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MEDIA RELEASE

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WATKINS TEAM TO GIVE WORKSHOP AT UM
ON EGO-STATE THERAPY

MISSOULA--

University of Montana psychologists John G. Watkins and Helen H. Watkins will lead a workshop on ego-state therapy June 16 and 17 at the University of Montana.

The workshop is open to professionals in the mental health disciplines who hold a Ph.D., M.D. or M.A. Registration is due by June 8 and may be done by telephone. The fee is \$175. Details are available from the Center for Continuing Education, 125 Main Hall, University of Montana, Missoula, MT 59812; (406) 243-6486.

The Watkins team will teach both the theoretical rationale and therapeutic techniques of this new approach to treatment. Their objective is to show that the human personality is not a single unit consisting of disparate behavioral elements but that it is composed of a number of organized patterns which may alternate in being activated. The Watkins call these patterns "ego states" and say they are best activated and assessed through hypnosis.

They say ego-state therapy brings a new dimension into psychological research and the problem of legal responsibility as well as to psychotherapy.

The workshop will use videotape and audiotape recordings to demonstrate that normal and neurotic individuals manifest ego states as "covert" multiple personalities. The workshop banquet June 16 will feature a presentation on the Hillside Strangler case, in which John Watkins served as an expert witness.

John Watkins is a professor of psychology and the director of clinical training at UM. He is the author of books and articles on hypnotherapy, psychoanalysis, psychological warfare, personality theory, education and music. He is a past president

(Over)

watkins team--add one

of the Society for Clinical and Experimental Hypnosis, the American Board of Psychological Hypnosis and the Hypnosis Division of the American Psychological Association.

Helen Watkins, a licensed psychologist, is a member of the staff of the UM Center for Student Development. She has written extensively on ego-state therapy and other subjects, and she contributed a chapter on ego-state therapy to John Watkins' book "The Therapeutic Self."

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