

Ego states and parts – Jan Sky – 26.5.2015

Jan Sky specializes in behavior change. Her therapeutic tools are combination of hypnotherapy, NLP, ego states and parts of the self. This concept of parts of the Self has been used by many theorists in the past. For example, Paul Federson postulated there are more parts than Ego, Superego and Id but while he worked with Sigmund Freud he did not elaborate on this concept. It is known that Carl Jung's theory discussed many parts of the Self. Later, Eric Berne developed Transactional Analysis and many others followed. Jan combined several theories and formulated her own ESI (Executive State Identification) style that she uses for Coaching and Corporate Behaviour Change.

In Jan's own practice, parts are divided into three basic categories: *Executive* (consciously making decisions), *State parts* (relate to functionality of the Self and are mostly subconscious), and *Identification* parts that are also subconscious and have been formed in childhood. Later in life and through therapy these parts may be transformed thanks to our brain plasticity.

Jan demonstrated the brain plasticity by playing a DVD that shows how new skills are learned, how experiences initiate a new neurological pathway that gets strengthened by repeated behavior.

Hypnosis is effective in dealing with those behaviours learned during the childhood and those that are no longer appropriate or functional in adulthood and this is often done using a person's "parts" after firstly creating a map on a cognitive level. Jan conducted a study in a rural prison and using the concept of parts was effective to assist inmates with identifying other parts of the Self that can assist in rehabilitation. Clients are invited to create their own map consisting of behaviours/parts that are *supportive* to their goal and those that *inhibit* things happening, leading to sidetracking etc.

Jan invited a volunteer from the audience (permission and confidentiality have been obtained prior to the demonstration). The volunteer's problem was finalizing and accomplishing her daily tasks without getting sidetracked and thus tasks remaining undone. Jan's intervention was to map those parts (supportive and Inhibitory) that can help the client to build a new action plan. Naming those parts (by client) helps client's understanding of his/her problem. In this demonstration Jan went only as far as identifying the problem on the cognitive level and did not use hypnotherapeutic interventions to therapeutically deal with those parts in question.

I would add that the process of client's understanding their different parts and naming them also helps to minimize defenses that may arise when therapist points out some destructive behavioural issues and, consequently, it facilitates for the client to own his/her action or non-action.

Jan spoke about several client-cases: one of them was dealing with limitations brought by Parkinsons disease. I would emphasize the word limitations because we often expect that we can or cannot do something and then embrace those limitations without much of testing. Helping this client to negotiate her perceived *limitations*, assisted her to lead a more productive life. Another typical example occurred on the night: Jan offered a lucky door prize and the person who won it had a piece of string attached to her chair's frame. However, the winner did not check properly because "I was *not expecting* to get it" but luckily another person brought it to her attention. So, let's not allow limitations and limiting beliefs or expectations to rule our life!!

For some of us the evening was a reminder of tools we have and for others it was possibly a new concept. However, probably most of us use a phrase similar to " a part of you wants (adventure) and a part of you wants (safety) – how can they work together?"