

Ego State Therapy

Ego-State Therapy is often used in the treatment of dissociative disorders. This approach helps the therapist understand and gain access to different “ego states” or aspects of a person’s self and promotes communication and integration of these states. “States” are simply states of consciousness that everyone experiences on a daily basis. Ego states occur when a state becomes developed enough to have a sense of identity associated with it (eg., “that’s my teenage part”). Fraser’s *Dissociative Table Technique** is an imagery exercise that facilitates ego state therapy by providing a method of accessing different ego states. Although typically used with dissociative disorders, ego-state therapy may also be used to understand internal conflicts between different aspects of individuals who are not suffering from dissociation (e.g. “Some days I feel confident and proud of my achievements but other days I feel like I’m a complete loser”). Transactional analysis, Gestalt therapy, Jungian therapy and “inner child” therapy are other forms of ego-state therapy.

* Fraser, G.A. (2003). Fraser’s “Dissociative Table Technique” revisited, revised: A strategy for working with ego states in dissociative disorders and ego-state therapy. *Journal of Trauma and Dissociation*, 4(4), 5-28. (For abstract see www.haworthpressinc.com/web/JTD/)