



The Milton H. Erickson Foundation, Inc. NEWSLETTER

The Milton H. Erickson Foundation, Inc.
1935 East Aurelius Avenue
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U.S.A.
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SUMMER, 1981

EDITOR'S NOTES

Welcome to the Erickson Foundation Newsletter. This newsletter came about as a result of a luncheon meeting that I had with Jeff Zeig. He was looking for a way to keep in touch with participants and faculty of the Erickson Congress and others who have an ongoing interest in Ericksonian approaches. Because of my previous editing experience and established interest in Ericksonian approaches, he asked me if I would edit a newsletter for the Erickson Foundation. Our subsequent talks and correspondence solidified the idea into a quarterly newsletter with the present format.

The publication dates for the newsletter are March 21, June 21, September 21 and December 21. The respective **deadline dates for submissions are March 1, June 1, September 1 and December 1.**

Items for inclusion should be sent to: Bill O'Hanlon, Box 164, Blair, Nebraska, 68008, U.S.A. Business and mailing will be handled by The Milton H. Erickson Foundation, Inc., 1935 East Aurelius, Phoenix, Arizona 85020, U.S.A. There is no charge for a subscription. The newsletter is sent to those people who currently are on the Foundation's mailing list. If you are not on the Foundation's mailing list, you can send your name and address to our office in Phoenix.

Donations to support the activities of the Erickson Foundation are appreciated and should be sent directly to the Foundation in Phoenix. The Foundation is a nonprofit corporation and donations are tax deductible.

— Bill O'Hanlon

TRAINING PROGRAMS IN ERICKSONIAN TECHNIQUES

(NOTE: The Erickson Foundation lists seminars as a service to newsletter subscribers. We cannot attest to the quality of training provided in these workshops.)

Human Resource Seminars are a continuing series of advanced clinical training seminars devoted exclusively to the approaches and methods developed by Milton H. Erickson, M.D. Seminars are held in Indianapolis, Indiana. Inquiries may be directed to Larry Gindhart, Human Resource Seminars, 4836 Park Avenue, Indianapolis, Indiana 46205.

The Associate Trainers in Clinical Hypnosis offer training workshops, consultation and supervision in Ericksonian approaches to hypnosis. Basic, intermediate, advanced training workshops are offered in various cities in the United States including Detroit, San Francisco, Orlando, Hartford, New York City, Pittsburgh and Chicago. ATCH is directed by Anthony Gaito, MSW. There are also 8 associate trainers on the faculty, many of whom trained directly with Dr. Erickson. For further information, contact them at: 26 Cedar St., Syosset, New York 11791. (516) 364-0160.

The Brief Family Therapy Center (6416 W. Capitol Drive, Milwaukee, Wisconsin 53216, (414) 464-7775) offers training programs in brief family therapy. Methods and techniques are derived in part from Erickson's work. The Center also publishes a newsletter, **The Underground Railroad**, which provides a forum and networking device for people interested in brief, ecosystemic and Ericksonian approaches. Steve de Shazer, MSSW, is the director of BFTC and the editor of the newsletter.

The Milton H. Erickson Institute of Hypnosis of New York offers education, training and direct supervision in clinical hypnosis. They offer a structured program based on a **university** (as opposed to a **workshop**) model of training. Qualified students must be licensed professionals. Certificates will be distributed upon completion of the program. The Institute also provides information and referral, speaker's bureau and clinical services to the public on a sliding scale. The director is Daniel Lutzker, 230 Hilton Avenue, Hempstead, New York 11501, (516) 485-9210.

Steve and Carol Lankton do training and consultation on Ericksonian Hypnosis and Metaphor both nationally and internationally. They will be conducting workshops in Australia, Canada, New Zealand, England and Germany in the next few months. For further information they can be contacted at: P.O. Box 958, Gulf Breeze, Florida 32561, (904) 932-6819.

The Seattle Strategic Therapy Institute offers ongoing training, consultation and clinical services in Strategic Therapy (which includes Ericksonian techniques). David Calof and Mike Flowers are the codirectors. Their address is: 2722 Eastlake Avenue East, Suite 210, Seattle, Washington 98102, (206) 329-9101.

The Milton H. Erickson Institute of Clinical Hypnosis and Behavioral Sciences of New Mexico and Proseminar Institute are jointly conducting seven-day advanced clinical hypnosis workshops in Albuquerque, New Mexico on a monthly basis. Participants are required to be practicing clinicians with previous training and experience in the use of hypnosis. For application forms and individual brochures describing the

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program, please write: Advanced Hypnosis Training, Proseminar Institute, 77 Vandewater Street, San Francisco 94133, or call Registron (800) 227-4200.

Probe presents workshops in the Washington, D.C. area. Future seminars will feature Paul Carter, Ph.D. and Jeffrey K. Zeig, Ph.D. For information, contact Judith Mazza, Ph.D., Executive Director, Probe Workshops, 7216 Minter Place, Takoma Park, Maryland 20012.

Lars-Eric Unestahl, Ph.D., from Sweden, is a noted expert in the field of sports medicine. His workshop on the mental preparation of athletes conducted at the International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy last December was very well received. Dr. Unestahl will be in the United States July 2 - August 25. Dr. Unestahl is setting up lectures on sports psychology at various universities around the United States in July and August. If you are interested in having Dr. Unestahl speak to your group, you can contact him at the following address: Envagen 7, S-70221 Orebro, Sweden, telephone: 019-161640.

Dr. Unestahl will be participating in the Fifth World's Sports Psychology Congress in Ottawa, August 26-31. From September 15-December 15, he will be at the University of Hawaii.

UPCOMING SEMINARS/WORKSHOPS

(NOTE: If you wish to publicize future Seminars or Workshops in the Erickson Newsletter, please note the following guidelines:)

1. Items for inclusion must be directly related to Ericksonian techniques/approaches;

2. The format is: date of training; title of workshop; trainer(s); location; cost; who to contact for further information; and special information;

3. Announcements for seminars scheduled more than nine months from the date of publication of the newsletter will be held and placed in a later edition of the newsletter.

June 20-21: Ericksonian Approaches to Hypnosis and Psychotherapy; Marion Moore, M.D./Jeff Zeig, Ph.D.; Indianapolis, Indiana; \$125.00 on-site registration (if space is available); contact: The Milton H. Erickson Foundation (see address in editor's notes); C.E.U.'s available for various professions.

June 28th: Ericksonian Approaches to Hypnosis and Psychotherapy; a benefit workshop for The Milton H. Erickson Foundation, cosponsored by Mental Research Institute. Featuring presentations and discussion of

videotapes of Milton H. Erickson, M.D. Jeff Zeig, Ph.D., Presenter; Hyatt Regency Hotel, San Francisco; \$80.00, on-site registration (if space is available); contact: The Milton H. Erickson Foundation (see address in Editor's notes); CEU's available for various professions.

July 24-26: Ericksonian Approaches to Psychotherapy; Jeff Zeig, Ph.D.; Eugene, Oregon. For further

information, contact: David Northway, 840 West 22nd, Eugene, Oregon 97405.

September 28-October 2: Psychological Level Communication: Ericksonian Hypnosis and Therapy; Steve Lankton, MSW and Carol Lankton, M.A.; Pensacola Beach, Florida; \$450 (includes lodging and some meals); contact Carol and Steve Lankton (see address in training programs).

MEDIA OF INTEREST

Jeff Zeig reports that his edited book, **A Teaching Seminar with Milton H. Erickson** (\$20.00 from Brunner/Mazel, 19 Union Square, New York, New York 10003), is selling well and is now in its third printing. It was chosen as an alternate selection in March for the Behavioral Science Book Service. All royalties from this volume are the property of the Erickson Foundation.

Psychotherapy Insight and Style: The Existential Moment, written by Len Bergantino, Ed.D., Ph.D., has a chapter on his personal experience in working with Dr. Erickson. The chapter focuses not only on Ericksonian techniques but also on Erickson as a person. General principles are discussed for developing storytelling methods as a hypnotherapeutic tool. Carl Whitaker commented, "Reading this book is an active experience in the use of self in the field of psychotherapy, and as such, it both expands and enriches the community standards of practice of professional psychotherapists." Send \$16.95 direct mail order to: Longwood Division, Allyn and Bacon, Inc., Link Drive, Rockleigh, New Jersey 07647. The book number is **2472813 L**, and should be mentioned when placing an order.

FORTHCOMING BOOKS:

Sidney Rosen, M.D., edited and wrote commentary for a volume entitled **The Teaching Tales of Milton H. Erickson, M.D.** The book will be published by Norton, Inc., and is expected to be out in the Spring of 1982. The contents include presentations and commentary on 132 of Erickson's most commonly presented teaching stories.

Susan Barrows, Editorial Vice President of Brunner/Mazel, reports that her publishing house has contracted for four volumes that relate to Ericksonian approaches.

- John Beahrs, M.D., authored a volume entitled **Unity and Multiplicity; Multilevel Consciousness of Self in Hypnosis, Psychiatric Disorders and Mental Health**. The book is in press and is expected to appear in print in November, 1981.
- Joseph Barber, Ph.D., has contracted to edit a volume tentatively titled **Psychological Approaches to Pain Control**.
- Stephen Gilligan has signed a contract for his new work tentatively titled **Hypnotherapeutic Change: An Ericksonian Approach**. The Barber and Gilligan volumes are expected to be published in 1982.
- Jeff Zeig reports that the proceedings of the Erickson Congress have been edited. Publication is expected in early 1982. Further information on publication will be forthcoming from Brunner/Mazel, Inc.

THE LETTERS OF MILTON H. ERICKSON

Jeffrey K. Zeig, Ph.D., is in the process of editing a volume on Milton H. Erickson's letters. Erickson wrote many letters to his colleagues, patients and family. Often, these letters were therapeutic; some were inspirational while others contained interesting bits of folk wisdom. He also wants to include some of the autographs that Erickson wrote in copies of his books. Please send copies of materials to Jeffrey K. Zeig, Ph.D., at The Milton H. Erickson Foundation.

AUDIOTAPES AND VIDEOTAPES

The Erickson Foundation is putting together a list of all commercially available audio- and videotapes of Milton Erickson. If you know of any, please send information on cost, availability, format (e.g. U-matic, Beta) and quality to the editor.

NOTES FROM THE FOUNDATION

The Milton H. Erickson Foundation is growing and expanding at a rapid pace, and I would like to take this opportunity to bring you up to date on our activities.

The registration fees from the December, 1980 International Congress and the royalties from The Teaching Seminar book, edited by Jeff Zeig, produced enough revenue for the foundation to offer many services and projects more quickly than previously anticipated.

We are actively looking for commercial property in the Phoenix area suitable to house the Foundation and Archives. Our doors will then be open to professionals interested in coming to Phoenix to view and study collected material on Erickson.

In December, 1980, the Foundation began collecting audio-, videotapes and historical material on Erickson for the Erickson Archives. Our goal is to have a central repository of historical material on Erickson which will be made available for study to interested and qualified professionals. We are pleased to announce that over 100 hours of videotape and many hours of audiotape have already been donated to the Foundation by various individuals. However, hundreds of hours of audio and videotape are still in the sole possession of individuals. If you were fortunate enough to have visited and studied with Dr. Erickson, and possess audio or videotapes, letters, pictures or autographs from him, please consider sharing what you have with other interested professionals.

If you wish to send original or copies of material on Erickson to the Foundation, we would be deeply grateful. If you prefer to send copies, the Foundation will pay reproduction costs.

Infomedix, who professionally audiotaped the International Congress, has provided the Foundation with one complete set of Congress tapes. Additionally, videotapes were made of both keynote addresses given at the Congress (Jay Haley and Carl Whitaker), as well as both Interaction Hours (Haley, Rossi & Whitaker; Watzlawick, Weakland & Fisch). All of these tapes are available for study at the Foundation.

The Foundation hopes to be established in our new offices by the beginning of September, 1981. If you wish to visit and study at the Foundation, please write to us advising when you would like to visit and your length of stay. There will be a nominal fee charged for using the services of the Foundation. We look forward to your active participation.

Groundwork has already begun for the **Second International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy**, scheduled for December, 1983 in Phoenix. The Hyatt Regency Hotel and convention facilities are reserved for the event. We also hope to see you for our December, 1981 meeting in San Francisco. Please note these events on your calendar. Don't miss them!

*Sherron S. Peters,
Administrative Director*

The Erickson Foundation Newsletter is a charitable educational service of The Milton H. Erickson Foundation. Bill O'Hanlon has been generous enough to volunteer his time to serve as your editor. I think that you will agree that he has done an outstanding job in compiling and editing this first issue.

We welcome your ideas, contributions and comments. If you are conducting any interesting work in the field of Ericksonian therapy, why not write and inform us. We look forward to your active participation in the work of The Milton H. Erickson Foundation.

Jeffrey K. Zeig, Ph.D.

ERICKSON CONGRESS —A SUMMARY

by Mariam Cohen, M.D.
(Condensed and Edited)

The International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy was held in Phoenix, Arizona, December 4-8, 1980. It was organized largely by Jeff Zeig, Ph.D. and Sherron Peters, both of whom are members of the Board of Directors of The Milton H. Erickson Foundation, Inc. Approximately 2,000 persons attended, coming from Europe, Canada, Japan, Australia and South America, as well as from all over the United States. The meeting was the largest ever held on the subject of hypnosis.

The Congress faculty—therapists and researchers—represented 14 countries. The speakers included internationally renowned physicians, psychologists and others who had known and worked with Dr. Erickson and who carried and advanced his approach into diverse areas of psychotherapy and medicine.

More than 50 papers were presented at general sessions, covering topics on hypnosis, Ericksonian approaches to psychotherapy, anthropology, medicine and family therapy. The proceedings of the Congress have been edited by Jeff Zeig, and they will be published in early 1982 by Brunner/Mazel Publishers.

In addition to formal presentations, the Congress included two special interaction hours, informal conversation hours and workshops. Throughout most of the Congress, rooms were set aside for films and tapes, and a biographical slide presentation.

Dr. Zeig had originally planned the Congress as a 79th birthday present for Dr. Erickson. Erickson had approved the list of participants and knew the topics they planned to present. Most of the participants were his students, colleagues and friends, and a theme ran through the Congress of memorializing and mourning a major creative contributor to psychotherapy and a deeply humane man.

The Congress was an overwhelming success on all levels, and plans are

being made for a national Congress to be held in San Francisco on December 3-6, 1981. It will be sponsored by The Milton H. Erickson Foundation and will be held at the Hyatt Regency Hotel in San Francisco. The four-day Congress will feature intensive clinically oriented workshops on Ericksonian hypnosis and psychotherapy. Participants may select one of several small group workshops offered each day. Panel discussions and individual conversation hours with Congress faculty will be offered.

The faculty will include: Ernest Rossi, Kay Thompson, Robert Pearson, Steve Lankton, Herbert Lustig, Marion Moore, Joseph Barber, Paul Carter, Franz Baumann, Steve Gilligan and Jeff Zeig.

Brochures and registration forms for the Congress will be sent out in July, 1981.

CONTACT/EXCHANGE

Are you doing research involving Ericksonian approaches /techniques? Do you want to contact others who have an interest in Ericksonian approaches in your area? Do you have tapes of Erickson that you'd like to exchange with others for similar material? If so, you can use this section in the newsletter. There is no charge for this service.

DECEASED:

M. Erik Wright, Ph.D., M.D.

It is with great regret that we inform you of the sudden death of M. Erik Wright, Ph.D., M.D. in May, 1981. Dr. Wright was professor of clinical psychology and psychiatry at the University of Kansas. He was a noted teacher and practitioner in the field of hypnotherapy and was a past president of the American Society of Clinical Hypnosis and a past coordinator of the American Board of Clinical Hypnosis. Dr. Wright was one of the featured speakers at the International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. He was a bright, lively, compassionate individual. He was an inspiration to many people and he will be greatly missed both personally and professionally. The Board of Directors of The Milton H. Erickson Foundation extend our sincere sympathy to Beatrice Wright and the Wright family.

The family has requested that donations be sent to the Endowment Association for the M. Erik Wright Scholarship Fund, University of Kansas, Lawrence, Kansas 66045, in lieu of flowers.

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NEWSLETTER

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