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Ego States: Theory and Therapy

Helen H. Watkins, John G. Watkins

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Ego states are the parts of our personality that cause us to act different ways in different situations.

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

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