



Workshop Abstracts

Mabula and Stellenbosch Congress

Allen, Brian (B. Psych, B.Sc) – Australia

Mabula: Changing the Word in the Heart: Building Resilience in Clients who want to Quit Smoking, Alcohol or Drugs

When the word in the heart changes, change becomes easy. This workshop draws on the presenter's 36 years of experience in helping people to quit smoking, alcohol and drugs. It outlines a simple four session approach aimed at improving successful outcomes and minimizing withdrawal.

Stellenbosch: Dreams, Destiny and You

From the beginning of time dreams have been an integral part of man's attempt to understand himself and his place in the world. They have also been a source of artistic inspiration and scientific breakthroughs. This experiential workshop looks at how dreams can be utilized to understand our own journey in life as well as to help our clients with theirs. It provides some simple protocols on how dreams can be utilized either on their own or in conjunction with hypnosis to identify core issues in people's lives which are often hidden from conscious awareness.

Casula, Consuelo (Dipl. Psych) – Italy

Mabula: Emotion-focused Hypnosis to Transform Limiting Emotions into Strengths

Fear, anger, sadness, shame, despair, among others, are some emotions related with the sensation of helplessness caused by the feeling of not being able to effectively respond to external or internal stimuli. To help patients to contain and alleviate their negative emotions and transform them into physiological, remedial and evolutive strengths, hypnosis offers several strategies. These strategies aim at integrating negative affects as a vital sign of the meaning of the experience and of the resources needed to respond to the stimuli with assertiveness. These strategies also aim at teaching methods for self-awareness, selfregulation, and selfmodulation in order to reach emotional stabilization, thus maintaining calm and becoming fearless. The workshop will demonstrate ways of transforming negative emotions into empowering emotions by discovering their potentiality and utilizing their hidden vital functions, giving back to patients their motivation, sense of agency and proactivity The workshop will include case histories and live demonstrations.

Stellenbosch

Keynote Address: Transforming Patient's Stories of Traumas into Stories of Resilience

When patients come to therapy, they narrate their personal story and may underline their role of victims of circumstances, misfortunes, adversities and traumas. During the hypnotic process, the therapist helps patients to change their perspective and see the past traumatic event from the eyes of the current present resources. Through this change of perspective patients become able to notice the complementary side of trauma, which is the heroic and victorious side. To help patients to change their storytelling, the therapist utilizes hypnotic interventions such as guided creative imagination, changing history, reframing and healing metaphors based on a mythological and heroic journey. In this way the patients create new storytellings based on the transformation of the embodied fear and anxiety, the unfrozen biological memory of trauma, reinforced by new thoughts, emotions and intuitions.



Carolusson, Susanna (M.Sc) – Sweden

Mabula: Imagery and Dreams

How can one use imagery and drama for elaborating on recent or recurring dreams? This is a workshop for introspection and creative playful exploration. Susanna Carolusson is familiar with dream work as elaborated by e.g. Carl Jung, Sigmund Freud and Montague Ullman. She integrates these influences with her own techniques for helping the dreamer to find out individual unique and subjective interpretations. Content: A brief historical review on how dreams have been interpreted and used. A short presentation of how Susanna uses dreams in therapy, with hypnosis and EST. She will then guide you in an exploration of a recurring or a recent dream. The exercises will be followed by a Question and Answer session including the participants' preferred topics for discussion. Topics may be: What kind of dreams do you usually remember? How to deal with night mares? And feed-backing reflections from your exercises.

**Cronauer, Elfie (Dipl. Psych) & Leutner, Susanne (Dipl. Psych) – Germany
(in German)**

Mabula: Die Körpersprache der Ego-States

Physical Pain and other strange body sensations are often the somatic expression of experiences that go beyond a person's capacity of compensation. These experiences are often repressed or dissociated - the according bodily sensations are detached from the affective understanding of what had happened. Treatment only focusing on the symptoms of physical disorders may be unsatisfying. A mindful and deliberate exploration of the disturbing somatic sensations may help to bring on the way for inner developmental processes which often lead to a complex recalling of experiences, to affective memories of an Ego-State. The utilization of a resourceful body experience is a safe way to get into contact with disturbing somatic experiences. The somatic processing of these sensations bridges to detached affective memories of traumatized ego-states. Even in cases of no obvious traumatization, this body-focused treatment, is very helpful and facilitates integration and healing.

Da Silva, Jenny (M.Ed. Psych) - South Africa

Mabula: Ego State Therapy with Children

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 will also be addressed. Jenny da Silva will present and demonstrate methods of utilizing Ego State Therapy for different ages and in combination with various forms of media; ways of maximizing comfort, ego strengthening, relaxation, creating a safe space and finding an inner strength; utilization of ego states with and without hypnosis to reduce suffering, focus attention, create challenge and surprise. The presenter will focus on ways in which emotional symptoms of childhood can be addressed and how it can be utilized within the context of Ericksonian and Ego State hypnotherapeutic interventions. Ways to utilize art, collage work and other forms of media as metaphorical intervention strategies in combination with hypnosis will also be explicated.



Stellenbosch: Once Upon a Fairytale: Utilizing Fairytale Stories and Characters in Ericksonian Hypnotherapy to bring about Healing in Children.

This workshop explores the popular stories and characters that children bring to therapy and how they can be utilized with Ericksonian hypnosis to bring about healing. Through case studies and practical experience, Jenny da Silva will present and demonstrate methods of using Ericksonian hypnotherapy for different ages, and in combination with various forms of media; ways of maximizing comfort, ego strengthening, relaxation, creating a safe space and providing a corrective experience with hypnosis to minimize symptoms, reduce suffering, focus attention, create challenge and surprise. The presenter will focus on ways in which emotional symptoms of childhood can be addressed and how it can be utilized within the context of Ericksonian hypnotherapeutic interventions. Ways to utilize art, collage work and other forms of media as metaphorical intervention strategies in combination with hypnosis will also be explicated. The format includes lecture and discussion, DVD demonstration, case consultation and practicum. The presenter will illustrate using various case studies of children of all ages. This will be done with their and their parent's written consent.

Fritz, Elzette (D. Ed) – South Africa

Mabula: Exploring the Shadow and the Light in Ego-State Therapy Through Creative Expressive Arts.

Carl Jung described the shadow as that aspect of the self often frowned upon, that when repressed can result in unpleasant unconscious drives. Light can only be appreciated against the backdrop of shadow in the same way as the sympathetic and parasympathetic nervous systems rely on each other for well-being. Through imagery cards, participants will engage with those parts within that have enabled them to deal with challenges - connecting with their inner strengths and wisdom. They will also engage with experiences of darkness, which may carry for example sadness/anger/fear or anxiety and present as malevolent ego-states. 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. The workshop will consider the ethical considerations when engaging in creative expressive arts and ego-states.

Fruth, Sabine (Dr. med) – Deutschland

Mabula: Imaginäre Körperreisen nach Sabine Fruth: was erwartet mich, wenn ich einen Teil von mir auf die Reise in meinen Körper schicke?

Was erwartet mich, wenn ich einen Teil von mir auf die Reise in meinen Körper schicke? In diesem Workshop erläutere ich, wie ich meine Klienten dazu anleite, imaginäre Körperreisen durchzuführen. Das inzwischen standardisierte Verfahren lässt einen imaginären Teil des Klienten auf die Reise in den Organismus gehen. Sowohl Kinder und Jugendliche als auch Erwachsene entwickeln mit Hilfe ihres Unbewussten genau die Bilder, die zu ihnen passen. Bei dieser Form der Telearbeit wird ein Einblick in die Welt des Organismus gewährt, so wie sie vom Unbewussten des Patienten dargestellt wird. Dabei können ganz unterschiedliche Bilder entstehen. Von anatomisch-realistischen Darstellungen auf zellulärer Ebene bis hin zu vielseitigen Fantasiewelten ist alles möglich. Bei somatischen Beschwerden kann der Klient, geleitet von dem körperlichen Symptom, direkt zum „Ort des Geschehens“ wandern und gezielt die eigenen Heilungsmechanismen ansprechen. Es ist aber ebenso möglich, psychische Beschwerden und Widerstände im Sinne der Telearbeit während der imaginären Körperreise aufzulösen. Der Workshop wird durch zahlreiche Fallbeispiele sowie eine Live-Demonstration ergänzt. Ziel ist es, eine Methode zu vermitteln, die Sie direkt im Anschluss an den Workshop im therapeutischen Alltag nutzen können.



Gomes, Sonia (Ph.D) – Brazil

Mabula

Keynote Address: Touch and Embodiment in Complex Trauma

In this keynote address Dr. Gomes will offer a new vision in therapy of how to use Touch and Movement in Complex Trauma. It is a reflection on the potential of movement education to re-establish embodiment. A therapist therefore needs to ensure stability in the body before renegotiating any traumatic experience. Body stability is achieved by restoring the relationship of the body with the physical space (gravity field) through the five senses. This process starts before any orienting response mechanism. When there is trauma, the dissociation occurs between the integrative sensorial systems. In this perspective, we want the client to be able to access the "Flow", and through new movement education into the organizational gravitational system. It means when someone has been traumatized, an adaptive body organization is established and when an intervention is done it can create a "third body" or physiological re-organization. If a therapist is conscious about his/her body's presence, it can contribute to quality of embodiment through touch, it can evoke a better functionality and the body intelligence might promote the regulatory biological process of healing.

Workshop: Tonic Regulation for Trauma Treatment

Tonus is the state of tension in the muscles of the living organism. Tonus increases when there is excitement or when actively moving about, and is lowered during sleep. There are specific muscles responsible for tonus regulation, keeping one vertical in spite of all interference (ankle sprains, uncomfortable shoes), and it is referred to as the "tonic muscles". They are the intelligent receptors that send and receive signals from the gravity control center in the brain, the spine and the cortex which interprets sensory impressions. These ongoing adjustments in the muscles are registered without our conscious awareness. It is through the tonic dialogue that a baby builds bonding; they also develop boundaries and the containment provided by the sensation of spatial safety. When there is trauma, it blocks the primary motor functions of sensory exploration of the inner and outer environment. To restore oneself, there needs to be the association of both activities – motor and sensory. Both must work in collaboration. The goal is to make the therapist aware to access and embody the core stability and its relationship to the physical space. This experience can create a bridge to the psychological changes and the fixed patterns of behavior as symptoms of trauma. The participants will learn how to orient themselves through their physical space, sensing their grounding and self-regulation.

Guse, Tharina (Ph.D) - South Africa

Mabula: Fertilizing, Facilitating and Flourishing: Integrating Positive Psychology in Psychotherapy

Over that past decade positive psychology has rapidly developed as a research and applied field. Focusing on what "works" rather than "what is wrong", positive psychology is also concerned with facilitating optimal functioning. But how does this translate to psychotherapy? How can psychologists implement positive psychology when their clients are struggling with emotional pain and perhaps more severe psychological distress? How can positive psychology help to improve the lives of clients who want to experience a happier and more fulfilled life? This workshop will introduce a framework for integrating positive psychology into psychotherapy practice.



Hammel, Stefan (Dipl. Theol) - Deutschland

Stellenbosch

Workshop 1: Das Sofa des Glücks. Therapeutisches Modellieren mit Paaren

„Therapeutisches Modellieren“ ist eine schnelle, sichere, effektive Form hypnosystemischer Therapie. Teil dieser Therapieform ist ein genaues Beobachten und Beschreiben der nonverbalen Reaktionen des Paares, um die jeweils auftretenden positiven Veränderungen zu verstärken und zu stabilisieren, sowie eine therapeutische Dramaturgie, bei der zunehmend positiver Erwartungen erzeugt werden. Es ergibt sich das Bild einer Form von Paartherapie, die vom Körpererleben, den automatischen Reaktionen der Partner aufeinander und dem unwillkürlichen Wiederherstellen von positivem Rapport her aufgebaut ist. Das Vorgehen ist gerade bei schwer durchschaubaren, chronifizierten und schnell eskalierenden Paarkonflikten sehr geeignet, um gute Lösungen herbeizuführen. Beim Therapeutischen Modellieren im Rahmen einer Paartherapie benötigen wir drei mal zwei Stühle oder „Paar-Sofas“: Das Sofa des Paares, wie es sich zu Beginn der Therapie darstellt, das Sofa alles unerwünschten Verhaltens und Erlebens (das Sofa des „maximal schlimmen Paares“) und das Ziel-Sofa (das „Sofa des Glücks“). In Absprache mit dem Paar wird alles, was sie ablegen möchten, aus ihnen heraus-externalisiert. Alles, was sie erreichen möchten (auch, wenn sie es nicht für erreichbar halten), wird auf dem „Sofa des Glücks“ konzentriert und mit dem aktuellen Ich- und Wir-erleben des Paares sowie ihrer Zukunftserwartung identifiziert. Das Vorgehen wird anhand von Rollenspielklienten oder einem realen Paar demonstriert. Die Interventionen und ihre wahrnehmbaren Wirkungen sowie die Übertragungsmöglichkeiten auf andere Paar-Situationen werden besprochen. Bei einer zweiten, mehr interaktiven Demonstration werden die Teilnehmer gebeten, die Interventionen mitzugestalten und ihre Wirkung im Dialog mit einem Rollenspielpaar zu erproben.

Workshop 2: Wo keine Heilung möglich ist: Hypnotherapeutische Stärkung in den letzten Stunden des Lebens

Wie können wir Sterbende und ihre Familien in den letzten Lebensstunden mit Mitteln der Hypnotherapie und Systemik palliativ, psychotherapeutisch und spirituell unterstützen? Wie kann ein umfassender Beistand aussehen? Der Workshop bringt die Bilder- und Wertewelt der Jahrtausende alten christlich-jüdischen Tradition neu ins Gespräch mit den Möglichkeiten der Hypnotherapie, mit Pacing- und Leading-Strategien, dem Gebrauch von Metaphern und Mehrebenenkommunikation sowie der Utilisation von Werten und Überzeugungen des Sterbenden und seiner Angehörigen. Stefan Hammel zeigt mit vielen Fallbeispielen, wie eine ganzheitliche hypnotherapeutische Unterstützung für Sterbende aussehen kann, befreit von der Schwere des Todesgedankens und offen sowohl für Elemente traditioneller Sterbebegleitung als auch für neue Wege. Dabei wird es auch darum gehen, gemeinsam darüber nachzudenken, was diese Art der Begegnung in den letzten Lebensstunden mit unserer eigenen Lebenserfahrung.

Hartman, Woltemade (Ph.D) – South Africa

Mabula

Keynote Address: 25 Years' Experience in Hypnotic Psychotherapy: A Compilation of Interesting Cases



Stellenbosch: Ungeschliffene Diamanten: Die Arbeit mit ressourcervollen Ego-States, Ein Ego-State-Ansatz mit Live – Demonstrationen

Ego-State-Therapeuten stellen keine Exorzisten dar, die Teufel, Traumata oder andere Defizite austreiben, vielmehr betätigen sie sich heutzutage wie Schatzsucher, welche die unentdeckten Diamanten und Ressourcen im Leben und in der Persönlichkeit ihrer Klienten aufspüren. Die Ego-State-Therapie ist eine wirksame Methode, um Klienten dabei zu helfen, ihre eigene Persönlichkeit auf das Beste hin zu sondieren. Sie unterstützt direkt beim „Anzapfen“ von Rohdiamanten, nämlich von Ressourcen wie Entschlossenheit, Kraft zum Überleben, Resilienz, Hoffnung, Optimismus und Liebe. All diese Ressourcen ermöglichen den Klienten das Wachsen und Gedeihen. In diesem Workshop werden die Teilnehmer Techniken erlernen, die das Erleben von ressourcenbesetzten Ego-States aktivieren und verstärken. Dazu werden Erickson'sche und Ego-State-Techniken kombiniert. Dieser Workshop ist für Anfänger und für erfahrenere Praktiker gedacht und beinhaltet Live-Demonstrationen.

Hattingh, Callie (MA. Clin Psych) - South Africa

Stellenbosch

Keynote Address: All that Jazz: Promoting Change Through the Integration of Therapeutic Principles

Workshop: Guiding Lights: Core Principles that Promote Therapeutic Change.

Various therapies use different terminology to describe principles of change. This workshop will explore some of the core, overlapping and integrating principles that contribute to therapeutic change from various psychotherapeutic approaches such as Brain Based Therapy, Ericksonian Therapy, Ego State Therapy and Somatic Experiencing. Understanding some of the mechanisms or agents of change in these therapies can become guiding principles in the practice of psychotherapy to promote change. The workshop will explore some of the central principles of each therapy, how they relate and then focus on integrating these central principles into the application to therapy. The workshop will follow a lecture, demonstration and practice format.

Howes, Debbie (M. Clin Psych) – South Africa

Mabula: States of Being 'You cannot Solve a Problem Using the same State of Thinking used when it was Created.' Einstein

By identifying the predominant state of being that an individual is operating in when dealing with problems or challenges, insights are provided as to the effectiveness of how the individual is appropriately solving problems and achieving constructive results. When an individual is fixated in a state of being and not able to access or embody constructive states of being when needed, paralysis of movement occurs and repetitive behavioural and emotional cycles result. Constructive management of problems and challenges is facilitated by both the awareness of the reactive, unconscious states of being that are instinctively operating as well as the ability to constructively shift to states of being that are more functional during challenging circumstances. The interchange of the three states of being of the mother / father and child as principles are investigated. Most people are unaware of the predominant state of being that they are functioning in, making it difficult to manifest ideal solutions to problems. Anger management is outlined as key concept where an individual



is unconsciously reacting as opposed to consciously responding from an appropriate state of being. Case examples are cited as well as a group demonstration.

Huyssen, Karin (M. Clin Psych) – South Africa

Mabula: The Devil made me Do it: The Doing of Denial and Dissociation. A live Demonstration.

In psychotherapy we work with concepts as if they were real. But we cannot see them, or touch them – or perhaps we can? When working with Ego-States in therapy groups it becomes possible to see, hear, touch and feel these processes and abstract concepts. The inner world of a client becomes visible and accessible, to him or herself, other group members, and the therapist. It becomes possible to see a double bind in action, feel the power of numbness and hold onto parts that disappear as soon as we want to engage with them. In this workshop Karin will present and demonstrate how she uses Ego-State Therapy in a therapy group.

Stellenbosch: Combining Family Constellations and Ego-State Therapy: Working with Intergenerational and Personal Trauma in a Therapeutic Group Context.

One of the biggest challenges we face in South Africa – and many other parts of the world - is the far reaching effect that trauma has on individuals and whole communities. Trauma can have far reaching effects over many generations. What happened to individuals, families, communities and societies in previous generations has an impact on the decedents and will for generations to come, if we do not intervene. In individual trauma therapy we mostly address personal trauma; in family constellations traditionally we look at the impact of trauma that happened in previous generations and the way it creates patterns of further trauma, dissociation, denial, abuse etc. In this workshop Karin will combine two very powerful therapeutic modalities and demonstrate a way of working with trauma in a group context that acknowledges and addresses the personal and intergenerational impacts.

**Leutner, Susanne (Dipl. Psych) & Cronauer, Elfie (Dipl. Psych) – Germany
(in German)**

Mabula: Heilsame Netzwerke: EMDR und Ego-States

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. Both approaches allow for very direct and quick stimulation of in-depth processes but also include many possibilities for activating resources and ego-strengthening. EMDR can facilitate integrative processes of EST making them smoother and quicker. In EMDR, on the other hand, it is most helpful to be able to identify ego states when they show themselves. They tend to get closer during EMDR processing without special interventions, but it is often advisable to work with them explicitly, either in preparation or during processing. By doing so we help clients to overcome blockages or look after and comfort certain ego states during EMDR interventions. Activating resources and ego-strengthening is important as well in EST as in EMDR to foster integration of traumatic material which is represented in different ego states and is most often dissociated. The combination of the two methods can also be used if there is no obvious traumatising, but e.g. depression or fear are more dominant, or if new challenges need to be met. We will give video examples and exercises, integrating resources and providing conceptual background material.



Stellenbosch: Healing Networks: EMDR and Ego State Therapy

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. Both approaches allow for very direct and quick stimulation of in-depth processes but also include many possibilities for activating resources and ego-strengthening. EMDR can facilitate integrative processes of EST making them smoother and quicker. In EMDR, on the other hand, it is most helpful to be able to identify ego states when they show themselves. They tend to get closer during EMDR processing without special interventions, but it is often advisable to work with them explicitly, either in preparation or during processing. By doing so we help clients to overcome blockages or look after and comfort certain ego states during EMDR interventions. Activating resources and ego-strengthening is important as well in EST as in EMDR to foster integration of traumatic material which is represented in different ego states and is most often dissociated. The combination of the two methods can also be used if there is no obvious traumatisation, but e.g. depression or fear are more dominant, or if new challenges need to be met. We will give video examples and exercises, integrating resources and providing conceptual background material.

Linden, Julie (Ph.D) – USA

Mabula

Keynote Address: Healing the Wounds of Women

Violence against women comes in many forms. Whether subtle and hidden or openly abusive, the traumatic results hurt the individual as well as the culture in which she resides. Hypnosis can be utilized to ego-strengthen and empower women so their creative and nurturing selves develop resiliency and wisdom.

Workshop: From Eve to the 5 E's: Women and Hypnosis: Integrating Roles and Empowering Voices across the Lifespan

The author will explain the 5 E's of Feminist Hypnotherapy, a model for incorporating five principles into hypnotic work. Empathy, Empowerment, Egalitarianism, Ego-strength and Embodiment are the components addressed in both the building of relationship and the clinical treatment. In whatever role a woman engages, as daughter, mother, sister, friend or professional, and at whatever age, she can benefit from the hypnotic utilization of these components to foster healthy growth and well-being. Demonstration of specific inductions will be included.

Loubser, Minnie (M. Clin Psych) – South Africa

Mabula: Looking Through the Eyes of Trauma: Ego State Therapy, Eye Movement Integration and Somatic Experiencing as Partners in the Rapid and Effective Treatment of Trauma

The symptoms of complex trauma in clients, such as the fragmentation of the personality through dissociation, difficulties in affect-regulation, physiological dysregulation and re-experiencing, may create a challenge for therapists. The prognosis for complex trauma has traditionally been considered as poor.



However, new understanding about how trauma affects the body-brain-mind system has brought new hope. Ego State Therapy (EST), Eye Movement Integration (EMI) and Somatic Experiencing (SE) in a combined therapy approach, has been used with rapid and effective treatment outcomes. The use of these powerful and effective modalities as partners in achieving positive treatment outcomes will be described and demonstrated during this interactive workshop. The aim of the workshop is to introduce Eye Movement Integration (EMI) and to demonstrate how powerful the combined use of Ego State therapy, EMI and Somatic Experiencing (SE) is for rapid body-brain-mind healing of Trauma.

Stellenbosch: Looking Through the Eyes of Trauma: Trichotillomania and Non-Epileptic Seizures, How Healing Happens.

Ego State therapy, Eye Movement Integration and Somatic Experiencing have been effectively used as partners in the treatment of clients with trichotillomania, non-epileptic seizures and chronic anxiety, with subsequent healing and a complete dissipation of symptoms. During this workshop these and other case discussions will be used to demonstrate how powerful a combination of the above therapeutic modalities are in helping the mind-brain-body system find a rapid and effective way to healing.

Lütgerhorst, Hans-Jörg (Dipl. Psych) – Germany

Mabula: Combining Behaviour Therapy and Hypnotherapy in Treating Social Phobia

Social Phobia is a widespread disorder with a lifetime prevalence of thirteen percent. It differs from the fearful-avoidant personality disorder in many ways. While Behaviour Therapy and especially Cognitive Behaviour Therapy have proven to be the most effective treatment, hypnotherapy also seems to augment the effectiveness. Therefore, an approach will be presented encompassing the following: role-playing including training of voice volume, tone, gestures and mimics, but also cognitive interventions on different levels. Both are more effective when applied in group settings. Resourceful and ego state oriented hypnotherapy is then applied in single settings supporting generalization to real life situations. The workshop will use an unusual format: interventions will be explained during ongoing demonstrations.

Malherbe, Heleen (Ph.D) – United Kingdom

Mabula: Strengthening the Therapeutic Self, Resilience and Ego States

Some segments of the therapeutic world community have spent more than a decade concentrating on the well-evidenced principles and techniques of Cognitive Behaviour Therapy. Although the therapeutic value of these techniques is not in dispute, it came as a relief that within the boundaries of CBT training, there has been a movement towards a renewed recognition of the role and importance of the therapeutic relationship in working with clients. As hypnotherapists we have always known that one cannot hide a non-therapeutic self under a therapeutic manner and that the success of therapy lies hidden within the therapeutic relationship and therefore the therapeutic self. But, the question to ask is if all psychotherapists have a *therapist ego state* and do all therapists have a *therapeutic self*? Do we as Ego State therapists honour the legacy of Helen Watkins, acclaimed in the world of psychotherapy as a "creative therapeutic genius", who warmly resonated and absorbed herself in the experience of clients or do we follow the manual as presented by theory? I believe that the time has come to re-emphasize, re-ignite and refocus on the therapist in the therapeutic relationship. It is postulated that in finding - and developing - a strong, resilient and hopeful ego state, the



therapist becomes a positive role model to the client and in doing so dispenses the gift of healing.

Messmer, Veit (Dr.Med.Dent) – Deutschland

Mabula: Hypnotisches Arbeiten mit Persönlichkeitsteilen in der Zahnmedizin

Die zahnärztliche Behandlung stellt für die meisten Patienten eine große, für manche eine extreme Stresssituation dar. Sie regredieren in kindliche Verhaltensmuster und erleben bereits kleine Eingriffe als Verletzung der Intimzone, fühlen sich als Opfer, bedroht von Schmerz und Leid. Dieser Workshop zeigt Ihnen, wie in unserer Praxis mit der Telearbeit in Hypnose positive Ressourcen abgerufen werden, wie eine effektive Dissoziation von Problemmustern leicht und spielerisch, auch mit Kindern, erreicht werden kann. Die Persönlichkeitsanteile, die stark, hilfreich und befreiend sind, ruhen in jedem Menschen, der Zugang scheint jedoch verbaut und unbekannt zu sein. Der hypnotisch arbeitende Zahnarzt gleicht einem Goldsucher am Yukon, der diese Goldstücke im Patienten schürft und ihm wieder zugänglich macht. Davon handelt dieser Workshop. Und das ist nicht nur für Zahnärzte interessant.....

Stellenbosch: Hypnosis in Dental Treatment: Why, When and How? - A Survey on Different Techniques and Methods in Dental Treatment

Hypnosis in Dentistry has seen a revival during the last twenty years, especially in Germany, where the DGZH has generated 1600 certified members who treat patients in Hypnosis every day. Dentists need to have quick results, the hypnotical intervention is fast, safe and effective. It is successfully used for pain reduction, diminishing and eliminating fear and panic states, reduction of gag reflex, therapy of myoarthropathic diseases and mal functions, bruxism and positive influence on oral diseases and healing processes after surgery. During this workshop diverse techniques of Dental Hypnosis will be presented, that can be applied in Dental Treatment. They are fast and effective. A concept of the speaker, that is working very effective since ten years, will be presented with words, demonstrations and movies. The participants of the workshop will get many hints and helpful information for daily practice, that will enrich their own hypnotical treatment, will enrich their own practice, office or clinic, because it works, making patients and the whole team content and happy.

Nel, Joy (M. Ed Psych) – South Africa

Mabula: Circles of Myselfes...Superimposing Mandala Psychology onto Ego State Therapy

My mandalas were cryptograms...in which I saw the self—that is, my whole being—actively at work.” (Jung 1965: 195-196).

Research in psychology and child development suggests that circles are part of the fundamental structuring of personal identity. The mandala – a Sanskrit word, meaning circle, is a symbol and an instrument of natural energy within us which grounds us and helps us discover more about our inner parts or deeper selves. Carl Jung referred to the mandala as a cryptogram concerning the self. The Mandala he believed represented the wholeness of one's personality. Mandalas can easily be used as an "in-road" into helping clients explore the parts of themselves. This workshop explores the use of Mandala therapy as various techniques to illicit, communicate with and reintegrate the client's ego states. From this background participant will be introduced to how various way of utilising mandalas can be superimposed on the SARI model used in Ego State Therapy. In this highly interactive, fun and engaging multimedia workshop, participants are invited to enter the world of circles into a deeper understanding of the parts of the personality. Various methods and techniques of using mandalas in Ego State therapy will be explored.



Stellenbosch: "Once Upon a Time in Therapy...": Utilising Bibliotherapy as a Tool in Ego State Therapy with Children

"The story that lets us laugh and cry, begins our healing" Tom Weakly"

The use of Ego State Therapy in assisting children in psychotherapy is highly propitious. The effective use of Ego State Therapy with young children does however require the child's understanding of ego states. Understanding and working with the concept of ego states and Ego state therapy can become somewhat complex at times for young children. We also often find that the children that we work with in Ego State Therapy are very young or too traumatized to understand the complexity of this form of therapy and struggle to access and work with their own ego-states. Utilizing stories and fairy tales (bibliotherapy) with clients in Ego State Therapy can open up new possibilities and new ways of understanding, accessing, communicating and integrating ego states in therapy. The use of stories (bibliotherapy) in therapy becomes a tool and mediator of this process; possessing the potential to reach out to the child and provide an acceptable, safe exploration and outlet for the ego states. This workshop will focus on how to utilize specific stories, parables and fairy tales in Ego State Therapy. This practical workshop aims at providing therapists with, easy hands on stories that can assist the therapist in introducing, complementing and guiding the Ego-State Therapy process, when working with children. This workshop is practical, fun and hands on and focuses on activating, renegotiating and integrating the ego states through bibliotherapy. It will give the practitioner an opportunity to explore various stories to utilize in therapy with children. For therapists already using Ego State Therapy, this workshop will inspire you to understand your work differently and help you explore new possibilities in therapy. For therapists who have never used Ego State Therapy in therapy before, it will open a world of possibilities.

Pinco, Susan (Ph.D) – USA

Mabula: Brainspotting: New Trauma Treatment Protocols

This presentation introduces attendees to Brainspotting (BSP) and explores how it can be used to enhance Ego State Therapy. A brief overview of the development of the technique and the neuroscience behind it will be offered. Attendees will then be introduced to the core elements of BSP followed by exploration of how these techniques can be applied to parts work.

Sangkasaad Taal, Rachporn (lic.phil. M.Sc) – Netherlands

Stellenbosch: Somatic Experiencing® - A Naturalistic Approach to Trauma

Why are animals in the wild, though threatened routinely, rarely traumatized? What do animals have what we as a human being don't have? Or do we have it but are we unable to access it? Nature has developed survival strategies, like immobility (freeze), fight and flight. The key to healing traumatic symptoms in humans is in our physiology. Somatic Experiencing® is a body-awareness approach to trauma. It is the result of over 40 years of observation, research, and hands-on development by Dr. Peter Levine. Human beings have an innate ability to overcome the effects of trauma. SE® restores self-regulation, achieves more containment and coherence. The workshop will include live and DVD presentations, exercises, focused on bodily sensations to heightened awareness.



Signer-Fischer, Susy (Lic.Phil.Psych) – Switzerland

Mabula: The Treatment of Traumatized Children, Adolescents and Adults: Hypnosis and Hypnotherapeutic Methods

In this workshop, possibilities of working with traumatized children, adolescents and adults are shown. There will be different interventions and approaches of treatment presented, which can be matched with the age, with the development level, the personality of the child as well as his social situation and also the family-system and the peer. The workshop includes theoretical and scientific findings, cases and as well some short exercises.

Stellenbosch

Keynote Address: Wirksam die Selbstwirksamkeit erhöhen: Methoden zur Stärkung der Selbstwirksamkeit von Kindern, Jugendlichen und Erwachsenen

Das Thema Selbstwirksamkeit begleitet den Menschen während seines ganzen Lebens. In der Jugendzeit, bei ausserordentlichen Ereignissen und im hohen Alter ist es besonders aktuell. Das Gegenteil von Selbstwirksamkeit bedeutet Hilflosigkeit. Es gibt Situationen, da kann direkt Einfluss genommen werden, wie beispielsweise der Junge, der schlechte Noten in Mathematik erhielt, durch gezieltes Lernen seine Noten verbesserte. Nicht immer ist diese Form von Einflussnahme möglich. Das Mädchen, das durch eine Krankheit erblindete, konnte zwar nicht auf den Erblindungsprozess Einfluss nehmen, aber sie beeinflusste ihre Lebenssituation, indem sie die Blindenschrift erlernte und so zu mehr Selbstwirksamkeit fand. In den meisten Situationen geht es darum, heraus zu finden, in welchem Bereich oder Aspekt Einfluss genommen werden kann und dann gezielt wirksam zu werden und sich sicherer zu fühlen. In ausserordentlichen Situationen, wie bleibender körperlicher Einschränkung, Schmerzen in Folge eines Unfalls oder einer Erkrankung besteht die Gefahr, in eine Opferrolle zu greifen und es ist wichtig, wieder zur Selbstwirksamkeit zu finden. In diesem Vortrag werden verschiedene Elemente und Voraussetzungen der Selbstwirksamkeit aufgezeigt und dargestellt, wie in der Psychotherapie wirksam auf die Selbstwirksamkeit eingewirkt werden kann.

Workshop: Influencing Self-Efficacy in Children, Adolescents and Adults with Hypnosis

The topic of self-efficacy is an essential and lifespan aspect. Already babies like to take influence on their environment, for example, by moving a toy with a wire attached to their foot. During schooltime and later on, self-efficacy is very important. The contrary is helplessness, which can eventually lead to hopelessness and depression. In certain situations, influence can be taken directly by learning and training more in order to reach better marks in maths. Not always can we influence things the way we would really like to. For example, a girl becoming blind as a result of an illness could not stop this process, but she has learned braille to enhance her situation positively. Often, it is important to find out if a situation itself can be influenced or if it is necessary to deal with the specific situation and the circumstances surrounding it. In psychotherapy, hypnotic methods are very helpful to create an adequate and positive influence on one's own life.



Trenkle, Bernhard ((Dipl.Psych, Dipl.Wi.-Ing) – Deutschland

Mabula: Medizinische Hypnose – Ein Überblick

Das Seminar gibt einen praxisorientierten Überblick über Möglichkeiten medizinischer Hypnose und verschiedene Anwendungsfelder: Rehabilitation nach Schlaganfall, Schmerzkontrolle, Blutdrucksenkung, Allergien, Tinnitus, Geburtsvorbereitung, Krebserkrankungen, Wundheilung, etc.

Stellenbosch: Hypnotherapie, EMDR und eine Qi Gong-Technik

Hypnotherapie, EMDR und eine Qi Gong-Technik Ericksonsche Hypnotherapie kenne ich seit 1975, von EMDR hörte ich früh um 1990 früh als Francine Shapiro ihre ersten beiden Papers publiziert hatte. Ich besuchte zwei kürzere Workshops von ihr und fand EMDR für die Behandlung von Flashbacks außerordentlich effizient. Effizienter als die Hypnotherapie-Techniken, die ich kannte. Über Fallbeispiele werde ich darstellen wie ich EMDR und Hypnotherapie kombinierte. Ab 2007 unterrichtete ich in China und lernte von Prof. Tianjun Liu, dem Leiter des QíGong-Laboratoriums der Peking Universität, eine bemerkenswert effiziente Technik kennen. Er erklärte mir, dass es eine alte traditionelle chinesische Technik sei, um besser meditieren zu können. Er habe sie mit Elementen ergänzt, die er von uns westlichen Therapeuten gelernt habe. Diese Technik habe ich unterdessen wiederum mit hypnotherapeutischen Elementen und manchmal mit der EMDR-Technik ergänzt. Behandelt habe ich damit Schlafprobleme, Ängste, Traumata, Schmerzen aber auch Beziehungsprobleme. Die Klienten benutzen diese Technik gerne in Kombination mit Selbsthypnose. Im Workshop werde ich die Technik von Liu demonstrieren und dann meine Erweiterungen vorstellen.

von Cziffra-Bergs, Jacqui (D.Ed) – South Africa

Stellenbosch: "Music is my Psychologist." A Solution-Focused Ego State Approach to Using Parts of a Teenager and the Miracle Question, to Help a Young Man Find the Answers Within.

"A part of me wants to give up and a part of me wants my old self back." Solution Focused-Therapy is a very positive and hope-inspiring approach to teenagers and their problems. It focuses on strength-building rather than flaw-fixing. Rather than focusing on the teenagers' deficits or problems, the strength-based therapist collaborates with the teenager to discover individual strengths and utilizes what the client brings. "You get what you get so use it" Steve de Shazer said. This workshop will discuss how using music in therapy can make therapy brief and effective. By incorporating the Ego State principle of parts of the person and using the Solution Focused Miracle Question, brief effective therapy can be achieved.

Viot, Claude (Dr. Med Psychiatry) – France

Mabula: Hypnosis: activate the Body to change the Mind.

Everyone using hypnosis knows, more or less, that during a hypnotic trance several changes, called Ideo-Dynamic Process, appear in the body. Concerning the movements, the sensorial dimension, the vegetative system and of course the sensitivity. The body is always implicated in hypnosis. And, if we can describe hypnosis as a "modified state of mind", we always should remember that in fact hypnosis create a modified state in the mind AND the body, and to speak of hypnosis as a psycho-physiological process. This suggests strongly that activating the body during hypnosis would be fundamental to strengthen resilience. Here, we will work with the movements in the body during hypnosis. We know very well the general catalepsy appearing in each trance, and the arm catalepsy which demonstrates it for the patient. We know levitation



can be so comfortable and surprising. I will present the technics of Ernest Rossi using both catalepsy and levitation, and with the 2 arms in the same time. We will see how the body is deeply implicated generating a better trance and getting information about the changes here and now in the inner world of the patient. After an individual session with a volunteer, each attendee will practice and if possible, we will do a group demonstration.

Wirl, Charlotte (Dr. Med) – Österreich

Mabula: "Stärkende und heilende states aktivieren"

Stärkende states (Ressourcevolle states aus der eigenen Biographie und „Kern-Ichs“) sind powervolle Ressourcen, insbesondere bei Begegnungen in Trance. Die Etablierung stärkender States wird an Hand unterschiedlicher praktische Anwendungsbeispiele wie in der Rehabilitation (inkompletter QS), bei Kinderwunsch, als Begleittherapie in der Onkologie und beim coaching einer jugendlichen Hochleistungssportlerin gezeigt, durch Fallbeispiele, Erläuterungen und Gruppentrancen. Das Ziel: Ressourcevolle States aufzufinden, zu aktivieren und in Trance zielorientiert zu nutzen.

Wulf, Christian – Deutschland

Mabula: Working with Inner Active Cards: ein „etwas anderer“ Zugang zu der Arbeit mit Ego States

Auf dem Hintergrund des inneren Familiensystems von Richard Schwartz entwickelte Tom Holmes sein Konzept der *Reise in die Innenwelt* (Parts Work: An Illustrated Guide to Your Inner Life, 2007). Mit spielerischer Leichtigkeit erschließt er die inneren Landschaften und das Zusammenspiel der verschiedenen Persönlichkeitsanteile. Im Jahr 2013 erschienen die Illustrationen seines Buches als Interactive Cards for Parts Work ... „as an accessible and effective way to give an image and voice to our emotional states and mind chatter“. Das Kartendeck besteht aus 62 kolorierten Karten und hilft eigene Persönlichkeits-Teile zu entdecken und einen Zugang zu ihrem inneren Erleben zu bahnen. Die Karten sind sehr anregend und erschließen sich den Klienten intuitiv. Sie sprechen die analoge, intuitive Ebene an und erleichtern einen erfahrungsorientierten Zugang in die innere Welt. Gleichzeitig machen sie die Arbeitsweise mit Ego-States greifbar und anschaulich. Die Karten liegen gewissermaßen auf dem Tisch und sind für beide sichtbar und bearbeitbar. Der Workshop führt in die Arbeit mit Persönlichkeitsanteilen ein und illustriert, wie Inner Active Cards in der therapeutischen Arbeit eingesetzt werden können: 1. das eigene innere Team erkunden; einzelne Teile näher kennen lernen: das System ausbalancieren; Konflikte angehen. Im zweiten Teil des Workshops arbeiten wir ganz praktisch mit dem Kartendeck. Im gemeinsamen Üben werden Anwendungsmöglichkeiten ausprobiert und auf ihren Nutzen hin reflektiert.

Stellenbosch: You've touched my heart: Ganzheitliche, erlebnisaktivierende Kommunikation in Therapie und Beratung

Auch nach vielen Jahren der Arbeit mit Menschen empfinde ich es noch immer als große Herausforderung, in Kontakt mit dem inneren Erleben **und** der inneren Welt meiner Klienten zu kommen. Ich habe die Erfahrung gemacht (und die Forschung bestätigt dies), dass Klienten, die sich sicher, aufgehoben und verstanden fühlen, bereit sind, Einladungen zu Veränderungen anzunehmen. Wenn eine gute Beratungsbeziehung und der erlebnisaktivierende Kontakt zu inneren Welt der Klienten wirkmächtige Faktoren unserer Arbeit sind, dann lohnt es sich zu überlegen, wie wir die Beziehung und unsere Kommunikation unterstützend und wachstumsorientiert gestalten können. Welche **Haltungen** des Therapeuten/der Therapeutin und welche **Rahmenbedingungen** sind hilfreich, damit Wachstum und Entwicklungsprozesse möglich werden? Was können wir tun, um einen umfassenden ganzheitlichen Kontakt



zu den Klienten und ihrem inneren Erleben zu bahnen. Immer wieder auch den **Körper** als Resonanzraum mit seinen vielfältigen Ausdrucksmöglichkeiten einbeziehen? Im praktischen Teil des Workshops werden wir mit Elementen aus der U-Theorie Otto Scharmers, dem NLP (VAKOG) und der personzentrierten Therapie Carl Rogers gemeinsam üben.

Zanotta, Silvia (D.Phil) – Switzerland

Mabula: Hypno-somatic Ego State Therapy and Depression

Depression is spreading, across demographic groups and across international boundaries. Depressed people become younger and younger and more severe with every generation. In therapy, they can be very challenging and are often resistant to change. The reason for this may be disappointed or traumatized states that block all other states, banning them from joy of life. This practical workshop focuses on the treatment of depression with ego state therapy combined with somatic approaches like Somatic Experiencing or Energy Psychology. Participants will learn how to strengthen the whole personality, how to connect with resource states and how to form an inner team out of conflicted parts and thus achieve a healthy and healing cooperation of the ego state system. Clinical presentations will illustrate the essential steps in this process.

Stellenbosch: Becoming Friends with the Monsters: Hypnosomatic Treatment of Anxiety and Phobia

Children, adolescents and adults with anxiety or phobia must be approached through mind AND body. As soon as these clients learn to self-regulate through somatic strategies, they can get in contact with their resources and deal with their fears. This practical workshop will focus on the treatment of anxiety and phobia through Somatic approaches and Ego State Therapy and will emphasize important systemic aspects, illustrated by clinical examples, video and exercises. Silvia Zanotta will also present a group-therapy which she has developed for people with dog phobia. The principles of this model may be transferred to any treatment of Anxiety or Phobia. In only 4 group sessions, with the assistance of trained dogs, clients overcome their fears and learn how to interact with dogs and often even start to like them.



The congress is calling.....