

**MEISA 2013
ABSTRACTS
PRETORIA**

Brian, Allen (B.Psych; B.Sc)

Edgar Cayce - Self Hypnotist Extraordinaire

This workshop explores the remarkable life of Edgar Cayce who over a 40 year period of his life gave over 14,000 "Readings" whilst in a self- induced hypnotic state. These readings which were taken down verbatim are a veritable treasure trove of information on how to enhance peoples' lives physically, mentally, emotionally and spiritually. Come and enjoy this amazing work with me!

**Ashburner, Fergus (MA.Clin.Psych) & Combrinck, Candice (MA.Clin.Psych)
Creating a Co-Existence for African Epistemology and Ego State Theory in
Psychotherapy**

The diversity of client's subjective experiences in South Africa poses an epistemological challenge to psychotherapists. Ego states theory is an epistemology used to understand subjective experiences of individuals. Much of modern psychology is based on a Western epistemology, and is largely used as a means to gain a deeper understanding of clients and their lived experiences. The selective acculturation of South Africans into a Western way of life reinforces the assumption that the totality of human experiences can be explained by Western experiences and philosophical traditions. However, relevant to the South African context, Critical Psychology has brought to the fore other perspectives such as African epistemology as a means of understanding clients subjective experiences. Principles from African epistemology allow therapists to understand their clients in a holistic way. This presentation will explore how a more useful co-existence can be created between African epistemology and Ego State theory in psychotherapy.

Biberacher, Marlene (Dipl.Soz.Päd)

Ego-State-Therapie und Psychosoziale Beratung

In diesem Seminar beschäftigen wir uns mit dem Thema wie Patienten/ Klienten durch psycho-soziale und sozialpädagogische Beratung auf die Ego-State-Therapie (EST) vorbereitet werden können. Hier wird Psychoedukation ein wesentlicher Bestandteil sein, durch Psychoedukation können Vorbehalte und Ängste der Patienten / Klienten wie "verrückt zu sein" und vor Therapie minimiert oder gar völlig abgebaut werden. Wir diskutieren ferner die Elemente der Ego-State Therapie, die innerhalb von Beratung eingesetzt werden können. Die Grenzen beratender Interventionen bezogen auf Ego-State-Therapie werden ebenfalls besprochen. Oft brauchen Klienten / Patienten zunächst soziale Sicherung und Stabilisierung, bevor Ego-State-Therapie möglich ist und diese auch wirklich von Patienten / Klienten genutzt werden kann. Fälle aus der psycho-sozialen Praxis werden vorgestellt.

Carolusson, Susanna (M.Sc.Lic.Psych)

Psychotic Reactions after Severe Loss of Cognitive Functions

As a psychologist and mother, I am often consulted on how to support those with a traumatic brain injury, their families and their rehabilitation. I will present my experiences and my second book on the subject. The focus will be on psychotic

episodes, the loss of dignity, the effect of PTSD and the value of understanding defense mechanisms in cases of brain injured patients. The objective of this workshop is therefore to enhance the understanding of existential psychology and the dynamics of psychotic reactions in patients who suffer from severe loss of functions. This workshop will also enhance a better understanding of the psychological dynamics of dementia, brain injury, stroke etc., beyond that of symptomatic behaviour.

Carolusson, Susanna (M.Sc.Lic.Psych)

Your Therapeutic Ego State: Ways to Explore and Develop Your Professional Self

A smorgasbord of exercises for exploring your professional self, with various exercises including individual ego state work will be offered during this workshop. It will be useful to make notes during each exercise. Susanna will also adapt the exercises to the specific audience. Exercises will also be conducted in dyads with guided imagery and finish the sentence exercises inspired by Joseph Shorr. The format will be as follows: Inducing guided imaginary, followed by personal reflections, small group discussions and finally reporting back to the larger group. Susanna will choose exercises from her tool-box to demonstrate various choices.

Da Silva, Jenny (M.Ed.Psych)

The Circle of Life: An Ericksonian and Ego State Intervention Strategy to help Children process Grief

As far back as Freud, grief theorists have tried to conceptualise grief and have suggested theories, tasks and phases which the bereaved person must follow in order to process their grief. In this interactive workshop, grief work with children will be explored by using an integrated Ericksonian and Ego State intervention strategy. This strategy proposes a two-pronged approach where the child must come to terms with the outer reality of the loss of their loved one and find a 'new normal' in life without the deceased, whilst at the same time re-remembering the loved one in their inner reality. This workshop is presented in a unique and creative way that will give participants new insight into how grief and the deceased can be used as a resource.

De Benedittis, Giuseppe (MD., Ph.D)

Morphing Pain: Creativity and Imagination for Hypnotic Pain Control

This workshop will illustrate the clinical applicability of hypnosis for pain control and will enable participants to learn the strategies and techniques that are more effective for relieving pain. Direct techniques might be helpful in acute pain patients, whereas indirect techniques are often required in chronic pain patients. Ericksonian strategies for pain control focus upon what is referred to as "symptom manipulation". They include symptom substitution-transformation; symptom-restructuring; symptom-modulation and symptom-utilization. Each strategic domain utilizes a wide variety of techniques. In addition to Ericksonian approaches, some novel and original techniques for pain control (such as hypnotic synaesthesia and hypnotic-thermobiofeedback for migraine) will be discussed. Finally, a hypnoanalytical approach may induce causative healing of pain syndromes related to unconscious conflicts in highly hypnotizable subjects. This workshop will provide a demonstration of the Rapid Induction Analgesia (RIA) technique.

De Swart, Sorika (MA.Psych)

Generations in Denial: One Gay, One Straight! How Does Individual Spouses and Children from Multi-Orientation Marriages, Reorganize Themselves to find Meaning and develop Resilience

Some recent studies raise the issue of changing patterns of same-sex and heterosexual behaviour, especially in woman. Fluidity on the continuum of sexual orientation and sexual behaviour is sometimes misused to rationalize Reparative Therapy. Irrespective of whether we believe that sexual orientation is fixed or fluid, the internalized stigma, toxic shame, discrimination and social pressure to fit into a specific category "force" and encourage generations of homosexual and bisexual persons to get married to straight persons and have children. Myths about homosexuality, together with religious guilt and the deep level of denial that homosexual persons often carry with them, keep them in the "closet" for decades, until their gay identity inevitably emerges. The unintended consequences of mixed orientation marriages, changes a whole family's world upside down. Each individual partner (gay and straight) and every child begin a very isolated and painful journey. Professionals are often poorly informed and inadequately equipped to support the family and individuals. There is hope and families can reorganize themselves in a variety of different ways. During this workshop the journey will be explored and the therapeutic needs of multi-orientation families will be discussed.

Escalante de Smith, Maria (MA.)

Healing Ego States Using Ericksonian Psychotherapy and Hypnosis

Ericksonian psychotherapy can be used with people of all ages. By working with children, Maria found that it can be an effective way to address ego states because it allows access to deep complicated issues without unnecessary pain. By experiencing age regression techniques, people can heal wounds thus leading to a more stable mood. There are many ways ego states can be treated with Ericksonian psychotherapy and hypnosis, such as by using more formal hypnotic trance. When treating children, Maria finds that they need to be actively involved in their therapy, and not just passively. In this workshop the emphasis will be placed on how ego states can be treated using hypnosis without formal trance and how to include toys and activities in order to address complicated issues effectively. Examples of how characters from fiction can be used as adjuncts for treating conditions such as ADD, ADHD and aggressive behaviours, will be provided. Case studies will be presented. Techniques such as future rehearsal and age progression for enhancing self-confidence will also be provided.

Ferstl, Eva (M.Sc)

"Quäl dich, du Schwein" - Wie auch verborgene Ego-States zum Mentaltrainer in der Sportpsychologie werden und dem Sportler zur Leistungssteigerung verhelfen

Sportler nutzen mehr und mehr Erickson'sche Hypnose, um ihre Leistungen zu steigern und so ihr individuelles Training optimal zu gestalten. Psychisch bedingte Symptome und Probleme werden im Rahmen der sportpsychologischen Begleitung aufgezeigt und Lösungen erarbeitet. Der Ego-State Ansatz ist in der klinischen Arbeit mit Sportlern insofern hilfreich, als verdeckte Anteile gefunden und re-organisiert

werden können. Ausdauersportler sind Einzelkämpfer, und so verhalten sich Ego-States manchmal. Die Kunst liegt darin, tieferliegende Ego-States zu aktivieren und das innere System zu einer Stufe der kontinuierlichen Co-Bewusstheit zu führen, sodass auch im Wettkampf ein Optimum an Leistung erreicht werden kann. Dieser Workshop fokussiert auf verschiedene Möglichkeiten, tieferliegende Ego-States aufzufinden und den Wettkampf zu einem Teambewerb zu machen, wo alle Anteile wissen, dass sie Mitglieder eines einzigen Teams sind und den Sportler dahingehend unterstützen.

Fritz, Elzette (D.Ed)

Utilizing the "Tree of life" as Creative Expressive Arts Group Intervention

This workshop will engage participants in combining creative expressive arts with narrative therapy as group intervention, using Ericksonian principles. In the last couple of years, there has been a shift in Western psychotherapy from focussing on "talking-therapy" to focussing on body-mind therapies, considering the influence of trauma on the body. Indigenous cultural practices have been using rituals which include song, dance and music for centuries in celebrating life but also dealing with loss. Using drawings, clay, movement and music, the "tree of life" as personal narrative will be explored on an individual level and then explored within the "forest of life" group context. 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 in a group context. The workshop will conclude with a group reflection on the ethical considerations when engaging in creative expressive arts therapy in a group context.

Fritzsche, Kai (Dr.phil., Dipl.Psych)

Arbeit mit traumatisierten und symptomassozierten Ego-States

Die Basis des Workshops bildet eine umfassende Konzeption der Ego-State-Therapie zur Arbeit mit traumatisierten Ego-States. Die Vorbereitung der Arbeit mit traumatisierten Ego-States sowie die verschiedenen Varianten der eigentlichen Arbeit mit ihnen werden im Workshop vermittelt. Den ersten Schwerpunkt stellt die Schaffung eines sicheren Zugangs dar. Dabei sind Stabilität, Belastbarkeit und Würde der PatientInnen die wichtigsten Kriterien. Der Versorgung traumatisierter Ego-States kommt eine besondere Bedeutung zu. Der zweite Schwerpunkt besteht aus dem Durcharbeiten traumatischer Ereignisse. Fragen nach dem Sinn und Unsinn des Durcharbeitens sollen Raum erhalten. Spezifische Interventionen des Durcharbeitens werden vorgestellt. Das Potential dieser Arbeit sowie die Risiken werden hervorgehoben. Nach Möglichkeit sollen die Inhalte des Workshops anhand einer Livedemonstration vermittelt werden.

Gill-Schultz, Patricia (Dipl.-Psych)

Burnout and Depression as a Chance for Change

Traditional long-term interventions to assist clients to overcome stress related depression, burnout and anxiety are in many cases not necessary. Internal personal characteristics in combination with the influence of external factors such as negative work interaction, stressful family relations and the technological change can lead to a breakdown with mental and physical symptoms. Psychosomatic symptoms are often the first sign when clients ask for professional help. This workshop will focus on the

use of different interventions such as Ericksonian hypnosis, Ego State Therapy, EMI, psycho-education and Equine Assisted Therapy in order to regain balance between body and soul. Working with horses as co-therapists offers immediate and powerful changes by giving clients new ways to handle problems which will inevitably lead to change in their lives. This multi-factorial approach is focussing on combining all the senses on a verbal and nonverbal basis. This workshop will include DVD presentations, case studies and some practical exercises.

Goldfus, Tobi (Lic.Social Work, BCD)

Unplugging from the Outside in: Brief Strategic Hypnotherapy with Older Adolescents and Young Adults

With a plugged-in 24/7 cyberspace that demands and creates instantaneous response to internet and social networking, many young people have difficulty understanding self-regulation and present with lack of self-awareness and modulation difficulties. This workshop proposes a tailored strategic approach towards utilizing the natural creativity and novelty that young people have embedded in their natural developmental make-up, but often have limited access towards using these inner resources and strengths. Experiential and specific ways to elicit responsiveness and enhance "down regulation" will be explored. Exploring the "new world" of boundary definitions and regulation as well as the impact on parental / older adult relationships with this changing frontier will also be discussed. DVD clips will be shown.

Hartman, Woltemade (Ph.D)

Keynote Address

Exploring the dark side of human nature

Evil refers to intentionally behaving, or causing others to act in ways that harm, demean, dehumanise, destroy or kill innocent people. Are those who commit atrocities people with serious character defects and psychopathology, or are they ordinary people responding to extraordinary situations? In this keynote address Dr Hartman will take you on a journey to meet people who have done bad things to others, often out of a sense of high purpose, the best ideology, and moral imperative. You are alerted to watch for demons along the path, but you may be disappointed by their banality and their similarity to your next-door neighbour. Dr Hartman will, amongst others, consider the internal determinants of anti-social and narcissistic behaviour as well as the situationist perspective on the psychology of evil. It is imperative for all of us to understand the causes of evil in a modern society, in order to contain and transform it through wise decision.

Hattingh, Callie (M.A. Clin. Psych.)

The Hurt Locker: Embodied Ego State Therapy with Fibromyalgia and Related Conditions.

Fibromyalgia and related conditions have been linked to stress, trauma, psychological distress and depression. This can cause debilitating pain, stiffness and tenderness in muscles, tendons and joints. Body stress and symptoms can be related to uncompleted or frozen body reactions. These can be caused by becoming overwhelmed by external life stressors, unresolved traumas and conflicts between ego states. This workshop will explore different perspectives on how Ego State

Therapy can contribute to managing these conditions. Techniques to resolve stress within the body and utilizing body resources will be shown. Managing trauma symptoms and appreciating the functions and needs within individual ego states as well as conflicts between ego states that can contribute to complications in the body system, will be discussed. This workshop will illustrate how to restore homeostasis in the body and how to achieve integration. DVD's will be shown and / or live demonstrations will be conducted.

Howes, Debbie (MA.Clin.Psych)

Timing: Right Place, Right Time? Instinct Revisited

An individual's timing relative to taking action and movement in life, will determine the circumstances and consequences that an individual will encounter, as well as the accessibility to possibilities that may or may not arise. Being in the right time at the right place is investigated relative to the theme of living as the authentic self. By being out of alignment with this authentic truth and by projecting the illusion, one's timing relative to the decision making process is altered. The decision making process as well as the timing and implementation thereof are discussed via a projective storytelling and drawing process where the identification and reprocessing of the relevant unconscious emotional patterns and belief systems surrounding procrastination and action made manifest are explored. This may result in a pattern of events where the individual will encounter challenges until the balance is restored. Case examples will be cited.

Hüllemann, Brigitte (Dr.Med)

Der "Täteranteil", ein schützender Anteil? Wie bekommen wir Zugang zu diesem Persönlichkeitsanteil und wie können wir die innere Tragödie, in der er verfangen ist, neu "inszenieren"? Ein Fall-Beispiel.

Es erscheint zunächst widersinnig, dass ein Persönlichkeitsanteil, den wir "Täter" nennen, eine schützende und helfende Funktion hat. Das Fallbeispiel, das ich vorstellen werde, zeigt, dass Täteranteile bei oberflächlicher, äußerer Betrachtung zerstörerisch erscheinen, sogar tödlich sein können. Wenn es aber dem Therapeuten gelingt, Zugang zu diesem "bösen" Anteil zu bekommen, kann er seine Eigenschaften ändern und eine in der Gegenwart helfende Aufgabe übernehmen. In Wirklichkeit will der Anteil dem Patienten nicht schaden, doch er sieht und sah keine andere Möglichkeit dem Patienten zu helfen. Es ist und war eine schützende Notwendigkeit, um das Überleben zu sichern. Hieraus resultiert die fortwährende Tragödie, das Erleben einer ständigen Missachtung in der inneren Welt des Patienten und der Missachtung und Ablehnung in der äußeren Welt mit allen daraus resultierenden Folgen. Dieser Persönlichkeitsanteil braucht dringend unsere Hilfe. In diesem Workshop wird der heilende Prozess anhand des Fallbeispiels gezeigt und diskutiert.

Hüllemann, Klaus (Univ-Prof.Dr.Med)

Prozess- und Embodimentfokussierte Psychologie (PEP) nach Dr. M. Bohne

Durch Klopfen an bestimmten Körperstellen und einige zugehörige Übungen werden im Gehirn bei gleichzeitiger Problemexposition Prozesse ausgelöst, die eine Verstärkung, Aufweichung pathologischer Fixierungen bewirken und eine gesündere Reorganisation und bessere Integration des Erlebens anstoßen (P. Fürstenau). Experimentelle Befunde und theoretische Überlegungen zur Wirkweise des

Verfahrens werden vorgetragen. Die Technik wird vorgestellt und von den Teilnehmern geübt.

Jensen, Mark (Ph.D)

Self-Hypnosis Training for Chronic Pain Management

This workshop will provide an overview of hypnotic strategies and suggestions for helping individuals better self-manage chronic pain conditions. It will begin with a discussion of the neurophysiology of nociception and pain, focusing on nine specific processes and physiological structures involved in pain perception, and that can be influenced by hypnotic suggestions. We now understand that there is no single focal "center" in the brain responsible for the experience of pain. Rather, pain is the end product of a number of integrated cortical networks that involve activity at multiple sites. Too often, clinicians who treat pain focus only on subsets of these processes (for example, limiting themselves to suggestions that address the perceived intensity of pain or the emotional response to pain), which can limit the efficacy of treatment. Hypnotic suggestions for addressing all of the known processes involved in pain perception will be reviewed and discussed, as will the need to consider using hypnosis to address other problems that persons with chronic pain often have such as deactivation, sleep dysfunction, depression etc. Case studies presented by workshop participants will be used to illustrate methods for evaluating pain and pain-related issues, and developing tailored treatment programs to effectively address those issues.

Klajs, Krzysztof (Dipl.Psych)

A Hypno-Systemic Approach to the treatment of Obsessive Compulsive Disorder

Obsessive Compulsive Disorder (OCD) affects an estimated two to three percent of the adult population and is recognized by therapists as a difficult and long-lasting disorder. A number of useful strategies for working with OCD will be presented in this workshop. The presenter will discuss the continua of the trance phenomena (Geary, 1993) concept in the treatment of OCD. Come and join this interesting workshop to learn some of the most updated techniques to treat OCD.

Loretan-Meier, Brigitta (Lic.Phil.Psych)

Irritable Bowel Syndrome (IBS): Hypnosis as an Efficient Digestive

"Irritable Bowel Syndrome is an uncomfortable label in many respects! It is terrible how one's thoughts can revolve around eating and digestion!" What are the needs and expectations of people with IBS, one of the most common gastrointestinal disorders? How can clients with a high level of dysfunctional symptoms regain a better quality of life? How is digestion associated with stress? What psycho-social and personality factors may play a role in the expression of IBS symptoms? What does really help? In this workshop we will find answers by considering a multi-target approach in the treatment of IBS. Consideration will be given to current medical perspectives and case study presentations will be offered. Different research studies show a highly significant reduction of symptoms if treatment is combined with hypnosis. Participants will gain a better understanding of IBS in general and will be practicing some specific gut-directed interventions, specifically learning skills to regulate bodily functions.

Loriedo, Camillo (MD., Ph.D)**From the Technique to the Person: How to develop Hypnotists' Personal Resources to activate Therapeutic Change****Keynote Address**

The main assumption of this presentation is that a therapist's resources are considered essential for effective therapy. More important than complex and sophisticated techniques, is the way the therapist succeeds in establishing a strong therapeutic alliance with clients and using him / herself diagnostically or therapeutically to enable deeper and more durable changes. It therefore seems crucial for a therapist to understand when and how his / her emotions can be considered not as a hindrance, but rather as a powerful resource. A therapist's emotions, fantasies and isomorphic behaviours can provide a useful indication for accessing both immediate diagnosis and therapeutic change. Personal and emotional factors that can help the therapist to develop a better therapeutic relationship and obtain more effective therapy will be explored. Guidelines for the therapeutic use of a therapist's emotional resources will be offered.

Loriedo, Camillo (MD., Ph.D)**Brief Hypnotic Treatment of Conversion Disorders: Method, Rationale and Results**

A specific approach to the hypnotic treatment of conversion disorders (functional paralysis, deafness, blindness, pseudo-epileptic seizures etc.) will be described and demonstrated by means of a DVD presentation and / or live demonstration. The Ultra-Brief Therapeutic Model is based on the recognition of the most prominent interpersonal conflict and on its resolution, with detailed analysis of how this conflict is connected to the symptom development as well in the different steps of the therapeutic process, from the initial evaluation to follow-up. Prof Loriedo has developed a therapeutic protocol based on three hypnotic sessions and a follow-up after one month, six months, one year and two years. This protocol has already been used in 256 cases. Results and general principles of the hypnotic intervention will be presented, together with a step-by-step approach applied to the different phases of the therapeutic experience.

Loubser, Minnie (M.A. Clin Psych)**Memory Contains More Than Words, Especially Trauma Memory.**

In this workshop Eye Movement Integration as a brief therapy for trauma, will be introduced, briefly described and demonstrated. Eye Movement Integration (EMI) was developed by Steve and Connirea Andreas. Danie Beaulieu (Ph.D) developed EMI into a comprehensive treatment modality and wrote the first book, Eye Movement Integration Therapy: The Comprehensive Clinical Guide in 2003. EMI is an innovative, effective and brief treatment, offering new hope to those who have had to endure the most debilitating symptoms of post- traumatic stress. This treatment modality accesses the multisensory, physical and affective dimensions of the traumatic memory, without the intervening restraint of the cognitive and verbal modes... Only when all the fragmented and scattered pieces of the memory puzzle – be they somatosensory, affective or cognitive – are brought together and put into place, can the picture be seen in its entirety, with appropriate context and meaning.

The traumatic memory is thus processed and integrated and transferred into the long-term memory with resolution of the symptoms.

Lütgerhorst, Hans-Jörg (Dipl.Psych)

Verhaltenssüchte und deren Behandlung

Der Suchtbegriff wird in der Umgangssprache inflationär verwendet. Verhaltenssüchte sind psychische Störungen unter der gegenwärtig sehr heterogenen Kategorie für "Impulskontrollstörungen" F.63 im ICD-10, eine neue Kategorie im ICD-11 ist wahrscheinlich. Dazu gehören pathologisches Glücksspiel, Kaufsucht, Arbeitssucht, Sexsucht, Sportsucht, Internet- und Computersucht. Häufig spielen die Ablenkung von zu Grunde liegenden Problemen und Reizhunger eine Rolle und es ist sowohl positive als auch negative Verstärkung wirksam. Verhaltenssüchte gelten mit Ausnahme des Hortens und Sammelns nicht als Zwangsstörungen. Essstörungen gehören nicht zu den Verhaltenssüchten. Gemeinsamkeiten mit Stoff gebundenen Süchten sind unwiderstehliches Verlangen, Dosissteigerung, Abstinenzunfähigkeit und Interesseneinengung. Komorbide Störungen sind häufig. Bewährt haben sich kognitiv verhaltens- und hypnotherapeutische Interventionen mit dosierter Exposition. Diese werden in diesem Workshop dargestellt.

Malherbe, Heleen (D.Phil)

Breaking Through: A Mindful Journey Through Emotional Abuse

Are you not sometimes violently taken aback by the blatant misuse of personal and political power in society? Do you sometimes lose your vision and feel overwhelmed by the tsunami of power games that assault you on a daily basis? If your answer is yes, you are able to imagine a mere inkling of the engulfing control suffered by women in an emotionally abusive relationship. A solution is found through guided mindful meditation, a term coined by the international author, trainer and psychotherapist, Michael Yapko (Ph.D). Guided mindful meditation is purposefully applied to focus on specific clinical and therapeutic objectives. Roughly following the principles of the SARI model (Phillips & Frederick), these women can be accompanied through their dissociation to finding a new and healthy manner of relating to the self and others as well as a healthy personal identity.

Marovic, Zana (Ph.D)

Quantum Consciousness, Embodied Spirituality and Integrative Psychology: Implications for Therapists

Quantum physics is showing that everything is interconnected and consciousness is the connector. The clinical approach of quantum transpersonal psychology is eclectic, experiential, holistic, cross-cultural, spiritual, and multidisciplinary. In order to integrate such diverse elements therapists need to have knowledge from a variety of fields and nurture ability to remain flexible using different parts of himself/herself while embracing that: "I have these parts and I am more than parts". This experiential and interactive workshop facilitates therapists' transpersonal orientation while nurturing openness to self-examination and courage to explore different parts such as head and heart, professional and personal, physical and spiritual, feminine and masculine, negative and positive, personal and transpersonal, etc.

Mavasa, Tinyiko (MA.)

Factors persuading Breakups in Romantic Love Relationships: An African Perspective

Human beings have an unconscious and powerful longing to be in a committed love relationship with one another in order to feel intact and content. The absence of a love partnership makes an individual feel disconnected, cataleptic and insignificant. It is the longing for love and human connection that places romantic love relationships central and at the core of human experience. Romantic love relationships are regarded as essential for mental and physical well-being. Through these relationships most people live together or get married and ultimately begin families. The dissolution of such a union is as significant as its formation and may affect all domains of functioning including, amongst others, the psychological, emotional, social, biological and spiritual domains. Diversity and culture has predisposed most Africans to think, function and live as collectives in group contexts, extended families and communities. Because love is mediated by culture, it is possible that the four different racial groups in South Africa hold diverse conceptualizations of "African romantic love". This presentation aims to delineate factors influencing romantic love breakups within the South African context.

Mertens, Janni (Dipl. Psych)

Mindfulness or the Art of Polishing the Diamond

In Buddhism mindfulness is considered as the basic method to centre the mind and to focus it intentionally. By means of a mindful attitude it is possible not to react to noxious impulses and to let go of tendencies, which oppose own growth. As a consequence an inner space opens for the development of wisdom and love, of clarity and compassion with oneself and others. Methods based on mindfulness are also useful in psychotherapeutic work, leading one to be more alert, and consequently be more aware, helpful and generous towards one's own inner experience. They support us concerning the regulation and processing of emotions to the point of realisation of inner calmness, greater equanimity and feeling of security within oneself. Studies in neuroscience demonstrate the influence mindfulness meditation exerts on the development of neural networks, which are closely related to parameters of mental health. During the past years a fascinating exchange is taking place between knowledge and experience with its source in old Buddhist meditation practice and modern research on psychotherapy and neuroscience.

Metsing, Momi (M.Ed.Psych) & Ragpot, Lara (M.Ed.Psych)

When Victims become Perpetrators: The Complex Issue of Childhood Sexual Abuse

Sexual abuse against women and children is not a new social phenomenon. The increased number of younger children who become perpetrators of sexual offences, is however disconcerting. This presentation will consider the increasing phenomenon of young children (as old as 7 years) who become perpetrators of sexual abuse involving same age or younger victims. By means of a case study the far reaching effects of societal sexual immorality on children will be investigated. In lieu of the developmental level of the children in the case study, the dilemma of victim unknowingly turned perpetrator, will form the forefront of the discussion. The focus will furthermore also include the support and healing of these children. Different

interventions varying from narrative to impact therapy techniques, as possible paths of healing for perpetrator and victim alike, will be deliberated.

Miller, Richard (Lic.Social Work)

Top Successful Interventions in doing Experiential Work with Gay Men

Comfort and compassion are essential components in successful treatment with gay men. Positive outcomes are established by those providers who manifest self-awareness, which is substantially beneficial for the treatment relationship. Specific hypnosis scripts and ego-strengthening techniques that are used in treatment with gay male patients empowers them on multi sensory levels to experience internal pride. These successes are powerful and crucial because they compensate for histories including interpersonal difficulties, rejection from families of origin, internalized homophobia, religious conflicts and feelings of inadequacy, all of which will be covered in this workshop. Urban gay male stereotypes will also be defined. DVD case examples will be shared.

Nel, Joy (M.Ed.Psych)

A Family like Mine: Understanding and helping children from same sex families

Same-sex relationships and the impact on children from these families are still at the forefront of controversies. With the legalization of same-sex marriages in South Africa the number of children in same-sex relationships in South Africa seems to be growing. Research has indicated that many partners from heterosexual relationships that break up or end up in divorce might now consider or prefer to be in a same-sex relationship. This is having a huge impact on children from these relationships. Sadly these children often find themselves in the middle of the political and moral debates surrounding lesbian, gay, bisexual and transgender parenting. It is also not unusual to hear children of same-sex couples say that classmates tease or bully them. The pressure to be "normal" or better is extremely high on these children. This workshop will focus on how to help children from same-sex marriages to understand and cope with their parents' lifestyle choice. This is a fun and practical workshop based on various case studies. Practical ideas on how to assist these children and their parents in individual settings as well as family therapy settings will be discussed.

Nel, Joy (M.Ed.Psych) & Veldsman, Talita (M.Ed.Psych)

Taking of the Mask: Exploring our Hidden Parts through Creative Expressive Arts

We live in a society where we are pressured on a daily basis to conform to the demands of our communities, our careers our families and our professions. We develop a sense of self, and various ego states on the basis of what others think of us, what we would like others to see and the numerous experiences we have. Our true selves, often stay hidden away from others as we fear their reaction to our true feelings, thoughts and behaviours. This workshop aims to explore the masks we put on for others and the reason why it became functional in the first place. Through creative expressive arts (CEAT), such as visual arts, movement, song and poetry, we explore our hidden part that is waiting to break through the pressure and rules of society. This workshop aims at utilising CEAT to activate and uncover our resourceful and disconnected masks in order to bring about healing.

Phillips, Maggie (Ph.D)**Hypnosomatic Approaches to Ego State Therapy with Adults for Mindbody Healing**

This workshop explores the use of hypnotic Ego State Therapy with a focus on treating mind-body symptoms in adult clients. The benefits of Ego State Therapy to achieve symptom resolution while promoting integration of functioning will be explored and demonstrated. Clinical case examples will show the effectiveness of approaches that utilize indirect and direct hypnotic interventions and help to reverse the emotional and physical effects of stress and trauma. Participants will also have the opportunity for case consultation.

Pinco, Susan (Ph.D)**Brainspotting: New Trauma Treatment Protocols**

The purpose of this workshop is to introduce attendees to the Brainspotting protocol, developed by Dr David Grand. Clinicians will be provided with a basic understanding of the neuroscience behind Brainspotting, an introduction to the core elements of the protocol, an exploration of how Brainspotting and EMDR are similar and different, and an experience of how Brainspotting can be utilized to facilitate the treatment of trauma. This workshop will combine demonstration, lecture and small group practice.

Pistorius, Micki (D.Phil.Psych)**Intelligence profiling**

Profiling can be applied to known or unknown subjects. Intelligence profiling applies to known subjects. Clients who require intelligence profiling are usually governments or corporate clients. The subjects are either known criminals, influential business leaders, politicians or agents. The process of compiling these profiles is to analyze as much information about the subject as possible, which then becomes intelligence. The client uses the intelligence to influence or manipulate the subject. One of the basic principles of profiling - that people are creatures of habit - prevails when one is profiling known subjects. Motivation is another key to unlock the behaviour of a subject. Other sources of information that can be explored are observable characteristics, leadership style, threats, predicting dangerous behavior, content analyses, body language, personality disorders, psychometrics, etc. Theories of Maslow, Freud, Erickson, De Becker and other apply. Various well-known cases will be discussed.

Ragpot, Lara (M.Ed.Psych) & Fritz, Elzette (D.Ed.Psych)**Utilizing Ego State Therapy with an Eight Year old through a Board Game in Addressing Technological Pornography**

Technology is developing at an alarming rate and children today have more access and knowledge of technology than ever before. Unfortunately, with the vast development of technology and children's exposure to it, also come the pitfalls, for example techno-pornography. Cell phones and the internet are teeming with sites, links and downloads easily obtainable by any user, with no deference of age or level of sexual understanding. The impressionable minds of children are particularly at risk as adult supervision is not always at hand to guide the child through the hazard of this new form of perversion. This workshop will present a case study of an eight-year

old boy exposed to various forms of pornography through especially cell phones and the internet. We present this case from a socio-cultural point of view considering the intersection between technological, family and school systems on childhood development. The novel way in which Ego State Therapy was used through a board game will be presented. We will interrogate the ethical dilemmas this case presented and engage the audience through creative expressive art activities in generating ideas to promote awareness of how children can safely negotiate the world of technology.

Schouwink, Fred (M.Ed.Psych) & Mostert, Henk (M.Ed.Psych)
Born This Way: Exploring Lesbian, Gay, Bisexual and Transgender (LGBT) Adolescent Issues in the TV series "Glee"

Despite the change of attitudes towards homosexuality, many well-meaning therapists are still at a loss as to how to effectively counsel their adolescent lesbian, gay, bisexual and transgender (LGBT) clients. In this highly informative and engaging workshop, issues pertaining to sexual minority adolescents will be discussed as portrayed in the highly acclaimed TV series, "Glee". Homophobic bullying, gender identity issues, family relationship difficulties as well as dating dilemmas will be illustrated and discussed through the trials and tribulations of Glee's beloved gay character, Kurt Hammel. In addition, affirmative psychotherapeutic interventions will be considered with specific reference to issues relating to identity formation and coming out, as well as dealing with homophobia. This workshop will therefore offer therapists the practical tools they need to counsel adolescent LGBT clients effectively.

Signer-Fischer, Susy (Lic.Phil.Psych)
Sleep Well and Wake up Well!

Some children, adolescents and adults have occasional or alternatively, over a long period of time, difficulty falling asleep. Others again, have difficulty staying awake in the morning or during the day. This problem often begins during the teenage years. This often results in difficulty concentrating. In this workshop Susy will focus on hypnotherapeutic techniques to help children, adolescents and adults to improve their sleeping habits, to fall asleep more easily and to wake up well and orientated.

Signer-Fischer, Susy (Lic.Phil.Psych)
Sich selbst beeltern

Immer wieder begegnen wir Kindern oder Jugendlichen, deren Eltern nicht genug oder auf eine ungeeignete Art Zuwendung, Liebe geben und somit nicht erziehen, beeltern. Oft ist es auch nicht möglich mit Erziehungsberatung die Fähigkeiten der Eltern zu beeinflussen, sei, dass sie nicht wollen oder nicht können, z.B. Erkrankung und materielle Not etc. Auch Erwachsene können noch daran leiden, dass sie nie richtige Elternschaft erlebt hatten. So ist es für die Kinder und Jugendlichen enorm wichtig, dass sie sich selbst beeltern können. Auch im Erwachsenenalter kann mit diesen Methoden geholfen werden, sich nachträglich zu beeltern. Es werden Methoden aufgezeigt, wie sich Erwachsene Jugendliche und Kinder, die zu wenig Fürsorge und Erziehung erhalten haben, selbst für sich sorgen können.

Sodi, Tholene (Ph.D)

African Perspectives and Psychotherapy

Keynote Address

The use of psychotherapy as a form of treatment for emotional and psychological problems can be traced to ancient times. Whilst there is evidence to suggest that psychotherapy is effective in treating many psychological problems, there have been a growing number of voices that have criticised this treatment modality as Eurocentric and unresponsive to the needs of the people of the developing world. Central to this criticism is the view that the dominant psychological theories, including the different psychotherapeutic methods are embedded in a Western cultural and socio-political ideology that ignores the worldviews and experiences of non-Western communities. In this presentation, I suggest that psychotherapy has the potential to become truly universal if it could embrace the African healing traditions and philosophies. I discuss some of the key elements found in African healing traditions (such as the concepts of self and community, Ubuntu, indigenous African ethics, and illness prevention) and conclude by suggesting that psychotherapy could be enhanced if it embraces these indigenous philosophical constructs.

Steenkamp, Jo (D.Litt et Phil)

Spontaneous Healing Reactions and Trauma: The Development of the Coping Style as a Platform where Self-Regulatory Intra- and Inter-Relationships may Connect.

When we dive into the shadow we discover the Light causing it - the configuration of this metaphorical drama holds the key to self-regulation / spontaneous healing and balance. Internal activation and the processes of dissociation and disconnection as pre-cursors for trauma and rigid coping style formation are discussed. Within the coping style lies its opposite the inter-translator (projection) that plays out a healing conversation onto the external world, exposing the psycho-bio-dynamics of its counterpart the intra-translator (chronic psychobiological dis-ease). Workshop participants are introduced to, and involved in, the latest SHIP[®] research on the relationship between coping styles, developmental stages and inter-translators. The presented case study material serves to demonstrate the facilitation characteristics of the psycho-bio-dynamic SHIP[®] Healing Space for identifying and validating spontaneous healing translators in service of the shadow.

Struwig, Elsa (MA.Clin.Social Work)

Thumbelina to Transformers: Utilising Ericksonian Principles in a Prescriptive Play Therapy Framework to Establish Resource Activation and Regulation with Young Traumatised Children

Research has shown that trauma interventions are only effective if the client has successfully activated his or her resources. Trauma alters a child's sense of safety and stability. The focus of safety and stability techniques must be on empowerment, ego strengthening and mastery. Due to different factors related to trauma, traumatised children may struggle to regulate their affect. This also alters their sense of safety and stability. It is thus important to help the child to regain control over his or her emotional regulation. This workshop will demonstrate how Ericksonian principles such as utilisation can be used in a prescriptive play therapy framework to assist the child to regulate his or her emotions and activate the inner resources.

Three different case studies will be presented to demonstrate the different techniques that were utilised.

Tien Redman, Sya (Lic.Psych)

Ego State Therapy as Method to Cure Symptoms Effectively and Accomplish Integration.

The practice of Ego State Therapy cures symptoms such as eating disorders, panic attacks, existential anxieties, crisis reactions, phobic disorders, fallacies, suicidal thoughts, exhaustion, depressions, Chronic Fatigue Syndrome and so on. This workshop will focus on an ego state technique that makes and allows the ego state(s) that carry the symptoms, to cooperate with the therapist and the other states. Together they find new solutions on the existential and non-verbal levels, which allow symptoms to gradually disappear and integration to proceed. The workshop consists of case scenarios where different indications of disorders are illustrated, as well as which ego state emerges from different kinds of traumas. The changeover process for these ego states will be explained elaborately by focusing on the psychotherapeutic process between the different ego states and the ego state therapist.

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

(Schriftliche) Hausaufgaben als indirekte Hypnotherapie zwischen den Sitzungen

Hausaufgaben sind eines der zentralen und wichtigsten Werkzeuge des Psychotherapeuten. In Ericksonscher Tradition wird thematisiert wie wesentliche Teile des therapeutischen Prozesses über kreative Hausaufgaben wirksam zwischen die Sitzungen gelegt werden kann.

Von Cziffra-Bergs, Jacqui (D.Ed Psych)

The Courage to Make History: Ego State Therapy with a Group of Adolescent Boys

This presentation will touch on five daunting and yet fascinating topics all included into one therapeutic process namely, teenage boys, group therapy, brief therapy, Ego State Therapy and hypnosis. In South Africa school rowing is a popular sport and the pressure and prestige are huge. A crew of nine teenage rowers were on the verge of making history, to become the South African School Champions. Performance anxiety, fear and competition jitters often override the hard physical effort and work these boys put in and create a negative mindset. With only six group therapy sessions these nine young men became the South African champions. Each boy was asked to find the ego state within him that is his best rower. Utilizing hypnotic visualisations and ego strengthening techniques, the strengths of these nine best rowers were identified, amplified and intensified.

Wolfensberger, Celeste (M.Ed.Psych) & Di Terlizzi, Marisa (M.Ed.Psych)

Metallica meets Bon Jovi: Using Contemporary Music in Brief Psychotherapy

When working with adolescents and young adults, psychologists are continually challenged to review the way they co-construct the therapeutic work they do. Specifically when working with this population, brief therapy is preferred over

traditional methods of long-term "talk therapy". By identifying and utilising the resources that the client offers, the psychologist has the opportunity to make use of creative and solution-focused therapeutic techniques to facilitate change. Once such technique, is the effective use of contemporary music within the therapeutic setting. This presentation will focus on various case studies with adolescents and young adults and will aim to demonstrate the use of contemporary music to activate and strengthen ego states, as well as how music can be used effectively within brief psychotherapy.

Zanotta, Silvia (Ph.D)

Ego State Therapy for Children and Adolescents with Somatic Complaints

This workshop focuses on the use of hypno-somatic Ego State Therapy with children and adolescents who exhibit somatic problems such as nausea, headaches or belly aches. It includes the effective use of Ego State Therapy to not only regulate anxieties and body symptoms, but also strengthen the whole person by connecting with empowering states and conflict-free states. Clinical presentations will emphasize somatic approaches to release tension and re-balance the body in order to heal mind-body difficulties and build resilience.