

The Milton H. Erickson Institutes of South Africa

presents

Diamonds in the Rough

Perspectives on Change in Psychotherapy

A Congress

including

The 5th World Congress on Ego State Therapy

18 to 27 February 2013 in South Africa

WELCOME LETTER

Dear Colleagues and Visitors

On behalf of the Board of Directors of the Milton H. Erickson Institutes of South Africa (Institute of Gauteng and Institute of Cape Town) and as organisers of this event, we wish to take the opportunity to invite you to our forthcoming congresses in South Africa. It will indeed be an honour for us to host you at our congresses.

We are planning an exciting programme at three different venues across South Africa to give you the opportunity to attend the congresses, while simultaneously affording you the opportunity of experiencing the beauty of our wonderful country and its diversity. Our country has a proud tradition of resolving problems through open and honest dialogue and negotiation and we trust that this environment will extend to fruitful interaction and discussions during the congresses. The

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

The workshop programme will be in **English**. However, workshops will also be presented in **German**. The workshops will cover a wide variety of topics in the fields of psychotherapy, psychology, hypnosis, parts therapies and ego state therapy. Please assist us in making this a truly international forum by joining us in South Africa for some stimulating days.

The Big Five Congress (Pre-congress) will be hosted on the 18th and 19th of February 2013 at the Mabula Private Game Lodge in the Limpopo Province. This congress will consist of invited workshops .The Main Congress will take place from the 21st to the 23rd of February 2013 at the CSIR International Convention Centre in Pretoria, Gauteng Province. The Cape of Good Hope Congress (Post-congress) will be hosted from the 26th to the 27th of February 2013 in Franschoek, Western Cape Province. Please find more information regarding the different venues on page 3 – 10 of this document. Visit the MEISA website at www.meisa.biz for detailed information regarding the congresses, the registration procedure, accommodation reservations, links to the different congress venues, domestic flight reservations and transport arrangements by selecting the page marked “**Congresses**”.

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

Yours sincerely

Woltemade Hartman Ph.D and Callie Hattingh MA

Congress Organisers

Directors: Milton H. Erickson Institutes of South Africa

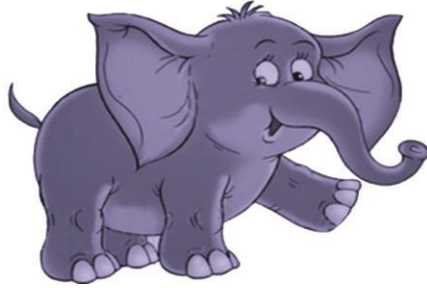
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Pre-Congress

The Big Five Congress

Mabula Private Game Lodge

18 and 19 February 2013 (2 days)

Due to popular demand we have decided to once again host the pre-congress in the midst of the African bush. The “Big Five” traditionally refers to the lion, leopard, elephant, rhino and buffalo, animals well-known for their natural survival skills, strength, tenacity and resiliency. **The main focus of this congress will therefore be on ego-strengthening, safety and stabilization techniques, self-image, building self-confidence and enhancing self-worth and self-esteem.**

Set against a backdrop of lush green mountainous vegetation, Mabula Game Lodge is one of South Africa’s finest luxury game reserves. Only one and a half hours drive from Pretoria (the capital) and two and a half hours drive from Oliver Tambo International (Johannesburg) Airport, this 12 000 hectare reserve offers homage to an abundance of wild life and birds, including the “big five”. Mabula offers a wide variety of activities, purposely designed to bring you ever closer to nature. Activities such as day and night game drives, guided bush walks and unique horseback trails all under the expert guidance of highly qualified game rangers enable guests to experience the African bush in a number of interesting, adventurous and different ways. In addition to numerous game viewing options, Mabula offers swimming, tennis, hot air ballooning, a gym, health spa, star gazing, archery, quad bike safaris, cheetah breeding project and a hippopotamus viewing deck. Please visit www.mabula.com for further information on Mabula Private Game Lodge.

ELIGIBILITY

The congress is open to professionals (physicians, psychiatrists, dentists, psychologists, social workers and registered counsellors) in health-related fields from accredited institutions. Applications will also be accepted from full-time students in the health-related fields who supply a letter from their university certifying full-time student status as of January 2013.

REGISTRATION FEES

REGISTRATION FEES FOR THE PRE-CONGRESS AT MABULA PRIVATE GAME LODGE (2 DAYS)

EXCLUDE: ACCOMMODATION

INCLUDE: LUNCH, COFFEE/TEA AND REFRESHMENTS

Until	31 October 2012	R 2500
Until	30 November 2012	R 3000
Until	12 January 2013	R 3500

Day Fees (If attending only 1 day)

Until	31 October 2012	R 1500
Until	30 November 2012	R 1750
Until	12 January 2013	R 2000

Student Fees: R650.00 per day

Student = Full time, unpaid students and unpaid interns.

(Not Masters and Doctoral Students)

ACCOMMODATION

Delegates are requested to arrange their own accommodation through the reservations office at Mabula. **The Group ID for reservations is MEISA 2013.** Please make sure to use this group ID when making reservations.

The contact person for reservations at Mabula is:

La Rochell van den Heever, Tel: 014 7347000, Fax to Email: 086 244 8746

Email: reservations3@lodge.mabula.co.za

Special accommodation rates for the congress are as follows:

Single: Rand 1580.00 per person per night

Sharing: Rand 1020.00 per person per night

The above rates are valid from 14:00 on the day of arrival until 12:00 on the day of departure

and **include** the following:

- Non-alcoholic welcome juice on arrival
- Accommodation
- Breakfast
- Lunch on either arrival or departure (additional luncheon is Rand 135.00 pp)
- Dinner
- One game activity per day

Check in time is at 14:00 and check-out is at 10:00

CONSERVATION FEE

A conservation fee of Rand 140-00 per private vehicle or private shuttle is payable at Mabula on the day of arrival. The fee is **not** included in the accommodation or congress fee. **Delegates travelling by coach bus will NOT be liable to pay this fee.**

TRANSPORT

Group transportation by coach bus will be arranged with the company **Ulysses** from Oliver Tambo International (Johannesburg) Airport to Mabula Private Game Lodge on **Sunday the 17th of February 2013 between 11:30 and 12:00** (the day prior to the commencement of the congress at Mabula). **Any transport after 12:00 on Sunday the 17th of February 2013 will have to be arranged by the delegates themselves at a higher rate.** The coach bus will return to Pretoria on **Wednesday the 20th of February 2013 at 10:30** and will stop at the congress hotel. Delegates making use of the group transportation are requested to provide **Ulysses** with their arrival times at Oliver Tambo International Airport (find the transport form and payment details on the MEISA website). The cost per person using group transportation will be South Rand 180.00 provided that there are at least 44 delegates using the group transportation. The quoted fees are only valid until the 31st of December 2012 and will be on a first-come-first-serve basis. Please make sure that you make your reservation and payment before this date.

If you prefer to make your own transport arrangements we also recommend the company **Ulysses**. The prices for individual transport, however, will be much higher. The direct link for Ulysses is: <http://www.ulysses.co.za>



Main Congress

Diamonds in the Rough Perspectives on Change in Psychotherapy A Congress

including

The 5th World Congress on Ego state Therapy

**CSIR International Convention Centre, Pretoria, Gauteng
21 to 23 February 2013 (3 days)**

The Gauteng province of South Africa is world-renowned for its mineral wealth, especially gold and diamonds. We have, in a similar vein, decided to dig deep for the valuable undiscovered diamonds and jewels of psychotherapy. The idea is to draw upon the expertise and wisdom of some of the world's most renowned psychotherapists, reflecting and sharing their wealth of knowledge, wisdom and experience in their specific fields of expertise. **This section of our congress will focus on the undiscovered and most innovative approaches and techniques in psychotherapy world-wide.** The African perspective on hypnosis and psychotherapy will form part of the congress. Thus, a vicarious blend of creative Western, Asian and African therapeutic techniques will be show-cased.

Situated in the Eastern suburbs of Pretoria, the capital of South Africa, the CSIR International Convention Centre is ideally positioned in the commercial and industrial hub of Gauteng, South Africa's smallest but most economically active province. The Convention Centre is only 60 km North (30 minutes drive) of Johannesburg and the International Airport and is accessible by the Gautrain. Set amidst tracts of indigenous woodland, with abundant bird life and occasional

glimpses of small game, the Convention Centre offers an invigorating escape from the urban mainstream. It is only minutes by road from some of the region's finest malls, hotels, historical sites and buildings and is ideally situated for day tours to tourist destinations in the area such as game drives, the Cradle of Humankind World Heritage Site, elephant and cheetah sanctuaries, etc. The website address for the CSIR Convention Centre's is www.csiricc.co.za and for Pretoria Tourism www.pretoriatourism.co.za

ELIGIBILITY

The congress is open to professionals (physicians, psychiatrists, dentists, psychologists, social workers and registered counsellors) in health-related fields from accredited institutions. Applications will also be accepted from full-time students in the health-related fields who supply a letter from their university certifying full-time student status as of January 2013.

REGISTRATION FEES FOR THE MAIN CONGRESS IN PRETORIA (3 DAYS)

EXCLUDE: ACCOMMODATION

INCLUDE: LUNCH, COFFEE/TEA AND REFRESHMENTS

Until	31 October 2012	R 3800
Until	30 November 2012	R4300
Until	12 January 2013	R4800

Day Fees (If attending only 1 day)

Until	31 October 2012	R 1500
Until	30 November 2012	R 1750
Until	12 January 2013	R 2000

Student Fees: R650.00 per day

Student = Full time, unpaid students and unpaid interns

(Not Masters and Doctoral Students)

ACCOMMODATION

Delegates are requested to arrange their own accommodation. We strongly recommend the **City Lodge Lynnwood Hotel. This is a brand new hotel** within walking distance of the congress venue. A daily shuttle service will also be available to and from the venue. The hotel is situated in the new Lynnwood Bridge complex which boasts, amongst others, several restaurants, a Woolworths Food Store, a gymnasium, a book store and art galleries etc. The Glenfair shopping mall is also within walking distance from the hotel. Hotel reservations can be made through Chantal at cllynnwood.resv@citylodge.co.za the **Group ID for reservations is MEISA 2013.**

TRANSPORT

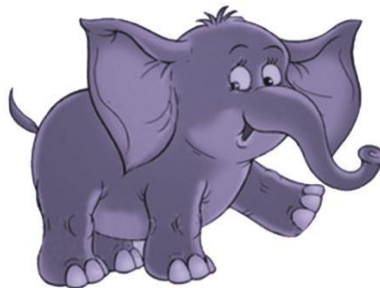
Transport from the Oliver Tambo International (Johannesburg) Airport to Pretoria has to be arranged by delegates themselves. Different options are available:

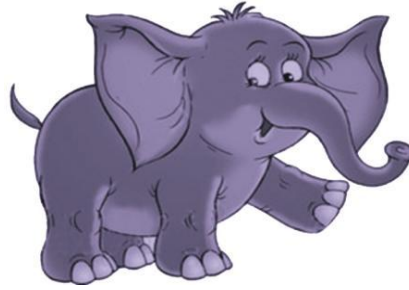
Option 1: Safe shuttle services arranged by the company **Ulysses**. The direct link for Ulysses is: <http://www.ulysses.co.za>

Option 2: Safe and luxury transport with the new **Gautrain** directly from the Oliver Tambo International (Johannesburg) Airport to Hatfield station in Pretoria and then with the Gautrain Coach Bus to the City Lodge Lynnwood Hotel (<http://www.gautrain.co.za>).

DOMESTIC FLIGHT ARRANGEMENTS

Delegates are requested to make their own flight arrangements. For domestic flights between Johannesburg and Cape Town we recommend the airline Kulula.com www.kulula.com .





Post-Congress

The Cape of Good Hope Congress

Le Franschoek Hotel and Spa, Franschoek, Western Cape

26 and 27 February 2013 (2 days)

We have chosen the Western Cape, also referred to as The Cape of Good Hope, well-known for its excellent wine, as the venue of this satellite meeting. **The focus of this congress will be on psychological and bodily well-being, resiliency, resourcefulness, integration and the seeding of hope as a full-bodied blend of intervention strategies.**

Franschoek is situated in the Cape Winelands and is 70 km's from Cape Town International Airport, 75 km's from Cape Town city centre (Central Business District) and the Victoria & Alfred Waterfront and 30 km's from the spectacular winelands of Stellenbosch and Paarl. Nestled between towering mountains in the beautiful Cape Winelands lies the magnificent Franschoek Valley. This is the food and wine heartland of the country, where splendid wines are grown and our top chefs create international cuisine. Here breath-taking scenery, warm hospitality, world class cuisine and the finest wines all combine to create lasting memories. Spectacular vineyards cover these mountain slopes settled more than 300 years ago by the Huguenots, who brought with them their age-old French wine and food culture. This is a valley rich in history centered around a picturesque village of friendly, welcoming people. In the village you will find wonderful crafts, art and antique shops and galleries. The main street is lined with coffee shops and award-winning restaurants. Only 45 minutes from Cape Town, Franschoek is the ideal base while you explore the entire Cape winelands. To read more about Franschoek visit the town's official website: www.franschoek.org.za

Le Franschhoek Hotel and Spa, the venue for the congress, has become one of the most romantic getaways in its class. Capturing the essence of five star luxury, the impeccably appointed Le Franschhoek offers unparalleled views of the Franschhoek Mountains and is the perfect setting for a taste of the legendary Cape Wine Routes. Located on the site of one of Franschhoek's original country retreats, Le Franschhoek retains its elusive charm with a contemporary South African and French feel. Features include a destination Camelot Spa coupled with one of the most beautiful settings in the Winelands. Le Franschhoek's website address is: www.lefranschhoek.co.za

ELIGIBILITY

The congress is open to professionals (physicians, psychiatrists, dentists, psychologists, social workers and registered counsellors) in health-related fields from accredited institutions. Applications will also be accepted from full-time students in the health-related fields who supply a letter from their university certifying full-time student status as of January 2013.

REGISTRATION FEES FOR THE POST- CONGRESS IN FRANSCHOEK (2 DAYS)

EXCLUDE: ACCOMMODATION

INCLUDE: LUNCH, COFFEE/TEA AND REFRESHMENTS

Until	31 October 2012	R 2500
Until	30 November 2012	R 3000
Until	12 January 2013	R 3500

Day Fees (If attending only 1 day)

Until	31 October 2012	R 1500
Until	30 November 2012	R 1750
Until	12 January 2013	R 2000

Student Fees: R650.00 per day

Student = Full time, unpaid students and unpaid interns
(Not Masters and Doctoral Students)

ACCOMMODATION

The venue for the congress is the Five Star Le Franschhoek Hotel and Spa. Delegates are requested to arrange their own accommodation through the reservations office at the hotel. The link for reservations is www.lefranschhoek.co.za Please use the group ID **MEISA 2013** when making reservations.

Also consider our recommendation to stay at the more moderately priced “The Villas at Le Franschoek” (self-catering units) situated right at the congress venue. The link for reservations is <http://franschhoek.org.za/accommodation/the-villas-at-le-franschhoek/>

Alternative hotels and guesthouses at **different rates ranging from expensive to less expensive** are available in Franschoek. The distance from the centre of the town to the congress venue is about 1-2 kilometres and delegates may require transportation to the congress venue. Transport to and from the congress venue can be arranged at the specific hotel/guesthouse. Please make sure to ask what the exact distance is from the hotel/guesthouse to the congress venue. The link for alternative accommodation in Franschoek is <http://franschhoek.org.za/franschhoek-accommodation/>

TRANSPORT

Transport from Cape Town International Airport to Franschoek has to be arranged by delegates themselves. A safe shuttle service is available and can be arranged by the company **Ulysses**. The link for Ulysses is <http://www.ulysses.co.za> The more delegates travelling together, the lower the rate.

