

**MENTALE**

Sporthypnose · Selbsthypnose



**STÄRKEN**

Mentales Training · Coaching

**02.11.-05.11.2023 - Würzburg**

## **6th Meeting Mental Strengthening**

Coaching, mental training, performance coaching, sports hypnosis, personal development and much more.

**&**

**9th World Congress on Mind Training  
for Excellence in Sport & Life**

[www.mentalesstaerken.de](http://www.mentalesstaerken.de)

**ONLINE-  
ANGEBOT  
S. 29**

# 6

Dear colleagues,

This is the 6th "Mental Strengthening" conference. The previous conferences since 2007 received excellent feedback from participants and speakers. This was also reflected in the fact that almost all speakers immediately agreed to participate again. The media have also responded to these conferences. In 2007, Der Spiegel reported on these topics on four pages in the science section of the conference week. The author was the journalist Katja Thimm, who has won several awards. Deutschlandfunk also once broadcast a half-hour of interviews with speakers during the conference.

Up to now, we have always sent out an informal announcement first, without naming the program and speakers, and have always had 400 or more registrations. This feedback has made us very happy. It always puts a bit of pressure on the program designers and we hope that we can live up to this high level of trust and that the invited speakers will accept again. This time it is even something like a double conference and at the same time the 9th World Congress on Mind Training for Excellence in Sport & Life. This congress has been taking place since 1991 and was initiated by the pioneer of mental training Lars-Eric Unestahl.

In this issue you will now get a preview of the conference program for the first time.

We are looking forward to an inspiring 6th Mental Strength Conference and the 9th World Congress on Mind Training for Excellence in Sport & Life in Würzburg.



© A. Friege

A handwritten signature in black ink that reads "Bernhard Trenkle". The signature is written in a cursive style with a large initial 'B'.

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

## Table of contents

<b>The speakers</b>	<b>4-5</b>
<b>General information, conference idea &amp; program structure</b>	<b>6-7, 11</b>
<b>Pre-Congress Workshops</b> by Tianjun Liu and Bernhard Trenkle, Lars-Eric Unestahl and Gunther Schmidt	<b>8-10</b>
<b>Keynote speeches</b>	<b>12-13</b>
<b>Workshops</b>	<b>14-25</b>
Hypno-systemic approaches	14-15
Mental strengths and mental toughening - concepts for performance professions (sports, business, art...)	16
Mental Strengths for Athletes and their Coaches	17
Mental Strengths for Politicians, Leaders in Business Society and their Consultants	18
Mental strengths for artists and their performance coaches	18
Mental Strengths for Pupils, Students and their Therapists and Teachers.	19
Introductions, basics and techniques - hypno-techniques for potential development	20-21
Mental toughening in crisis and post-traumatic maturation/growth.	22
Symposium: Posttraumatic Maturation & Growth	23
Hypno-systemic and Hypno-suggestive Communication in the Tradition of Milton Erickson	24
Ego-State Approaches to Consulting and Coaching	25
<b>Post-Congress Workshop</b> by Brian Alman	<b>26</b>
Additional offer: Online congress	29
<b>More information about the conference</b>	<b>27-30</b>
Frequently asked questions, offer for students, book tips	
<b>therapy.tv</b>	<b>31</b>
<b>Further training offers</b>	<b>32-37</b>
MEI Rottweil, Children's Conference 2024, Seminar Week Wigry, Metaforum	
<b>Imprint and registration form</b>	<b>38-40</b>

## The speakers

The approximately 100 speakers from all over the world are mostly experts who have further developed the hypnotherapy of the legendary American psychiatrist Milton Erickson for their own fields of work in medicine, psychotherapy but also education or rehabilitation. They have later discovered the value of these innovative concepts, principles and techniques for coaching in business, sports, art, politics, schools and studies and will teach their concepts at this international conference.

The speakers will also include experts from other fields who will expand and deepen the conference topic from their special perspective.

### They are international experts from the fields of:

- Mental training and self-hypnosis training in sports
- Competence and personality development in business and politics
- Potential development and development of organizations
- Performance improvement in artistic professions
- Performance implementation in school, studies and exams
- Regaining old performance strength in rehabilitation
- Prevention - (or: When you are on the brink, prevention is no longer better than cure)

### In 2023, we have as an additional focus topic: **post-traumatic maturation/growth.**

We illuminate how health, mental, and political crises often push us to develop new skills and rise above.

Brian Alman, USA	Angela Dunemann, DE	Ingo Hodum, DE	Oliver Martin, CH	Florian Schwartz, DE
Afshin Amirsadri, IR	Ulla Engelhardt, DE	Ilka Hofmann-Bisinger, DE	Ortwin Meiss, DE	Enayat Shahidi, IR
Julia Andersch, CH	Kjell Fageus, SE	Susanne Hofmeister, DE	Brigitte Melzig, DE	Malgorzata Siekanska, PL
Igor Ardoris, SE	Mehdi Fathi, IR	Noni Höfner, DE	Jitendra Mohan, IND	Susy Signer-Fischer, CH
Andrew Armatas, GR	Barbara Fischer-Bartelmann, DE	Florian Huber, DE	Adriana-Daniela Müller, DE	Ute Simon, DE
Ulrike Arras, DE	Melchior Fischer-Ott, DE	Ina Hullmann, CH	Anja Müller, DE	Alexandra Spitzbarth, DE
Markus Bach, DE	Anna-Maria Flatischler, DE	Bernhard Jacob, DE	Claudia Müller-Quade, DE	Bernhard Steiner, CH
Reinhold Bartl, AT	Reinhard Flatischler, AT	Anita Jung, USA	Frauke Nees, DE	Stefan Steinert, DE
Stefanie Bathe, DE	Thomas Fritzsche, DE	Juliane Kellerer, DE	Ursula Neubauer, AT	Valdimar Sverrisson, IS
Lucia Biberacher, DE	Sabine Fruth, DE	Astrid Keweloh, DE	Frauke Niehues, DE	Susanna Sweeney, AT
Gyula Biró, HU	Ben Furman, FI	Stefanie Kirschbaum, DE	Timo Nolle, DE	Klaus Theuretzbacher, AT
Jan Blecharz, PL	Annette Fürst, DE	Kris Klajs, PL	Joachim Pfahl, DE	Bernhard Trenkle, DE
Michael Bohne, DE	Michel Gagne, MY	Andreas Kollar, AT	Anke Precht, DE	Stefan Ueing, DE
Judith Bolz, DE	Richard Gordin, US	Berit Kramer, DE	Manfred Prior, DE	Lars-Eric Unestahl, SE
Martin Braun, DE	Christine Gsur, AT	Margarethe Kruczek-Schumacher, DE	Claudia A. Reinicke, DE	Elene Unestahl, SE
Sonja Bruckner, AT	Britta Hahn, DE	Houma Kustermann, CMR	Anett Renner, DE	Nadiia Vasina, UA
Markus Budinger, DE	Stefan Hammel, DE	Anne M. Lang, DE	Fee Rojas, DE	Charlotte Wirl, AT
Martin Busch, DE	Woltemade Hartman, RSA	Herbert Langmair, CH	Olena Rozhkova, UA	Andreas Wismek, AT
Susanna Carolusson, SE	Eberhard Hauser, DE	Werner A. Leeb, AT	Nicole Ruysschaert, BE	Gabriela von Witzleben, DE
Charlotte Cordes, DE	Antje Heimsoeth, DE	Frederic Linßen, DE	Ulf Sandström, SE	Michael Wurster, DE
Jan Dießner, DE	Ursula Helle, DE	Tianjun Liu, CN	René Schmid, CH	Reinhold Zeyer, DE
Klaus-Dieter Dohne, DE	Martina Höber, DE	Alexandra Mair, DE	Gunther Schmidt, DE	

## Milton Erickson (1901-1980)

American physician and pioneer of modern hypnosis and psychotherapy. Erickson is considered the mastermind and father of solution and resource-oriented approaches (de Shazer, etc.) but also of strategic therapy (Watzlawick, Haley) and systemic therapy (Selvini, Heidelberg School around Stierlin). Today you can find quotes like: "Sigmund Freud was the Einstein of theory, Milton Erickson is the Einstein of practice." Gregory Bateson called Erickson the Mozart of communication.

### Aim of the meeting

In this pragmatic tradition of Milton Erickson, the Würzburg conference "Mental(s) Strengths" will focus on the practice of effective communication in coaching, mental training etc.. In other words, participants will return to their work with a wealth of "tools of the trade" for their respective fields of activity. And - in many workshops these international experts will document and demonstrate live or via video with participants (or clients) how they work concretely and practically and pass on their techniques to the participants.

### In 2023 we have as an additional focus topic: post-traumatic maturation/growth.

We illuminate how health, mental, and political crises often push us to develop new skills and rise above.

At this conference we will see and hear how new skills and special competencies can emerge from serious illnesses. Milton Erickson is also a good example of this.

His many handicaps such as dyslexia, arrhythmia, partial color blindness have led to special skills and abilities. Overcoming his severe polio and compensation of his disabilities have made him a special person, doctor and therapist.

We asked our speakers to take this focus into account and received surprisingly promising suggestions at the workshops, which are now included in the program. During the keynote lectures, we sometimes actively approached people who caught our attention on this topic. For example, an Icelandic IT specialist who surprisingly went blind and reinvented himself very impressively as a stand-up comedian. A very good personal friend was unjustly imprisoned for over a month in a dictatorially ruled country last year and is fighting and working right back in an impressive way. He wants to talk about it. They include two former top Ukrainian sportswomen whom the war in Ukraine has taken from glitz and glamour in Las Vegas to a new role.

This will not only be serious but many times surprisingly funny, fun and entertaining. I have always loved the saying:

"We don't go home with just a knife in our back." However, we will also address other important topics in addition to these particular examples of mental toughness during the keynote presentations.

### Conference structure

- Mainly three-hour themed workshops (6 time points with more than 10 parallel workshops each)
- The focus is on the practical work
- Every day 1-2 main lectures on central topics or for general horizon broadening
- Every day evening program, conference party with live music, cabaret

## Participants and target groups

- Coaches, trainers and teachers of sports, business, politics and the arts (music, theater, etc.) who want to add new dimensions to their repertoire.
- Psychotherapists who want to use their (hypno)therapeutic know-how in new interesting fields, expand their repertoire and reflect on their field of work in comparison to other fields.
- Sports psychologists who want to complement their theoretical knowledge and research expertise with practical know-how.
- Parents who want to encourage and fully develop their children's potential (and their own) in school, studies, sports and music.
- Rehabilitation professionals and physiotherapists who want to complement their know-how with suggestive and mental techniques.

## Conference language

The majority of the program will be in German. The international colleagues will teach in English. These events will not be interpreted. We will arrange the workshop tracks in such a way that there will always be a large selection of German-language events.

## Cultural program

As with all of our conferences, we also offer refreshments and Top-notch evening. Our speaker and world class clarinet- tist Kjell Fageus will again bring 1-2 other musicians and again give a concert. Then there will be again something from the field of humor, cabaret, chanson. On Saturday evening as always: conference party with live music for dancing. For the first time we will probably also integrate a special art exhibition.

## Accompanying exhibition

There will be an accompanying exhibition at the conference. Among other things, this will include the conference bookstore. Besides many standard works, it will also be stocked with new and rather unknown books. We regularly ask our speakers beforehand for their recommendations and insider tips.

## Venue and accessibility

The Würzburg Congress Center (Pleichertorstraße) is located in the middle of the old town directly on the Main River, with an incomparable view of the Marienberg Fortress. Würzburg is very centrally located and is easily and quickly accessible by most means of transportation.

Due to the good connection, airports such as Frankfurt, Munich and Nuremberg can be reached very quickly. There is also a large Flixbus station directly at the main train station. Würzburg's main train station is only 800 m away from the congress center.



## Travel times by train:

Berlin	3.52	Std.	Cologne	2.30 hrs.
Frankfurt	1.02	Std.	Leipzig	2.32 hrs.
Freiburg	3.32	Std.	Munich	2.13 hrs.
Hamburg	3.26	Std.	Stuttgart2	.14 hrs.
Hanover 2	.03	Std.	Vienna	5.07 hrs.
Heidelberg	2.17	Std.	Zurich	5.32 hrs.

## PRE-CONGRESS I

01.11.2023

11 a.m. - 6 p.m. (lunch break: 1:30 p.m. - 3 p.m.)



Tianjun Liu and  
Bernhard Trenkle

### The Chinese chest - a traditional Chinese technique and innovative variants.

Prof. Tianjun Liu is the director of the QiGong Laboratory of Peking University. There, traditional Chinese techniques such as acupuncture, TCM, TaiChi, QiGong, etc. are reviewed for efficiency and evidence. Prof. Liu also acquired the certificate "Clinical Hypnosis MEG" via a training organized by Bernhard Trenkle at Peking Uni in 2008-2009. On the sidelines of one of these hypnosis workshops, Tianjun Liu himself gave an evening lecture and demonstrated the Chinese Chest technique. Subsequently, Bernhard Trenkle used, modified and expanded this technique in his therapies. Then a book was published in China with four chapters by Liu and one by Trenkle. About 2 years later the German version followed.

In the workshop Prof. Liu and Bernhard Trenkle will present and demonstrate this technique in detail and the participants will have the opportunity to practice. New developments and thoughts about this surprisingly effective technique will also be discussed. Liu and Trenkle have gone partly different ways and both seem to work.



#### Registration/Prices per pre-congress

Until 15.06.2023: Regular 155,- €\* / Main Congress Participant 85,- €\*

Until 15.09.2023: Regular 175,- €\* / Main Congress Participant 95,- €\*

From 16.09.2023: Regular 195,- €\* / Main Congress Participant 105,- €\*

\* All prices incl. 19 % VAT.



## PRE-CONGRESS II

01.11.2023

11 a.m. - 6 p.m. (lunch break: 1:30 p.m. - 3 p.m.)



Lars-Eric Unestahl

### Systematic Mind Training for Sport and Life Excellence

Workshop in English

The pioneer of mental training, Lars-Eric Unestahl, who coined the term "mental training" in 1969, provides a comprehensive overview and update on the full range and possibilities of mental techniques.

A workshop combining Theory and Practices

Areas

- Consciousness with focus on Alternative states of consciousness
  - Mind Training areas with focus on Mental Training and Mindfulness
  - Philosophy and Models with focus on the developmental- and Trainingmodels
  - Relaxense - The ideal state of functioning in the day & Relax - for quality sleep
  - The Special Mind Training "language
  - From the ideo-motor- to the Psycho-Neuro- Immunology-connections
  - The 4 Success factors for Excellence in Sport and Life
- The Complex Self-Image as a key to a satisfying Life
  - Mind Training and the Imposter syndrome
  - From Vision and Goals to situation related Images
  - Replace the SMART model with the MACT model
  - Combine "Intellectual" goals with Goal-Images and Goal-Programming
  - Action plans and/or cybernetic controlled action
  - Attitude training of Optimism and Mental Toughness training
  - Mind Training for better EQ - new methods for emotional control and development
  - Mind Training for Peak Performance and IPS (Ideal Performance State)
  - Mind Training for Efective Learning - The Unestahl Learning pyramid
  - Mind Training for Problem behaviors
  - Mind Training for Psychosomatic problems
  - Mind Training and the golden ratio for Life Harmony
  - Mind Training for Future Excellence and Eternal Harmony

## ONLINE PRE-CONGRESS

Online via zoom

01.11.2023 - 15.00-18.00

The pioneer of the hypnosystemic approach and founder of the Systelios Clinic Gunther Schmidt provides us with a tailor-made kick-off for our congress under the motto Posttraumatic Maturation/Growth. Since Gunther Schmidt is abroad at the time of our congress, this workshop will take place online.

**Online Pre-Congress - 15:00 to 18:00**

**How to turn traumatic experiences and crises into "booster stimuli" for competence development - hypnosystemic Utilization Strategies**

In many therapies and counseling sessions it is often assumed that past experiences, especially those experienced as sad, are the cause of the person's experience in the present. With hypnosystemic methods, however, it can be clearly and quickly shown that past experiences never determine experience in the present, but rather only act as strong "invitations" (and can never be "causes"), but unfortunately often in such a way that people experience themselves as determined by them. In the workshop, various specific intervention strategies are taught that can be used to shape the present in such a way that those affected can once again become competent autonomous "directors" of their present and future lives.



Gunther Schmidt

**Online main lecture\* - 6:30 to 7:30 p.m.**

**Do traumatizing experiences determine us or do we determine their impact? - Hypnosystemic liberation possibilities for healthy growth**

Usually (e.g., also in ICD classifications) traumatic events are described as if they determine the experience of victims. In this way, they are one-sidedly described as victims at the mercy of others, which ignores their autonomous self-efficacy competencies. In the lecture it will be shown how such experiences, which are often extremely painful, can still be turned into very strengthening personality-enriching competence possibilities while at the same time appreciating the suffering.

Participation fee: 95,- € (incl. 19 % VAT)

\* Participants of the online pre-congress and main congress (presence or online) get a free access to the lecture.

## Program structure

<b>WEDNESDAY, 01.11.2023</b>	<b>THURSDAY, 02.11.2023</b>	<b>FRIDAY, 03.11.2023</b>	<b>SATURDAY, 04.11.2023</b>	<b>SUNDAY, 05.11.2023</b>
<p>PRE-CONGRESS</p> <p>11.00-13.30 Pre-Congress 1 + 2 (part 1)</p>	<p>09.00-12.00 Opening speeches</p>	<p>09.00-12.00 Parallel workshops (T3)</p>	<p>09.00-12.00 Parallel workshops (T5)</p>	<p>09.00-12.00 Parallel workshops (T7)</p> <p>12.15-13.30 Keynote lecture</p> <p>13.30-13:45 Closing plenary</p>
<p>13.30-15.00 Lunch break</p>	<p>12.00-13.15 Lunch break</p>	<p>12.00-13.15 Lunch break</p>	<p>12.00-13.15 Lunch break</p>	
<p>15.00-18.00 Pre-Congress 1 + 2 (part 2) Online Pre-Congress</p> <p>18.30-19.30 Online main lecture</p>	<p>13.15-14.45 Keynote speeches</p> <p>15.30-18.30 Parallel workshops (T2)</p> <p>Start: 20.30 Evening program</p>	<p>13.15-14.45 Keynote speeches</p> <p>15.30-18.30 Parallel workshops (T4)</p> <p>Start: 20.30 Evening program</p>	<p>13.15-14.45 Keynote speeches</p> <p>15.30-18.30 Parallel workshops (T6)</p> <p>Start: 20.30 Evening program</p>	

## Keynote speeches

We always have selected keynote lectures that are meant to inspire and set impulses. Either the lectures reflect the general topic of Mental Strength or they relate to the focus topic of Posttraumatic Maturation/Growth.

So far it is certain:

Hypno-Systemic Online Coaching - Triple Jump to Success - Success Strategies for Coaches, Consultants and Therapists

**Michael Bohne, Germany**

Mental strength in Mission Impossible situations

**Houma Kustermann, Cameroon**

The Power of Magical Questions in Coaching. A crash course in the art of asking helpful questions.

**Ben Furman, Finland**

How did I survive a psychopathic mother, an alcoholic father, double loss of a son, and how come I love my life so much?

**Susanna Carolusson, Sweden**

# Lectures



Michael bean



Houma Kustermann



Ben Furman



Susanna Carolusson

Making the Best of Being Blind

**Valdimar Sverrisson, Iceland**

50+ years MENTAL TRAINING FOR EXCELLENCE IN SPORT AND LIFE - past, present and future

**Lars-Eric Unestahl, Sweden**

The team and its group dynamic's as a way to survive and maintain mental health during the war

**Olena Rozhkova (Elena Foxes), Ukraine**

From top athlete and Las Vegas show girl to war reporter and volunteer at the front line

**Nadiia Vasina, Ukraine**



Valdimar Sverrisson



Olena Rozhkova  
(Elena Foxes)



Nadiia Vasina



Lars-Eric Unestahl



?



?

# Workshops

Workshop program: Our conference focus is on the many 3-hour practice-oriented workshops. Here you get an overview sorted by topics.

## Hypno-systemic approaches

**Julia Andersch & Oliver Martin**

Holistic process design with maps of transformation - how development processes of people, teams and organizations can be designed in a competence- and potential-focused way

**Klaus-Dieter Dohne**

Always these decisions - dealing with uncertainty

**Stefan Hammel**

How the Real Becomes Unreal and the Unreal Becomes Real - Therapeutic Modeling as Work at the Limits of the Possible

**Ina Hullmann**

Mastering Difficult Things with Ease - Hypnosystemic Coaching and the Psychology of Ease

**Andreas Kollar**

Let IT go! - Hypnosystemic Problem-Solving-Spotting for Peak-Performers



Afshin Amirsadri



Julia Andersch



Igor Ardoris



Andrew Armatas



Ulrike Arras



Markus Bach



Reinhold Bartl



Stefanie



BatheLucia Biberacher

**Werner A. Leeb**

The meta-scheme of hypnosystemic solution work - scheme of hypnosystemic, resource and solution oriented work in the context of counseling, coaching, psychotherapy or team development.

**Brigitte Melzig**

Hypnosystemic Coaching in an Architectural Office: Leadership and Cooperation

**Anett Renner**

Making the soul shine - Oasis workshop for resource activation with (hypo-) systemic mindfulness SACHT®.

**Stefan Steinert**

Inner attitude in hypnosystemic communication



Gyula  
Cordes



BiróJan



BlecharzJudith



BolzMartin



BraunSonja Bruckner



Markus Budinger



Martin



BuschCharlotte



Jan Dießner

# Mentale Stärken and mental strength

Concepts for performance professions (sports, business, art...)

**Jan Blecharz &  
Malgorzata Siekanska**

Self-regulation and coping with adversities in sport and stage performance

**Bernhard Jacob &  
Markus Bach**

"Discovering the SELF-Evident" - Learning to Understand What Moves Us

**Martin Busch**

"Get out there and show body language!" - "Okay, but which one?"

**Michel Gagne**

Champions and high achievers are made of habits.  
Master the Habits of Success and High Achievement

**Christine Gsur**

Sexuality as a source of mental strength

**Anke Precht**

Focus your Energy

**Enayat Shahidi**

Hypnodrama: A practical hypnotic approach to enhance your coaching abilities

**Gabriele von Witzleben**

The body decides! More solution competence with the triadic principle of  
Belly + Heart + Head

**Michael**

WursterThe mental strategies of high performers - scoring points with ability in every situation and  
actively avoiding embarrassment

**Charlotte Wirl**

The power within us



Klaus-Dieter Dohne



Angela Dunemann



Ulla Engelhardt



Kjell Fageus



Mehdi Fathi



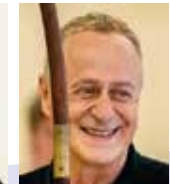
Barbara  
Fischer-Bartelmann



Melchior  
Fischer-Ott



Anna-Maria  
Flatschler



Reinhard Flatschler



# Mentale Stärken für Athletes and their coaches

**Reinhold Bartl**

Hypnotherapeutic handling of competition anxiety, "failure" and failure

**Gyula Biró**

The application of active awakening hypnosis in sports coaching and performance enhancement of two Olympic champions and other world-class athletes.

**Martin Brown**

Resource reload in elite sports

**Antje Heimsoeth**

Sport mental training: Delivering performance when it counts. Mental strength in sports - Believe in yourself - Success starts in your head

**Ingo Hodum**

Mental Training and Hypnotherapeutic Interventions using the Example of High Performance Table Tennis Athletes

**Andrew Armatas**

Brief Strategic Coaching: Introducing how solutions create problems and the process to break free

**Charlotte Cordes &  
Florian Schwartz**

We play with your life: Provocative scene work in coaching and therapy

**Thomas Fritzsche**

Who has the ball? Empowerment through restraint



Thomas  
Gagne



FritzscheSabine



FruthAnnette



FürstMichel



Richard Gordin



Christine Gsur



Britta



HahnStefan Hammel



Woltemade  
Hartman

# Mentale Stärken für Politicians, leaders in business, society and their advisors

**Klaus-Dieter Dohne**

Always these decisions - dealing with uncertainty

**Kris Klajs**

Mental training with top politicians

**Klaus Theuretzbacher**

Really, boss? - When mental management turns into lousy leadership

**Andreas Wismek**

Promoting courage, hope and confidence - the country needs new mind-sets!: How FCs can take good care of themselves and strengthen performance readiness and efficiency with authentic inspiration.

# Mentale Stärken für Artists and their performance coaches

**Jan Blecharz &  
Malgorzata Siekanska**

Self-regulation and coping with adversities in sport and stage performance

**Michael Bean**

How do I avoid getting crapped on publicly (sorry technical term) and how do i unleash my inner rampage?

**Kjell Fageus**

Preparation for Stage Performance and a life as a Performer



Eberhard  
Heimsoeth



Anja  
Hauser



Ursula Helle



Martina  
Hofmann



Höberingo



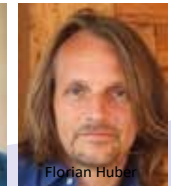
Hodumilke



Susanne Hofmeister



Nori Höfner



Florian Huber

Bisinger

# Mentale Stärken für Pupils, students and their therapists and teachers

**Ulla Engelhardt**

Play spaces for heroic journeys! - Easily gem...8 with the power of 8 & Co. Overcome fears and blockages (not only) in children and young people with monsters and power beings.

**Melchior Fischer-Ott**

Serene through the exam - hypnotherapy, self-hypnosis and mental training for exam anxiety

**Britta Hahn**

Elegant dance between manager and hippie mama - inner resource management for successful parents at work and in the family

**Martina Höber & Igor Ardoris**

Developing Mental Strength for successful teaching and learning at the University

**Sabine Fruth**

Resistance work in the House of Knowledge - A demo workshop on how to dissolve performance or exam blockages in the House of Knowledge.

**Juliane Kellerer & Alexandra Mair** We don't go into the field alone - resource activating work with children and adolescents

**Berit Kramer & Anja Müller**

Strong children - strong future

**Frauke Niehues**

High and very high giftedness - challenges and solutions outside the norm

**Timo Nolle**

Blackout, bellyache and 'no' desire: Therapy and coaching with PAC for test anxiety, procrastination and performance pressure (with live demos and exercises)



Ina



HullmannBernhard



JacobAnita



JungJuliane



KellererAstrid



KewelohStefanie



KirschbaumKris



KlajsAndreas



KollarBerit Kramer

# Introductions, basics and techniques - hypno-techniques for potential development

<b>Stefanie Bathe</b>	Embodiment & self-care: How to take good care of yourself and your clients in 5 minutes
<b>Judith Bolz</b>	Leadership with vision
<b>Sonja Bruckner</b>	The Vulcan in Us: Modern Fairy Tales in Counseling and Therapy
<b>Markus Budinger</b>	Well-founded practical nature coaching and nature psychotherapy
<b>Charlotte Cordes &amp; Florian Schwartz</b>	We play with your life: Provocative scene work in coaching and therapy
<b>Jan Dießner</b>	Understanding happens in doing - mentally strong by leading those who don't speak your language
<b>Angela Dunemann &amp; Joachim Pfahl</b>	When doing stops and awareness begins
<b>Barbara Fischer-Bartelmann</b>	Being Allowed to Succeed - The Resolution of Dysfunctional Loyalties with the Means of Pesso Therapy
<b>Reinhard &amp; Anna-Maria Flatschler</b>	I and It in Rhythmic Flow TaKeTiNa®
<b>Noni Höfner &amp; Charlotte Cordes</b>	"As long as the body is warm, you can do therapy!" (Frank Farrelly) - The importance of the inner attitude in the provocative approach
<b>Ilka Hoffmann-Bisinger</b>	Introduction to Analog Systemic Brief Therapy (Ask! Model) - Pattern Interruption through Inner Images in Therapy and Coaching
<b>Astrid Keweloh</b>	Back to the Flow! Use breathing techniques from yoga, trance and energetic therapy to successfully optimize and enjoy motivation and performance.



Margarethe Kruczek-Schumacher



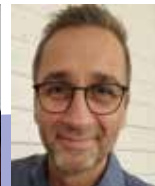
Anne M. Lang



Herbert Langmair



Werner A. Leeb



Frederik Linßen



Alexandra Mair



Oliver Martin



Ortwin Meiss



Brigitte Melzig

**Herbert Langmair**

Movement therapy and mind-body training as a self-regulation tool for therapists and educators in challenging settings

**Frederic Linßen**

"Suppose there was a miracle cure..." - The Changers Intervention

**Frauke Nees**

Make your inner critic laugh! and training of creativity, humor, resilience and change competence.

**Ursula Neubauer**

"I let it write" - Making target-oriented inner knowledge tangible and usable through Hypnowriting®.

**Nicole Ruyschaert**

Ideo-Motor Hand Movements for New Perspective

**Ulf Sandström**

Advanced content free work with mental techniques, NLP, Clean Language and somatic interventions for refugees, imprisoned persons and addiction

**René Schmid**

"If it triflt, it triflt's zu" - Mental training in the boxing ring with the sparring method

**Ute Simon**

Just breathe - breathing techniques in theory and practice

**Stefan Ueing**

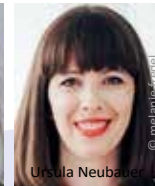
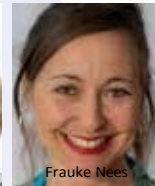
Groups with momentum and fun - hypno-, impro- and impact techniques for working with groups to promote motivation and a sense of self-efficacy

**Lars-Eric & Elene Unestahl**

Mind Training for Life Excellence

**Gabriela von Witzleben**

The body decides! More Solution Competence with the Triadic Principle of Belly + Heart + Head



2023 we have as an additional focus topic:

## Mental Strengthening in Crisis and Post-Traumatic Maturation/Growth

<b>Brian Alman</b>	Post-Traumatic Recovery, Treatment and Growth: From Assessments to Solutions and Follow-Up.
<b>Igor Ardoris</b>	Mental strength in crisis
<b>Annette Fürst</b>	Another crisis? - What luck! - Resilience trainings for teams and individuals
<b>Stefanie Kirschbaum</b>	Empowering Storytelling from Client to Therapist
<b>Berit Kramer &amp; Anja Müller</b>	Strong children - strong future
<b>Bernhard Jacob &amp; Markus Bach</b>	"Discovering the SELF-obvious" - learning to understand what moves us
<b>Claudia Reinicke</b>	When the body goes on strike - hypnosis and PEP in times of special physical challenges
<b>Fee Rojas</b>	Self-care for first responders - Preventing compassion fatigue and secondary trauma with mental insights and embodiment.
<b>Susy Signer-Fischer</b>	Dealing with unforeseen difficulties
<b>Alexandra Spitzbarth</b>	Riding the dragon - dealing with threatening diseases
<b>Susanna Sweeney</b>	Resilience Building Made Easy with Havening Techniques®.
<b>Bernhard Trenkle</b>	Do we need crises and diseases for maturation, growth and competence?



Anke Precht



Manfred  
Reinicke



PriorClaudia



Anett  
Ruysschaert



RennerFee



RojasNicole



Ulf Sandström



René Schmid



Florian Schwartz

## Symposium: Post-Traumatic Maturation & Growth

Do severe illnesses and crises offer special opportunities for growth and maturation? How do our own techniques help us in such crises? Some colleagues share their particular life experiences and reflect on them together.

With Kris Klajs, Claudia Reinicke, Bernhard Trenkle etc.

# Symposium

### History of World Congress of Mind training for Excellence in Sport & Life

**1991 Örebro** (Lars-Eric Unestahl)

**1995 Salt Lake City** (Terry Orlick)

**1999 Ottawa** (Keith Henschen)

**2003 St. Petersburg** (Pavel

Bundzen) **2008 Beijing** (Lars-Eric

Unestahl) **2011 Pristina** (Lars-Eric

Unestahl) **2015 Chandigarh**

(Jitendra Mohan) **2019 Gavle** (Lars-

Eric Unestahl) **2023 Würzburg**

(Bernhard Trenkle)



Enayat Shahidi



Malgorzata  
Siekanska



Susy Signer-Fischer



Ute Simon



Alexandra  
Spitzbarth



Bernhard Steiner



Stefan  
Sweeney



SteinertSusanna



Klaus Theuretzbacher

# Hypno-systemic and Hypno-suggestive Communication in the tradition of Milton Erickson

**Martin Brown**

Resource reload in elite sports

**Klaus-Dieter Dohne**

Always these decisions - dealing with uncertainty

**Melchior Fischer-Ott**

Calm through the exam - hypnotherapy, self-hypnosis and mental training for exam anxiety

**Anne M. Lang**

Constructivist coaching and change work!

**Manfred Prior**

Dot, point, comma, dash... - ready is the solution view

**Gunther Schmidt**

How to turn traumatic experiences and crises into "booster stimuli" for competence development - hypnosystemic utilisation strategies ([online pre-conference workshop](#))

**Bernhard Trenkle**

Do we need crises and diseases for maturation, growth and competence?

**Reinhold Zeyer**

Hypnosystemic strategies for stress

(workshops of the trainers in the curriculum Komhyp of the MEG - see p. 32)



Stefan Ueing



Elene Unestahl



Charlotte Wirl



Andreas Wismek



Gabriele von  
Witzleben



Michael Wurster



Reinhold Zeyer



# Ego-State Approaches to Counseling and Coaching

**Ulrike Arras, & Margarethe Kruczek-Schumacher**

With Ego State Coaching to mental strength

**Lucia Biberacher & Ursula Helle**

Who is the boss here? - Ego-State work in career coaching

**Woltemade Hartman**

Just Stay Cool: Dealing with anger, rage, irritability and frustration in the counseling setting: master skills with Ego State Coaching - workshop with live demonstrations.

**Florian Huber**

Integrative Ego-State-Coaching: About the art of playing the keyboard of the brain stem

**Margarethe Kruczek-Schumacher & Afshin Amirsadri**

Mental strength with yoga/ Yoga for mental health

**Adriana-Daniela Müller**

"Panta rhei? Everything in the flow?" - Ego-State Coaching and Counseling (ESCC) on the Timeline. Ways to mental strength through integration of different life flow models

**Claudia Müller-Quade**

How Ego-States help us to dissolve blockades and to promote mental strengths

## POST-CONGRESS WORKSHOP

08.11. - 11.11.2023

Wed 2 pm - Sat 2 pm in Heidelberg

### Learning and teaching self-hypnosis - for advanced beginners and beginning advanced therapists, counselors and coaches

Brian Alman has been called the pope of self-hypnosis. His international bestseller "Self-Hypnosis" has been translated into more than 10 languages and has a circulation of over 50,000 in Germany alone. The techniques described there can be used both in self-hypnosis and in work with clients.

In the seminar, he provides step-by-step instructions on the basic procedures and exercises with self-hypnosis.

His English is very easy to understand and therefore we will probably do without a translation for this topic.

#### Target group:

This seminar can be attended by psychotherapists, doctors, medical professionals and people from the psycho-social field as well as teachers or people from the coaching field; one can benefit from it without and with previous knowledge.



Brian Alman

#### Literature:

Brian M. Alman, Peter T. Lambrou: Selbsthypnose - Ein Handbuch zur Selbsttherapie (published by Car Auer Verlag, 13th ed. 2019)  
There are other good books by him at Carl-Auer.

#### About Brian M. Alman

Dr., Ph. D., studied clinical psychology in Boston and San Diego and was a student of Milton H. Erickson. He has been in private practice for over 30 years and offers continuing education on stress management, anxiety control and problem solving techniques. As a single father of 4 children for decades, he teaches techniques to adults, children and adolescents.

#### Registration/Prices

590,- €\* until 08.08.23 - For congress participants 390,- €\*  
650,- €\* from 09.08.23 - For congress participants 450,- €\*

\* All prices incl. 19 % VAT.



Registration via: [www.meihe.de/fortbildungen/themenkurse-diverse-referierende/self-hypnosis/](http://www.meihe.de/fortbildungen/themenkurse-diverse-referierende/self-hypnosis/)

## Frequently asked questions

### How do I register? How much is the participation fee? How do I pay the conference fee?

On the last pages of this program you will find a form for registration by fax/mail. Online registration is possible at [www.mentalesstaerken.de/anmelden](http://www.mentalesstaerken.de/anmelden).

After you have sent us your registration, we will send you an invoice with all relevant data. You pay the fee by bank transfer.

### Is it possible to register for individual lectures or workshops at this stage?

No. Registered persons can probably reserve places in individual workshops from July 2023. The exact date will be communicated in writing. This letter contains detailed information on the registration process.

### Under what conditions can I cancel? Can a replacement person be named?

In the event of cancellation in text form by 01.09.2023, the participation fee will be refunded with a deduction of a processing fee of € 35. After this date, no reimbursement will be made - not even in the event of short-term illness. We refer to the possibility of obtaining information on seminar cancellation insurance from an insurance company of your choice (for further information, please visit: [www.mentalesstaerken.de/ruecktrittsversicherung](http://www.mentalesstaerken.de/ruecktrittsversicherung)). Alternatively, your registration can be transferred to a person to be named by you, who fulfills the conditions of participation, for a handling fee of 10,- € (until 01.09.2023) & 20,- € (from 02.09.2023).

### Will I receive a confirmation of registration?

After you have registered, you will receive an invoice. This is valid as confirmation of registration. You will receive a confirmation of participation directly at the conference.

### What is included in the participation fee?

Participation in the main congress (lectures, workshops and midday program) is included. Travel, hotel and meals, as well as pre-congress and evening program are not included.

## General questions

### Are there continuing education credits for the meeting?

The conference will be submitted to the Psychotherapeutic Chamber of Bavaria (PTK Bayern) for accreditation. We assume that we will receive the accreditation.

### Where exactly will the event take place?

The conference will take place in the Congress Centrum Würzburg (Pleichertorstraße). It is located directly on the Main River - only a 10-minute walk from the train station and a 5-minute walk from the market square.

### Will there also be the possibility to participate online?

Yes, there will be an ADDITIONAL online offering. More information can be found on page 29.

\*There you will find the price overview in each case.

## Offer for students



We offer undergraduate students the opportunity to assist at the Mental Strengths Conference, as student assistants in the form of a short internship.

The internship includes 50% organizational work at the conference and 50% training through free attendance of the workshops and lectures. Volunteers will receive a certificate of participation and internship.

### **Main areas of use for helpers event support:**

Checking at the doors or supplying the speakers and checking the room (usually you can participate in the respective event after it has started).

### **Jumper:**

Flexible use in different places, e.g. when something needs to be cooperated, someone is down, etc.

### **Registration:**

At the beginning of the meeting, assist with registration when participants "check in" and pick up their materials.

Interested students can apply online on our homepage **[www.mentalesstaerken.de/helferinnen](http://www.mentalesstaerken.de/helferinnen)**. Here you will also find detailed information about the internship. If you have any questions, please do not hesitate to contact us by e-mail at [helfer@trenkle-organisation.de](mailto:helfer@trenkle-organisation.de).

## Additional online offer

**Price 395,- €**

Live stream + 1 year access to the recording

**All 10 keynote speeches**

**The most popular 3-hour workshop for each time slot**

Thursday 15:30 till 18:30

Friday 09:00 to 12:00 & 15:30 to 18:30

Saturday 09:00 to 12:00 & 15:30 to 18:30

Sunday 09:00 till 12:00

If you are interested in the Additional Online Offer, please send us an email to: [mst@trenkle-organisation.de](mailto:mst@trenkle-organisation.de)

	Presence	Online
Access to the live stream (6 workshops & 10 keynote lectures)	✓	✓
Access to the records	✗	✓
Participation in the Presence Congress in Würzburg	✓	✗
Access to the handouts of all workshops	✓	✗
Confirmation of participation	✓	✓
Confirmation of points for the Chamber of Physicians &	✓	✓

## HaHandbook of Psychotherapy and Hypnosis Vol. I and Vol. II

By Bernhard Trenkle

207 p., Gb/SU, Carl Auer, € 19,95 each



### The Aha! manual

of aphorisms and sayings for therapy, counseling & hammock

By Bernhard Trenkle

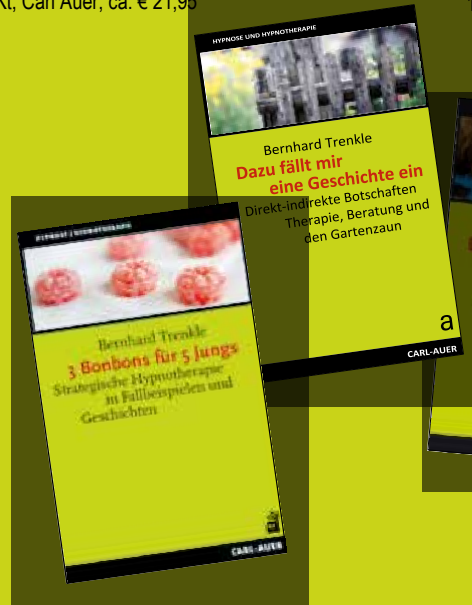
204 p., Gb/SU, Carl Auer, € 19,95

## A story comes to mind

Direct-indirect messages for therapy, counseling and over the garden fence

By Bernhard Trenkle

176 p., Kt, Carl Auer, ca. € 21,95



### 3 candies for 5 guys

Strategic hypnotherapy in case studies and stories

By Bernhard Trenkle

298 pages, Kt, Carl Auer, € 29,95

## The lion story

Hypnotic-metaphorical communication and self-hypnosis training

By Bernhard Trenkle

183 p., Kt, Carl Auer, € 19,95



### The reality waiter

Hypnosystemic concepts in consulting, coaching and supervision

Werner A. Leeb / Bernhard Trenkle / Martin F. Weckenmann (Eds.)

393 p., Kt, Carl Auer, € (D) 39,-

Susy Signer-Fischer

Gunther Schmidt

Woltemade Hartman

Bernhard Trenkle

Salvador Minuchin

Kai Fritzsche

Martin Busch Charlotte Cordes

Silvia Zanotta Birgit Steiner-Backhausen

Wilhelm Rotthaus Rüdiger Retzlaff

Peter Hain Elfie Cronauer

Helmet Fred Gallo

Stierlin  
Noni Höfner Annalisa Neumeyer

Carmen Beilfuß Brian Alm Haeniko

Mary Goulding Pfister

Kris Klajs Silja G Theiermoe Hu

fendiek Birgit Otto  
Anett Renner Britta Hann

Oliver Basener  
Ulrich Baatz  
Baedeker

Jochen Peichl  
Sabine Fruth  
Katrin Stolte Sylvia Zöller  
Alfred Lehmann reia Kaindl

Susanne Leutner Astrid Keweloh

Ben Furman Aaron T. Blencok Hodum

Joyce Mills Irvin SYallkoem

Philip Streit Großbach Ortwin Mejs  
Charlotte Wirl Alexander Lewen Ulla Engelhardt

Enavatollah Shahidi Helge Heyn Boaldrbara

Epe  
Matthias Ohler  
Stefan Hammel Dobner nld

Lars-Eric Unestahl

Karl Ludwig Ho Hitzelmut Rießbeck

Julia Weber Emmanuel Boselli

Maja Stork Oliver Fleureaux

Jan Ilhan Kizilhan

Johannes Storch Kristina Fuhr

Danie Beaulieu Abdollah Omid

Viktor Frankl Siegfried Mrochen Kambiz Abghari

Peter Allemann Shinichi Oura

Burkhard Peter

Christel Bojke Tonomi Nakatan

Emest Dajs

Rein Chlaouddi Baa Artl R Teainkicakheiro

Imaida

Claudia Mosühlikraz Quu Faudkeui

Gunt Hialrt dru Sabrina Mattle

Luttermann Rinaldo Perri

Ulrich Herre

SyMa GScahrsoaln-

MTsacchhnlina Enrico Facco

Agnes Waidner Sepp Holtz

Marcell Fori Reod Gmeh Pi oBfrootramjamms

errez Yeganeh

Majid EAunguesheir Gaveanndi lin

Mulraamt Ueslu Harionao Tellez

RMeieneicrshenbaum

Katrin Boger

Daniela Huetwohl

# therapy.tv



Application  
knowledge

for psychotherapy

See and learn,  
what is not in books

HAVnsBlewdn.gis

MEuvrealtyUnsBlueverly JaJhinn iGopinath  
BrigittCeoHraüelleime Samlnweizer  
NicolaPaulySeelParantip  
HannMeaSneferemGdaVnaonrgyt Bruno  
Schmid  
MaErviaa  
Wolf Ritscher  
AshrafMohammaMd Zoadheshen  
Ramazani





## Curricula

### **Hypnosystemic Communication - Conversation Guidance according to Milton Erickson (KomHyp) 2023/2024 in Rottweil**

The KomHyp curriculum offers training in solution- and resource-oriented multi-level communication while addressing and incorporating unconscious parts. The learning and teaching of mental techniques and self-hypnosis expands the repertoire of many professional fields in a valuable way. The knowledge and application of the communication strategies of M. Erickson's hypnotherapy provide a great potential for counseling contexts. Change work can succeed well within this framework. The focus on resources and the development of new possibilities are characteristic of this approach. With this improved curriculum we now offer an off-line group for participants from different professional fields. The goal is to acquire new approaches and competencies for the respective professional fields. The specialization for the respective occupational fields then follows via application seminars. (C-seminars - see curriculum descriptions). The seminar leaders belong to the top hypnotherapists in Germany and are specialized in the respective seminars.

**Bernhard Trenkle, Dipl.-Psych., Dipl.-Wi-Ing.**

Bahnhofstraße 4, 78628 Rottweil - Tel. 0741 41477 - Fax 0741 41773, kontakt@meg-rottweil.de - www.meg-rottweil.de

### **Entry into current curriculum still possible**

Kom3: Relationship building and contact with Daniel Bass, Dipl. Psych., 14.-15.04.2023 (Fr 14 - Sa 16 Uhr)

Kom2: Self-hypnosis and self-awareness with Anne M. Lang, Dipl. Psych., 19.-20.05.2023 (Fr 14 - Sa 16 Uhr)

**Start Curriculum 2024/2025 : Kom1: Introduction with Bernhard Trenkle, Dipl.-Psych., Dipl.-Wi-Ing., 22.-24.02.2024**



Daniel



BassKlaus-Dieter



DohneStefan



JunkerAnne M.



LangMelchior



Fischer-OttGunter



SchmidtBernhard Trenkle

## Seminars

**31.03.-01.04.2023 Hypno meets Brainspotting - The Art of Silence in Hypnotherapy**

Andreas Kollar, Rottweil - 330,- €

**27.04.-28.04.2023 Treatment of traumatized children and adolescents: Hypnosis and hypnotherapeutic methods**

Susy Signer-Fischer, Rottweil - 330,- €

**03.06.-10.06.2023 UtiliSeasation - XXXII Seminar and Supervision Week Wigry Meets World, WIGRY Monastery in Poland** - €1250,-.

**09.06.-10.06.2023 Active awake hypnosis in psychotherapy and sport psychology**

Gyula Biró, Rottweil - 330,- €

**23.06.-25.06.2023 Compact Introduction to Ericksonian Hypnosis and Psychotherapy**

Bernhard Trenkle, Denzlingen (near Freiburg) - 395,- €

**22.09.-23.09.2023 Therapeutic Magic® I - "Sometimes you should be able to do magic!"**

Annalisa Neumeyer, Rottweil - 330,- €

**12.10.-14.10.2023 Family Therapy without Family: Hypnotherapeutic, Strategic and Family Therapy Concepts.**

Bernhard Trenkle, Denzlingen (near Freiburg) - 415,- €

**19.10.-20.10.2023 ADHD, ADS, POS & Co: Hypnotherapeutic methods with children, adolescents and adults**

Susy Signer-Fischer, Rottweil - € 330,-.

**08.11.-11.11.2023 Learning and teaching self-hypnosis - for advanced beginners and beginning advanced therapists, counselors and coaches**

Brian Alman, Heidelberg

until 08.08.23: 590,- €, from 09.08.23: 650,- €

**24.11.-25.11.2023 Imaginary Body Journeys**

Sabine Fruth, Rottweil - 330,- €

**15.03.-16.03.2024 EMI - Eye Movement Ingeration - Level 1**

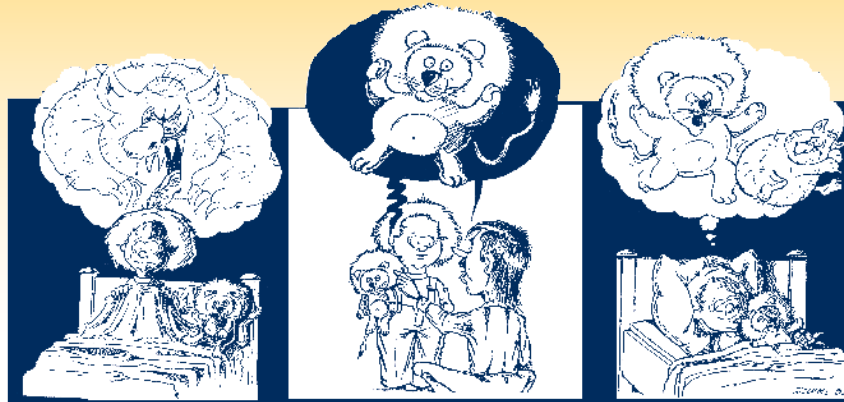
Eva Pollani, Rottweil - 330,- €

Even more seminars & detailed information: [www.meg-rottweil.de](http://www.meg-rottweil.de)

# 10 Children's meeting in Esslingen *Save the Date*

**Workshop meeting - 24 - 27.10.2024**

**Pre-Congress 23.10.2024**



**Hypnotherapeutic and systemic concepts for  
working with children and adolescents**



MILTON ERICKSON INSTITUTE  
ROTTWEIL

## 32nd Seminar and Supervision Week WIGRY Monastery in Poland



© Frank Rana 2016



© Frank Rana 2016



© Frank Rana 2016



### Focus topic of the seminar week 2023:

#### Wigry Meets World

Reinhold Bartl A, Sophia Bethge D, Susanna Carolusson S, Ernil Hansen D, Anita Jung USA, Dana Juraschek, Wieslaw Karolak PI, Marta Novak-Kulpa PI, Matthias Ohler, D, Oliver Rajamani India, Cornelia Schweizer D, Enayat Shahidi Iran, Melanie Trenkle D, Bernhard Trenkle D, Kris Klajns PI

As always, there will be interesting workshops, supervision, sailing, kayaking, rowing, biking, hiking, and in the evening dancing, campfire, karaoke singing, etc.

**Only approx. 60 participant places in total** - Intensive work in small groups in a beautiful landscape

[www.wigry.de](http://www.wigry.de)

Organization: M.E.I. Rottweil; Organizer/Registration: Polski Instytut Ericksonowski, email: [info@p-i-e.pl](mailto:info@p-i-e.pl), Tel: +48 42 6884860



MILTON ERICKSON INSTITUT  
ROTTWEIL

## INVITATION

for the speakers of hypno/systemic conferences and further education workshops

### **Train the Trainer, The Rottweil Laws & Online/Hybrid work as well as (Direct) Marketing strategies.**

Workshop didactics, insights, tips and tricks from decades of international teaching experience.

**Jeffrey Zeig, Ph.D. / Bernhard Trenkle, Dipl.Psych. / Prof.Dr. Angelika Schlarb/ Frauke Niehues, Dipl.Psych.  
12-14.03.2024, Tue 14 - Thu 16 hrs, € 450,- (until 15.09.23), € 525,- (until 15.01.24) € 590,- (from 16.01.24)**

In the early 90's we invited Jeff Zeig for the first time to a Train the Trainer workshop in Rottweil and many MEG trainers, regional office managers and board members who are well known today participated. I was surprised that Jeff Zeig offers the seminar contents in the USA, Brazil and elsewhere as the "Rottweil Laws" - probably in honor of the fact that we gave him the idea. In 1998, 2005 and 2012 we offered the seminar again. Jeff Zeig and Bernhard Trenkle taught together and sometimes included other trainers. These were always meetings of experienced hypnosis professionals and promising talents. We will also address marketing strategies. As in 2012, Prof. Angelia Schlarb will teach the topic of university didactics - which now gains additional relevance with the new Master in Psychotherapy.

New to the team is Frauke Niehues, who will lecture on impact teaching techniques as well as from her vast know-how on digitalization and online work.

The planned 3.5 days are almost too short for all our ideas.

#### **Detailed info about the contents on [www.meg-rottweil.de](http://www.meg-rottweil.de)**

Application/registration for a place to attend with CV, photo and a short letter of motivation to [mail@bernhard-trenkle.de](mailto:mail@bernhard-trenkle.de). There will also be participants from the International Hypnosis Conference 2024 in Krakow from America, Asia, maybe Africa and other European neighboring countries. Language of instruction: English. There are also individual workshop places for non-hypnotherapists.

**Detailed info about the contents on [www.meg-rottweil.de](http://www.meg-rottweil.de)**

# META FORUM SOMMERCAMP SPECIAL EDITION 2023



[www.metaforum-sommercamp.com](http://www.metaforum-sommercamp.com)

**Friday, 21.7. - Saturday, 5.8.2023**

**in the monastery of San Marco, Abano Terme**

Benefit from the opportunity to learn intensively from and with each other across disciplines:

**HOLISTIC. SYSTEMIC. INCOMPARABLE**

Meet an outstanding number of experts from the application fields of coaching, therapy, business and profession, health as well as spirituality and bodywork.

A unique place to learn together and from each other. Two weeks with over 40 seminars and trainings.

## Program and concept

**Milton Erickson Institute Rottweil**, Bahnhofstr. 4, 78628 Rottweil; [www.meg-rottweil.de](http://www.meg-rottweil.de)  
Bernhard Trenkle, Dipl.Psych. Dipl.Wi.-Ing., Head of the Milton Erickson Institute in Rottweil

## Organization and organizer

**Trenkle Organisation GmbH**, Bahnhofstr. 4, 78628 Rottweil,  
Tel.: 0741 2068899-0, Fax: 0741 2068899-9,  
[www.trenkle-organisation.de](http://www.trenkle-organisation.de), [mst@trenkle-organisation.de](mailto:mst@trenkle-organisation.de)

## Conference Team



Benedikt



Ehrenfried Eisma



Apkhazava Matthias



Kramer Franziska Mück



Natasha Roth



Regina Stauß



Marc  
Trenkle



Stelling Andreas



Bernhard Trenkle



Harrison Wang

# Registration form

I hereby register for the 6th Mental Strengthening Conference from 02.11.-05.11.2023 in Würzburg:

to the pre-congress workshop on 01.11.2023

- Pre-Congress 1: Tianjun Liu and Bernhard Trenkle  Pre-Congress 2: Lars-Eric Unestahl  Online pre-congress: Gunther Schmidt
- for the main congress from 02.-05.11.2023
- Additional online offer

## Your data:

\_\_\_\_\_

Title First

\_\_\_\_\_

name Last

\_\_\_\_\_

name

\_\_\_\_\_

Occupation

\_\_\_\_\_

Address

\_\_\_\_\_

suffix Street

\_\_\_\_\_

Zip code, city,

\_\_\_\_\_

country E-mail

\_\_\_\_\_

Phone

## Billing address (If different):

\_\_\_\_\_

Company/Instituti

\_\_\_\_\_

on Contact person

\_\_\_\_\_

Street

\_\_\_\_\_

Zip code, city,

\_\_\_\_\_

country E-mail

\_\_\_\_\_

Phone

\_\_\_\_\_

Date

\_\_\_\_\_

Signature

I hereby register, agreeing to the conditions of participation and privacy policy (see: [www.mentalesstaerken.de](http://www.mentalesstaerken.de)).

- I would like to receive the workshop registration information (including program) exclusively by e-mail /
- I need continuing education credits (Psychotherapeutic Chamber / Medical Association)





## Registration online at:

[www.mentalesstaerken.de](http://www.mentalesstaerken.de), by mail or fax  
(+49 741-2068899-9)



## Registration form

To  
Trenkle Organisation GmbH  
Bahnhofstr. 4  
D-78628 Rottweil

### Conference fee

Until 15.06.2023 495,- €\*

Until 15.09.2023 545,- €\*

From 16.09.2023 595,- €\*

### Additional online offer:

Price 395,- €\*

Live stream + 1 year access to the recording

### Pre-congress fee (1 + 2)

Until 15.06.2023:

Regular 155,- €\* / Main Congress Participant 85,- €\*

Until 15.09.2023:

Regular 175,- €\* / Main Congress Participant 95,- €\*

As of Sept. 16, 2023:

Regular 195,- €\* / Main Congress Participant 105,- €\*

### Online pre-congress fee: 95,- €\*

Participants of the online pre-congress and main congress (presence or online) get a free access to the lecture Gunther Schmidt.

\*All prices incl. 19 % VAT.

In case of a group registration with at least 5 persons, everyone will receive a discount of 50,- €\* on the participation fee of the main congress. For the exact procedure please check [www.mentalesstaerken.de/gruppe](http://www.mentalesstaerken.de/gruppe).