touch to name but a few (Levine, 2005). Moreover, Scaer (2005) recommends the use of touch and induced movement when dealing with dissociative autonomic nervous system reactions. It can be concluded that the more recent writings of Hartman and Fritzsche (2014) and Peichl (2012, 2014), indicate a shift in the conceptualisation of dissociation theory, within the broader context of ego state theory and therapy.

5.6. Limitations of the Study

In light of the research conducted, the main limitation of this study was restricting myself to only reviewing the six eminent scholars of John Watkins, in order to fulfil the requirements of a mini-dissertation. Without this limitation, the amount of texts to be analysed, would have exceeded the limits of a mini-dissertation. Certain theorists, who have also conducted further research in the field of ego state theory and therapy, were excluded from this research study including but not limited to, Barabasz (2013), Fourie (2009), Guse (2006), McNeal (2008), to name a few.

The second limitation of the study was the inclusion of German literature for the following scholars, namely Jochen Peichl, Kai Fritzsche and some of the important work Woltemade Hartman. A professional translator was utilised in order to get a clear understanding of their work. In using a translator, it is possible that some of the interpretations of their work could have been influenced by the translator's own views, thus influencing my interpretation of the scholars' work. Also, certain literature by these three scholars could not

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be included in the study due to the fact that it was neither available nor accessible in South Africa.

The last limitation of this research study was the inclusion of literature only published between 1997 to 2017. This had to be imposed in order to narrow the scope of the study. This decision obviously excluded other relevant published literature, as mentioned before, that could have contributed to this research study.

In the following section, recommendations for clinical practice and future research will be described.

5.7. Recommendations

The following recommendations are made for future research:

- The ego state theory developed by Watkins and Watkins (1997) is in need of review. It is therefore recommended that more research be done, in order to adapt ego state theory to include more recent research on neurophysiological underpinnings. Updating ego state theory and the important role dissociation, and more specifically somatic dissociation plays, will also have implications for future therapeutic interventions such as combining ego state therapy with the techniques of Somatic Experiencing, as explicated by Levine (2010).
- The second recommendation is the identified need to review and enhance the SARI-Intervention Model as described and explicated by Fredrick and Phillips in Chapter Four. This model can benefit from being modified and enhanced by incorporating clearer descriptions of the different phases of the model. The role of somatic dissociation specifically, and its neurophysiological underpinnings should be included in the model, as the more updated and recent research of Levine, Siegel, Scaer and others indicate (Chapter Five).

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- The final recommendation is that there has always been, and still is, a dire need for evidenced-based research regarding ego state theory and therapy. Evidence-based research is also needed regarding the role that neurophysiology plays in the formation of ego states.

Despite the abovementioned limitations, the study did contribute towards a much clearer understanding of the development of the concept of dissociation within ego state theory. It will therefore be reflected upon in the next part of this chapter.

5.8. Contribution of this Study

In my opinion, this research contributed to new knowledge on both a theoretical as well as a practical level. More specifically, a much-needed emphasis was placed on the role of somatic dissociation within the trauma response. It not only contributed to the field of psychology in general, but also contributed more towards the theory and practice of ego state therapy, traumatology, as well as the dissociation theory as a whole. The following contributions were made in particular:

- The research contributed to a much broader, valued and needed knowledge concerning the development of the concept of dissociation within ego state theory.
- With regard to the formation of ego states, it became apparent in the analysis (Chapter Four) that the scholars mostly emphasised the *functional formation* of ego states within the system of personality. Towards the end of this study a new research question surfaced for me: Should the *neuro-biological dimensions* of early ego state formation not be researched more systematically? This formation of so-called neuro-structural ego states could, for example explain the impact of early trauma on autonomic nervous system response during traumatising and the storage of trauma energy within the body.

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- Furthermore, a contribution was made by researching a topic within the theory that could modify, enrich and enhance ego state theory and therapy as a whole.

Lastly, this study did not only provide knowledge pertaining to ego state theory, but the findings identified in this study also contribute knowledge towards dissociation theory, the current development thereof and the field of traumatology.

5.9. Personal Reflection

During this research process, I had to be conscious of myself in order to understand how my own position within the research might have influenced my choice of subject, methodology and analysis of the identified themes. I had to be aware of my own biases, emotions and attitudes, and the effect it could have had on my interpretation of the literature.

Having known John G. Watkins personally, I am inspired by his work as a theorist and psychotherapist. Consequently, I had to pay extra attention not to allow my emotions to influence me during this study, especially after his passing. Having known him well, I was of the opinion that his theory is the Alpha and Omega of dissociation, but I became acutely aware of this perception early during the research process. This awareness allowed me to become more conscious of my position as the researcher and enabled me to interpret my findings based on my identified aim and formulated research question. Having my father as one of the identified scholars, also indicates that I had theoretical knowledge on ego state theory based on what I learned from him. It was therefore a challenge during this research process to separate my prior knowledge from the knowledge that I aimed to discover through the entire research process. This awareness allowed me to become acutely aware of my writing style on the topic of ego state theory, in order to make my research accessible and understandable for academics who do not possess prior knowledge of the topic.

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Introspective reflexivity also made me conscious of my position within this research project, with my father being one of the six identified scholars of ego state therapy. I had to be aware of my role as his daughter and became aware of my role as researcher by addressing his contribution, literature and the analysis thereof, in the same light as I did with the other five scholars. Although I had to become aware of any biases I initially possessed during the research process, I am also of the opinion that my prior, limited knowledge of this topic, supported me in fully comprehending my research study.

5.10. Conclusion of Research

This chapter started by reiterating the research design employed in order to conduct the literature review. Thereafter the primary themes with the literature was presented. This was followed by a discussion relating to the findings of the data analysis as depicted in Chapter Four. During the discussion, it was highlighted that although the six identified scholars initially conceptualised dissociation similarly to Watkins, there was a prominent shift in the conceptualisation of dissociation, clearly moving towards a more neurophysiological orientation. The shift in the conceptualisation of dissociation also becomes apparent in the broader body of literature on this topic.

The research aim of the study was to extrapolate the evolution of the concept of dissociation within ego state theory. As such, this research study answered the research question and did so by means of conducting a thorough literature review from an interpretivist approach. The data analysis that ensued, produced various themes, apart from dissociation as an *a priori* theme, such as ego-strengthening, neuro-physiology, the formation and categories of ego states, hypnosis and personality integration. These themes were interpreted and integrated to provide findings that explicated the development of the concept of dissociation within broader ego state theory. The discussion of the findings of this research study

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highlighted that although the six identified scholars initially conceptualised dissociation similarly to Watkins, there was a prominent shift in the conceptualisation of dissociation, clearly moving towards a more neurophysiological orientation and explanation. The shift in the conceptualisation also became apparent in the broader body of literature on this topic. In turn, this shift can stimulate future research within the field of clinical psychology, dissociation theory, neurophysiology and traumatology.

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