

## The Milton H. Erickson Institutes of South Africa – MEISA

Dear Colleagues and friends,

In order to continue on a journey forward, we need to look back...and so with this newsletter we reflect on the year's experiences in order to determine the way forward.

### A WORD FROM THE EDITOR



Dear Colleagues,

What an honour, but also burden, those of us who have the opportunity to share in the lives of people on a daily basis, enjoy and suffer. I say this because very few other professions are allowed to enter the secret realm of the psyche with all its light and darkness, joy and suffering. This entails a responsibility to monitor our own vulnerabilities in order to assist others in containing their fragmentation. Looking back at the year, I have once again come to realize the value of interpersonal relationships and reflected again on Milton Erickson who still inspires me in how he managed to connect with people curiously, compassionately and strategically. He was exemplary in containing his own physical discomfort and frailty and used it to guide him in accessing the strengths of others, looking beyond problem discourses towards possibilities of change. He understood dissociation and trauma in the body to be a means of trying to survive under dire circumstances long before the research confirmed it. Ego states therapy reminds us that psychopathology is the outcome of a psyche overburdened to the point of dissociating with parts in so much conflict with each other that internal consensus is impossible. Somatic Experiencing training confirmed how trauma can impair the mind, body and soul and how vital safe touch and connectivity with others and the self is. I was reminded this year of how imperative it is for those working in the health profession to place priority on personal well-being in order to have the capacity to assist others in need.

My wish for each of you as we approach Christmas is to slow down, notice yourself, others and the world around you and relish the gift of breathing freely.

On behalf of the directors,

Elzette Fritz



### In this issue

A word from the Editor p. 1

MEISA Award Ceremony p. 2

Hypnotic Interventions for Chronic Pain p. 2

Creative Expressive Arts for Transformation p. 2

Ego State Therapy News p. 3

Somatic Experiencing and SOMA Training p. 3

Ego State Therapy Training Wollie Hartman p. 4

Upcoming Workshops p. 5

International Congresses p. 5

A word from the Directors p. 5



"Each person is a unique individual. Hence, psychotherapy should be formulated to meet the uniqueness of each individual's needs, rather than tailoring the person to fit the Procrustean bed of a hypothetical theory of human behavior."

Milton H. Erickson MD (1997)



On Thursday, the 4<sup>th</sup> of August 2016, Marita Brink, clinical psychologist, was awarded the **Tree of Life award** for her long-standing contribution to the psychology profession in South Africa. Marita has been in private practice since 1974. After working as a senior lecturer at Potchefstroom University, lecturing in Child Psychology and Clinical Psychology, she accepted a post as senior lecturer and was subsequently promoted to Professor in Clinical Psychology at the Rand Afrikaans University. The *Tree of Life*, from a narrative point of view, ascribes different meanings to each of the components of the tree with roots referring to where a person originated from, the ancestral influences....and in Marita's case, coming from a lineage of academic thinkers where words yield great influence. Similarly Marita has never shied away from expressing her thoughts, currently on the topic of registration categories and scope of practice and how denying recognition for continuous learning inhibits psychologists from rendering much needed service in the South African landscape.

Coming back to the metaphor of the tree, the soil epitomizes the environment where a person is anchored...Marita is firmly South African, serving all with a vision for a country of well-being, healing and unity. The trunk represents values and core beliefs and in her practice as psychologist, she demonstrates fairness, justice, equity, dignity and ethical practice above all. The branches symbolize our dreams and aspirations and Marita is open about her dream to continue practicing as a psychologist irrespective of age and physical challenges. The leaves resemble the people of significance and importance and in Marita's case, they can be equated with a forest considering both professionals and patients who's lives she has touched. The fruit, nuts and flowers resemble the gifts we receive....and since we receive two-fold when we give...she can be deemed most blessed in the abundance of care and love she has provided to others.

As such, the tree of life can be seen as a mother tree that grounds in her teachings, nurtures through her presence and protects through systemic change and therefore we could think of no better symbol for her award.

Once again, we celebrate Marita and hold her as an icon that inspires.



This was the first year that the short workshop titled "Hypnotic and Ego State interventions for Chronic Pain" was offered. As our lives get busier and stress becomes the norm in our world, chronic pain in all its various forms has become a prevalent complaint in our practices. The medical solution offered is either one of surgeries or chronic pain medication which leaves the sufferer unable to function optimally as a result of side effects, and more often than not, still in a considerable amount of pain. Enter Ericksonian Hypnosis and Ego State Therapy. These two modalities have had tremendous success in diminishing or, in some cases alleviating pain and the need for serious medication. In this workshop, participants were given practical ways in which they can help their clients suffering from chronic pain. Therapy was discussed and a video by Michael Yapko was shown in which he demonstrates a hypnosis session with a terminally ill cancer patient.

Next year, this workshop will run again, but as we ran out of time for this all important topic, we will be extending the workshop to a full day workshop, where a live demonstration will be presented showing participants how they can access ego states harboring pain. There will also be opportunity for participants to engage with two hypnotic scripts, one direct and one indirect for pain by Michael Yapko.

CREATIVE EXPRESSIVE ARTS FOR TRANSFORMATION  
ELZETTE FRITZ

*"...it seems that we have become a society where we value point and click more than touch and feel. We must remember that magic is not simply in the press of a button as much as it is in the smell of a rose, in the touch of a newborn's skin, or in the sound of of a child's giggling laughter. It is in the appearance of a tear, a rainbow, and the first tiny heartbeat felt within the womb of an expectant mother. The challenge becomes: How do we reconnect to the magic of life when life doesn't feel like magic?" (Mills, J 1999. Reconnecting to the magic of life. Kekaha, Kaua'i: Imaginal Press. p. 2)*

Joyce Mills, whom I met in Phoenix in 2004 at one of her

workshops at the Ericksonian conference, introduced me to the realm of creative expressive arts therapy. Since then I have been amazed at the transformative power that lies in the various arts modalities. Linking it with somatic experiencing, creative expressive arts enables the individual to connect with the senses in a non-threatening manner, engaging with trauma in a contained manner. I therefore enjoyed the workshop ***Ego-strength: The Journey from Caterpillar to Butterfly***, presented with Fed Schouwink on the 8<sup>th</sup> of July 2016. Not only did delegates make their personal caterpillars, but they also explored their cocoons through body engagement and movement. This was followed by transforming their caterpillars into butterflies, connecting with ego states that carry resilience and hope. Comments about the workshop entailed:

- *"This workshop facilitated self-growth...through an internal journey...and was more than one day"*
- *"The actual experience was amazing as it integrated theory and practical application to real life towards personal well-being."*

Next year promises to bring numerous workshops using creative expressive arts to engage with the bodily sensations whilst exploring ego states.



## EGO STATE THERAPY NEWS

MEISA is proud to announce that the following therapists have been accredited with International Ego State Certification through ESTI during 2016. (Ego State Therapy International, [www.egostateinternational.com](http://www.egostateinternational.com)).

Elizabeth Nel, Counselling Psychologist, Pretoria  
 Karin Potgieter, Educational Psychologist, Bethlehem  
 Dr Matrié van Niekerk, Educational Psychologist, Pretoria

Marthié Pienaar, Educational Psychologist, Pretoria  
 Monica van Niekerk, Educational Psychologist, Pretoria  
 Debbie Blumenau, Educational Psychologist, Jhb.  
 Dr Anthon Schröder, MD, Namibia/Germany  
 Dr Helena Niedinger, Counselling Psychologist, Pretoria  
 Danie Nel, Educational Psychologist, Kemptonpark

South African, ESTI certified, Trainers and Supervisors are:

Dr Woltemade Hartman (Ph.D)  
 Dr Elzette Fritz (D.Ed)  
 Jenny da Silva (M.Ed Psych)  
 Callie Hattingh (M. Clin Psych)

For more information on certified therapists, supervisors and trainers please visit the ESTI website at: [www.egostateinternational.com](http://www.egostateinternational.com)



**The new curriculum for Ego State Therapy** training was implemented in 2015. The first group to complete the new curriculum in 2016 was Karin Potgieter, Dr (med) Anthon Schröder, Marthié Pienaar and Monica van Niekerk.

## SOMATIC EXPERIENCING AND SOMA TRAINING 2016/2017

The Somatic Experiencing training continued in 2016. The intermediate part 1 was presented on 27, 28 30, 31 May and 1 - 2 June. Part 2 was presented on 5, 6, 7, 8 and 10, 11 October. These workshops were presented by Dr. Sonia Gomes (Ph.D) from Brazil. Therapists who attended the SE training found it invaluable in addressing trauma in the body. Read more about SE on the MEISA website at [www.meisa.biz](http://www.meisa.biz)

The Advanced SE training 2017 is scheduled for the following dates: Advanced Part 1: 17-20 and 22-23 May; Advanced Part 2: 23-26 and 28-29 August. These workshops will be presented by Dr. Raja Selvam.



Raja Selvam (Ph.D), Clinical Psychologist, is a senior trainer in Peter Levine's Somatic Experiencing (SE) professional trauma training programs and the developer of Integral Somati Psychotherapy (ISP), an advanced approach for integrating body, energy, and consciousness into any psychological process for

experienced clinicians. Raja's eclectic approach draws from bodywork systems of Postural Integration, Biodynamic Cranio-Sacral Therapy, and Polarity Therapy, body-psychotherapy systems of Reichian Therapy, Bioenergetics, and Biodynamic Analysis, Jungian and Archetypal psychologies, psychoanalytic schools of Object Relations and Inter-Subjectivity, Somatic Experiencing (SE) and Affective Neuroscience. He teaches in the United States, England, France, Germany, Austria, Switzerland, Netherlands, Belgium, Denmark, Russia, Italy, Israel, India, Sri Lanka, Hong Kong, China, and Brazil.

**SOMA-Embodiment** training was also presented during 2016. The SOMA 3 workshop will be presented by Sonia Gomes (Ph.D) on 16-21 January 2017. (Completion of SOMA 1 and SOMA 2 training is a pre-requisite for attendance)

SOMA-Embodiment work has been developed through years of accumulated professional experience and practice by Sonia Gomes Silva and Marcelo Muniz. SOMA owes a debt of gratitude to the insights and conceptual frameworks created by four great masters: Peter A. Levine, Dr. Ida Rolf, Stephen Porges, and Hubert Godard.

Embodiment is an essential aspect to be addressed by anyone working with Trauma Healing. We define Embodiment as a conscious perception of our body's presence. We find it in coherence and fluidity, tracking through the sensations in the continuous process of movement. This allows the person to express his/her authentic capacities and at the same time, enjoy graciousness of gesture and optimum tonus in our encounters with our fellow human beings. A deeper quality of Embodiment can be achieved through Touch and Movement Education. With this procedure, the practitioner may be able to stimulate an Internal Release that will promote a new Functional manifestation. From that, new possibilities of self-expression giving better function towards health can emerge. As we deal with Trauma, we start to notice the inherent complexities intertwining, between Body, Mind & Brain. These often create restrictions, which become reflected in a freezing or narrowing of the Inner and Outer Spaces, consequently diminishing the Life Force Energy.

SOMA approach acknowledges that Traumatic experiences can cause blocks which remain stuck in the body in many levels, thereby reducing the body's capacity for Embodiment, Orientation, Integration and Perception. In order to complete Traumatic Resolution we first need to work with the following: the perceptual system and the gravitational organization. Education

inorientation is required. SOMA incorporates continuity and movement fluidity, tracking and embodiment explorations in order to expand perception and to address biological rhythms for self-regulation.

MEISA plans a next round of Somatic Experiencing and SOMA-Embodiment training for 2018. Those interested to attend may contact us at [info@meisa.co.za](mailto:info@meisa.co.za)

## INTERNATIONAL EGO STATE THERAPY TRAINING FEEDBACK BY WOLTEMADE HARTMAN

Ego State Therapy as an intervention strategy for trauma and psychotherapy is increasingly gaining popularity all over the world. During October 2016 I presented the 3<sup>rd</sup> Annual Advanced Ego State Intensive Workshop for psychotherapists from the German-speaking countries at Mabula Game Lodge in Limpopo. This workshop has become so popular that the next training workshop for 2017 is virtually fully booked. I have presented workshops in Beijing, China for the 5<sup>th</sup> consecutive year on invitation of Dr Xin Fang from Peking University. These workshops are very well attended. Additionally, I was privileged to present the first training workshop in Ego State Therapy in Hong Kong this year. Included a few photographs of the training. I am delighted that Ego State Therapy as treatment modality is now also gaining popularity in Asia. I have moreover been invited to present Ego State Therapy workshops in Singapore and Israel in 2017.



What makes me happy and excited is the fact that an increasing number of young professionals, who have already completed their international Ego State Therapy certification, are travelling with me all over the world to gain experience as assistants, internationally certified supervisors and trainers.

The Ego State Therapy training model urgently needed revision as some of the past research became increasingly outdated. I have collaborated with a variety of international experts such as Dr Stephan Porges, Dr Jochen Peichl and Dr Kai Fritzsche to accomplish this goal. It can therefore be announced that we now have an Ego State Therapy training model firmly grounded in neuro-physiological theory. All these new ideas and practical techniques will be explicated and described in my new book to be published towards the end of 2017.

NEW YEARS GIFT!!!  
FUNDAMENTAL TRAINING IN ERICKSONIAN HYPNOSIS AND  
PSYCHOTHERAPY 12-14 JANUARY 2017

Attend the 3 day Fundamental Training in Ericksonian Hypnosis and Psychotherapy on 12-14 January 2017 for the discounted fee of R1000.00 (instead of R3600.00)!!!

This workshop will be presented by Elzette Fritz and Jenny da Silva. Register with Elzette at [elzette@elzettefritz.com](mailto:elzette@elzettefritz.com)

Closing date for registrations 7 January 2017.

UPCOMING WORKSHOPS 2017

Please diarise the following dates for upcoming workshops in Gauteng. Visit the MEISA website at [www.meisa.biz](http://www.meisa.biz) for the 2017 programme, workshop fees and registration details.

16-21 January 2017: **Dr Silvia Gomes**, SOMA 3

27 January 2017: **Joy Nel**, Once upon a time in therapy... Utilising Bibliotherapy and art materials as tools in EST therapy with children and Adolescents

24 February 2017: **Elzette Fritz and Marissa Di Terlizzi**, Inside-Out: Ego states for all ages through creative engagement

3 March 2017: **Joy Nel**, Who's Afraid of the Big, Bad Wolf? Helping young children and families heal from trauma: Creative techniques that teach and heal

1-5 March 2017: **Jenny da Silva**, Ego State Therapy Beginners Level 1

17 March 2017: **Jenny da Silva**, Combined SE & Ego State approach to trauma

24 March 2017: **Joy Nel**, Circles of myselfes..... Superimposing Mandala psychology into Ego State Therapy

27-29 April 2017: **Elzette Fritz**, Intermediate Training in Ericksonian Hypnosis and Psychotherapy

INTERNATIONAL CONGRESSES 2017

**31 March – 2 April 2017**, Couples Conference 2017, Manhattan Beach Marriott, CA, USA [www.erickson-foundation.org](http://www.erickson-foundation.org)

**13-17 December 2017**, Evolution of Psychotherapy 2017, Anaheim, CA, USA [www.erickson-foundation.org](http://www.erickson-foundation.org)

INTERNATIONAL CONGRESSES 2018

23-25 August 2018, 21<sup>st</sup> International Society for Hypnosis Congress, Montreal, Canada [www.hypnosis2018.com](http://www.hypnosis2018.com)

A WORD FROM THE DIRECTORS

We would like to wish you patience, wisdom, bodily-centeredness and self-regulation for the rest of the year as client's struggle with their personal, professional and relational challenges. May you practice the art of psychology with passion, wisdom, humor, insight, curiosity, empathy and creativity, selecting your words with care whilst also applying self-care. We would like to wish you a blessed and merry Christmas and a prosperous new year. May the festive season treat you and your loved ones with kindness. We look forward to seeing you again in 2017.

Our warmest regards,



Woltemade Hartman (Ph.D)  
Callie Hattingh (M.A. Clin. Psych)  
Elzette Fritz (D.Ed)  
Jenny da Silva (M.Ed Psych)

