

**Milton H. Erickson Institutes of South Africa  
Ego State Therapy Safari Mabula Lodge  
Programme Training Days**

**Programme Thursday 13 October 2022**

05:15	<b>EARLY MORNING COFFEE AT RECEPTION</b>
05:30	<b>SAFARI DEPARTURE</b>
8:30-9:00	<b>REGISTRATION: KINGFISHER (NEW ARRIVALS)</b>
9:00 Kingfisher	<b>OPENING AND WELCOME</b> Dr Woltemade Hartman Director Milton H. Erickson Institutes of South Africa
9:30-12:30	<b>WORKSHOPS (3 Hours) Refreshment break: 11:00-11:15 at Marula</b>
German Kingfisher	<b>Dr Ursula Helle ( Germany)</b> Schuld – die ungeliebte Schwester der Selbsterkenntnis
English Marula	<b>Dr Woltemade Hartman (South Africa)</b> Master Demonstration Class: Combining Ericksonian methods, Ego State Therapy, Somatic Experiencing and Clinical Hypnosis in Psychotherapy
12:30-14:30	<b>LUNCH BREAK</b>
14:30-16:30	<b>WORKSHOPS (2 Hours)</b>
German Kingfisher	<b>Silke Grossbach (Germany)</b> Kreativität in der Ego-State-Therapie nutzen mit TIMES: Transparent Imaginary Mapping of Ego States
English Marula	<b>Dr Silvia Zanotta (Switzerland)</b> Ego State Therapy and the treatment of attachment trauma
16:30	<b>REFRESHMENTS AT MARULA</b>
17:00	<b>SAFARI DEPARTURE</b>
19:00	<b>DINNER</b>

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**Programme Friday 14 October 2022**

05:15	<b>EARLY MORING COFFEE AT RECEPTION</b>
05:30	<b>SAFARI DEPARTURE</b>
09:00-9:30	<b>REGISTRATION: KINGFISHER (NEW ARRIVALS)</b>
9:30-12:30	<b>WORKSHOPS (3 Hours) Refreshment break: 11:00-11:15 at Marula</b>
German Kingfisher	<b>Claudia Müller-Quade (Germany)</b> Der Körper unser Botschafter und Informant in der Ego-State-Therapie: Ego-State-Therapie unter Einbeziehung der Auswirkungen von Trauma auf die verschiedenen Körpersysteme
English Marula	<b>Carl Hattingh (Australia)</b> Living the Freedom: A Journey with Dissociative Identity Disorder (DID)
12:30-14:30	<b>LUNCH BREAK</b>
14:30-16:30	<b>WORKSHOPS (2 Hours)</b>
German Kingfisher	<b>Daniela Müller (Germany)</b> „Zurück in die Zukunft“ - Ego-State-Therapie auf der Timeline
English Marula	<b>Dr Elzette Fritz (South Africa)</b> Exploring ego states that bring light to darkness: An ego state and expressive arts therapy workshop that explores post-traumatic growth
16:30	<b>REFRESHMENTS AT MARULA</b>
17:00	<b>SAFARI DEPARTURE</b>
19:00	<b>CONGRESS DINNER, AWARDS CEREMONY, LIVE ENTERTAINMENT AND DANCE AT THE BOMA</b>

**Milton H. Erickson Institutes of South Africa  
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**Programme Saturday 15 October 2022**

05:15	<b>EARLY MORING COFFEE AT RECEPTION</b>
05:30	<b>SAFARI DEPARTURE</b>
9:00-9:30	<b>REGISTRATION: KINGFISHER (NEW ARRIVALS)</b>
9:30-12:30	<b>WORKSHOPS (3 Hours) Refreshment break: 11:00-11:15 at Kingfisher</b>
German Kingfisher	<b>Dr Silvia Zanotta (Switzerland)</b> Scham, die versteckte Emotion - von Ohnmacht zu Stärke und Triumph mit Ego-State-Therapie und Körperwissen
English Marula	<b>Joy Nel And Elzette Fritz (South Africa)</b> Into the Labyrinth with Ego State Therapy: An expressive art therapy practical workshop
12:30-14:30	<b>LUNCH BREAK</b>
14:30-16:30	<b>PLENARY SESSION KINGFISHER</b>
14:30-15:30	<b>Panel Discussion/Podium Diskussion Ego State Therapy with or without hypnosis?</b> Woltemade Hartman, Carl Hattingh, Wendy Lemke and Claudia Müller-Quade
15:30-16:30	<b>What is an Ego State?</b> Woltemade Hartman, Carl Hattingh, Silke Grossbach, Margarethe Kruczek-Schumacher
16:30	<b>REFRESHMENTS AT MARULA</b>
17:30	<b>SAFARI DEPARTURE</b>
19:00	<b>SURPRISE DINNER</b>

**Milton H. Erickson Institutes of South Africa  
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**Programme Monday 17 October 2022**

05:15	<b>EARLY MORNING COFFEE AT RECEPTION</b>
05:30	<b>SAFARI DEPARTURE</b>
9:00-9:30	<b>REGISTRATION: KINGFISHER (NEW ARRIVALS)</b>
9:30-12:30	<b>WORKSHOPS (3 Hours) Refreshment break: 11:00-11:15 at Kingfisher</b>
German Kingfisher	<b>Dr Woltemade Hartman (South Africa)</b> Die nichthypnotische „Stuhltechnik“ in der Ego-State-Therapie
English Marula	<b>Wendy Lemke ( United States of America)</b> Ego State Therapy Strategies for Developmental Repair Based on Attachment Theory and Developmental Psychology
12:30-14:30	<b>LUNCH BREAK</b>
14:30-16:30	<b>WORKSHOPS (2 Hours)</b>
German Kingfisher	<b>Margarethe Kruczek-Schumacher</b> Margarethe Kruczek-Schumacher: “Wingwaves“ meet Ego-State-Therapie: Augen Therapie für Trauma
English Marula	<b>Claudia Müller-Quade (Germany)</b> Ego State Therapy and the work with the inner or outer Reflecting Team
16:30	<b>REFRESHMENTS AT MARULA</b>
17:30	<b>SAFARI DEPARTURE</b>
19:00	<b>DINNER</b>

**Milton H. Erickson Institutes of South Africa  
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**Programme Tuesday 18 October 2022**

05:15	<b>EARLY MORNING COFFEE AT RECEPTION</b>
05:30	<b>SAFARI DEPARTURE</b>
9:00-9:30	<b>REGISTRATION: KINGFISHER (NEW ARRIVALS)</b>
9:30-12:30	<b>PLENARY SESSION KINGFISHER (3 Hours)</b> Refreshment break: 11:00-11:15 at Marula German with English translation  <b>Margarethe Kruczek-Schumacher and Afshin Amirsadri (Germany)</b> Yoga based interventions in (trauma) psychotherapy  To bring to this session: Light Yoga mat/Towel
12:30-14:30	<b>LUNCH BREAK</b>
14:30-16:30	<b>PLENARY SESSION KINGFISHER (2 Hours)</b>  <b>Dr Silvia Zanotta ( Switzerland)</b> Ego State Therapy clinical demonstration and discussion
16:30	<b>REFRESHMENTS AT MARULA</b>
17:30	<b>SAFARI DEPARTURE</b>
19:00	<b>DINNER</b>