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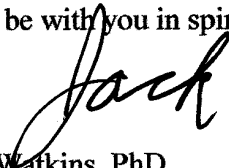
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To my friends and colleagues at the 20th Annual Trauma and Dissociation Conference:

About 30 years ago, I and Helen Watkins, my wife and colleague, while studying the interactions of normal ego states with one another were struck with the similarities to behaviors of MPD alters. This brought us to the conclusion that pathological dissociation was a severe form of differentiation within normal and neurotic individuals, and that treatment approaches, which were employed with spontaneous multiples could be applied to the ego states that were activated by hypnotic techniques in normals. We then used the term "ego state therapy" to apply to such procedures and employed them to treat many variations of neurotic, behavioral and psychosomatic conditions. Helen became especially skillful in this approach and developed an international practice consisting of health practitioners who came to her for week-end marathons in personal therapy. I concentrated on the theoretical side of the approach, and we then published together and presented many workshops in over 30 nations.

Six years ago we lost her, if she were here today she would join me in welcoming the delegates to this convention, where the study of ego state therapy is being carried on, and new variations being developed. I (and her) will be with you in spirit.



John G. Watkins, PhD.