



**Milton H. Erickson Institutes of South Africa
Psychotherapy Congress
Trauma, Treasures, Trance and Transformation
3-8 February 2025
Mabula Lodge, South Africa
Programme**

Tuesday 4 February 2025

5:15	MORNING COFFEE
5:30	MORNING SAFARI
8:00-8:30	REGISTRATION AT THE KINGFISHER
8:30-9:00 Kingfisher	OPENING CEREMONY AND WELCOME ADDRESS Woltemade Hartman: Director of The Milton H. Erickson Institutes of South Africa (MEISA)
9:00-12:15	WORKSHOPS Refreshment Break: 10:30-10:45
Kingfisher German	9:00-10:30 Claudia Müller-Quade: Die Auswirkungen von Trauma auf unser Sinnessystem. Wie kann das sensorische System in der Traumatherapie genutzt werden?
Marula English	10:45-12:15 Silke Grossbach: TIMES-Traumakompass: Transparenz und Orientierung mit der Times-Methode in der Behandlung von multiplen komplexen Traumatisierungsstörungen Elzette Fritz and Joy Nel Exploring resilience through the process of creating the Ego States boat in the River of Life – an expressive arts approach
12:15-13:00 Kingfisher	KEYNOTE ADDRESS: Woltemade Hartman Thirty-Five Years of Experience with Clinical Hypnosis and Psychotherapy: Reflections from the past and insights for the future
13:00-14:30	LUNCH BREAK
14:30-16:30	WORKSHOPS
Kingfisher German	Stefanos Gkaitatzis Im Klang der Heilung: Musik und Klang als Brücke zwischen Nervensystem, Ego States und Hypno-Systemik
Marula English	Verena König Trauma-Sensitive Approaches in Psychotherapy, Coaching, and Group Settings – How We Can Create a Safe Space for Trauma Survivors to Foster Healing Processes
16:30	AFTERNOON TEA AND COFFEE
17:00	AFTERNOON SAFARI
19:00	DINNER



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Wednesday 5 February 2025

5:15 5:30	MORNING COFFEE MORNING SAFARI
8:30- 9:00	REGISTRATION AT THE KINGFISHER
9:00-12:15	WORKSHOPS Refreshment Break: 10:30-10:45
Kingfisher German	9:00-10:30: Martina Gross Viel-leicht Schwere-los? Über die Sehnsucht nach Ein-Seitigkeit
	10:45-12:15: Birte Koster: Angst ist nicht die Abwesenheit von Mut! Aus vergessenen Ressourcen schöpfen
Marula English	Woltemade Hartman Trance, Treasures, Trauma and Transformation: A combined hypno-somatic approach with live demonstrations
12:15-13:00 Kingfisher	KEYNOTE ADDRESS: Elzette Fritz Mining the Diamonds in the Dung of Life: Resource Activation in Difficult Times
13:00-14:00	LUNCH BREAK
14:00-17:00	WORKSHOPS
Kingfisher German	14:00-15:30 Ulrike Arras Wenn die Seele durch die Muskeln spricht – der Seelenmuskel in der Ego State Therapie 15:30-17:00 Dr Charlotte Wirl Therapeutische Geschichten und Metaphern, Trance und Selbsthypnose in der ego state - und der Hypnotherapie
Marula English	Joy Nel Totem Poles of the self – A Creative Exploration of the parts of the self
17:00	AFTERNOON TEA AND COFFEE
17:15	AFTERNOON SAFARI
19:00	DINNER

Thursday 6 February 2025 – Leisure day



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Friday 7 February 2025

5:15 5:30	MORNING COFFEE MORNING SAFARI
8:30- 9:00	REGISTRATION AT THE KINGFISHER
9:00-12:15	WORKSHOPS Refreshment Break: 10:30-10:45
Kingfisher German	9:00-10:30: Claudia Reinicke: Wie man verschiedenen Hypnosetechniken mit Teile einer bifokalen Embodimenttechnik bereichern kann 10:45-12:15: Daniella Müller: Die verborgene Kraft <i>der Inneren Beobachter*in:</i> Neurogenese, Anwendung und Relevanz in der Arbeit mit Ego-States
Marula English	Pascal Wohlgemuth: Presenting a complex case study, with also using BWRT, a new paradigm in Psychotherapy
12:15-13:00 Kingfisher	KEYNOTE ADDRESS: Claudia Müller-Quade Our body needs safety in times of uncertainty
13:00-14:30	LUNCH BREAK
14:30-16:30	WORKSHOPS (2 Hours)
Kingfisher German	Sabine Fruth Wenn ein Trauma in einer Sitzung getriggert wird
Marula English	Claudia Müller-Quade How to use the haptic system in trauma therapy
16:30	AFTERNOON TEA AND COFFEE
17:00	AFTERNOON SAFARI
19:00	DINNER