



ESTI REQUIREMENTS FOR TRAINING AND CERTIFICATION

Eligibility for ESTI certification has been agreed upon as:

- * Being in possession of a degree (or equivalent qualification) in a health related field from a recognized or state university
- * Proven training in psychotherapeutic modalities or in the process of completing such state licensed training
- * Having completed at least 64 hours of hypnosis training at an ESTI recognized and accredited training institution
- * The country representatives may use their own discretion in accepting a specific individual working in a therapeutic environment within a health related field under a licensed supervisor based on the individual's knowledge and interest. Such a person will qualify for a certificate of attendance, but not for ESTI certification

International Training Curriculum

- The **SARI Model and variations** of the SARI Model will form the basic roadmap for all fundamental training. After fundamental training larger variation could be expected.
- The candidate needs to complete **6 Basic Seminars** and **at least 2 additional seminars** before qualifying for ESTI certification.

Other Information

- **Group Supervision: At least 16 hours or two days**
- **Individual Supervision** and case consultation should be **at least 4 hours**
- **Self Experience** in personal sessions should be **at least 4 hours** in total and should be with a ESTI supervisor, trainer or ESTI representative.
- This all adds up to at least **120 hours** of face-to-face training
- **Transitional Training:** Should a candidate not have sufficient training in hypnosis, a three-day transitional seminar (24 hours) should be undertaken.

Basic Seminars

Seminar 1: Safety and Stabilization, Activation and Work with Resourceful Ego States

Seminar 2: Activation and Work with Symptoms Associated Ego States

Seminar 3: Activation and Work with Trauma Associated Ego States

Seminar 4: Renegotiation, Rehabilitation and Re-association

Seminar 5: Activation and Work with Destructive/Malevolent Ego States

Seminar 6: Integration and Post-Traumatic Growth

Seminar	Name	Comments/Discussion
1	Safety and Stabilization, Activation and Work with Resourceful Ego States	To include the History of EST
2	Activation and Work with Symptoms Associated Ego States	Address issues such as: <ul style="list-style-type: none"> • Bodily sensation • Rage and anger • Corrective Experience
3	Activation and Work with Trauma Associated Ego States	<ul style="list-style-type: none"> • Corrective Experience
4	Renegotiation, Rehabilitation and Re-association	
5	Activation and Work with Destructive/Malevolent Ego States	<ul style="list-style-type: none"> • This should include Introjects
6	Integration and Post-Traumatic Growth	<ul style="list-style-type: none"> • How to apply the whole SARI model • Bringing together the SARI model in practice • How to adjust to normal life • Further practical applications