

ACADEMIC CALENDAR

EST - TECHNIQUES FOR HEALING THE FRACTURED SELF (EGO STATE APPROACHES)

EST 202602 - Aug 2026

TOPICS	DATE	DAYS	TIME (MY/SG)	TIME (UK - London)	TIME (AUS - SYDNEY)
Online Moodle Material (Self Learning) > Solution Focused Therapy					
Introduction (Live Webinar)	18 August 2026	Tuesday	6.00pm - 7.00pm	11.00am - 12.00pm	8.00pm - 9.00pm
Online Moodle Material (Self Learning) > An introduction to Ego State Therapy, Accessing Ego States in Therapy, Working with Ego States					
Live Virtual Lecture : Ego State Therapy : Theory	2 September 2026	Wednesday	6.00pm - 7.00pm	11.00am - 12.00pm	8.00pm - 9.00pm
Live Virtual Training - Lecture 1 - Ego States: Wellbeing / Positive Resources	12 & 13 September 2026	Saturday & Sunday	3.30pm - 7.30pm	8.30am - 12.30pm	5.30pm -9.30pm
Online Moodle Material (Self Learning) > Physical and Sexual Abuse and Rape					
Live Virtual Lecture : Physical and Sexual Abuse and Rape	22 September 2026	Tuesday	6.00pm - 7.00pm	11.00am - 12.00pm	8.00pm - 9.00pm
Online Moodle Material (Self Learning) >Combining Ego State Therapy with EMDR, Ego State Therapy for Trauma, Ego State Therapy for Anger Management, Ego State Therapy for Smoking and Weight Management Issues					
Live Virtual Training - Lecture 2 - Ego States: Other protocols	26 & 27 September 2026	Saturday & Sunday	3.30pm - 7.30pm	8.30am - 12.30pm	5.30pm -9.30pm
Online Moodle Material (Self Learning) > Abusive Relationships and Emotional Abuse					
Live Virtual Lecture : Abusive Relationships and Emotional Abuse	13 October 2026	Tuesday	6.00pm - 7.00pm	11.00am - 12.00pm	9.00pm - 10.00pm
Online Moodle Material (Self Learning) > Obsessive Compulsive Disorder					
Live Virtual Lecture : Obsessive Compulsive Disorder	27 October 2026	Tuesday	6.00pm - 7.00pm	10.00am - 11.00am	9.00pm - 10.00pm
MCQ EVALUATION	31 October 2026	Saturday	3.30pm - 5.30pm	7.30am - 9.30am	6.30pm - 8.30pm