



The Milton H. Erickson Foundation, Inc.
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U.S.A.
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The Milton H. Erickson Foundation, Inc. NEWSLETTER

Bill O'Hanlon, Editor / P.O. Box 24471 / Omaha, Nebraska 68124

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Winter, 1986

The Evolution Lives On

by Sally A. Northrup

On December 11, 1985, the Evolution of Psychotherapy Conference convened—a meeting called by some a landmark event in the history of psychotherapy. Counselors, physicians, nurses, social workers, psychologists, psychiatrists, ministers and others from the mental health profession gathered in Phoenix, Arizona on December 11-15, 1985 for this memorable event.

In the Wednesday, December 11, 1985 issue of *The Phoenix Gazette*, Jeffrey K. Zeig, Director of The Milton H. Erickson Foundation and organizer of the conference, was quoted as saying, "Just as Woodstock (New York) will always be remembered by the flower children of the 1960s, Phoenix will be equally historic to psychotherapists of the 1980s. Nothing of this magnitude has ever been attempted before."

Speaking about "magnitude" was certainly apt. The conference was sold out by early September. There were 7,000 professionals in attendance, and at least 29 countries were

represented. Participants came from Australia, Sweden, England, Greece, Italy, Japan, Canada, Holland and Ireland, to name a few. They came to experience the work of some of the greatest names in psychotherapy—names that have been studied in books and heard in lecture halls throughout the world.

Joined together for the purpose of expounding their ideas and views on psychotherapy were Aaron Beck, Bruno Bettelheim, Murray Bowen, Albert Ellis, Mary and Robert Goulding, Jay Haley, Ronald Laing, Arnold Lazarus, Cloe Madanes, Judd Marmor, James Masterson, Rollo May, Salvador Minuchin, Zerka Moreno, Miriam and Erving Polster, Carl Rogers, Ernest Rossi, Virginia Satir, Thomas Szasz, Paul Watzlawick, Carl Whitaker, Lewis Wolberg, Joseph Wolpe and Jeffrey K. Zeig.

Sophie Freud, Dieter Baumann and Margo Adler, grandchildren of the late Sigmund Freud, Carl Jung and Alfred Adler held a

special panel discussion on the personal lives of their grandfathers and families. Bruno Bettelheim discussed Freud's Vienna at a second panel which also featured Baumann and Adler. These were historic sessions with a personal and spontaneous air.

The conference itself included workshops, live demonstrations, conversation hours, topical and case discussion panels and addresses, through which these great minds exhibited their skills, imparted their philosophies and communicated their ideas in ways that were unique, controversial and intriguing. Some of the topics and demonstrations included "Dreams," "Behavior Analysis," "Group Therapy," "Social Anxiety" and "Schizophrenia!"

Another special event at the conference was an impromptu session led by Virginia Satir and Mary Goulding in which 3,000 participants turned out to discuss "World Peace." Letters supporting world peace were written and copies sent to both President Reagan and Mr. Gorbachev.

Sponsored by The Milton H. Erickson Foundation, with Director Jeffrey K. Zeig, Ph.D., Administrative Director Sherron S. Peters, a staff of seven dedicated people, a well-rounded Steering Committee and several hardworking volunteers, The Evolution of Psychotherapy Conference came off with smoothness, professionalism and ingenuity. It was truly a tremendous success with high praises from speakers and participants alike:

"What we saw was masterly, caring, curative techniques that were, of course very different and were also very effective. That to me was the richness of the conference. I want therapists and the public to know this richness of choice exists!"

—Mary and Bob Goulding

"The 'Phoenix Experience' has produced a 'high' from which I have yet to come down."

—Arnold Lazarus

"...the conference was a great success."

—Rollo May

"I am impressed by the smoothness of the conference."

—Salvador Minuchin

"I am still reverberating with pleasure about the conference."

—Erving Polster



FRONT ROW (from left to right): Albert Ellis, Mary Goulding, Robert Goulding, Zerka Moreno, Cloe Madanes, Virginia Satir, Miriam Polster, and Carl Rogers. SECOND ROW: Rollo May, Arnold Lazarus, Judd Marmor, Aaron Beck, Carl Whitaker, Murray Bowen, Thomas Szasz, Paul Watzlawick, Jay Haley, and Joseph Wolpe. BACK ROW: Bruno Bettelheim, James Masterson, Jeffrey Zeig, Ronald D. Laing, Ernest Rossi, Erving Polster, Salvador Minuchin, and Lewis Wolberg.

Continued on Page 2

The Evolution Lives On

Continued from Page One

"I don't know how on earth you did it—but you did—and gloriously!"

—Ernest Rossi

"I look back on the Phoenix experience with some awe as well as pleasure. I can't get over the fact that over seven thousand people wanted to attend."

—Carl Rogers

"I congratulate you on your tour de force of organization."

—Joseph Wolpe

"It was a beautifully organized meeting."

—Jay Haley

"I want to thank you for having developed and provided what was one of the most interesting professional experiences of my life."

—Aaron T. Beck

"I am delighted that I had a chance to participate in the superb meeting you had organized."

—Thomas Szasz

"... the entire conference was a miracle of flawless organization."

—Paul Watzlawick

"I thoroughly enjoyed the conference..."

—Albert Ellis

"I want to commend you and your staff on what was the best planned and executed meeting I have attended in approximately 25 years of conferences and meetings."

—Richard E. Hardy, Ed.D.
Attendee

"I would like to express my appreciation for the fine conference arranged by the Foundation. You have set a standard for conferences of this kind for years to come."

—David K. Reynolds, Ph.D.
Attendee

"Congratulations on successfully putting on a great conference. It will be talked about for years to come."

—Margot B. Kopley, Psy.D.
Attendee

"The conference was a most exciting experience for me. I would like to add my word of thanks to all those who put forth the energy and had the foresight and confidence to accomplish the event."

—Judith Byrley, M.A.
Attendee

"It was a most interesting and exciting time. Thank you for the opportunity to learn from this wonderful group of knowledgeable people."

—Miriam C. Burhans, ACSW
Attendee

The Evolution of Psychotherapy Conference imparted new experiences and a greater understanding of psychotherapy. To the many who were there, this was not merely a great conference, but the beginning of a greater awareness. In all our hearts and all our minds the "Evolution" will surely live on.

Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

PHOENIX, ARIZONA

WEDNESDAY, DECEMBER 3 — SUNDAY, DECEMBER 7, 1986

KEYNOTE ADDRESS: *Virginia Satir*

KEYNOTE DEBATE: *Paul Watzlawick and Albert Ellis*

Featuring workshops, demonstrations, practice groups, panels, group inductions, conversation hours, invited addresses, papers and short courses. A few of the renowned faculty for the meeting will be: Daniel Araoz, Ed.D., Joseph Barber, Ph.D., Kristina Erickson, M.D., Richard Fisch, M.D., Stephen Lankton, ACSW, Carol Lankton, M.A., Herbert Lustig, M.D., Sidney Rosen, M.D., Ernest Rossi, Ph.D., Kay Thompson, D.D.S., John Weakland, and Jeffrey Zeig, Ph.D. Many additional speakers and special events are planned.

Regular Registration Fee: \$200.00 to May 30, 1986 after which time fees increase.

Student Registration Fee: \$125.00 to May 30, 1986 after which time fees increase.

Student verification required.

The Congress will be open to professionals in health related fields including physicians, doctoral level psychologists, and dentists who are qualified for membership in, or are members of, their respective professional organizations (e.g., AMA, APA, ADA). The Congress is also open to professionals with mental health related graduate degrees, (e.g., MSW, MSN, MA, or MS) from accredited institutions. Applications from full time graduate students in accredited programs leading to a degree in the above fields will be accepted if they supply a letter from their department on letterhead stationery certifying their student status as of December, 1986.

Approved for AMA Category One credit. Approval for other continuing education credit will be sought.

REGISTRATION FORM — 1986 ERICKSON CONGRESS

Name: _____

Address: _____ Telephone: _____

City/State/Prov.: _____ Zip: _____

Country: _____ Occupation: _____

Degree: _____ Major: _____

University: _____

There will be a \$25.00 cancellation fee if received in writing on or before November 1, 1986. No refund will be made after that date.

Please find enclosed my registration fee \$ _____
(Payable to The Milton H. Erickson Foundation, Inc.)

Students Only: Enclosed is my student verification letter.

We honor MasterCard VISA

Account # _____ Expiration Date: _____

Newsletter Business

The closing date for the submissions to the next Newsletter is April 1, 1986. All business and money matters, including subscriptions, should be addressed to the Foundation offices in Phoenix. Articles and informational notes should be sent to the Editor.

Special Conference Announcements

The Family Networker Symposium, to be held on March 21-22, 1986 in Washington, DC, will include several workshops of interest to readers. The theme of this year's conference will be "Success." Steve Lankton will present "It's Not Over Until the Fat Lady Sings." David Calof will present "The Trance-Generational Family: Accessing the Family Unconscious," and "The Family Inside the Family Therapist;" and Bill O'Hanlan will present "Spellbinding for a Change: The Essentials of Ericksonian Hypnosis," and "From Explanations to Solutions." Contact The Family Therapy Networker, 7703 13th St. NW, Washington, DC 20012, (202) 829-2452.

The American Orthopsychiatric Association is holding their 63rd Annual Meeting in Chicago on April 7-11, 1986. Included in this meeting will be an institute on "Developments in Ericksonian Psychotherapy." Co-Moderators for the institute are Jeff Zeig and Bill O'Hanlan. Additional faculty for the institute are Ron Havens, Dick Diamond, and Adrian Williams. Contact Ortho at 19 W. 44th St., Suite 1616, New York, NY 10036, (212) 354-5770.

A multi-faculty conference focusing on Ericksonian Approaches to Severely Disturbed Patients is to be held in Park City, Utah on September 18-20, 1986. Teaching will be Jeff Zeig, Steve Lankton, Stephen Gilligan, and Bill O'Hanlan. Contact Lynn Johnson, 166 E. 5900 South, B-108, Salt Lake City, UT 84107, (801) 261-1412.

Doing Therapy Briefly-The MRI Approach, will be presented during the New York City Brief Therapy Conference to be held September 12-14, 1986, at the Roosevelt Hotel. Theory, practice and applications will be described, demonstrated and discussed. Presenting at the Conference will be: Richard Fisch, Vincent Moley, Lynn Segal, Paul Watzlawick, and John Weakland.

MRI Summer Symposia will be held at the Stanford University Campus, Palo Alto, CA. Symposium #1 will be held August 4-15, 1986, and Symposium #2 will be held August 18-22, 1986. Student housing is available at Stanford University for all three weeks. For further information, contact: Phyllis Erwin, MRI, 555 Middlefield Rd., Palo Alto, CA 94301, (415) 321-3055.

ERICKSONIAN STORYTELLING

as told by
LEN BERGANTINO, ED.D., PH.D.*

The Teaching Tales, as Dr. Erickson told them, in a non-stop way, over a long period of time, working almost exclusively at the unconscious level, helps therapists:

- 1) access their unconscious;
- 2) feed, nurture and build a personality with those otherwise inaccessible to treatment;
- 3) restore sensory integration;
- and 4) stabilize dis-ease free states of being in self and patient. These Ericksonian techniques can be integrated into the therapist's method of choice.

*Trained by Milton H. Erickson, M.D. (1977-1980)

2nd Sat. of each month, 10 a.m.-12 noon — \$40

Contact: **LEN BERGANTINO, ED.D., PH.D.**

450 North Bedford Drive, Suite 300

Beverly Hills, California 90210 U.S.A.

Telephone: (213) 273-8705

WORKSHOPS ARE OFFERED Internationally and throughout the United States upon request.

AUTHOR: Psychotherapy, Insight and Style:
The Existential Moment

PAID ADVERTISEMENT

A Five-Day Summer Residential Workshop With Stephen and Carol Lankton: "Ericksonian Approaches to Psychotherapy."

... In Beautiful Vancouver
During Expo 86 ...

With the increase of interest in the world of Milton H. Erickson during the last few years, a need has arisen to provide comprehensive, in depth and accurate training about his methodology and interventions with families and individuals. The workshop leaders have had extensive personal contact and training with Dr. Erickson and are included in the invited faculty of the International Congress of Ericksonian Approaches to Hypnosis and Therapy. The Lankton's designed this workshop to build upon and go beyond the structures of their books *The Answer Within: A Clinical Framework of Ericksonian Hypnotherapy* and *Enchantment and Intervention in the Family*. This training takes place on the wooded campus of the University of British Columbia, an area of spectacular scenery and magnificent beaches. Expo '86 is 20 minutes away. Housing on campus with excellent meals is included.

Workshop eligibility: Masters or Doctorate degree in the helping professions.

Continuing Education Credits applied for, for Psychologists, Medical Doctors and Dentists in the United States and Canada.



Carol Lankton, M.A.
Stephen Lankton, M.S.W.
Authors of *Practical Magic*,
The Answer Within, and
Editors of
Ericksonian Monographs

August 13-17, 1986
Vancouver, British Columbia

This tuition is based on double occupancy and includes room and board.

Other Tuitions Are Available:

Tuition Before June 30, \$545 U.S. (\$735 Cdn.)

After June 30, \$625 U.S. (\$840 Cdn.)

To Register: \$100 Deposit. (\$125 Cdn.)

For Information Contact:

MARILYN ATKINSON, M.A. & ASSOCIATES
(604) 872-1185 Or Mail To:

874 Sawcut, Vancouver, B.C. CANADA V5Z-4A3

For Americans remember your U.S. Travel Dollar
is worth \$1.35 when exchanged for Canadian funds.

PAID ADVERTISEMENT

The Ontario Society of Clinical Hypnosis presents a workshop on "Psyche, Soma and Change: Hypnosis & Psychogenic Disease", as can be applied in medicine, dentistry and psychology. Guest lecturers: David Dobson, Ph.D., Friday Harbour, Washington; and David Kohen, M.D., University of Minnesota. This will be held May 2-4, 1986, at the Prince Hotel, Toronto, Ontario, Canada. For further information contact: Ms. Lee Marks, O.S.C.H., 200 St. Clair Avenue West, Suite 402, Toronto, Ontario, M4V 1R1, (416) 922-8300.

The 5th International Congress of Family Therapy, Jerusalem, Israel, June 22-25, 1986, featuring such renowned speakers as: Aponte, Boscolo, de Shazer, Framo, C. Lankton & S. Lankton. For further information: The Secretariat, P.O. Box 3378, Tel Aviv 61033, Israel, Tel.: 03-209777, Telex: 33624, 361406, Cables: OPHIRTRAV Tel Aviv.

New Book in German

Hypnosis and Hypnotherapy of Milton Erickson (German)
edited by Burkhard Peter, Pfeiffer Verlag, 1985, Munich, Germany.

The proceedings of the First German Congress on Ericksonian Hypnosis held in Munich, October, 1984, with contributions by Jeffrey Zeig, Gunther Schmidt, Bernhard Trenkle, Sidney Rosen, Wilhelm Gerl, Dirk Revenstorff, Uley Schachtner, Burkhard Peter and others.

This is the first book about Erickson originally published in German.

For information: Contact the Milton Erickson Gesellschaft, Tal 18, Munich, West Germany.

UPCOMING TRAINING

(NOTE: The Erickson Foundation lists workshops as a service to newsletter subscribers. We cannot attest to the quality of training provided in these workshops.) A \$10.00 fee is required for each workshop submission.

| DATE | TITLE/LOCATION/LEADER | CONTACT |
|----------|-------------------------------------------------------------------------------------------------------------|---------|
| 3/21-23 | Ericksonian Hypnosis and Metaphor, San Diego, CA, Beletsis | 3 |
| 4/4-5 | Modern Clinical Hypnosis for Habit Control, Chicago, IL, Cohen, King and Citrenbaum | 4 |
| 4/5-6 | Advanced Ericksonian Hypnotherapy, Chicago, IL, Zeig | 17 |
| 4/12-13 | Metaphor and Age-regression (Advanced), Los Angeles, CA, Beletsis | 3 |
| 4/24-25 | Intermediate/Advanced Ericksonian Hypnotherapy, Omaha, NE, Zeig | 16 |
| 5/1-4 | Generative Approaches to Ericksonian Hypnotherapy, Burlington, VT, Gilligan | 18 |
| 5/3-4 | Ericksonian Hypnotic and Strategic Approaches, New York City, Rosen/O'Hanlon | 5 |
| 5/15-18 | ASCH Clinical Hypnosis, Richmond, VA | 6 |
| 5/16-17 | Ericksonian Hypnosis, Schaumburg, IL, O'Hanlon | 7 |
| 5/23-24 | Solution-oriented therapy, Philadelphia, PA, O'Hanlon | 8 |
| 5/23-24 | Modern Clinical Hypnosis for Habit Control, Chicago, IL, Cohen, King and Citrenbaum | 4 |
| 5/23-25 | Advanced Hypnotherapy: Practice, Supervision and Demonstration, Austin, TX, S. Lankton | 9 |
| 5/29-6/1 | Supervision Training, Borre, Denmark, Carter | 19 |
| 6/6-8 | Introductory, Vienna, Austria, Carter | 20 |
| 6/13-15 | Ericksonian Psychotherapy, Paris, France, Zeig | 21 |
| 6/13-17 | Parts Work in Trance, Heidelberg, West Germany, Carter | 22 |
| 6/16-17 | Ericksonian Hypnotherapy, Bergen, Norway, Zeig | 1 |
| 6/17-22 | Generative Approaches to Ericksonian Hypnotherapy, Vancouver, BC, Canada, Gilligan | 12 |
| 6/19-22 | ASCH Clinical Hypnosis, Chicago, IL | 6 |
| 6/20-21 | Ericksonian Hypnotherapy, Brussels, Belgium, Zeig | 2 |
| 6/20-21 | Ericksonian Hypnosis, Buffalo, NY, O'Hanlon | 10 |
| 6/21-25 | Parts Work in Trance, Lausanne, Switzerland, Carter | 23 |
| 6/25-28 | Ericksonian Hypnotherapy Supervision, Vancouver, BC, Canada, Gilligan | 12 |
| 7/18 | Brief Family Therapy, Anchorage, AK, O'Hanlon | 11 |
| 7/23-27 | Ericksonian Hypnosis (Adv. & Beg.) Edmonton, AL, Canada, Carter/Beletsis | 24 |
| 8/13-17 | Ericksonian Approaches to Therapy, Vancouver, BC, Lanktons | 12 |
| 8/17-30 | Parts Work in Trance Intensive, Grand Lake, CO, Carter | 25 |
| 8/21-24 | ASCH Clinical Hypnosis, Milwaukee, WI | 6 |
| 8/26-30 | The Experiential Metaphor, Kauai, Hawaii, Yapko | 26 |
| 8/25-26 | Ericksonian Hypnosis, Dublin, Ireland, O'Hanlon | 13 |
| 9/6 | Handling Resistance in Hypnosis, Sheffield, England, O'Hanlon | 14 |
| 9/7 | Ericksonian Hypnosis for Psychosomatic Problems, Sheffield, England, O'Hanlon | 14 |
| 9/18-20 | Ericksonian Approaches to the Difficult Patient, Park City, UT, Zeig, S. Lankton, Gilligan, Dolan, O'Hanlon | 16 |
| 9/26-28 | Advances in Ericksonian Approaches, Philadelphia, PA, Gilligan/O'Hanlon | 15 |
| 9/25-28 | ASCH Clinical Hypnosis, Columbus, OH | 6 |

Ongoing Training Series

Paul Carter, Ph.D. will be offering an intensive training series in Colorado, May 8-12 and August 17-30 entitled "Parts Work in Trance". Paul's Parts Work is a synthesis of the therapeutic approaches of Milton Erickson and Virginia Satir with a "Trance-personal" emphasis. For further information, contact: M.E.T.A. Institute, P.O. Box 2591, La Jolla, CA 92038, (619) 454-5638.

Newly Approved Milton H. Erickson Institutes

St. Louis Training Institute in Erickson Hypnotherapy
Westwood Medical Center
911 Soth Brentwood
Clayton, MO 63105
Donna M. Spencer, Ph.D.

Milton H. Erickson Institute of Vermont
c/o Mountain Affiliates
R.R. #1, Box 214
Stowe, VT 05672
(802) 253-7337
Rodger Kessler, M.A.

CONTACT INFORMATION

- Gunnar Rosen, M.D., Bergen, Norway (05), 298060.
- Gerald Brassine, rue Edith Cavell 254, 1180 Brussels (2), 374-0131.
- META Institute, P.O. Box 2591, La Jolla, CA 92038, (619) 454-5638 or (213) 823-6636.
- Education Ctr. of Sheppard Pratt, P.O. Box 6815, Baltimore, MD 21285-6815, Toll Free (800) 482-7800 ext. 2256.
- NY Milton H. Erickson Society for Psychotherapy and Hypnosis, P.O. Box 1390 Madison Square Station, New York City, NY 10139, (212) 473-0499.
- The American Society of Clinical Hypnosis, 2250 E. Devon Ave., Suite 336, Des Plaines, IL 60018, (312) 297-3317.
- Michele Weiner-Davis, 805 Fleming Rd., Woodstock, IL 60098, (815) 338-7360.
- Chris Barber-Smith, 313 E. Wadsworth Ave., Philadelphia, PA 19119, (215) 247-2826.
- Seyma Calihman, 605 Baylor, Austin, TX 78703, (512) 474-9020.
- David Kaye, M.D., The Children's Hospital of Buffalo, 219 Bryant St., Buffalo, NY 14222, (716) 878-7611.
- Suzanne Markle, 334 E. 2nd Ct., Anchorage, AK 99501, (907) 272-7985.
- Marilyn Atkinson & Assoc., 874 Sawcut Alley, Vancouver, BC, Canada, V5Z 4A3, (604) 872-1185 or (604) 731-9969.
- Marriage and Family Institute, 5 Clare St., Dublin 2, Ireland.
- Alan Kendall, British Society of Medical and Dental Hypnosis, Suite 7, Thomas Duggan House, Well Croft, Shipley, West Yorkshire, BD18 3QH, England.
- Therapeutic Learning Center, P.O. Box 24471, Omaha, NE 68124, (402) 391-4223, (402) 330-1144.
- Lynn Johnson, 166 E. 5900 S., #B-108, Salt Lake City, UT 84107, (801) 261-1412.
- Oasis Center for Human Potential, 7463 N. Sheridan Rd., Chicago, IL 60626, (312) 274-6777
- Skip Smith, M.Ed., 267 Pearl Street, Burlington, VT 05401, (802) 658-5300.
- M. Ropke, Vingards Molle, Klinterej 273, 4791 Borre, Denmark, 03/812348.
- S. Sommer, Gumpendorfstr. 114A/2/34, A-1060 Wien, Austria, 0222/5664653.
- J.A. Malarewicz, 8 rue du Midi, 92160 Antony, France.
- Gunter Schmidt, Berg Strasse 36, 6901 Wilhelmsfeld, West Germany, 062/206333.
- Michael Scheckter, Chemin de Roveraz 60, 1012 Lausanne, Switzerland, 021/328639.
- B Paulson/R Kimmis, Student Counseling Svcs., 102 Athabasca Hall, University of Alberta, Edmonton, AL, T6G 2E8, Canada, (403) 432-5205.
- META Institute, P.O. Box 2591, La Jolla, CA 92038, (619) 454-5638.
- Erickson Institute of San Diego, 2525 Camino Del Rio S., Suite 225, San Diego, CA 92108, (619) 295-1010.

Hear the Contemporary Greats in Psychotherapy... Uncut and Unedited From: The Evolution of Psychotherapy: A Conference Phoenix Arizona, December 11-15, 1985

On Audiocassette Tapes

InfoMedix was honored to provide our professional recording service at the Evolution of Psychotherapy: A Conference sponsored by the Milton H. Erickson Foundation, Inc.

PROGRAM NO. L330

INVITED ADDRESSES

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|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| L330-1 \$9.50 | The Need for Technical Eclecticism, Science, Breadth, Depth, and Specificity, Arnold Lazarus, (Cloe Madanes, Disc.) | L330-17 \$9.50 | Therapy: A New Phenomena, Jay Haley, (S. Minuchin, Disc.) |
| L330-2AB \$19.00 (2 tapes) | Psychodrama, Role Theory and the Concept of the Social Atom, Zerka Moreno, (Carl Whitaker, Disc.) | L330-18 \$9.50 | Strategic Family Therapy, Cloe Madanes, (P. Watzlawick, Disc.) |
| L330-3 \$9.50 | Mind/Body Connections and the New Languages of Human Facilitation, Ernest Rossi, (Lewis Wolberg, Disc.) | L330-19 \$9.50 | The Nautre of the Psychotherapeutic Process, Judd Marmor, (A. Beck, Disc.) |
| L330-4 \$9.50 | Therapeutic Patterns in Ericksonian Psychotherapy, Jeffrey Zeig, (Murray Bowen, Disc.) | L330-20 \$9.50 | The Evolution of Psychotherapy: Future Trends, Lewis Wolberg, (A. Lazarus, Disc.) |
| L330-5 \$9.50 | Psychotherapy-Past, Present & Future, Murray Bowen, (James Masterson, Disc.) | L330-21 \$9.50 | Gestalt Therapy: Evolution & Application, Miriam Polster, (R. Goulding, Disc.) |
| L330-6 \$9.50 | My Many Voices: Personal Perspectives on Family Therapy, Salvador Minuchin, (Zerka Moreno, Disc.) | L330-22 \$9.50 | Escape from the Present: Transition & Storyline, Erving Polster, (C. Rogers, Disc.) |
| L330-7 \$9.50 | If You Desire To See, Learn How To Act, Paul Watzlawick, (Ernest Rossi, Disc.) | L330-23 \$9.50 | Rogers, Kohut & Erickson: A Personal Perspective on Some Similarities and Differences, Carl Rogers, Ruth Sanford, (M. Polster, Disc.) |
| L330-8 \$9.50 | Using Social Phenomenology & Existential Philosophy in Psychotherapy Ronald Laing, (Thomas Szasz, Disc.) | L330-24 \$9.50 | Existential Therapy and the Future, Rollo May, (Bruno Bettelheim, Disc.) |
| L330-9 \$9.50 | Transactional Analysis & Redecision: A Short-Term, Focused Approach to Change, Mary Goulding (Jeffrey Zeig, Disc.) | L330-25 \$9.50 | The Evolution of Rational-Emotive Therapy & Cognitive Behavior Therapy, Albert Ellis, (M. Goulding, Disc.) |
| L330-10 \$9.50 | Group Therapy: Mainline or Sideline? Robert Goulding, (Virginia Satir, Disc.) | L330-26 \$9.50 | A Dialogue on Cognitive Therapy with Beck and Hausner, Aaron Beck, Stowe Hausner |
| L330-11 \$9.50 | Going Behind the Obvious-The Psychotherapeutic Journey, Virginia Satir, (E. Polster, Disc.) | WORKSHOPS | |
| L330-12 \$9.50 | The Family as Deduced from Twenty Years of Families Only, Carl Whitaker, (A. Ellis, Disc.) | L330-W1AB \$19.00 (2 tapes) | Theoretical and Practical Aspects of Psychotherapy, Ronald Laing |
| L330-13 \$9.50 | The Therapeutic Milieu: Therapy in a Residential Setting, Bruno Bettelheim, (R. Laing, Disc.) | L330-W2AB \$19.00 (2 tapes) | Supervision in Group Psychotherapy, Robert Goulding |
| L330-14 \$9.50 | The Evolution of the Developmental Object Relations Approach to Psychotherapy, James Masterson, (J. Haley, Disc.) | L330-W4AB \$19.00 (2 tapes) | The Basics of Behavior Analysis and Therapy, Joseph Wolpe |
| L330-15 \$9.50 | The Promotion of Scientific Psychotherapy: A Long Voyage, Joseph Wolpe, (J. Marmor, Disc.) | L330-W5AB \$19.00 (2 tapes) | The Client-Centered Approach, Carl Rogers, Ruth Sanford |
| L330-16 \$9.50 | Justifying Coercion Through Theology & Therapy, Thomas Szasz, (J. Bugental, Disc.) | L330-W7AB \$19.00 (2 tapes) | Multimodal Therapy: Is It the Best of All Worlds? Arnold Lazarus |

| | | | |
|---------------------------|----------------------------------------------------------------------------------------------------------|------------------|---------------------------------------------------------------------------------------------------------------|
| L330-W9AB | Cognitive Therapy of Anxiety, Aaron Beck, Stowe Hausner | L330-CH4 | Carl A. Whitaker |
| \$19.00 (2 tapes) | | \$9.50 | |
| L330-W10AB | Consultations on Neurotic Case Problems, Joseph Wolpe | L330-CH5 | Murray Bowen |
| \$19.00 (2 tapes) | | \$9.50 | |
| L330-W11AB | Existential-Humanistic Psychotherapy, James Bugental | L330-CH6 | Zerka Moreno |
| \$19.00 (2 tapes) | | \$9.50 | |
| L330-W12AB | The Myth of Psychotherapy, Thomas Szasz | L330-CH7 | Carl R. Rogers |
| \$19.00 (2 tapes) | | \$9.50 | |
| L330-W15AB | Support & Integration in Gestalt Therapy, Miriam Polster | L330-CH8 | Robert L. Goulding and Mary M. Goulding |
| \$19.00 (2 tapes) | | \$9.50 | |
| L330-W16AB | Transactional Analysis & Redecision, Mary Goulding | L330-CH9 | Bruno Bettelheim |
| \$19.00 (2 tapes) | | \$9.50 | |
| L330-W19AB | Family Systems Therapy, Murray Bowen | L330-CH10 | Albert Ellis |
| \$19.00 (2 tapes) | | \$9.50 | |
| L330-W20AB | Hypnotherapeutic Approaches for the Non-Hypnotherapist, Ernest Rossi | L330-CH11 | Arnold A. Lazarus |
| \$19.00 (2 tapes) | | \$9.50 | |
| L330-W21AB | The Practice of Rational-Emotive Therapy, Albert Ellis | L330-CH12 | Judd Marmor |
| \$19.00 (2 tapes) | | \$9.50 | |
| L330-W22AB | New Roads in Transactional Analysis, Mary Goulding | L330-CH13 | James F. Masterson |
| \$19.00 (2 tapes) | | \$9.50 | |
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Volume 7, No. 2, of *The Cognitive Behaviorist* is on hypnosis and cognitive behavior therapy. There are eight contributions from North America and Australia. For a copy of this issue, please send \$3.00 to: E. Thomas Dowd, Editor, *The Cognitive Behaviorist*, 116 Bancroft Hall, University of Nebraska, Lincoln, NE 68588.

Clinical Hypnosis: Techniques and Applications is a videotape by Errol R. Korn, M.D. and George Pratt, Ph.D. It is nearly two hours long, available in VHS and Beta formats, and can be obtained for \$195 (plus \$5 shipping and handling) from Psychology and Consulting Associates Press, P.O. Box 1837, La Jolla, CA 92038.

BOOK REVIEW

Experiencing Erickson: An Introduction to the Man and His Work, by Jeffrey Zeig with transcript of Milton Erickson.
New York: Brunner/Mazel, 1985 (181 pp. plus ix pp., \$25.00).

Experiencing Erickson is subtitled, "An Introduction to the Man and His Work?" Yet it is not so much an introduction in the formal, academic sense of an introductory text, as an introduction in the informal, social sense of "Allow me to introduce you. . ." The book is written in an easy, informal style appropriate to its subject matter. For it is above all, as its title suggests, a *personal* book sharing Dr. Zeig's personal experience of Erickson and painting a vivid portrait of Erickson as teacher, as therapist, and as well—Erickson. . . the family man, the practical joker, the maverick.

The first half of the book consists of three loosely connected

essays by Zeig. The first essay focuses on Erickson's personal style and creative individuality, sketching some points of connection between Erickson's personal life and professional work. The second essay sketches Erickson's approach, stressing its fundamental simplicity and thoroughgoing commonsense. The third essay illustrates this approach ("commonsense one-step-removed") through a series of anecdotes drawn from the personal therapy and clinical supervision Zeig received from Erickson, and from cases observed or reported, including a number reported by the patient or student on the receiving end of Erickson's interventions. The second half of the book is a transcript, with minimal commentary, of "an introduction to the man and his work". Zeig's own first three days on the receiving end and his first personal encounter with Erickson.

Although Zeig explicitly sets out "to portray Erickson as I perceived him—a remarkable human being first, and a master therapist second," Erickson is never portrayed as a magician—quite the contrary. The "remarkable" personal qualities behind his successful interventions are revealed to be in the realm of sheer hard work, perseverance, flexibility, unyielding self-discipline, painstaking self-training, meticulous observation, and undeterred commonsense.

Zeig makes it more difficult than ever before to categorize a man so difficult to categorize. His presentation of Erickson is not tailored to fit any Procrustean bed of some preconceived idea of Erickson or of his approach. The pieces that refuse to fit into the picture are left alongside the others, just as the therapeutic successes are juxtaposed with failures. This is a demystifying book, and all the more powerfully so, in that it makes no explicit attempt to demystify, like a portrait in oils showing its subject in a most flattering light and yet, if one studies the features closely, faithfully revealing every little weakness of character in its lines.

The reader looking for new cases or new Erickson stories may be somewhat disappointed, although there are a significant number, but what will be found instead is a view of Erickson from a different angle. Significantly, this is a most *Ericksonian* angle—the perspective of the listener in whom responses are elicited. Erickson often instructed his students, "Don't watch *me*, watch the *patient*," and Zeig affords us a unique opportunity to understand Erickson by doing just that.

—Reviewed by James Wilk, London, England

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