








## Workshops: MEISA Psychotherapy Congress 23-25 and 29-30 April 2020, South Africa

	Presenter	Workshop Title	Brief Biography	Brief Description
	Brigit Bader (Dipl-Psych) Germany	Talk Show mit Ego-States <b>Main Congress: Cape Town (German)</b>	Birgit Bader: Psychotherapist in Private Practice in Hamburg, Germany. She is also a supervisor and trainer. Birgit is trained in amongst other: Positive Psychotherapy, systemic therapy, energy psychology, EMDR, TZI, NLP, hypnotherapy, egos state therapy and psychodrama. She has many year of experience in working with people living with HIV and Aids.	Die Arbeit mit Methoden aus der psychodynamischen Psychotherapie, NLP und vor allem Psychodrama lässt sich hervorragend in der therapeutischen Arbeit mit Ego States kombinieren, um innere Themen und Konflikte zu externalisieren und so einen Perspektivwechsel für die Patienten zu ermöglichen.
	Jenny da Silva Faqa (M-Ed Psych) South Africa	Ego State Therapy with Children <b>Post Congress: Mabula</b>	Jenny da Silva Faqa is an Educational Psychologist in Private Practice. Co-Director Milton H. Erickson Institutes of South Africa; Accredited ESTI Trainer in Ego State Therapy; Trainer in Ericksonian Hypnosis and Psychotherapy.	This workshop will explore the hallmarks of Ego State Therapy and its many uses with children. The use of Ego State Therapy in combination with other psychotherapeutic techniques such as Creative Expressive Arts in therapy and Somatic Experiencing™ will also be addressed
 	Angela Duneman (Dipl-Psych Ped) Joachim Pfahl ( BSc) Germany	Trauma-Sensitive Yoga in Psychotherapy <b>Main Congress: Cape Town</b>	<p>Angela Dunemann has been working in Wetzlar, Germany for the past 30 years as a psychotherapist and yoga teacher. Since 2000 she has been working as a systemic trained children/adolescent and trauma therapist. At the same time, she and her colleagues have been running her own yoga institute. She has published on the subject of Yoga and Trauma therapy.</p> <p>Joachim Pfahl is a Yoga and Meditation Teacher (MERU), Trauma Yoga Therapist (TSY) and coach with 40 years of yoga practice and international teaching experience in government and non-governmental organizations, including in India, Thailand, and Europe, especially in the military and prisons. Joachim runs his own yoga schools and trains yoga teachers. He is a lecturer for education and training in trauma-sensitive yoga. Joachim is a member of the BDY; The German Society for Psych traumatology DeGPT and the professional association of yoga teachers in Germany. He is a co-author of the book "Traumasensibles Yoga (TSY)</p>	For the healing of people who suffer from the consequences of trauma, yoga, this "ancient science" has much to offer. Yoga is a holistic approach, stabilizes body and psyche and has been shown to reduce symptoms of PTBS. Bessel van der Kolk has shown in various clinical studies that yoga significantly reduces classic PTBS symptoms such as intrusions and hyperarousal. Trauma-sensitive yoga is a body-oriented therapeutic approach based on classic Hatha yoga. . In this workshop theory and practical exercises will alternate to demonstrate how trauma-sensitive yoga can be integrated into the psychotherapeutic context.





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 	<p>Elzette Fritz (D.Ed) Talita Veldsman (D.Ed) South Africa</p>	<p>Connecting the parts through creative arts on the yellow brick road of self discovery <b>Main Congress: Cape Town</b></p>	<p>Elzette Fritz: Educational Psychologist in Private Practice and research and teaching associate in the Department of Educational Psychology, at the University of Johannesburg; Co- Director Milton H. Erickson Institutes of South Africa; Accredited ESTI Trainer in Ego State Therapy; Trainer in amongst other, Ericksonian Hypnosis and Psychotherapy and Creative Therapy.</p> <p>Talita Veldsman: Educational Psychologist in private practice in Johannesburg, South Africa. Her special interest lies within the field of utilizing creative expressive arts and drama to intervene on a sensory level. Talita frequently presents at national and international conferences on the utilization of creative methods in therapy with children.</p>	<p>Using a variety of creative expressive modalities, participants will be provided with the opportunity to explore their inner good and bad and the resourceful as well as malignant messages echoing in the inner self-talk. This workshop will be presented from a socio-cultural point of view considering the cultural psychology of creativity and the healing potential of creative engagement.</p>
	<p>Fukui, Yoshikazu (MA Clin Psych) Japan</p>	<p>Are they your real parents? Attempts to cut of the object cathexis towards introjects of abusive parental figures: A combination of EMDR and Ego State Therapy <b>Main Congress: Cape Town</b></p>	<p>Yoshikazu Fukui (M.A.) is a Clinical Psychologist and psychotherapist in private practice in Kobe, Japan. He is also a professor at Konan University in Kobe and teaches Clinical Psychology. He has been the 1st President of Ego State Therapy Japan since 2015. Prof. Fukui have been a board member of Japanese Society for Hypnosis (JSH) and Japanese Society for Clinical Hypnosis (JSCH), and a board member of Japanese EMDR Association (JEMDRA). He is a committee member of the Japanese Psychological Association (JPA), Japanese Society of Autogenic Training (JSAT) and the Japanese Society of Psychosomatic Medicine (JSPM). Yoshi is also a board member of Ego State Therapy International (ESTI) Prof. Fukui is an EMDR and Thought Field Therapy (TFT) trainer. He is certified by JSCH as a consultant in clinical hypnosis. Prof. Fukui also received training in Brainspotting, Trauma Focused CBT, Prolonged Exposure (PE), Tapping Touch, Neurofeedback, Mindfulness, Brain Gym, Solution Focused Approach and Trauma Releasing Exercises (TRE). Prof. Fukui is also involved in the translation of various books in the field of EMDR and Trauma. He is a recipient of the research awards at the Annual Conference of JPA and JSCH.</p>	<p>Since it is not uncommon for ego states to appear in sessions dealing with trauma, such as in EMDR sessions, ego state therapy proves to be a very useful strategy. When ego states emerge, it is standard to appreciate their existence and functions, which often leads to cooperation and integration. However, such type of approach might not work for introjects of abusive caregivers. The purpose of a current study was to propose a new option for dealing with introjects of abusive parents. When the standard approach of Ego State Therapy failed with the introjects of abusive parents during EMDR sessions, an intervention to cut off the object energy was performed from the viewpoint of energy cathexis. As a result, the introjects of abusive parents who had been showing stubbornness quickly disappeared, and the adaptive information processing resumed, with simultaneous access to the positive aspects of the parents. The ego states derived from the traumatic events should be integrated, but the integration process might not be necessary for some of the</p>



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				introjects of abusive parents. This study suggests that since the existence of the ego states depends on the object energy cathexis, it is possible that some ego states may not exist only by cutting it off. During this workshop I will expand on this topic in more detail and explain this useful method.
	Tobie Goldfus (LCSW-C, BCD) United States of America	Young People, Smart Phones and the Power of Social Media: Using Hypnotherapy and Somatic Experiencing to Activate Healthy Ego States and Charge up the 'Inner Selfie'. <b>Main Congress: Cape Town</b>	Tobi Goldfus is a therapist, author, national and international teacher and speaker. In her book, From Real Life to Cyberspace and Back Again: Helping Our Young Clients Develop a Strong Inner Selfie (2017) Tobi focuses on predicating factors that can make young people more vulnerable on social media to hurtful, negative, or traumatic experiences, providing assessment tools, hypnotherapy, and somatic experiencing techniques to heal and create a positive balance between online and real life.	This workshop will focus on integrating the very active digital self of adolescents and young adults into therapy as an essential and necessary part of effective therapy today.
	Silke Grossbach (Dipl.-Psych) Germany	Gefangen im Schutz der Rigidität: Ein psychodynamischer Blick auf die Abwehrmechanismen – wenn Ego-States schützen, ihre Abwehr jedoch dysfunktional wird <b>Main Congress: Cape Town (German)</b>  Creativity in Ego-State Therapy with TIMES Transparent Imaginary Mapping of Ego States <b>Post Congress: Mabula</b>	Silke Grossbach is a licensed clinical psychologist and psychotherapist in private practice in Hamburg, Germany. She is the founding director of the Hamburg Institute for Trauma Therapy, which provides continued training in Hypnosis and Ego State Therapy for qualified psychologists, psychotherapists, medical doctors and specialists.	Workshop 1: In this workshop the participants will first get an overview of the defense mechanisms. The aim is to take these into account in therapy planning (SARI) and in the river of life model (Hartman). The understanding of psychodynamics facilitates the planning of the corrective experience, especially with patients who show a high "resistance". Patients with complex PTSD or early attachment disorders usually react with strong intrapsychic defense efforts.  Workshop 2: The TIMES method was developed by Silke for the therapeutic treatment of inner trauma and conflict. It is not always easy to reach inner Ego States by talking alone. The aim of the workshop is to encourage the participants to use this creative method in practice and to integrate it into work with inner parts.



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	<p><b>Stefan Hammel (M.Th)</b> Germany</p>	<p>The last 24 Hours of Life – How we can Help Patients to Die in Peace: Hypnotherapeutic Approaches with Dying Patients and their Families <b>Main Congress: Cape Town</b></p> <p>Hypnotherapeutic Storytelling in Trauma therapy. Using Metaphors for overcoming Trauma <b>Post Congress: Mabula</b></p>	<p>Stefan Hammel is practicing as an Ericksonian hypnotherapist, systemic therapist and chaplain. He is the founding director of the Institute for Hypno-Systemic Counselling in Kaiserslautern, Germany and is an author of books and media on hypnotherapeutic and systemic practice.</p>	<p>Workshop 1: In this workshop the millennium-old pictorial traditions of religion with techniques of hypnotherapy including pacing and leading, utilizing metaphors, and the evocation of values and convictions of dying patients with their families will be integrated. Using case examples, participants will explore how hypnotherapeutic and spiritual support can be combined to meet the emotional and somatic needs of patients.</p> <p>Workshop 2: Though many of us will use methods of storytelling in trauma therapy we may not always be fully conscious of how we proceed. The workshop shows different methods for developing effective stories during a therapeutic session.</p>
	<p><b>Woltemade Hartman (Ph.D)</b> South Africa</p>	<p>Body Trance: Hypnosis, Touch and Embodiment for Complex Trauma. <b>Pre Congress Workshop Cape Town</b></p> <p>Trance, Treasures, Trauma, Touch and Transformation: Live Clinical Demonstrations <b>Main Congress: Cape Town</b></p>	<p>Woltemade Hartman is a Clinical and Educational Psychologist, and psychotherapist in private practice in Pretoria, South Africa. He is the founding director of the Milton H. Erickson Institutes of South Africa (MEISA). He is an ESTI accredited Ego State Therapy trainer and lectures amongst other in South Africa, Europe, China, Hong Kong and Japan.</p>	<p>A combined hypno-somatic approach is a powerful tool in helping traumatized clients plumb for the best in themselves and assist directly to untap rough diamonds such as resources of determination, survival, resiliency, hope, optimism and love that ultimately allow them to flourish again, both physically and emotionally. In this workshop participants will learn techniques for enhancing experiential activation of untapped trauma and resources by using hypno-somatic techniques.</p>
	<p><b>Ursula Helle (Dr.Med)</b> Germany</p>	<p>Die 8 Stufen der Integration in der Ego-State-Therapie <b>Main Congress: Cape Town (German)</b></p>	<p>Ursula Helle, M.D., holds a private practice in Munich, Germany, doing individual psychotherapy for adults, coaching and supervision with health professionals. As a Medical Doctor she worked in different hospitals with focus on psychiatry and psychotherapy. Dr. Helle is a specialist in Trauma Therapy (DeGPT). She is also trained in Hypnotherapy, EMDR, process and embodiment focused psychology (PEP), Systemic Therapy, Ego State Therapy and is currently pursuing</p>	<p>Die 8 Stufen der Integration sind ein sehr hilfreiches Instrument, sich in den verschiedenen Phasen der Egostate-Therapie über Stand und Fortschritt der Arbeit zu orientieren und die weiteren Interventionsschritte zu planen. Häufig entsteht im Praxisalltag das Problem, dass aus Zeitgründen Egostatearbeit fraktioniert werden muss und in der nächsten</p>



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			SOMA training. She is the President of Ego State Therapy International.	Therapiesitzung der Einstieg in die weitere Arbeit erschwert ist. Hier lässt sich mit dem Stufenmodell gut eine Brücke zur letzten Stunde herstellen und kommunizieren. Ziel des Workshops ist, die 8 Stufen gut abrufbar zu erlernen und in den verschiedenen Phasen nach dem SARIA-Modell anzuwenden. Schwerpunkte in den praktischen Übungen liegen auf der Anwendung sowohl in der verbalen Trancearbeit als auch in der Körperarbeit mit verschiedenen Egostates.
	Debbie Howes (M.Clin Psych) South Africa	Transformation: A Constellations Therapeutic Approach <b>Main Congress Cape Town</b>  TRAUMA: Catalyst for change? <b>Post Congress Mabula</b>	Debbie Howes: Debbie Howes is a Clinical Psychologist in private practice in Johannesburg. Debbie furthered her studies in Eriksonian Hypnosis, Ego State Therapy, Medical Hypnoanalysis, EMDR and EMI. An interest in the relevance of children's stories – which hold numerous truths that serve to illuminate, educate and inspire through simplicity, beauty and depth, has resulted in a hypnotherapeutic technique which serves to both recondition and reprocess the unconscious dynamics of problems. Debbie is the author of two books which describe the model and therapeutic process as well as a deck of therapeutic cards. Debbie also facilitate constellation, movement, sound and meditation workshops.	Workshop 1: An investigation into the underlying balance of the mother / father /child states of being and archetypes within an individual are explored via an experiential therapeutic approach which bypasses the conscious mind. A group demonstration is included.  Workshop 2: Some individuals are more prone to repetitive incidents of trauma than others. An investigation is made into the underlying dynamics operating in the unconscious mind relative to incidences of trauma. Trauma is utilized as an opportunity to grow via the identification and reprocessing of the relevant underlying, unconscious emotional patterns and belief systems operating within an individual. Case studies will be presented. A group demonstration and experience is included.
	Mark Jensen ( Ph.D) United States of America	Hypnotic Management of Chronic Pain <b>Main Congress Cape Town</b>  Hypnotic Reflective Listening: Using open questions and reflective listening to boost treatment efficacy <b>Post Congress Mabula</b>	Mark Jensen: Professor and Vice Chair for Research in the Department of Rehabilitation Medicine who has been studying chronic pain and helping individuals better manage chronic pain for 40 years. He has been funded by the National Institutes of Health and other funding agencies to study the efficacy and mechanisms of various treatments for chronic pain, including hypnotic analgesia. He has published extensively on the topics of pain assessment and treatment. (More than 500 articles and book chapters, as well as a	Workshop 1: This workshop will provide an overview of hypnotic strategies and suggestions for helping individual's better self-manage chronic pain conditions. It will begin with a discussion of the neurophysiology of nociception and pain, focusing on nine specific processes and physiological structures involved in pain perception, and that can be influenced by




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			number of books, including the award-winning Hypnosis for chronic pain management: Therapist guide, published by Oxford University Press)	hypnotic suggestions. A relaxation/favourite place induction followed by suggestions for experiencing greater comfort that is useful for many individuals with chronic pain will be modelled, and participants will then have the opportunity to practice the induction and suggestions.  Workshop 2: This workshop will provide a description and demonstration of Hypnotic Reflective Listening – a strategy for identifying effective hypnotic suggestions for helping clients more effectively achieve their treatment goals. The workshop will include demonstrations and practical experiences.
	Margarethe Kruczek-Schumacher (Dipl.-Psych) Germany	Wingwave®, a Brief Method to Address Trauma and Associated Problems <b>Main Congress Cape Town</b>  Wingwave®, eine schnell wirkende Methode zum Auflösung von Trauma und anderen Problemen <b>Post Congress Mabula (German)</b>	Margarethe Kruczek-Schumacher: Is a Clinical Psychologist and psychotherapist in private practice in Cologne, Germany. She received her training as a behavioural psychotherapist, hypnotherapist (Ericksonian), pain therapist, sex therapist, Ego State Therapist and Body Therapist She also received training in different body therapy approaches, for example: Somatic Experiencing, SOMA and Bodydynamics as well as EMI, EMDR and coaching. Margarethe is a Wingwave coach and teacher and provides supervision in ego state therapy, pain therapy and behaviour therapy. In addition to that she is also a founder of KITA (Kölner Institut für traumatherapeutische Anwendungen).	The wingwave method combines rapid eye movements (EMDR) with the so-called Omura-Muscletest. It is a kind of a compass which allows the therapist very precisely to find the relevant issue (event/trauma) of the past and to then neutralise it with the eye movement. It helps to ascertain if the problem of the patient is his own problem or the problem of someone else. It also helps to find out whose ego states (child or adult) the problem belongs to. The method helps very effectively to ascertain the unconsciousness, negative beliefs of the client, to change them and then with the help of resources to anchor them in the body again. Wingwave can be combined with all other methods. The workshop includes a short introduction and a live demonstration.
	Allan Krupka (Dr.Med) Austria	"Zahnschlafkugeln - und die Angst vor einer Spritze war einmal" <b>Main Congress Cape Town (German)</b>	Allan Krupka: Has been a practicing dentist in Vienna since 1986, specializing in anxious patients and children. He uses Medical Hypnosis in his practice since 1993 Dr. Krupka has been training instructor, lecturer and supervisor of the curriculum "Hypnosis and Communication" for doctors, midwives and physiotherapists in Austria since 1997. He is the founding president of the ÖGZH. "Austrian Society for Medical and Dental Hypnosis" and since 2001 Training	Sie hatten in Ihrem (Zahn-) Arztleben auch schon Probleme einem Kind eine Anästhesie zu verabreichen? Oder sind Sie gar schon damit gescheitert und mussten deshalb sogar die Behandlung komplett abbrechen, weil das Kind den Mund nicht mehr aufgemacht hat? Wenn Ihnen dies schon passiert ist, dann sind Sie nicht die/der einzige, denn nicht umsonst gehört





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			Manager and Diploma Supervisor of the Austrian Medical Chamber Diploma "Hypnosis and Communication.	das Verabreichen einer Anästhesie recht häufig zu den großen Herausforderungen in der Kinderzahnheilkunde. Wenn man aber weiß wie es geht, also mit den richtigen Worten dem Kind den Ablauf erklärt, dann verliert dieses Thema vollständig seinen Schrecken und trägt sogar dazu bei das Vertrauen in den (Zahn-) Arzt zu stärken. Und was gibt es schöneres als eine gute und vertrauensvolle Arzt – Patienten Beziehung mit Ihren jungen Patienten? Nachdem ich Zahnarzt bin zeige ich einige Videos aus meiner Zahnarztpraxis. Die Methode ist jedoch mit kleinen Adaptationen in jedem ärztlichen Fach anwendbar wenn es darum geht eine Nadel setzen zu müssen. Doch auch andere Probleme können so gelöst werden denn die pseudologischen Erklärungen auf denen die Methode beruht sind überall und jederzeit einsetzbar
	Susanna Leutner (Dipl -Psych) Germany	Ego-State-Therapie Basics in Deutsch <b>Main Congress Cape Town (German)</b>  Healing Networks: EMDR and Ego State Therapy <b>Post Congress Mabula</b>	Susanna Leutner: Psychologist and psychotherapist in Private Practice. She is an approved EMDR supervisor and facilitator. Together with Elfie Cronauer, she leads the Ego-State-Therapy Institute Rhineland in Bonn, Germany.	Workshop 1: In diesem Workshop geht es um differenzierte Betrachtung und Anwendung bereits bekannter Interventionen aus der Ego-State-Therapie.  Workshop 2: Ego State Therapy (EST) and EMDR can be used in combination with great effect. They are an excellent match and, together, develop an even greater potential. The workshop will include video examples and exercises, integrating resources and conceptual background material.





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	<p><b>Heleen Loubser (MSc.Clin Psych)</b></p>	<p>A Holistic and Integrative approach in the treatment of Panic Disorders <b>Main Congress Cape Town</b></p>	<p>Heleen Loubser is a Clinical Psychologist residing in Cape Town, South Africa, providing services in private practice with a career span of 22 years. She is amongst other trained in Hypnotherapy, Somatic Experiencing, Eye Movement Integration, EMDR, Energy Psychology and BRWT. She is a trainer in TRE® (Tension and Trauma Releasing Exercises). Heleen has presented lectures and workshops at a multitude of national and international congresses.</p>	<p>Panic attacks and anxiety is a multilevel experience, affecting individuals on different levels, including mental, emotional and physical levels. Thus a more holistic approach is required to assist and heal clients diagnosed with Panic disorder. New research shows that multiple factors can play a role in the etiology of anxiety, and consequently psychology as a field needs to amplify the treatment of clients to include and integrate different modalities for the treatment of Panic Disorder. <b>The workshop will include theoretical background, video examples and case studies.</b></p>
	<p><b>Zana Marovic ( Ph.D)</b> South Africa</p>	<p>Integrative positive psychotherapy: East meets west <b>Main Congress Cape Town</b></p>	<p>Zana Marovic: Clinical psychologist, supervisor, trainer for transpersonal and integrative psychotherapy, hypnotherapist, author, and remedial yoga therapist. She has been an invited speaker at international conferences in Europe, Asia and South America. She has published in international academic journals and wrote a book on clinical supervision. She is the newly elected President of the International Transpersonal Association, having served on its Executive Board for years.</p>	<p>Current positive psychology theories are mainly focusing on cognitive and emotional wellbeing. In order for positive psychology to continue its crucial mission of promoting human flourishing, the role of the body and spirituality in optimal human functioning must be addressed. Adopting a holistic and integrative approach across concepts may offer an exciting new scope of positive interventions and applications. A range of techniques promoting integration of different levels and concepts will be discussed, from breath-work, mindfulness, and somatic awareness to self-mapping, ego states, narrative photography and imagery.</p>
	<p><b>Matthias Mende (Ph.D)</b> Austria</p>	<p>Birds of a feather flock together – Opposites attract: Perceived Similarity and Diversity as Sources for Traumas and Treasures <b>Keynote address</b> <b>Main Congress Cape Town</b></p> <p>Sicher Auftreten? Keine Kunst! Hypnotherapie bei sozialen Phobien <b>Post Congress Mabula (German)</b></p>	<p>Matthias Mende is a Clinical, Health and Emergency psychologist and hypnosis-psychotherapist in private practice in Salzburg, Austria. He is a government licensed trainer for hypnosis-psychotherapy of the Austrian Society for Applied Depth Psychology and General Psychotherapy (OEGATAP). He served as a Board Member of the International Society of Hypnosis (ISH) and is a former President of the European Society of Hypnosis (ESH). He is a Board Member of Ego State Therapy International (ESTI) He is a regular lecturer at the congresses of the Milton Erickson Society of Germany (MEG), the German Society of Hypnosis (DGH) and the triannual congresses of ESH and ISH. In his clinical work, Dr Mende engages in treating panic and anxiety</p>	<p>Keynote Address: Birds of a feather flock together – Opposites attract. Everyone knows those two proverbs. It always struck me that both of them are held to be true by most people, even though they are apparently completely contradictory. In this address I will illustrate the dynamics at work in suggesting that perceived similarity may be a source for experiencing secure proximity or a source for a traumatic relational experience.</p> <p>Workshop Mabula Die Teilnehmer lernen, zwischen verschiedenen Erscheinungsformen der</p>









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			disorders, trauma and other stress-related disorders and psychosomatic disorders among other clinical conditions.	sozialen Phobie diagnostisch zu differenzieren. Sie lernen lösungsorientierte, konfliktbezogene und beziehungsorientierte hypnotherapeutische Behandlungsansätze in Theorie und Praxis kennen. Dabei liegt der Schwerpunkt auf der Therapie von Präsentations- und Auftrittängsten. Nach der theoretischen Darstellung des Spektrums der Hypnosepsychotherapie bei sozialen Phobien werden verschiedene Behandlungsansätze der sozialen Phobie möglichst fallbezogen präsentiert und demonstriert
	Veit Messmer (M.D.) Germany  Kirstin Schnurre (M.D.) Germany	Hypnotisches Arbeiten mit Kindern und Jugendlichen <b>Main Congress Cape Town (German)</b>	Veit Messmer is a dentist in private practice in Germany since 1994. He focuses on prosthetics, implants and dental hypnosis. He is a trainer in dental hypnosis and is a member of DGZH, SMSH, ÖGZH, ESH and ISH. Kerstin Schnurre is a Dentist in private practice in Hannover (Germany). She is a trainer and supervisor of the DGZH (German Society of Dental Hypnosis). Kerstin developed a particular interest in psychological aspects of dentistry and specializes in the treatment of anxious and traumatized patients. She is trained in EMDR, Acupuncture and NLP (Master). She presented on different topics of hypnosis in Germany, Malta, Iran, France, and Austria. Kerstin is a member of Doctors without Borders, Dentists for Africa and board member of MEG.	Schwerpunktmäßig wird in diesem Workshop hypnotisches Arbeiten mit Kindern und Jugendlichen in der zahnärztlichen Praxis vorgestellt. Die Prinzipien sind übertragbar auf die Psychotherapie, Sozialarbeit, Pädiatrie und jede Form von Kooperation mit normalen, interessanten und anspruchsvollen Kindern, die einfach nur abgeholt und begleitet werden wollen und können in ihrer Welt, Angebote bekommen, die ihren Weg erleuchten und ihnen sichere Führung geben.
	Veit Messmer (M.D.) Germany	Wirksame und effektive Schnellinduktionen <b>Post Congress Mabula German</b>	Veit Messmer is a dentist in private practice in Germany since 1994. He focuses on prosthetics, implants and dental hypnosis. He is a trainer in dental hypnosis and is a member of DGZH, SMSH, ÖGZH, ESH and ISH.	In diesem Workshop werden schnelle, wirkungsvolle Techniken aus der täglichen Praxis vorgestellt, ein "Hypnococktail" von Bewährtem, schnell und wirksam einsetzbar sowohl in einer Zahnarztpraxis, als auch in jeder medizinischen und psychologischen Praxis, die Herausforderungen schnell und wirksam hypnotisch beantworten möchte. Erickson unterschied nicht zwischen Induktion und Hypnose, die wirkungsvolle Induktion selbst ist schon Hypnose. Sie ist die Tür zum Unbewussten, zum wunderbaren Land von Oz.....





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	<p>Joseph Meyerson (Ph.D) Israel</p>	<p>Hypnotic Approach to the Treatment of Psychosomatic Patients <i>Main Congress Cape Town</i></p>	<p>Joseph Meyerson is a Clinical psychologist, hypnotic psychotherapist, supervisor and manager at HypnoClinic (an institute for hypnosis education and training) in Tel Aviv, Israel. He is Head of the Hypnotic Psychotherapy Program for Psychologist in the Department of Psychology at Bar Ilan University. Joseph is a Past President of the Israeli Society of Hypnosis and a former member of the Statutory Advising Committee for Hypnosis of the Ministry of Health. He currently serves as chairman of the Ministry of Health's Examination Committee for Hypnosis Accreditation</p>	<p>During the course of psychosomatic disorders, symptoms, usually emerges as a physiological concomitant of psychic events. Patients frequently are not aware of or do not easily agree to consider a psychological component of a psychosomatic disorder. Utilization of a hypnotic and strategic Ericksonian approach with these patients can assist the therapist to address the roots of the psychosomatic disorder. During this workshop a practical, diagnostic and therapeutic model for treatment of psychosomatic patients will be presented and demonstrated.</p>
	<p>Rick Miller (LICSW) United States of America</p>	<p>Gay Sons and Their Mothers: The Relational Mystique Conveyed through an Ericksonian Lens <i>Main Congress Cape Town</i></p>	<p>Rick Miller is a psychotherapist and author. He served on the faculty of The International Society of Hypnosis, The Milton Erickson Foundation, The Brief Therapy Conference, The Society for Clinical and Experimental Hypnosis, The American Society of Clinical Hypnosis, The American Group Psychotherapy Association, The Couples Conference and Harvard Medical School. He is the author of <i>Unwrapped: Integrative Therapy With Gay Men... the Gift of Presence</i> (Zeig, Tucker &amp; Theisen, 2014) and <i>Mindfulness Tools for Gay Men In Therapy</i>. (PESI, 2016). His Psychology Today blog is <i>Unwrapped: Mind Body Wisdom and the Modern Gay Man</i>. He is also the Executive Director and Executive Producer for Gay Sons and Mothers.</p>	<p>The relationship between gay sons and their mothers historically suggests an enmeshment that contributed to the son being gay. This mind-set is no longer considered valid. This author's project, Gay Sons and Mothers, consists of photos and narratives depicting these bonds, as well as video interviews that portray the emotional aspects of these powerful relational connections. This workshop provides these findings through video clips of gay sons and/or mothers, as well as a historical timeline of gay history.</p>
  	<p>Rick Miller (LICSW) United States of America  Tobie Goldfus (LCSW-C, BCD) United States of America</p>	<p>Is a mistake truly a mistake? Looking into the mirror with naked honesty: Transforming blunders, strengths and vulnerabilities into self-acceptance. <i>Main Congress Cape Town</i></p>	<p>Rick Miller is a psychotherapist and author. He served on the faculty of The International Society of Hypnosis, The Milton Erickson Foundation, The Brief Therapy Conference, The Society for Clinical and Experimental Hypnosis, The American Society of Clinical Hypnosis, The American Group Psychotherapy Association, The Couples Conference and Harvard Medical School. He is the author of <i>Unwrapped: Integrative Therapy With Gay Men... the Gift of Presence</i> (Zeig, Tucker &amp; Theisen, 2014) and <i>Mindfulness Tools for Gay Men In Therapy</i>. (PESI, 2016). His Psychology Today blog is <i>Unwrapped: Mind Body Wisdom and the Modern Gay Man</i>. He is also the Executive Director and Executive Producer for Gay Sons and Mothers.</p>	<p>Sometimes we like what we see, sometimes we don't. Resiliency comes from finding strength as well as accessing all of our ego states, including our most vulnerable and hidden ones. This workshop will provide a fun and creative opportunity to explore both painful and successful moments in psychotherapy. Warmth, humor and acceptance have been key fundamentals that Rick and Tobi embrace; however, internalizing these traits by therapists about their own foibles can seem less comfortable. In reviewing the fundamentals of countertransference and narcissistic injury, they highlight how essential the understanding of internal ego</p>




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			<p>Tobi Goldfus is a therapist, author, national and international teacher and speaker. In her book, <i>From Real Life to Cyberspace and Back Again: Helping Our Young Clients Develop a Strong Inner Selfie</i> (2017) Tobi focuses on predicating factors that can make young people more vulnerable on social media to hurtful, negative, or traumatic experiences, providing assessment tools, hypnotherapy, and somatic experiencing techniques to heal and create a positive balance between online and real life.</p>	<p>states are for evocative transformation. The workshop will deconstruct triggering moments that occur in psychotherapy and utilize trance experiences to identify the variety of ego states that can be grounding or disregulating. Case examples, storytelling, exercises and hypnotic trance will be part of this interactive and experiential workshop.</p>
	<p>Adriana-Daniella Müller (Dipl.-Psych Germany)</p>	<p>“Zurück in die Zukunft” Ego-State Therapie auf der Timeline mit Elementen aus der Somatic Experiencing und SOMA <b>Post Congress Mabula (German)</b></p>	<p>Adriana-Daniela Müller studied psychology at the Ruhr-Universität Bochum and works in her own private practice for psychotherapy in Soest. She is a licensed behavioral therapist, hypnotherapist (MEG) and supervisor of ego-state therapy. She is trained in psychotrauma therapy, EMDR, Brainspotting Couples therapy, Energy Psychology, Neurofeedback Somatic Experiencing and Soma.</p>	<p>In dem Science Fiction Film von 1985, bleibt der Jugendliche Marty in der Vergangenheit stecken und kann nur mit der Hilfe des exzentrischen „Doc“ Brown, zurückfinden. Wir sind keine exzentrischen Wissenschaftler und haben zum Glück auch keine Zeitmaschine erfunden. Wir haben jedoch die Möglichkeit, den in der Vergangenheit „gestrandeten“. In diesen Workshop wird gezeigt, wie mit Elementen aus SE und SOMA, mit Ego-States auf der Zeitlinie gearbeitet werden kann. Wir werden durch Demonstrationen, eigenständiges Üben und Gruppentrancen die Theorie an praktischen Beispielen anwenden.</p>
	<p>Claudia Müller-Quade (Dipl.-Psych. / Dipl. Soz. Päd) Germany</p>	<p>“Ego State Therapy meets Systemic Therapy”: Jeder hat sein Reflecting Team dabei. Ego-State Therapie und die Arbeit mit dem inneren Reflecting Team <b>Main Congress Cape Town (German)</b></p>	<p>Claudia Müller-Quade is a Systemic Therapist, Ego State Therapist, Hypno- and Family-therapist in private practice in Wiesbaden. In 2016, she founded together with her husband Dr. Christoph Quade and Dr. Woltemade Hartman the "Wiesbaden Trauma Institute International, Woltemade Hartman Institute for Ego State Therapy". She is amongst other trained in Systemic Therapy, Family therapy, Ego State Therapy, SOMA and Clinical Hypnosis. Since 2014 she is an accredited Ego-State Supervisor with Ego State Therapy International. She had various TV appearances as an expert of psychological issues around the topic of "individual and family". Her training in various therapeutic modalities and registration as a psychologist, social pedagogue and physiotherapist allow her to utilize a comprehensive therapeutic approach with her clients.</p>	<p>Ego-States fühlen sich häufig durch Therapeuten in ihrer Existenz bedroht. Daher wird die Ego-State-Therapie mit dem systemischen Ansatz des Reflecting Teams von Tom Anderson verbunden. Die Ich-Anteile des Therapeuten, als sog. „Inneres Reflecting Team“ spielen eine ebenso wichtige Rolle wie die des Klienten. Dieser innere Dialog zwischen den Ego-States des Therapeuten soll dem Klienten zugänglich gemacht und therapeutisch genutzt werden. Die Kernidee des reflektierenden Teams ist die Offenheit zwischen Klienten und Therapeuten. Eine weitere Kernidee ist die Trennung zwischen der erlebenden Position d.h. diskutieren und reagieren auf das Gesprochene und der zuhörenden, reflektierenden Position welche am wenigsten bedrohlich ist. Daher wird den</p>






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				Ego-States der Klienten, ganz im Sinne Andersons, eine zuhörende, reflektierende Position ermöglicht sodass sie sich sicher fühlen können. Dies birgt die größtmögliche Chance zur Konstruktion neuer Ideen des Erkennens und Handelns und damit zur Veränderung für den Klienten.
	Claudia Müller-Quade (Dipl.-Psych. / Dipl. Soz. Päd) Germany	Trauma healing: A body oriented approach <b>Post Congress Mabula (English)</b>	Claudia Müller-Quade is a Systemic Therapist, Ego State Therapist, Hypno- and Family-therapist in private practice in Wiesbaden. In 2016, she founded together with her husband Dr. Christoph Quade and Dr. Woltemade Hartman the "Wiesbaden Trauma Institute International, Woltemade Hartman Institute for Ego State Therapy". She is amongst other trained in Systemic Therapy, Family therapy, Ego State Therapy, SOMA and Clinical Hypnosis. Since 2014 she is an accredited Ego-State Supervisor with Ego State Therapy International. She had various TV appearances as an expert of psychological issues around the topic of "individual and family". Her training in various therapeutic modalities and registration as a psychologist, social pedagogue and physiotherapist allow her to utilize a comprehensive therapeutic approach with her clients.	The ramifications of trauma extend to both the psyche and the body. Vegetative symptoms such as sleep disorders, nervousness, headaches, irritable bowel syndrome etc., as well as tenseness of the muscles in different areas of the body often have traumatic origins. These reactions often result in cognitive rigidity, fixations of posture, gestures, irregular voice and movement patterns. The client, consequently experiences feelings of insecurity, low self-confidence, a lack of self-reassurance, general instability and a low sense of body awareness. This workshop will focus on ways to improve body stability, and the detection of body fixations (holdings) in order to optimise the trauma healing process. The workshop will contain a theoretical orientation and practical exercises. The latter will be demonstrated and practiced in order to be used with clients.
	Joy Nel (M.Ed Psych) South Africa	Finding the Totem within...Superimposing Totem psychology onto Ego State Therapy <b>Post Congress Mabula</b>	Joy Nel is an Educational Psychologist in private practice in Johannesburg, South Africa. She is currently studying her PHD. She is involved in the training of fellow psychologists in Narrative Therapy and focusing on the utilization of stories and metaphors and art in guiding children and adolescents to cope with issues such as Divorce, Bullying, Trauma, Abuse, Low self-esteem and Self-Injury to mention a few. Joy received her training in Ericksonian Psychotherapy and Hypnosis from the Milton. H Erickson Institute of South Africa (MEISA). Joy has presented workshops at International Congresses for Psychologists in Germany, Switzerland and South	<i>"Totems are a visual and active representation of the parts of one's self that becomes one's clan." (Emile Durheim, 1895).</i> Research in psychology and sociology indicate that Native American and the Aboriginal people have used Totems as a therapeutic tool to symbolize the oneness of the self. Participant in this workshop will be introduced to the various ways of utilising Totems in Ego State Therapy. In this creative multimedia workshop, participants are invited to





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			Africa. Joy has written a few articles and internationally published chapters on the utilization of an Ericksonian-Narrative approach in therapy.	finding creative methods and techniques of using Totems in Ego State therapy.
 	<p>Joy Nel (M.Ed Psych) South Africa</p> <p>Elzette Fritz (D.Ed) South Adrica</p>	<p>Into the Labyrinth with Ego State Therapy ... Journey through the labyrinth: Exploring your parts and inner strength</p> <p><b>Post Congress Mabula</b></p>	<p>Joy Nel is an Educational Psychologist in private practice in Johannesburg, South Africa. She is currently studying her PHD. She is involved in the training of fellow psychologists in Narrative Therapy and focusing on the utilization of stories and metaphors and art in guiding children and adolescents to cope with issues such as Divorce, Bullying, Trauma, Abuse, Low self-esteem and Self-Injury to mention a few. Joy received her training in Ericksonian Psychotherapy and Hypnosis from the Milton. H Erickson Institute of South Africa (MEISA). Joy has presented workshops at International Congresses for Psychologists in Germany, Switzerland and South Africa. Joy has written a few articles and internationally published chapters on the utilization of an Ericksonian-Narrative approach in therapy.</p> <p>Elzette Fritz: Educational Psychologist in Private Practice and research and teaching associate in the Department of Educational Psychology, at the University of Johannesburg; Co- Director Milton H. Erickson Institutes of South Africa; Accredited ESTI Trainer in Ego State Therapy; Trainer in amongst other, Ericksonian Hypnosis and Psychotherapy and Creative Therapy.</p>	<p><i>The labyrinth invites and welcomes us to walk together, it calls us to land in oneness."</i> (Aunty Ali Golding – Aboriginal Elder). Research in psychology and child development suggests that circles are part of the fundamental structuring of personal identity. The Labyrinth as such is a symbol that relates to wholeness. This workshop explores the use of Labyrinths, mindfulness and the expressive arts in therapy to firstly assist the client to move the focus from what's wrong into what's right. Secondly the utilization of Labyrinths in Ego States Therapy creates effortless flow for the client to easily identify resources and skills through the engagement of various techniques to illicit, communicate with and reintegrate the client's ego states. From this background participants will be introduced to various ways of utilising Labyrinths and how this can be superimposed on the SARIA model used in Ego States Therapy. In this highly interactive multimedia workshop, participants are invited to enter the world of Labyrinths towards a deeper understanding of the parts of the personality.</p>
	<p>Jochen Peichl (M.D.) Germany</p>	<p>Innere Kritiker, Verfolger, Zerstörer: die Arbeit mit sogenannten maladaptiven Ego-States</p> <p><b>Pre-Congress Workshop Cape Town (German)</b></p>	<p>Jochen Peichl, is a Medical Doctor in Psychiatry, Neurology and Psychosomatic Medicine. He was Assistant Director in the Clinic for Psychosomatic and Psychotherapy in Nurnberg until 2010, now he runs a private practice, specializing in patients with trauma-associated diseases. He is trained in Ego-State-Therapy by Woltemade Hartman, in Hypnotherapy by Bernhard Trenkle and Gunther Schmidt, in Psychodrama, EMDR and Psychoanalysis. He worked many years as a trainer, supervisor and teacher for the Psychoanalytic Institut Nurnberg. Now he is Member of the German Ego-State-Group EST-DE. Dr. Peichl has taught at national and international major conferences</p>	<p>Pre Congress Workshop: Der Kern jeder traumatischen Erfahrung ist die Grenzverletzung, Grenzüberschreitung und die Grenzauflösung. Die reaktive Abwehr im Opfer nennen wir „Introjektion“- eine Ursache für die Bildung von Ego-States nach Watkins. Im Workshop bespreche ich die unterschiedliche Entstehung, die Funktion und den therapeutischen Umgang mit diesen sog. maladaptiven und verletzenden Ego-States.</p>



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			in Europe and South Africa and has written various articles/publications and books on trauma and Ego State Therapy.	
	<p>Jochen Peichl (M.D.) Germany</p>	<p>Wortlose Angst und bildloser Schrecken - Arbeit am "frühen Trauma" mit Timeline- und Ego-State-Therapie" <b>Main Congress Cape Town (German)</b></p>	<p>Jochen Peichl, is a Medical Doctor in Psychiatry, Neurology and Psychosomatic Medicine. He was Assistant Director in the Clinic for Psychosomatic and Psychotherapy in Nurnberg until 2010, now he runs a private practice, specializing in patients with trauma-associated diseases. He is trained in Ego-State-Therapy by Woltemade Hartman, in Hypnotherapy by Bernhard Trenkle and Gunther Schmidt, in Psychodrama, EMDR and Psychoanalysis. He worked many years as a trainer, supervisor and teacher for the Psychoanalytic Institut Nurnberg. Now he is Member of the German Ego-State-Group EST-DE. Dr. Peichl has taught at national and international major conferences in Europe and South Africa and has written various articles/publications and books on trauma and Ego State Therapy.</p>	<p>Dieser Workshop ist für Kollegen*innen gedacht ist, die sehr frühe Traumata und Vernachlässigungen in der Bindungsphase behandeln. Ich integriere mehrere Behandlungsstrategien zu einen umfassenden multimodalen Ansatz, der auf die unausgesprochenen frühen Erfahrungen des Patienten abgestimmt ist. Der Workshop basiert auf den innovativen und grundlegenden Beiträgen von Sandra Paulsen und Katie O'Shea und integriert damit mein Verständnis für komplexe Traumata, dissoziative Störungen und die Neurobiologie der traumatischen Dissoziation. Der Ansatz der Arbeit mit frühen Traumata besteht in seinem Grundkonzept aus den Therapieschritten: 1) „Containment“ 2) „Safe State“, 3) Zurücksetzen fest verdrahteter subkortikaler affektiver Schaltkreise und 4) die „zeitliche Integration“. Der Timeline-Ansatz integriert auch Ego-State-Arbeit, um die Loyalität gegenüber dem Angreifer und das Problem der Täterintrojekte zu reduzieren und das innere System zu optimieren. Vorerfahrungen in Ego-State-Therapie und Arbeit mit traumaassoziierten Störungen wären hilfreich</p>
	<p>Maggie Phillips (Ph.D) United States of America</p>	<p>Freedom from emotional and physical pain: Polyvagal solutions <b>Pre-Congress Workshop Cape Town</b></p>	<p>Maggie Phillips, Ph.D, lives and works as a clinical psychologist in the Oakland Hills above the San Francisco Bay. She has taught at major conferences and offered invited workshops on trauma, Somatic Experiencing, hypnosis, Ego-State Therapy, EMDR, behavioral medicine, and Energy Psychology throughout the U.S., Canada, Europe, South Africa, Australia, Scandinavia, Hong Kong, China, Malaysia, and Japan. As the author of numerous papers and articles on trauma, dissociation, ego-state therapy, hypnosis, and mind-body healing, she specializes in the treatment of traumatic stress and pain disorders. She is on the faculty of the Somatic Experiencing Trauma</p>	<p>This advanced workshop emphasizes how chronic pain, as well as atypical and complex pain, can be better understood and treated by polyvagal solutions including special co-regulation skills. Workshop components include lecture and discussion, live demonstrations, experiential practice, and case consultation.</p>





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			Institute, and is a Fellow of both the American Society of Clinical Hypnosis and of the International Society for the Study of Trauma and Dissociation.	
	<b>Maggie Phillips (Ph.D)</b> United States of America	Somatic Ego-State Therapy: Healing the Heart of Trauma <b>Main Congress Cape Town</b>	Maggie Phillips, Ph.D, lives and works as a clinical psychologist in the Oakland Hills above the San Francisco Bay. She has taught at major conferences and offered invited workshops on trauma, Somatic Experiencing, hypnosis, Ego-State Therapy, EMDR, behavioral medicine, and Energy Psychology throughout the U.S., Canada, Europe, South Africa, Australia, Scandinavia, Hong Kong, China, Malaysia, and Japan. As the author of numerous papers and articles on trauma, dissociation, ego-state therapy, hypnosis, and mind-body healing, she specializes in the treatment of traumatic stress and pain disorders. She is on the faculty of the Somatic Experiencing Trauma Institute, and is a Fellow of both the American Society of Clinical Hypnosis and of the International Society for the Study of Trauma and Dissociation	Learning to combine EST and body-oriented trauma work allows additional breadth and depth in bringing key ego states together to create communication, harmony, trust, and other requirements for integration.. This workshop will also emphasize the structure and dynamics of trauma and how dissociation can create fragmentation. We will focus on somatic methods to resolve survival responses and the ego states connected with them, as well as how to resolve symptoms and conflicts related to ego state relationships. We will examine clinical applications of SEST in practice and include clinical case examples, live demonstrations, experiential practice, and case consultation.
	<b>Susan Pinco (Ph.D)</b> United States of America	An introduction to Brainspotting: A revolutionary Therapy for Rapid and Effective Change <b>Main Congress Cape Town</b>  Healing in the Space between the Words: Exploring the intersection of Hypnosis, Neurobiology, and Quantum Physics <b>Post Congress Mabula</b>	Susan Pinco, Ph.D, LCSW, is a mental health and organization development professional with over 30 years' experience providing clinical services, conducting professional seminars both nationally and internationally, creating and managing organizations, and consulting to for-profit and not-for-profit organizations. She is on the Board of Directors of the I Have a Dream NYC foundation and serves on the advisory board of American Friends of Zana Africa (AFZA) and Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), New York chapter. Dr. Pinco is in private practice in NYC and northern NJ and travels to teach courses in hypnosis and powerful, somatically-informed, <b>treatment modalities that</b> bridge the gap between mind and body. She also offers training in Crisis Communication and Crisis Response as well as training in the Mandala of Being, a Multi-Modal Approach to Spiritual and Psychological Practice. Susan is an American Society of Clinical Hypnosis certified Hypnotherapist/Consultant, an Eye Movement Desensitization and Reprocessing (EMDR) certified consultant, and a certified	Workshop 1: Brainspotting is a powerful tool that allows you to circumvent many of the frustrating and challenging issues that frequently impede efforts to help children, teens and adults. This workshop will review the basic elements of Brainspotting and demonstrate how they can be used to enhance resilience and facilitate healing. Experiential exercises will be utilized to enhance your learning and facilitate your exploration of how you might begin to integrate this powerful new tool into your work with children, teens and adults.  Workshop 2: This seminar will focus on a particular element of meta-communication; silence. Silence as it occurs within the context of speech and within context of our sessions. In attending this seminar, participants will experience new ways of thinking about, eliciting and





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			Brainspotting (BSP) consultant and trainer. She is currently writing a book that encourages therapists to utilize silence to facilitate integration and healing.	utilizing silence drawing from elements of Ericksonian Hypnosis, Brainspotting, mindfulness, quantum physics, interpersonal neurobiology, and somatically oriented therapies.
	Nicole Ruyschaert (M.D.) Belgium	Developing resilience to deal with professional (health care) challenges <b>Main Congress Cape Town</b>  Brain-mind-body in action. How to discover new perspectives through ideo-motor/ ideo-sensorial movements. <b>Post Congress Mabula</b>	Nicole Ruyschaert (M.D.) psychiatrist-psychotherapist, Past – President of the ESH – European Society of Hypnosis and VHYP and ISH Board of Directors member since 2015. She is trainer and supervisor in hypnosis, hypnotic communication in medical practices, and in psycho-traumatology. She teaches on integrating hypnosis in psychotherapy, PTSD, dissociative disorders, stress, burnout, performance enhancement, functional disorders, pain control, resilience and happiness. She has lectured and given workshops in many international hypnosis congresses in different European countries, Turkey, Canada, China, Iran and other parts of the world. She lectures in Dutch, English, French and German. In her clinic she offers therapy with integration of CBT, Hypnosis, solution-focused approaches and EMDR for a variety of problems such as posttraumatic stress and stress related disorders, dissociative disorders, anxiety, performance enhancement, pain control, psychosomatics, functional syndromes, habit control, social anxiety, test anxiety and depressive disorders	Workshop 1: Resilience is a multi-factorial characteristic, a result of knitting elements from “nature” with “nurture”. Mobilizing resilience as an antidote or “psychological antibody” is important in the prevention and recovery of burnout and compassion fatigue, particularly for health care workers being at higher risk of it. By personal experiences participants will discover how hypnosis enhances resilience and strengthens an inner locus of control. As a result, participants find their way paved to better deal with life’s and professional challenges and gain a proactive attitude to deal with daily hassles and life-events.  Workshop 2: Classical and new approaches such as ideo-motor and ideo-sensor processes, mind/body and body/mind experiences are useful for induction and deepening in hypnosis. During this practical workshop participants will familiarize themselves with amongst other: mirroring hands, trance-dance movements, field experiences, processes useful in inner conflict resolution, letting go as well as dealing with grief and helplessness.
	Susy Signer Fischer (Lic.Phil) Switzerland	ADS, ADHS, Asperger und Co: Hypnosystemische Methoden im Umgang mit den 3 As <b>Main Congress Cape Town (German)</b>	Susy Signer-Fischer, is a Psychologist and Psychotherapist, specialising in working with children and adolescents. She works at the Institute for Developmental and Personality Psychology at the University of Basel in Switzerland and is also in private practice in Basel and Bern. Susy was director of the Family and Educational Counselling Centre in Basel, Switzerland for the past twelve years. She is a supervisor and trainer in psychotherapy, mainly in hypnotherapy, psychotherapy for children, adolescents, families and couples. She is the past-president and founding member of the Swiss Society of Clinical Hypnosis (GHypS).	In diesem Workshop werden verschiedene Einflussfaktoren und Zusammenhänge aufgezeigt. Zudem werden mittels Interventionen - seien es systemische Ansätze oder auch Selbsthypnoseinterventionen, Fallbeispiele und theoretische Elemente - einige Methoden erarbeitet, um sich besser zu konzentrieren, Bremsen zu lösen oder zu ziehen, sich besser zu steuern und besser vorwärts zu kommen, mehr Ruhe und Sicherheit zu finden, andere Leute besser zu verstehen und auf sie einzugehen und






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				um bessere Sozialkontakte aufzubauen und allgemein mehr Selbstverantwortung, Selbstwirksamkeit und Selbstwert zu erlangen. Anwendungsfeld, Methoden: Filmbeispiele, Fallbeispiele. Demonstrationen, Partnerübungen
	Susy Signer Fischer (Lic.Phil) Switzerland	Sich den dunklen Seiten stellen: Telearbeit und Hypnose bei Delinquenz, Grenzüberschreitungen, Gewalt, verordneter Psychotherapie <b>Post Congress Mabula (German)</b>	Susy Signer-Fischer, is a Psychologist and Psychotherapist, specialising in working with children and adolescents. She works at the Institute for Developmental and Personality Psychology at the University of Basel in Switzerland and is also in private practice in Basel and Bern. Susy was director of the Family and Educational Counselling Centre in Basel, Switzerland for the past twelve years. She is a supervisor and trainer in psychotherapy, mainly in hypnotherapy, psychotherapy for children, adolescents, families and couples. She is the past-president and founding member of the Swiss Society of Clinical Hypnosis (GHypS).	Oft kommen Klienten resp. Patienten nicht freiwillig in die Psychotherapie. Ihnen wird eine Psychotherapie als Massnahme verordnet und falls diese nicht besucht wird, haben sie mit schwerwiegenden Konsequenzen zu rechnen. Grund für solche Massnahmen können Gewalttaten, Grenzüberschreitungen gegenüber den Kindern, der Partnerin oder des Partners oder fremden Personen, Veruntreuung, Betrug oder etwas anderes sein. Unter diesen unfreiwilligen Bedingungen ist es oft sehr schwer für Klienten, sich auf die Psychotherapie und den Entwicklungsprozess einzustellen und sich ihren dunklen Seiten zu stellen. Die Klienten verleugnen oder verharmlosen oft ihre Tat, geben anderen die Schuld, fühlen sich als Opfer oder sind der Meinung, sie hätten kein Problem. In diesen Situationen kann Telearbeit eine gute Möglichkeit sein, die Ressourcenseiten, die hellen Persönlichkeitsanteile wahrzunehmen, zu stärken und sich den dunklen Seiten zu stellen und eine gesunde Entwicklung in Gang zu setzen. Im Seminar werden Behandlungsmöglichkeiten mit Telearbeit mit Klienten mit dunkler Seite dargestellt.
	Els Struwig (M.Clin SW) South Africa  Charmaine van der Spuy (M.Clin SW) South Africa	Sensory-Somatic Play Therapy: An Approach to Complex Childhood Trauma <b>Main Congress Cape Town</b>	<b>Elsa Struwig</b> is a social worker in private practice She is the owner of a therapy centre in Constantia Park, Pretoria (SA) where she has a team of qualified practitioners assisting her in effective therapeutic service delivery to children, adolescents and parents. Before being in private practice, Elsa worked in children's homes for 10 years as a social worker. She devoted her career to help children heal from the detrimental effect of childhood trauma as well as assisting children with other mental health challenges The framework within she works includes Ego State Therapy, Ericksonian Hypnosis, Solution Focused Therapy, Somatic Experiencing® and Play Therapy. She	During this practical presentation the audience will learn how to assist the child client who is dealing with the effects of trauma. The techniques and tools will incorporate a sensory-motor approach in order to help the child process and integrate experiences. Another area of attention will be to share with the audience ways to build resilience in the child and help the child client cope with trauma related stressors.





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			<p>present workshops as well as papers at national and international congresses in South Africa and abroad.</p> <p>Charmaine van der Spuy started her career as a social worker at the Umpehi Child and Youth Care Centre. Her main focus was therapeutic services to the traumatised and abused children within the various children's homes. She then moved on to private practice where she now works with children between the ages of 0-12 years to help them with various emotional and behavioral problems. Charmaine is passionate about working with young children and trauma. . She is a qualified EMI, EMDR and Somatic Experience Practitioner.</p>	
	<p><b>Bernhard Trenkle</b> (Dipl.-Psych; Dipl. Wi.-Ing) Germany</p>	<p>The application of hypnotherapeutic know-how in non-hypnotic therapeutic interventions <b>Keynote address Main Congress Cape Town</b></p>	<p>Bernhard Trenkle is the founder and Director of the Milton Erickson Institute in Rottweil Germany. He is the organizer of international psychotherapy and hypnotherapy workshops and congresses since 1980. He is the President of the International Society of Hypnosis since 2018 and has received various international awards in the field of hypnosis.</p>	<p>Hypnotherapeutic techniques and trance phenomena can be applied in non-hypnotic therapies. The knowledge of and skills in the use of hypnotherapeutic techniques can provide the therapist with innovative possibilities and creative tools for interventions. Dr. Milton H. Erickson, the pioneer of modern hypnosis, only used formal hypnosis in 20% of his therapeutic interventions. (According to Dr Jeffrey Zeig – Director Milton Erickson Foundation). During this session the application of hypnotic approaches in non-hypnotic interventions will be discussed through case discussions. The focus will mainly be on therapy with children and adolescents</p>
	<p><b>Claude Viot</b> (Dr.Med. Psychiatry) France</p>	<p>Auto-hypnosis - Future anticipation <b>Main Congress Cape Town</b></p> <p>Auto-hypnosis to renovate or fix our consciousness <b>Post Congress Mabula</b></p>	<p>Claude Viot is a Psychiatrist and Director of Emergences, Institute of teaching and research in hypnosis and therapeutic communication in Rennes, France. He is the Past-President ISH.</p>	<p>Workshop 1: How can we change our mind to see a brighter future? During this workshop the basis of auto-hypnosis (context, security and techniques) as well as the process of future anticipation will be discussed. The session will also include videos, demonstrations and practical exercises.</p> <p>Workshop 2: Auto-hypnosis is a wonderful tool to learn and to use in many circumstances During this workshop attention will be given to improving inner protection and changing a traumatic image.</p>



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				The session will include practical exercises.
	<b>Jacqui von Zcifra-Bergs</b> <b>(D.Ed)</b> <b>South Africa</b>	The Solution Focused Whisperer to clients managing Trauma <b>Post Congress Mabula</b>	Jacqui von Zcifra-Bergs is an Educational Psychologist from Johannesburg, South Africa and teaches Solution Focused Therapy to psychologists, social workers, counsellors and teachers. Dr Jacqui was an associate professor at the University of Johannesburg and still teaches at universities across the country on a consultancy basis. She has lectured extensively on Solution Focused Therapy throughout South Africa and in the United States. Dr Jacqui has just completed a book for Oxford University Press USA titled: Solution Focused Brief Therapy and clients managing trauma	Solution Focused Therapy is by default hope-filled therapy and therapist become hope whisperers to clients that have experienced trauma. In order to become a skilled hope whisperer one needs to learn the art of Solution Focused listening. Come take a tour through the process of Solution Focused listening as the presenter walk you through a Solution Focused process and whisper hope and possibility to clients managing trauma.
	<b>Charlotte Wirl (Dr.med)</b> <b>Austria</b>	Therapeutische Geschichten und Metaphern in der ego state - und Hypno-Therapie <b>Post Congress Mabula (German)</b>	Wirl, Charlotte, Dr. med., Ärztin, Psychotherapeutin, Fachspezifikum Hypnose und Hypnotherapie; Supervisorin; Diplome der österreichischen Ärztekammer für psychotherapeutische, psychosomatische und psychosoziale Medizin; psychotherapeutische Tätigkeit in freier psychotherapeutischer Praxis in Wien. Internationale Lehrtrainerin für Hypnose und Hypnotherapie für Erwachsene und Kinder, verschiedene Vorträge und Workshops zu psychotherapeutischen/psychosomatischen Themen und internationale Veröffentlichungen.	Für individuelle KlientInnen erfundene Geschichten und Metaphern spielen in fast jeder Traumatherapie und in der Hypnotherapie eine Rolle indem sie gleichzeitig mehrere Ebenen (tief) berühren. Das Erfinden und Erzählen von therapeutischen Geschichten und Metaphern ist eines der kreativsten und schönsten Formen der indirekten Kommunikation für beide: Therapeut/In und Klient/In. Individuelle Geschichten/Metaphern zielorientiert zu erschaffen und in Trance zu erzählen.

