

**The Milton H. Erickson Institutes of South Africa**

**Present**

**A Congress at the foot of Table Mountain:  
Trance, Treasures, Trauma, Touch and Transformation**

**Including**

**The 7th World Congress on Ego State Therapy**

**21-30 April 2020**

**21 April, Pre-Congress Workshop, Cape Town**

**23-25 April, Main Congress, Cape Town**

**29-30 April, Post Congress, Mabula Lodge**

Dear Colleagues and Visitors

The Milton H. Erickson Institute of South Africa (MEISA) invites you to participate in our forthcoming psychotherapy congress: **Trance, Treasures, Trauma, Touch and Transformation**. Although this congress is a **psychotherapy congress** it will also include the 7<sup>th</sup> World Ego State Therapy Congress. Additionally, MEISA will also host a Post - Congress **Safari** at Mabula Lodge.

The workshop programme will be in English and German. The workshops will cover a wide variety of topics in the fields of psychotherapy, psychology, hypnosis and psychosomatic medicine. We are planning an interesting programme at two different locations in South Africa, **namely the Main Congress at the Vineyard Hotel, Cape Town from 23-25 April 2020 and the Post Congress Safari at Mabula Lodge on 27-30 April 2020 (Conferencing days: 29 and 30 April)**. This will give you the opportunity to attend the congresses and simultaneously also experience the beauty of our wonderful country and its diversity. The

setting of both venues is truly beautiful, and the cultural and recreational opportunities offered during the both congresses are matched by the warm hospitality with which we welcome visitors who grace our shores.

On **21 April 2020** a **Pre-Congress Workshop** in both German and English will be hosted. Dr. Jochen Peichl will present an advanced Ego State Therapy workshop for German speaking delegates and Dr's. Woltemade Hartman and Maggie Phillips will present an advanced workshop in English focusing on Hypnosis, Pain, Ego State Therapy and Body therapeutic approaches. The space available for both workshops is limited. More detailed information on <http://www.meisa.biz/pre-congress-workshop-21-april-2020-cape-town.php>

Please take note that there is limited space available for the congress safari (only 54 rooms available at Mabula), **so book your space immediately.**

Please help us to make this a truly international psychotherapy forum by joining us in South Africa for some stimulating days.

Visit the MEISA website at <http://www.meisa.biz/meisa-congress-april-2020.php> for information regarding the congresses, online registration, accommodation options, the different congress venues, domestic flight reservations and transport arrangements.

**Accommodation for the main congress in Cape Town was reserved at the Vineyard Hotel (congress venue), please refer to page 6 for alternative accommodation nearby.**

We sincerely hope you will be able to attend our congress, that your visit will be an enriching experience both academically and culturally, and that, above all you will have FUN! We look forward to welcoming you at the congresses.

Yours sincerely

Woltemade Hartman Ph.D

Congress Organizer and Director: Milton H. Erickson Institutes of South Africa

For any enquiries, please contact Hanlé Marais at:

Tel 0027+12+991 1472

E-mail address [info@meisa.co.za](mailto:info@meisa.co.za)

Website [www.meisa.biz](http://www.meisa.biz)

### Faculty Members

Toby Goldfus (USA), Rick Miller (USA), Jochen Peichl (Germany), Debbie Howes (South Africa), Nicole Ruysschaert (Belgium); Elzette Fritz (South Africa), Talita Veldsman (South Africa), Woltemade Hartman (South Africa), Mark Jensen (USA), Ursula Helle (Germany), Charlotte Wirl (Austria), Margarethe Kruczek-Schumacher (Germany), Jacqui Von Czifra-Bergs (South Africa), Jenny da Silva (South Africa), Adriana-Daniela Müller (Germany), Susan Pinco (USA), Elfie Cronauer (Germany), Susanne Leutner (Germany), Stefan Hammel (Germany), Matthias Mende (Austria), Claudia Müller-Quade (Germany), Susy Signer-Fischer (Switzerland), Bernhard Trenkle (Germany), Silke Grossbach (Germany), Claude Viot (France), Elsa Struwig (South Africa), Charmaine van der Spuy (South Africa), Philip Streit (Austria), Dr Maggie Phillips (USA) and still growing.....

### Main Congress at the Vineyard Hotel, Newlands, Cape Town 23-25 April 2020 (3 days)



The congress will take place on **23-25 April 2020**. Delegates joining in the Post Congress Safari at Mabula Lodge will have a leisure day on 26 April to explore Cape Town and surrounds before flying to OR Tambo International Airport on 27 April 2020.

#### Vineyard Hotel, Newlands, Cape Town

Located in Newlands, the **4 Star Vineyard** hotel is the ideal base to explore some of our top tourist destinations. Experience the elegant and contemporary interiors, a variety of dining options, fully equipped fitness centre and spa. Over the past two centuries, The Vineyard has proudly evolved into one of the most environmentally-friendly, progressive hotels in Cape Town. The seven acre property home to a diverse range of fauna and flora is as innovative and ground breaking as it was when the original house was built in February 1800. The vines at The Vineyard was replanted in 2008 to mark the 350th anniversary of winemaking in the Cape. Ideally located in the Southern Suburbs; access to any of Cape Town's top local tourist destinations is convenient.

The hotel's five dedicated Wine Partners – Meerlust, Klein Constantia, Simonsig, Warwick and Waterford – are some of the Cape's most celebrated estates. The hotel is less than a five minute walk from the heart of Claremont's major shopping hub. The world famous **Kirstenbosch Botanical Gardens**, 10 minutes' drive or 25 minutes' walk from the hotel,

showcases the Cape's unique Floral Kingdom. There are a variety of local fine art and craft facilities in the southern suburbs. One of the loveliest is the Montabello Design Centre, located within walking distance of the hotel. Synonymous with some of the roots of Cape art and design, it houses fine art, ceramic, jewellery, craft and other working studios as well as a restaurant and nursery. Locally made art, crafts and gifts are for sale. An art-lovers 'must-see'. A 10-minute drive into the city centre offers some 50 top tourist experiences. Cultural sights include the Cape of Good Hope Castle, Slave Lodge, and the Natural History, District 6, Jewish, Bo-Kaap and Gold of Africa museums, as well as the SA National Gallery, and the Dutch Company Gardens. **The V&A Waterfront** has many attractions including the **Two Oceans Aquarium**. A dizzying 1085 m ascent via cable car transports you to the summit of **Table Mountain** one of the 7 Natural Wonders of the modern world. The Peninsula coastline boasts breath-taking scenic beauty. A 60-minute drive from the hotel takes you to the **Cape Winelands** and 150 historic wine estates near Stellenbosch – Africa's Wine 'capital', university town and its second-oldest settlement. A day excursion is a chance to sample top vintages, view unique Cape Dutch architecture and to enjoy the many authentic joys of the Cape countryside.

Read more about the Vineyard at: <https://www.vineyard.co.za/> (Do not make online accommodation reservations, see information regarding accommodation below).

#### **Date of arrival at Cape Town International Airport**

We advise that you **arrive on 22 April 2020** as the congress will commence in the morning of 23 April 2020. **Delegates attending the pre-congress workshop on 21 April 2020, need to arrive on 20 April 2020.**

#### **Airport transfer**

Airport transfer to the Vineyard hotel can be pre-arranged with the Vineyard Hotel's travel desk. Send an email with your flight details to [traveldesk@vineyard.co.za](mailto:traveldesk@vineyard.co.za) or contact them at +27 (0) 21 657 4526.

Airport transfer can also be pre-arranged through Ulysses at +27 (0) 12 653 0018 or email [info@ulysses.co.za](mailto:info@ulysses.co.za). It is advised that you **pre-arrange** your airport transfer and not make use of taxis at the airport.

#### **Accommodation Vineyard Hotel**

**Do not make online reservations on the hotel's website** A block booking was done. You are responsible to reserve your room through the reservation office at the Vineyard hotel. (See below). You need to mention that you will be attending the MEISA congress. **Please reference the Block number #2403356 in all your contacts and correspondence.**

Please take note that hotel rooms for the **main congress was reserved from 22 April to 26 April. Delegates joining the Post-Congress Safari at Mabula Lodge need to book accommodation until 26 April 2020 (in on 22 April and out on 27 April 2020)** in order to fly to OR Tambo International Airport, Johannesburg in the morning of 27 April 2020.

**Extra rooms were also reserved for 20 April and 21 April for delegates attending the pre-congress workshops on 21 April 2020.**

**Accommodation reservation is on a first come, first serve basis.** Accommodation rates are as follows and is inclusive of breakfast, 15% VAT and the Tourism Levy of 1%.

#### **Courtyard Facing Standard**

R2495.00 (± € 166/\$185) single occupancy per night.

R2965.00 (± € 198/\$211) double occupancy per night.

#### **Courtyard Facing Deluxe**

R2815.00 (± € 188/\$208) single occupancy per night.

R3315.00 (± € 221/\$245) double occupancy per night.

#### **Mountain Facing Standard**

R3165.00 (± € 211/\$234) single occupancy per night.

R3665.00 (± € 244/\$271) double occupancy per night.

(Number of rooms reserved 22-26 April: Courtyard Facing Standard 40 Rooms, Courtyard Facing Deluxe 40 Rooms, and Mountain Facing Standard 40 Rooms)

#### **Accommodation reservation contact**

Chantal Bizaaré | Assistant Reservations Manager

Tel: +27 (0) 21 657 4500 *direct ext 4509*

Fax: +27 (0)21 657 4501

Email: [chantal@vineyard.co.za](mailto:chantal@vineyard.co.za)

Please send an email with the **Block number #2403356** to [chantal@vineyard.co.za](mailto:chantal@vineyard.co.za) and cc: [reservations@vineyard.co.za](mailto:reservations@vineyard.co.za)

#### **Day tours, sightseeing and transport**

Day tours, sightseeing and transport can be arranged through the Travel desk at the hotel on arrival. Tel: +27 (0)21 657 4526; Email: [traveldes@vineyard.co.za](mailto:traveldes@vineyard.co.za)

**Alternative accommodation**

Southern Sun Newlands <https://www.tsogosun.com/southern-sun-newlands>

Park Inn by Radisson Newlands: <https://www.parkinn.com/hotel-capetown-newlands>

Also search on: [www.trivago.co.za](http://www.trivago.co.za); [www.tripadvisor.co.za](http://www.tripadvisor.co.za); [www.booking.com](http://www.booking.com)

**Congress Fees and Registration: The final deadline for registration is 31 October 2019**

**Pre-Congress Workshop on 21 April 2020**

*(Fee excludes accommodation but includes refreshments and lunch)*

**International Delegates: € 130**

Please register online at: <http://meisa.biz/registration-international-delegates.php>

Banking details available on the online registration page.

**South African Delegates: R 1200.00**

Please register online at: <http://meisa.biz/registration-south-african-delegates.php>

Banking details available on the online registration page.

**Main Congress 23-25 April 2020 (3 day congress)**

*International Delegates (Fee excludes accommodation but includes refreshments and lunch)*

**Early Bird: till 1 July 2019 € 395**

**After 1 July 2019 € 425**

**After 1 November 2019 € 450**

Please register online at: <http://meisa.biz/registration-international-delegates.php>

Banking details available on the online registration page.

***South African Delegates (Fee excludes accommodation but includes refreshments and lunch)***

**R 3600.00 for the 3 day congress or R1200.00 per day**

Please register online at: <http://meisa.biz/registration-south-african-delegates.php>

Banking details available on the online registration page.



**See you in Cape Town!!!**

**Post-Congress Safari  
Mabula Lodge  
27-30 April (Congress days 29 and 30 April)**



Set against a backdrop of lush green mountainous vegetation, Mabula Game Lodge is one of South Africa's finest luxury game reserves. Only one and a half hours drive from Pretoria (the capital) and two and a half hours drive from Oliver Tambo International (Johannesburg) Airport, this 12 000 hectare reserve offers homage to an abundance of wild life and birds, including the "big five". Mabula offers a wide variety of activities, purposely designed to bring you ever closer to nature. Activities such as day and night game drives, guided bush walks and unique horseback trails all under the expert guidance of highly qualified game rangers enable guests to experience the African bush in a number of interesting, adventurous and different ways. In addition to numerous game viewing options, Mabula also offers swimming, tennis, a gym and health spa. Please visit <https://mabula.com/> for more information on Mabula Private Game Lodge (Do not make online accommodation reservations, see information regarding accommodation below).

International Delegates will arrive at Mabula on Monday 27 April 2017. Tuesday the 28<sup>th</sup> will be a **leisure day** for everyone to enjoy the safaris and other activities on offer at Mabula. **The official congress days** will be on **Wednesday 29 and Thursday 30 April 2020**.

**Date of arrival at OR Tambo International Airport, Johannesburg (International delegates and delegates from outside of Gauteng)**

We recommend that you arrive in the **morning of 27 April 2020** to make use of **the group transport to Mabula** which will **depart between 11:30 and 12:00**. Delegates who have attended the Main Congress in Cape Town should also arrive OR Tambo International Airport in the morning of 27 April 2020.

**Domestic Airlines in South Africa for flights between Cape Town International and OR Tambo International Airport, Johannesburg.** (Recommended airline: Kulula)

Mango: <https://www.flymango.com/>

Kulula: <http://www.kulula.com/>

Fly Safair: <https://www.flysafair.co.za/>



Baggage rules on domestic airlines:

Please check the baggage rules for domestic airlines when booking a flight. Fewer and lighter luggage items are allowed on domestic flights than on international flights.

**Group transport between OR Tambo International Airport and Mabula Lodge: 27 April 2020 and 1 May 2020.**

Please take note that there is **no public transport** available between the airport and Mabula. **Group transport will be arranged with the company Ulysses from OR Tambo International (Johannesburg) Airport to Mabula in the morning of Monday 27 April 2020 between 11:30 and 12:00.** Please make sure of the arrival time when you make your flight reservations to OR Tambo International. Any transport after 12:00 on 27 April will have to be arranged by the delegates themselves.

**The group transport will depart from Mabula back to OR Tambo International on Friday 1 May 2020** for international flights or domestic flights to other destinations in South Africa. **Flights on 1 May 2020 should be arranged to depart from OR Tambo International not before 15:00.** The transport fee will depend on the number of passengers and will be confirmed nearer to the congress dates.

The group transport reservation forms will be emailed to registered delegates.

**Accommodation Mabula**

Please **do not** make any online reservations on the Mabula website.

54 rooms are available for the duration of the congress for the period 27 April to 30 April 2020 (In on 27 April and out on 1 May). **Reservation will be on first come first serve base.** On receipt of your congress registration a room will be reserved for you **by Hanlé**. Mabula Lodge will send you an invoice for payment of the accommodation. Please correspond directly with Mabula on receipt of the invoice regarding any accommodation payment related matters.

The accommodation rate for delegates is **R 2057.00** (South African Rand) per person (single or sharing) per day. ( $\pm$  137 Euro or 153 USD) The rate for **delegates** is **inclusive** of the following: Accommodation; Breakfast; Dinner; 2 game drives (safari) per day. (Lunch and morning and afternoon refreshments for delegates is covered by the congress fee). **Accommodation rates for accompanying persons** (not attending the congress and sharing a room with the delegate) **is R2879.80 per person per day.** The rate for accompanying



persons is inclusive of the following: Accommodation; Breakfast; Lunch, Dinner; 2 game drives (safari) per day.

### **Safaris at Mabula (Game Drives)**

2 Safaris per day is included in the accommodation rate. Safaris will be at 6h00 in the mornings and 17h00 in the afternoons. (Times subject to change according to the congress programme). Delegates do not need to pre-book the safaris.

### **Congress Fees and Registration (2 day congress)**

**The final deadline for registration is 31 October 2019.**

***International Delegates (Fee excludes accommodation but includes refreshments and lunch)***

**Early Bird till 1 July 2019 € 265**

**After 1 July 2019 € 295**

**After 1 November 2019 € 320**

Please register online at: <http://meisa.biz/registration-international-delegates.php>

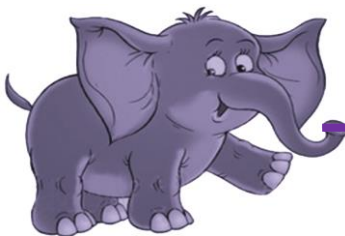
Banking details available on the online registration page.

***South African Delegates (Fee excludes accommodation but includes refreshments and lunch)***

**R 2400 for the 2 day congress or R1200.00 per day**

Please register online at: <http://meisa.biz/registration-south-african-delegates.php>

Banking details available on the online registration page.



**Africa is calling.....**