

Empowering the Self Through  
Ego-State Therapy  
An E-Book by Maggie Phillips and Claire Frederick  
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# Empowering the Self Through Ego-State Therapy

By Claire Frederick, Maggie Phillips

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Explore creative strategies for recognizing, eliciting, and building alliances with Ego states.

Designing symptom resolution and corrective experiences that utilize neuroplasticity and facilitate integration.

Review developmental issues: maturation, malevolent alters, attachment, and expanding the core self through developmental repair.

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