

The Milton H. Erickson Foundation

NEWSLETTER

Michael D. Yapko, Editor / 2525 Camino del Rio S., Suite 265 / San Diego, CA 92108

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Interview

An Interview with André Weitzenhoffer, Ph.D.

One of the most knowledgeable researchers and sensitive clinicians to ever study and practice hypnosis is André Weitzenhoffer. With his "hard science" background in physics, engineering, physiology, and his insatiable appetite for understanding hypnosis, Weitzenhoffer gathered and integrated a broad array of hypnosis literature that eventually became his first book, a classic called *Hypnotism: An Objective Study in Suggestibility* (J. Wiley and Sons, 1953). After its completion, Weitzenhoffer was contacted by Ernest Hilgard, who initiated a collaborative attempt to establish a hypnosis research laboratory at Stanford University, which the two successfully did. Major effort was put forth to develop a scale to measure hypnotic responsiveness, and the result was the Stanford Profile Scales of Hypnotic Susceptibility, Forms I and II, and the SHSS: Form C. These scales continue to be a backbone of the research in the field of hypnosis.

The Stanford lab closed over a decade ago, and Hilgard and Weitzenhoffer have gone their separate ways. Weitzenhoffer enjoys his "retirement" by working almost as hard as ever. He is about to release a two-volume set on hypnosis, and he is continually traveling and teaching; when he is not working someplace else, he enjoys his mountain home in Colorado.

This interview was conducted by Michael D. Yapko in August 1988 in The Hague, Netherlands.

Y—Can you provide a brief synopsis of your life?

W—I was born in Paris in 1921 and grew up until I was 17 in France, except for about two years I spent with my grandparents, in Oklahoma. That is where I learned to speak English.

My father was American and my mother was French. She became American by marriage, and I became American simply by being born to an American father.

Most of my family moved to America in 1939 just after the war broke out.

I had actually come to the United States, in 1938, to study engineering. Eventually, I majored in physics instead.

After I got my Bachelor's degree from M.I.T., I went on to Providence, Rhode Island, to Brown University.

Eventually I got a Master's in mathematics and also got experience with the early forms of computers.

Then I went on and got a Master's degree in biology. I wanted to have a good foundation in all the basic sciences; I con-



sidered biology to be one of them.

I ended up in Iowa City in Kenneth Spence's Department. He was a behaviorist, and I spent a year there as a graduate student to see if I wanted to become a psychologist.

It nearly turned me off, because Spence was a true behaviorist in a really strong sense. You couldn't mention the word "conscious;" you couldn't speak of a rat as being "aware" of this or that. You would get into trouble with him if you did. It was not exactly my idea of what psychology was about. In the meantime, I had developed an interest in hypnosis and spent much of my time in Iowa doing library research on it.

I had been interested in hypnosis since the age of 12; in fact, I had read quite a few books in France.

Y—Do you remember what prompted your interest in hypnosis?

W—I think it initially was a demonstration at a summer camp, done by a camp counselor, that kind on intrigued me. He did postural sway tests. He was a Mesmerist, so he used passes. He would put people into a sort of hypnotic sleep, which was kind of weird. I had an inquisitive mind for most of my childhood, and it sometimes got me into trouble, too. But anyway, that's how my interest arose.

I think self-hypnosis became kind of a special interest, because I had some idea I could use self-hypnosis to make myself into some sort of superman. Those are ideas you have when you are about 13. The idea was I could hypnotize myself and give myself suggestions to make me more intelligent, more able to figure out how to make things happen, and get super powers that way.

From there on I matured, but I never gave up my interest in hypnosis. I kept getting books and reading them. So when I came to the United States I already had a pretty good background in traditional kinds of things, but I dropped it for a while, until I went to Iowa. I got so darned unhap-

continued on page 8

Zeig Approved as AAMFT Supervisor

Jeffrey K. Zeig, Ph.D., director of The Milton H. Erickson Foundation, has been accepted as an Approved Supervisor for the American Association for Marriage and Family Therapy (AAMFT).

As an approved supervisor, Dr. Zeig can work with therapists who wish to earn the designation.

The approved supervisor designation signifies achievement of the clinical skills,

special training and experience in the supervision of marriage and family therapy required by the Commission on Supervision of AAMFT.

For information about supervision, therapists may contact Dr. Zeig, c/o The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016; (602) 956-6196.

A Decade Later

Time distortion is the only explanation.

The Foundation turns *ten* this year! Ten years after its inception, the Foundation has established itself as a highly visible and successful organization whose aim is to promote the innovative therapeutic methods of the late Dr. Milton H. Erickson. The Foundation has, in one decade, organized the four largest meetings ever held *anywhere* on the subject of hypnosis, organized the integrative Evolution of Psychotherapy conference featuring the top of the top clinicians, and organized annual meetings and seminars to build the momentum of awareness for Ericksonian approaches. The Foundation established a newsletter for sharing current items of interest, and established the *Ericksonian Monographs* for promoting current research. The Foundation has authorized nearly 40 Institutes to be established around the world and established an archives of Erickson's work. The Foundation provided scholarships to students, supported the mushrooming growth of books on hypnosis and psychotherapy of an Ericksonian fashion, and established a truly accessible psychotherapy center. All of these things the Foundation did, it did with class.



To celebrate its ten year anniversary, the Foundation has organized a special training event to be held November 2-5 in Phoenix. A special faculty of those who have been the core of the Foundation since its beginning have been assembled, including Joseph Barber, Stephen Gilligan, Stephen Lankton, Bill O'Hanlon, Ernest Rossi, and Jeffrey Zeig. Staff members of the Milton H. Erickson Center for Hypnosis and Psychotherapy also will participate. You can be sure the tone of the meeting will be a special one. A decade is both a short time and a long time, with lots to look back on and lots to look forward to. Please do your best to be there! Contact the Foundation for further information.

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Michael Yapko



Notes From The Editor

As I start my third year as editor of this newsletter, I can't help but look back over the last two years and look forward to the years to come. Taking on the task of organizing a newsletter that will be interesting to readers is a challenge. There is always more to say despite the same available space. The tone and scope of the *Newsletter* changes from issue to issue, which I think is quite positive. In that regard, it reflects the changing perceptions of the field it represents.

I rely heavily on you, the reader, for your contributions. Keep me informed of the important things that go on in you and around you that are relevant to Ericksonian approaches.

I want to wish the Foundation, and especially Jeff Zeig, my heartiest congratulations on the occasion of the Foundation's 10 year anniversary. You folks do remarkable stuff!

— Michael Yapko

Newsletter Business

The *Newsletter* is published three times per year. The closing dates are April 15, August 15, and December 15. This means all items to be included must be received by those dates. The *Newsletter* is posted approximately six to eight weeks later. As always, send all advertising directly to the Foundation in Phoenix. Training events, announcements and other information should be sent directly to me at the San Diego address on the front page.

Developments in Family Therapy

June 15-18, 1989

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featuring:

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For information, write:

Jeffrey K. Zeig, Ph.D.

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A Reader's Viewpoint

From time to time, the editor receives a letter or comment that seems appropriate

to include in the *Newsletter*. This is one such commentary, submitted by Frank Morris, South Bend, Indiana. If you have a brief anecdote or viewpoint you would

like to be considered for inclusion, send it to me at the address listed on the front page.

— Michael Yapko

Long-Term Ericksonian Psychotherapy

Language lies. It is not only that it is metaphorical and merely representative of reality so that vast truths become crushed into simple phrases. More than that, reified truths become holy writings definitive of reality for those who read or hear them believing. The result is that ordinary people and scholars alike can become duped by definitions that circumscribe their thinking and subsequent actions.

Of all those who should be language conscious, none should be more language conscious than Ericksonians. Erickson's use of language far exceeds the ability of any paradigmatic approach to describe his work; his generative presuppositioning can be studied for years. Every reader of this newsletter knows the wonder of Erickson's use of language.

What may not be known is that there is a current white lie in the use of the term "psychotherapy" that implies therapy should be brief. The term, psychotherapy, means "soul healing." But, if we are to verify case after case of healing reported in Ericksonian literature that definition would have to be expanded to mean fixing phobias, dissociating pains, reframing thought patterns, re-anchoring feeling patterns and eliciting new behavioral options along brief therapy lines. It is quite instructive, for instance, to make lists of the cure reported in such books as Bill O'Hanlon's *Taproots* (in-laws staying too long, hygiene concerns, hand-waving compulsions, finger nail chewing, phantom limb pain, stammering, a meticulous husband, etc.) and Steve de Shazer's *Keys to Solution in Brief Therapy* (bedwetting, poor school attendance, yelling, shame regarding a crutch, jealousy, temper tantrums, job insecurity, etc.) Students can make similar lists of what "psychotherapy" is in other Ericksonian literature. There is a great emphasis upon the quick and the dramatic.

I am one who owes a tremendous debt to Milton Erickson in terms of therapeutic paradigms, therapeutic considerations, and, most of all, his use of language. And yet, I do "depth psychotherapy," a method that some disavow out of hand. I think the liberation of humans along themes of worldwide mythology and religion is the pervue of "psychotherapy." I have never been able to verify the presupposition that curing "bedwetting" or the like causes a

ripple effect in all other areas of the personality. That is a bit wishy. I deal with issues of narcissism, necrophilia, and incestuous relations such as Erich Fromm spells them out in *The Heart of Man*. I deal with the issue of autonomy as Arno Gruen defines it in *The Betrayal of the Self*. I spend years with people who want to redo their personalities, not cure an immediate physical or relational problem.

I happen to think that this is true to the growing spirit of Milton Erickson, as I keep learning about his language. One thing is for sure. If the current trend continues of indexing his writings, making him the eternal guru, and having learning cease where

his last word was uttered, the death knell has started tolling. That's the great Oedipal kiss of death as the sons and daughters make what was alive into stone.

I suggest that a better way is to take his contribution, correcting him where he was wrong, and forge new creative options. That's the way of science, which tries not to get frozen in one man's private understandings that inevitably have some mistakes in them because of limited perspectives. As science marches on, allow the spirit of Milton Erickson to evolve as new options are built utilizing some of his genius. Frank R. Morris, M.Div.,
Certified Transactional Analyst

Capturing The Inner Magic

SoJourn Training Institute Presents a workshop:

- That addresses metaphysical issues related to psychotherapy.
- Relates how NLP and Dr. Erickson's concepts on hypnotherapy can be frameworks for metaphysical psychotherapy.
- Provides information that will help psychotherapist make quantum leaps in their therapies by understanding how Past Lives affect this life.
- Integrates Past Lives, Residuals of that Past Life into Learning Lessons which are the road maps for understanding and working through this life's barriers.

Goals for this workshop are:

- To help each therapist understand that a child is hiding out in their grown-up body who longs to be joyful, funful, and freeful.
- To help each therapist transfer their joyfulness, funfulness, and freefulness to the individuals who seek them out for assistance in this sojourn.
- To help each therapist transfer to the individuals they work with the understanding that the big lie about life is that there is something to fear.
- To help each therapist transfer to the individuals they work with the understanding that the big truth about life is that fear is an illusion.

Core Faculty: James T. Decker, Ph.D., LCSW
Carol L. Newton, M.A., MFCC

Registration Information:

Location: Cambria Pines, Cambria, CA

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* If postmarked prior to June 2nd or July 10th
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Profile: Stephen R. Lankton, Ph.D.

There are key figures commonly associated with Ericksonian psychotherapy, and Steve Lankton is undeniably one of them. As founding and current editor of *The Ericksonian Monographs*, now in its fifth year, Steve applies both his academic and clinical expertise to the task of sorting submitted manuscripts and guiding the best of them through the steps to publication. A known writer himself, Steve authored *Practical Magic*, and co-authored with his wife, Carol Lankton, the highly acclaimed books on Ericksonian methods entitled *The Answer Within and Enchantment and Intervention in Family Therapy*. The Lanktons' most recent professional book is *Tales of Enchantment*, which Steve describes as a collection of goal-directed metaphors used in different problem categories for adults and children in therapy. Steve also has written a children's book called *Blammo! The Children's Surprise Book*.

Born in rural Michigan, Stephen said he learned to "play with my ingenuity a lot, since there was not much else to play with." His interest in psychology in general and the work of Milton Erickson in particular began in high school, when he was referred to the only psychology book in the school library when searching for a way to interpret an unusual dream he'd had. The book turned out to be Jay Haley's *Strategies of Psychotherapy*, and provided a tantalizing glimpse of Erickson's unusual methods.

As an undergraduate student at Michigan State University, Steve originally majored in math and engineering, but later switched to a multiple major including psychology, anthropology, linguistics, and history (though he'd prefer not to be asked any history questions). Also, while at MSU, Steve worked with kids on the street as part of a crisis center outreach program. Coincidentally, Jeff Zeig was a member of the same outreach team as Lankton at MSU, but the bond between them through their independent contacts with Erickson was not to come until later.

Later, as a graduate student at the University of Michigan, Steve's strong sense of community remained strong. By this time (the early Seventies), Steve already had taken training in Gestalt and Transactional Analysis methods, and was doing a substantial amount of teaching and some corporate consulting as well. As a coordinator of learning opportunities for his colleagues, Steve often contacted leading experts in the field to arrange teaching seminars. It was in this way that he first contacted Dr. Erickson. Erickson's health problems precluded any traveling to teach, and so in 1975, Steve arranged to go to Phoenix to study with Erickson. He continued to see Erickson approximately every three months for up to five days at a time over the next five years.

Steve's early professional interests included the linguistic analyses of therapy put forth by Richard Bandler and John Grinder, and his first book, *Practical Magic*, was a direct consequence of that involvement. The name "Neuro-Linguistic Program-



ming" (NLP) had not been coined when Steve's association began, but soon after NLP took shape as a specific model Steve discovered his own path was not aligned with that of the founders. Erickson's work seemed much broader and reflected more of the interpersonal qualities he felt NLP lacked.

Steve found Erickson's work confusing and challenging. He thought it important to be able to understand and describe it. "There are some things about Erickson's work that really should be looked at carefully, and studied and researched, and I'm afraid if it's not codified or specified, it will be misunderstood or overlooked," he said. . . "Carol and I took that on as a mission when we wrote *The Answer Within and Enchantment and Intervention in Family Therapy*."

Therapeutic metaphors have been a focal point of Steve's contributions. "I think my interest in indirection is because it is so different than things I had learned in my early professional years," he said. . . "There's something about communication with these indirect oral techniques of paradox, oxymoron, indirect suggestions and metaphor

that shouldn't be lost to the therapy field. If we're going to use them, we have to understand them: We cannot use these methods just because Erickson used them. We need to have a rationale and supporting data."

Steve's ability to divide things into component parts to better understand their systemic intervention has been a hallmark of his approach.

"Maybe it's my engineering background, but I just have to take things apart," he said. I do take everything apart and see how it works and put it back together - [although] sometimes I have some screws left over."

In working on Erickson's methods, Steve said, . . . "It was an adventure for me to figure out how I could take this mass of confusing verbal data apart and put it back together somehow."

Analysis of direct suggestion had already been done, but little had been written about indirect suggestion.

"I was able to take metaphors and show that there can be a structure that's coherent and researchable," he said. . . "It certainly is possible to help a person change his experience through a metaphor."

He acknowledges that Erickson was difficult to analyze, and muses, "I would have liked him to have an outline, use overhead projectors, have handouts, be concise and talk more clearly."

Yet, he used the term "enchantment" to describe Erickson's methods, considering it a quality far more potent than the mere sums of the parts of therapy. Consistent with this observation is his emphasis on "balance." Though he has written primarily on indirect methods, it is only because that is an area he thought was underdeveloped in the literature. He does not want to be thought of as being only indirect in his methods and is quick to point out that essential to good therapy is the balance of direct with indirect, clarity with

confusion, and support with confrontation.

He is asked: "What metaphor should I use with a borderline personality?" Steve emphasizes in his writings and his workshops that metaphors are a way of stimulating ideas in a client, not a means to impose one's own ideas on them. Steve emphasizes the individual relationship with a client, not only a means to impose one's ideas on them. Steve emphasizes the individual relationship with a client, not a "tell a metaphor and see what happens" approach.

Steve's family life is of utmost importance to him. He found a way to blend his involvement with Erickson with his love for Carol when, after meeting her at a workshop in Colorado and dating for some time, he asked Erickson to conduct a small ceremony to acknowledge their wedding. In his backyard, Erickson did conduct such a ceremony. He said the following to Steve and Carol: "First thing I want to do is admonish you. . . You're both blind! But, don't worry. It will clear up and then you'll both begin to see each other's faults. . . And don't give up any of your faults. You're both going to need them to better understand your partners! . . . Look forward to the days you can look back. . . and leave a trail of happiness. . ."

Steve and Carol are doing as Erickson suggested. They have two children, Sean, 5, Alicia, 3, Steve also has an older son, Ryan, 22. Steve's plan is to do much less traveling in the future, in order to spend more time with his family.

Steve's sense of community has not diminished over the years. He openly expresses concerns about the issues of world peace and the ecology of the planet, and is hopeful that psychotherapists will use their influence in a more responsible and powerful way to help bring about a better world.

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Hot Off the Press! A Book Excerpt

The February Man: Evolving Consciousness and Identity in Hypnotherapy

by Milton H. Erickson, M.D.
and Ernest L. Rossi, Ph.D.
1989, Brunner/Mazel \$30.00

This is an excerpt from a brand new book and an old and well-known case of Dr. Erickson's known as *The February Man*. This book is promoted as "...the only completely documented report of an entire hypnotherapeutic case from the middle phase of Erickson's career, when his innovative approaches were being developed." This case illustrates the use of multiple levels of consciousness and a variety of hypnotic approaches in the treatment of a client with severe phobias and depression. Though Erickson only sees the client four times, he "visits her" multiple times during her trance sessions as "The February Man," a role used to provide familiarity and stability to the client's childhood memories. This transcript is taken from the third "visit," and is found on pages 62-65.

The following excerpt is reprinted with the full permission of Brunner/Mazel, Inc.

1.32 The Third "Visit" of the February Man: Solidifying the Hypnotic Reality and Therapeutic Frame of Reference via Questions, Puns, Jokes, and Amnesia: Creating Hypnotic Realities

Erickson: [After a short pause. Erickson administers the handshake cue for the third visit of the February Man in this session.] Hello.

Subject: How are you?

Erickson: I'm fine. And you?

Subject: All right.

Erickson: What should I notice about you?

Subject: I have grown an awful lot.

Erickson: Are you sorry about it?

Subject: No.

Erickson: Growing up is really exciting

fun, isn't it? Where are we?

Subject: At Uncle Quimby's.

Erickson: Who am I?

Subject: I don't know. But I have seen you.

Erickson: When have you seen me?

Subject: In February.

Erickson: Had you ever seen me before that?

Subject: Yes, months before.

Erickson: What are you going to call me? The February Man?

Subject: Sure.

Erickson: Does that remind you of something? Remember a long time ago I told you I would see you again?

Subject: I remember.

Erickson: What was it—you would see me again, shake hands with me—

Subject: I could talk to you.

Erickson: And even laugh with me. I'm the February Man!

Subject: That's not a real joke, though.

Erickson: But you laughed. And that was a real laugh. Have you got a good joke?

Subject: Do you know what Eddie calls his car? Puddle Jumper, 'cause it lands right in the middle of all the puddles!

Erickson: When it rains cats and dogs, does the car jump right into the middle of a puddle? Did you ever see a puddle?

Subject: Do you mean puddle or poodle?

Erickson: What shall we talk about this time? How you are growing, or something else?

Subject: Something else. Everybody grows.

Erickson: I don't grow.

Subject: But you are grown up.

Erickson: What shall we talk about?

Subject: What do you want to talk about?

Erickson: Anything that will give you happiness and understanding. What do you think about smoking? Do you think you will ever smoke?~

Subject: No. Aunt Mary says it's terrible.

Erickson: I think smoking is terribly good.

How old are you now?

Subject: Eight.

Erickson: What shall we talk about?

Subject: Well, school is pretty much the same. Do you know what? Uncle Quimby and Aunt Mary take care of everybody's kids. How come when they like kids so well they don't have any of their own? They take care of everybody else's.

Erickson: Some people don't always get the things they want very much in this world. People that are wise are the people that try to do the things that help them to have the happiness they would get from having the things they would like. Your aunt and uncle like children, don't they, and yet they haven't got any of their own. And yet how many children are going to have happy memories of them?

Subject: I see.

Erickson: Isn't that good—and something everybody would like to have—children that grow up with happy memories of them? So are you sure they haven't got children? They have children in a special way. Isn't that right? And the memories those children have are all going to be happy memories.

Erickson: Note the care with which I build up the meeting I'm having with her as the February Man. She now sees me at Uncle Quimby's, and time has elapsed so she has grown up some. Then there is the childish joke about Eddie's car, the Puddle Jumper, and my puddle-puddle pun—a pun on a child's level.

Rossi: Why?

Erickson: To establish the reality of the February Man talking to a little girl.

Rossi: Right. You are allowing the mental set—the hypnotic reality of her relation to the February Man—to be built up. Any

other reason for adding a pun here?

Erickson: [Gives the analogy of being distracted by a telephone call and forgetting what we are doing before we answered it.]

Rossi: So you're distracting her to produce an amnesia.

Erickson: To clear her mind!

Rossi: Oh, so you can have a clear field to go on to something else with your next question, "What shall we talk about this time?"

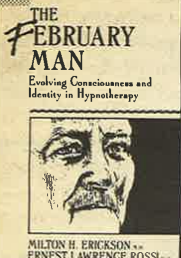
Erickson: Yes.

Rossi: In this third visit you begin as usual by getting oriented to her trance reality. You then tie it to the subject matter of her previous trances through questions which 1) affirm her continued "growing up"; 2) ratify and solidify your identity as the February Man; and 3) request the joke you told her she would tell you back in Section 1.1. In this way you produce a continuity between her February Man visits; you build a stable "hypnotic reality," or all-embracing therapeutic frame of reference, between each trance-visit experience. You are creating a hypnotic reality that will become—

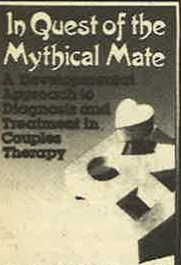
Erickson: —a basic attitude toward life.

Rossi: Right! It will become a part of her unconscious memory system. And on another level you actually reinforce this idea of the importance of having happy memories by your reinterpretation of Uncle Quimby and Aunt Mary's childless situation. The happy memories you are giving the subject as the February Man will be warm and supportive of her, just as the memories of Uncle Quimby and Aunt Mary were warm and supportive to the kids they cared for. These memories will then become the basis of her future self-esteem and confidence in raising her own children.

Erickson: Uh-hum.



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The February Man:

Evolving Consciousness and Identity in Hypnotherapy / Milton H. Erickson, M.D., and Ernest Lawrence Rossi, Ph.D. Here is a remarkable document of Erickson's pioneering technique—the only complete verbatim record of an entire hypnotherapeutic case from the middle, critical phase of his career, along with illuminating commentaries contributed by Erickson himself 34 years later. As "the February Man," Erickson "visited" his patient in order to treat her chronic phobias and depression, using such classical hypnotic phenomena as age regression, time distortion, automatic writing, and amnesia to facilitate the "reassociation and resynthesis" of the inner life which he

In Quest of the Mythical Mate:

A Developmental Approach to Diagnosis and Treatment in Couples Therapy / Elyn Bader, Ph.D., & Peter T. Pearson, Ph.D. Margaret Mahler's theory of infant developmental stages is the starting point for a striking, innovative exploration of the powerful biological/psychological forces that shape the dynamics between two interacting adults. Using vivid case examples, the authors present the clinical techniques they have created to work in synchrony with their developmental model to help guide a relationship toward greater depth and fulfillment. The book then details different diagnostic categories, presenting a full range of appropriate treatments for each. Finally, the authors respond to oft-asked questions about their approach to couples therapy. An exciting, authoritative volume for all professionals who treat couples.

regarded as the essence of cure. Now, Ernest L. Rossi frames this rare transcription with a rich analysis that conveys Erickson's naturalistic approaches to healing and the evolution of consciousness.

"Fascinating reading for anyone interested in people. There is so much here for theorists and therapists to use in extending and illuminating their own work, regardless of school of thought... enormously exciting and of incredible potential therapeutic value."

Theodore Isaac Rubin, M.D., President Emeritus
The American Institute for Psychoanalysis

Also by Ernest L. Rossi:
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Interview *continued*

py with the department there I spent a lot of my time in the library doing research and discovered *Psych Abstracts*. There were no copiers available at that time, so I just copied by hand practically all the *Abstracts* going back to 1927, and compiled a huge book essentially of abstracts.

I began to write more articles on hypnosis for a new British journal that had just come out. Van Pelt had started it. So I started sending him a series of articles on various aspects of hypnosis, based on all those abstracts I had collected. It occurred to me that each of the articles was like a summary of a chapter. So then I got the idea of publishing them as chapters of a book. That's where I got the idea for my first book and started writing it.

Jack Hilgard came down just as I was doing the last six months of my dissertation. I don't know whether he came specifically to see me, or whether he was just passing through and decided to look up.

Y—He says he came to see you.

W—Maybe he did. He told me he had read my book and he was impressed that there seemed to be a good scientific basis for hypnosis. He asked me if I would like to join him at Stanford and jointly start a

laboratory. At the time I was thinking of staying at Michigan. But, you know, Hilgard was a famous name, and getting on the Stanford faculty was attractive, too.

Jack and I spent most of that time working on the details for the laboratory, what he and I had thought of doing, to see if we could work together. We might not have gotten along.

I think, at that time, about ten years of research was mapped out, you know, sketched out, as to what would be done. But the first thing we both agreed was necessary was some kind of good instrument to measure suggestibility, to measure depth. I had already come to the conclusion there were some things that needed to be incorporated into a good scale. So that's how it all got started. The scale took a long time.

Y—The scale was not the only thing you intended to do at the laboratory?

W—Oh, no.

Y—The laboratory was not set up?

W—There was nothing set up at the time. In fact, our first lab was in a house, Hawthorne House, that had belonged to a minister. It was a nice little house on the campus. It had been a home and there were

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- Heinrich Breuer, Milton Erickson Institute e.V. Nassestr. 32, 5000 Koln 41 West Germany. Telephone: (02) 21/46 56 00.

about three floors in it and a little garage. We converted the rooms into laboratories and offices, even the garage. We just started from scratch.

Y—Can you describe what went into the creation of the scales?

S—You know the basic model was the Friedlander-Sarbin scale. That was the best scale we had. From my stand point, it had all the dimensions and features a scale should have, except there were a lot of defects in using it which I felt caused problems. So I wanted to remove those defects. Then I wanted to improve the type of items. I felt we needed a scale that was a little bit longer in the number of items, which would increase its reliability.

So it was a modification of the scale with some defects taken out.

The assumption by Friedlander-Sarbin was that if a person did not respond to a suggestion, the suggestion did not have an effect on them.

But, what I discovered, quite by accident, was that there nevertheless was an effect; if you didn't remove the suggestion either by asking the person to pretend or telling them simply, "Now your hand is quite normal again, it doesn't feel heavy,

Conference Announcements

July 9-21 The Mental Research Institute (MRI) will hold its International Summer Symposium in Palo Alto this summer. It is a two-week symposium, beginning Sunday, July 9. For a registration form and details, contact Phyllis Erwin, MRI, 555 Middlefield Road, Palo Alto, CA 94301. (415) 321-3055.

* * *

July 14-16 An East Coast Conference on Ericksonian Approaches to Hypnosis and Psychotherapy will be held in Philadelphia, PA. For information, contact Robert Schwarz, Psy.D., Institute for Advanced Clinical Training, P.O. Box 166, Ardmore, PA 19003. (215) 790-1414.

* * *

September 20-24 The First European Congress of Ericksonian Hypnosis and Psychotherapy in Heidelberg, West Germany. For information, contact M.E.G., Konradstr. 16, D-8000 Muncheon 40, West Germany.

* * *

October 13-15 The 6th International Conference on Multiple Personality/Dissociation States will be held in Chicago. For information, contact Bennett Braum, M.D., Program Chairman, Sheridan Road Hospital, 6130 N. Sheridan Road, Chicago, IL 60660.

* * *

November 2-5 The Milton H. Erickson Foundation is holding its 10th anniversary celebration with a special four-day institute. Faculty includes Joseph Barber, Stephen Gilligan, Stephen Lankton, Bill O'Hanlon, Ernest Rossi, and Jeff Zeig. Also participating are therapists from The Milton H. Erickson Center for Hypnosis and Psychotherapy. For information, contact the Foundation at 3606 N. 24th Street, Phoenix, AZ 85016. (602) 956-6196.

and so on, and so on," what happened is that the effect was still there.

In one case what happened with a female subject is that somehow in the night it took effect and when this young girl woke up in the morning she found she could not lift her hand from the cover of her bed.

That was, to me, rather traumatic; it made me take notice, and think "Hey, what happened? What goes on?" So I went back over the data and realized that she had broken every suggestion, but they had not been removed.

I saw several other incidents like that happen, not with the scale, but with another situation. Because the suggestion does not seem to take effect, it is not removed or cancelled. So when we made the scale, that's one of the things I said, "Every suggestion, every action, must have a cancellation; either the person goes through the process of doing it at some level, or otherwise we tell them the suggestion is cancelled." So that was one of the improvements I introduced in the scale to be sure no aftereffects would occur. Anyway, that was basically how the scale was made. The process was administering

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- PW332-73 \$9.50 **An Extension of Erickson's Utilization Technique to Deep Hypnosis: Unconscious Exploration Beyond the Personal to the Transpersonal.** D. Spencer
- PW332-74 \$9.50 **Explaining the Unexplainable: Insights into Ericksonian Metaphor from Studies in Artificial Intelligence.** L. Stephens
- PW332-75 \$9.50 **Facilitating New Identity and Understanding in Hypnotherapy: "The February Man" and Other Techniques.** B. Tenenbaum
- PW332-76 \$9.50 **Connecting and Healing Using Family Myths.** J. Thompson
- PW332-77 \$9.50 **Unconsciousness Raising: Utilizing Ericksonian Approaches to Promote Feminist Perspectives.** C. Walters
- PW332-78 \$9.50 **The Feminine Art of Healing: A Blending of Ericksonian Approaches and Native American Teachings.** J. Mills
- PW332-79 \$9.50 **Solution-Oriented Therapy: A Wellness Approach to Families.** M. Weiner-Davis
- PW332-80 \$9.50 **Letting Go: The Shift into Trance.** R. Weisz
- PW332-81 \$9.50 **Integrative Therapy with Consciousness Casualties.** H. Zeitlin
- PW332-157 \$9.50 **Erickson's Age Progression, Future Pacing and Future Orientation in Short Term Therapy - A Nine Step Model.** J. Edgette
- PW332-158 \$9.50 **Employee Assistance Program (EAP) and Brief Family Therapy (Symposium).** J. Moran, G.G. Mack, D. Eaton

- PW332-159 \$9.50 **Reframing: A Dynamic Process in Ericksonian and Brief Psychotherapy.** R. Schwarz
- PW332-160 \$9.50 **The Entrancement of Children, Developmental Assessment and Treatment of Children and Youth.** G. Ruelas
- PW332-161 \$9.50 **Brief Hypnotic Treatment for Symptom Relief.** H. Reinger
- PW332-162 \$9.50 **Ericksonian Approaches in the Brief Therapy of Weight and Smoking Control.** B. Grodner
- PW332-163 \$9.50 **Ericksonian Approaches with Clients and for Therapists Who Are Dealing with AIDS.** S. Mulicki
- PW332-164 \$9.50 **Linking Brief Interventions in Long Term Therapy.** D. Ellis
- PW332-165 \$9.50 **The Nuts and Bolts of Marketing a Brief Private Practice Center.** P. O'Hanlon, Hudson
- PW332-166 \$9.50 **Hypnotherapeutic Interventions in Panic Disorder.** H. Hollander
- PW332-167 \$9.50 **True Stories: A Strategy for Generating Metaphors.** J. Freedman, G. Combs, Jr.
- PW332-168 \$9.50 **Brief-Strategic Psychotherapy with Anxiety and Phobic Reactions.** N. Rubinstein-Nabarro
- PW332-169 \$9.50 **Work with Metaphors in Couple Therapy.** T. Robles de Fabre
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- PW332-171 \$9.50 **Suff Tales: Ancient Traditions and Ericksonian Approaches.** M. Ozelsel
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- PW332-173 \$9.50 **"Humor Risk" "Trance-Sitonal" Therapy for the Disillusioned Client: Love and Relatedness Lost and Found.** B. Blue, J. Hensley-David
- PW332-174 \$9.50 **Brief Therapy with "Co-Dependency" and "Enabling" Issues.** E. Katz, S. Layne
- PW332-175 \$9.50 **Promoting Therapeutic Movement through the Use of Ambiguous Function Assignments.** W. Boyd, Jr.
- PW332-176 \$9.50 **Monsters, Elves, and Genies: Inviting Them to Therapy (Symposium).** S. Szczesny, K. Mayton, M. Johnson

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Videotape Review

The Milton H. Erickson Foundation has for sale a wide selection of tapes on a broad array of subjects relating to Ericksonian approaches to hypnosis and psychotherapy. In this and future newsletters, videotapes will be reviewed, allowing readers to obtain more detailed information regarding the content of the tapes as well as their relative quality.

The videotape reviewed in this issue of *The Milton H. Erickson Foundation Newsletter* tied for the top-rated demonstration at The Brief Therapy Congress in San Francisco, California, in December 1988. Ernest Rossi's videotaped demonstration, also ranked first, will be reviewed in the next issue.

"The Utilization Approach"

with Jeffrey K. Zeig, Ph.D.
at The Fourth International Congress
on Ericksonian Approaches
to Hypnosis and Psychotherapy
San Francisco, California, 1988.

Zeig demonstrates therapeutic techniques which may be used to elicit meaningful subjective responses in clients. These responses then provide a basis for the hypnotic induction which utilizes the basic mechanism of the client's experience to redefine the problem.

The volunteer subject in this demonstration presented difficulty in concentrating and studying for an exam. The subject attributed this to having "test anxiety."

In the interview preceding the trance session, Zeig explored the structural components of the anxiety in detail. He then utilized them as a basis for the trance process by aligning the problem with new ways of responding. In the trance process, Zeig used metaphor to redefine problem components and to elicit more adaptive responses.

Zeig demonstrates and then discusses the therapeutic value of using a strategic story directly after the trance as a way to distract the person from consciously analyzing and undoing the creative work of the unconscious. In addition, he identifies the value of using strategic stories as an instructional process which suggests how the client may use the other resources uncovered in the trance.

As one of the most highly visible practitioners of Ericksonian hypnosis, Zeig does an admirable job of demonstrating the value of the method.

— Reviewed by
Brita A. Martiny, Ph.D.
San Diego, California

Book Review

The Invisible Web: Gender Patterns in Family Relationships

Edited by Marianne Walters, Betty Carter,
Peggy Papp, and Olga Silverstein
Published by The Guilford Press, New York, 1988

With compelling clarity, *The Invisible Web* draws together the work and thoughts of four extraordinary women in the field of family therapy. Having defined for themselves and for the reader a clear feminist perspective, the authors illustrate their unique methods of integrating this perspective into their work with families.

Special focus is given to a variety of relationships and transitions in families.

After more than ten years of practice within the framework of their own Women's Project in Family Therapy, Walters, Carter, Papp and Silverstein have

developed a set of feminist guidelines for working with families which challenge many of the patriarchal assumptions currently implicit in systems theory. Therapy, which they believe fails to alter these basic attitudes and assumptions, serves inadvertently or openly to stabilize an oppressive system.

One of the wonderful qualities of *The Invisible Web* is its expression of the acceptance of all people — the non-perjorative recognition and utilization of the different socialization processes of men and women. The book is a pleasure to read, frequently enlightening, sometimes inspiring — a must for all therapists who work with family relationships.

— Reviewed by
Marian J. Richetta, M.A.
San Diego, California

Special Honor Given to Board Members

The Instituto Gubel de Investigacion y Docencia en Hipnosis, Psicoterapias Breves y Medicina Psicosomatica of Argentina, Dr. Carlos Taboada, president, named Mrs. Elizabeth Erickson and Jeffrey K. Zeig, Ph.D., as Honorary Members. They were given certificates attesting to their special status.

The Institute was named for Dr. Isaac Gubel, who had been a student of Dr. Milton Erickson's, and who went on to become the foremost authority and teacher of hypnosis and psychotherapy in Latin America. He organized professional societies, and founded a journal which continues on. Dr. Gubel died in 1984.

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Stephen Lankton, Bill O'Hanlon, Ernest Rossi and Jeffrey K. Zeig.**

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- \$300 U.S. (\$200 for full-time graduate students*) for registrations postmarked on or before September 1, 1989.
- \$350 U.S. (\$250 for full-time graduate students*) for registrations postmarked on or before October 1, 1989.
- \$400 U.S. for on-site registration if space is available. (No student discount.)

Canadian & Other Foreign Registration Fees:

- \$225 U.S. (\$150 for full-time graduate students*) for foreign registrations postmarked on or before September 1, 1989.
- \$300 U.S. (\$200 for full-time graduate students*) for foreign registrations postmarked on or before October 1, 1989.
- \$400 U.S. for foreign on-site registration if space is available. (No student discount.)

* Students must provide a certifying letter from their school or department on letterhead stationery indicating proof of full-time student status as of December 1989.

Call for Papers

Contemporary case studies, including approximate transcripts of significant portions of therapy, are invited for consideration in a book on treatment of perpetrators of child sexual abuse. The studies need to demonstrate brief, effective use of Ericksonian hypnotherapy. For further information, contact Dorothy D. Miller, Ph.D., 7849 Pine Trace Dr., Sarasota, Florida 34243, or call (813) 351-3371.

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Intensive Training Programs provide participants a variety of coordinated training experiences in a concentrated time frame. The Milton H. Erickson Center for Hypnosis and Psychotherapy, a component of the Milton H. Erickson Foundation, Inc., offers a two-week program in June of 1989. Week one provides a beginning program for those who would like a training experience from the "ground up." Week two offers an intermediate/advanced program for those more experienced in Ericksonian hypnosis and psychotherapy. Participants may enroll for week one, week two, or both weeks. Enrollment is limited to twenty participants per program.

A comprehensive syllabus and suggested reading list for each one-week component will be provided in advance of the training.

BEGINNING PROGRAM

	MONDAY JUNE 19	TUESDAY JUNE 20	WEDNESDAY JUNE 21	THURSDAY JUNE 22	FRIDAY JUNE 23	SATURDAY JUNE 24
M O R N I N G	PROGRAM ORIENTATION The "Phoenix Model" of Psychotherapy LIEBMAN, GEARY & STAFF	Clinical Hypnosis. Formal Induction Methods: Intermediate* CUDEBY, WEINER & STAFF	Clinical Hypnosis. The Language of Hypnosis: Intermediate* GEARY, CABIANCA & STAFF	Ericksonian Hypnotherapy. A Basic Model for Using Hypnosis in Psychotherapy Intermediate* CUDEBY, WEINER & STAFF	Teaching Seminar A Review of Dr. Erickson's Work The Erickson Foundation Archives*** ZEIG & STAFF	Ericksonian Psychotherapy. Intermediate* Clinical Applications — Live Supervision GEARY, LIEBMAN & STAFF
A F T E R N O O N	Introduction to Ericksonian Hypnosis. Formal Induction Methods: Basic* CUDEBY, WEINER & STAFF	Clinical Hypnosis. Naturalistic Induction Methods: Basic* • Utilization • Interspersal GEARY & STAFF PROCESS GROUPS**	Clinical Hypnosis. Diagnosis & Treatment Planning: Basic* LOVEJOY, TREEGOOB & STAFF	Clinical Hypnosis. Multi-Level Communication: Intermediate* Clinical Use of Metaphor ETTKIN & STAFF PROCESS GROUPS**	Ericksonian Brief Family Therapy. Basic* NOBLE, RUBIN, ELLIS & STAFF	Program Summary & Closure
	RECEPTION		OPEN ARCHIVES			

*Training Components are presented in 3-hour segments:

- Basic Components: 1 hour lecture/demonstration; 2 hours small-group supervised practice.
- Intermediate Components: 1½ hours lecture/demonstration; 1½ hour small-group supervised practice.
- Advanced Component: 2 hours lecture/demonstration; 1 hour small-group supervised practice.

**Process Groups: Participants are organized into process groups which will meet regularly to discuss and clarify the learning process and to provide program feedback to the trainers.

***The Milton H. Erickson Foundation maintains an extensive Archives of videotapes of Dr. Erickson and of presentations from the four International Congresses and the Evolution Conference. Selected videos will be shown throughout the training and at special evening presentations.

ACCREDITATION

Continuing education credits available — please check for specific requirements. California M.F.C.C. hypnosis education hours provided.

THE FACULTY

Training will be conducted by the Staff of the Erickson Center. Faculty members have extensive experience in Ericksonian clinical hypnosis and brief systemic psychotherapy and served as faculty at the Fourth International Congress held in San Francisco in December 1988.

William Cabianca, Ph.D.	Gordon Cuddeby, Ph.D.	Cari Ellis, M.C.
Larry Etkin, Ph.D.	Brent Geary, M.S.	Mirta Ghorzi-Volek, Ph.D.
Michael Liebman, M.C.	Gary Lovejoy, Ph.D.	Frank Noble, Ed.D.
Peter Rennick, M.A.	Rebecca Rubin, M.C.	Andrea Scott, Ph.D.
Mark Treegoob, Ph.D.	Marti Waller, M.C.	Neil Weiner, Ph.D.
	Jeffrey K. Zeig, Ph.D.	

FEES

\$495 per week, \$900 both weeks. Full-time graduate students \$371.25 per week, \$675 both weeks. Space in program is limited; enroll early. Special arrangements and accommodations for out-of-town visitors are available. Excellent discount rates at a nearby luxury hotel are provided. Contact the Erickson Center for details.

INTERMEDIATE/ADVANCED PROGRAM

	MONDAY JUNE 26	TUESDAY JUNE 27	WEDNESDAY JUNE 28	THURSDAY JUNE 29	FRIDAY JUNE 30	SATURDAY JULY 1
M O R N I N G	PROGRAM ORIENTATION Clinical Hypnosis. Induction Methods: Intermediate* LIEBMAN, GEARY & STAFF	Clinical Hypnosis. Multi-Level Communication: • Utilization • Seeding • Interspersal WEINER, CUDEBY & STAFF	Clinical Hypnosis. Advanced* • Confusion • Resistance WEINER, CUDEBY & STAFF	Special Program Activities • Squaw Peak • Visit to the Erickson Home • Interview with the Erickson Family STAFF	Ericksonian Psychotherapy. Clinical Applications: Advanced* LOVEJOY, ETTKIN & STAFF	Ericksonian Psychotherapy. Clinical Applications: Advanced*
A F T E R N O O N	Clinical Hypnosis. Diagnosis & Treatment Planning Intermediate* ZEIG & STAFF	Clinical Hypnosis. Multi-Level Communication: Advanced* • Indirection • Metaphor ETTKIN & STAFF PROCESS GROUPS**	Ericksonian Brief Family Therapy. Intermediate* NOBLE, RUBIN, ELLIS & STAFF	Teaching Seminar Review of Dr. Erickson's Work The Erickson Foundation Archives*** ZEIG & STAFF PROCESS GROUPS**	Ericksonian Psychotherapy. Clinical Applications: Advanced* Live Supervision LOVEJOY, ETTKIN & STAFF	Program Summary & Closure
	RECEPTION	OPEN ARCHIVES***	FAMILY THERAPY CLINICAL SUPERVISION			

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ELIGIBILITY

• **Eligibility:** Programs are 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) and, also, to professionals with mental health related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Applications will be accepted from full-time graduate students in accredited programs in the above fields who supply a letter from their department certifying their current full-time student status.

• **Fees:** Fees are as noted. There will be a 25% cancellation charge for cancellation postmarked three weeks in advance. No refunds will be provided for cancellations after that date.

Levitan Assumes ASCH Presidency

Alexander H. Levitan, M.D., a cancer specialist from New Brighton, Minnesota, was inaugurated as the president of the American Society of Clinical Hypnosis (ASCH) at its recent annual meeting.

Levitan will serve a one-year term, during which time he will strive to achieve a number of objectives for the society such as expanding the number of university courses in hypnosis.

"If I can see that the training in hypnosis is made more generally available to health professionals of all degrees, I will regard this as a significant contribution," he said. . . "I'd like to see the teaching of hypnosis integrated into every post-graduate educational institution."

Levitan is hoping that the increased interest in clinical hypnosis evident among Ericksonians will lead to new members joining the society. He is upbeat about the administrative changes taking place in the organization, which has undergone many such changes since it was first founded by Milton Erickson and others in 1957.

Levitan said, "We'd like to open the administration up to the entire membership. We'd like to make available involvement by all parties that would like to become involved in the affairs of the society. . . we're trying to involve younger, more interested and dynamic individuals in the organization and we are making available positions of leadership to all of those who are interested and qualified."

In addition to his professional practice, Levitan also has co-authored (with Ronna Jevne) a book that just came out, called *No Time For Nonsense*. Levitan describes it as



a self-help manual for seriously ill patients. "It has been our experience that many of these patients are taken quite by surprise by the severity and onset of their illness and have not learned some of the coping mechanisms that some of the patients who have had some of the illnesses longer have evolved," he said. "The purpose of our book was to communicate — with some degree of humor — some strategies that have proven effective in dealing with a variety of issues such as fear, pain, concern about death and dying, dealing with friends and relatives who are distanced by the illness, and the effect that illness has upon the individual in question."

Levitan is a private practice physician who is Board-Certified in Medical Oncology, Internal Medicine, and Medical Hypnosis. We wish him success during his term as ASCH president.

Ericksonian Courses Offered

Courses in Ericksonian therapy are offered at Hahnemann University and Immaculata College in Pennsylvania.

John H. Edgette, Psy.D., teaches "Fundamentals of Ericksonian Therapy" and a course in intermediate training at Hahnemann. The courses are offered to doctoral students in clinical psychology and to master's degree students in family therapy and creative arts in therapy.

Hahnemann offers an independent study in Ericksonian hypnosis, as well as ongoing group and individual supervision.

Dr. Edgette also offers a basic and intermediate course to master's degree students in counseling and those working toward their certificates to practice school psychology at Immaculata. Janet Sasson Edgette, Psy.D., also teaches the basic and intermediate courses at Immaculata.

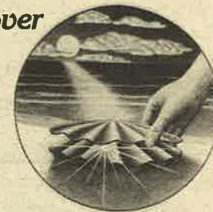
For information, persons may contact John or Janet Edgette, The Milton H. Erickson Institute of Philadelphia, Rosemont Plaza, 1062 Lancaster Avenue, Rosemont, PA 19010.

Media of Note

The North Carolina Journal of Mental Health published a special issue entitled "Clinical Uses of Hypnosis." Reid Whiteside, Ph.D., served as guest editor for the issue.

The German Erickson Journal has been dedicated to the late Milton H. Erickson, M.D. The journal is the fourth dedicated to Dr. Erickson. The others are *The American Journal of Clinical Hypnosis*, *The International Journal on Clinical and Experimental Hypnosis* and *The Argentine Journal of Clinical Hypnosis*.

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I don't know if you have any conscious idea, but always the unconscious mind has its own thoughts, its own desires.

(Erickson & Rossi, 1976, p. 285)

Stephen Lankton



Notes From The Monographs

Another issue of *The Monographs*, co-edited with Jeffrey Zeig, has gone to press. It is entitled, "Extrapolation: Demonstrations of Ericksonian Therapy." This issue is especially pertinent for the Foundation's Tenth Anniversary conference as it consists of complete transcripts of treatment sessions by the six invited faculty members: Barber, Gilligan, O'Hanlon, Lankton, Rossi, and Zeig. Each therapy session was a popular demonstration which was taped at an Erickson Congress between the years 1982 and 1988.

The faculty chose the session they wished to include in the volume and then

commented on what they liked about the work as well as what they did not like about it. Additionally, each faculty chose to comment about the work of one of their colleagues. What we have in the end are thoughtful and lucid demonstrations of therapy conducted in the years after Dr. Erickson's death by six of his students whose work was greatly influenced by his hand.

Specifically, the content is as follows: "The First Session with Dr. 'B'" (1984) by Joseph Barber, with additional commentary by Stephen Lankton; "Accessing Unconscious Processes" (1982) by Stephen Gilligan with additional commentary by Jeffrey Zeig; "Motivating Action with Hypnotherapy for a Client with a History of Early Family Violence" (1988) Stephen R. Lankton with additional commentary by Joseph Barber; "Solution-Oriented Hypnosis" (1988) Bill O'Hanlon with additional commentary by Stephen Gilligan; and, "Using Metaphor and the Interspersal Technique" (1984) by Jeffrey Zeig with additional commentary by Bill O'Hanlon.

Come to

Heidelberg

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Second announcement and last call for papers
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Interview *continued*

it in pilot studies and finding out what items were good or bad, rewording them at times, adding some, taking some out.

All along I felt we needed something to show an overall picture of what people can do on a sort of sampling basis. I don't know if you are familiar with the Profile Scales. The Profile Scales were designed not so much as a scale that would give points on any kind of continuum, but rather as a profile that would give a sampling of hypnotic behavior over a wide range. It would allow us to see what people could do on a level of hallucinations, a level of amnesia, a level of distortion of senses, and so on.

I agree with Jack that it's unfortunate the profile scales are so rarely used by people. They all use Forms A and B and Form C. They never really get the kind of sampling that we would prefer a scale to give them, such as the Profile Scales can. There are two forms; you can use both and double the reliability if you want. Or you can use them singly without the other scales. That's the history of the Stanford Scales.

Y—Okay. Now you said quite candidly to me in a private conversation earlier, but I'd like you to mention it again now, how you felt the scales related to clinical practice.

W—Well, okay, what I said was that in clinical practice I do not see that the scales are particularly useful if you want to be strict. For one thing, a good clinician, a good hypnotist, is going to very quickly get a good feeling for what the patient can do, by just watching how the patient responds, whether he does it like Erickson or he does it in a more traditional fashion. He gets some feedback which will tell him if the subject/patient is capable of developing specific responses under hypnosis.

The other thing is that they are an intrusion in the clinical situation. They are an element that seems to have nothing to do with therapy. Of course, you can tell the patient, "In order to help you I've got to spend an hour testing you with this instrument." I think something like the postural sway test doesn't really fit into the framework of clinical work. To me, it seems like vaudeville or night club stuff. I don't feel comfortable doing a postural sway test with patients. I see no reason to do it.

Anything I'm going to find out would be in the course of working with the patient. If the patient can develop amnesia I'll find that out presently. I start giving suggestions for it under the hypnotic state. Later, by asking questions I'll get some idea of how much amnesia is present. So that's why I say I don't see the use of the scales in that [clinical] setting as desirable.

Y—Some have said that what the Stanford Scales measure is compliance, and not suggestibility.

W—It depends on how you define it. For me, suggestibility is the capacity to produce responses to suggestion. Okay, that's very broad, so, I also specify that it must at least be non-voluntary. If the non-voluntary aspect is not there, you do not have a suggestion. By definition, suggestibility is the capacity to respond to a suggestion, that is to produce a non-voluntary response.

Y—Okay, you are saying that for sugges-

tion. I was wondering if you meant it also for suggestibility as a broader trait?

W—No. Let me clarify further. The other thing about the response is it must reflect fairly well the idea introduced in the suggestion. I say this in the sense that if I tell someone, "You are going to feel a warmth in your arm—" and the person starts having a hallucination about being in a tunnel, I'm not going to consider that there has been a suggestion. The subject may have a non-voluntary experience, but the connection between having the tunnel experience of warmth and the idea of warmth in the hand is so remote that it does not seem to me to justify speaking here of a suggestion. At least not without first making a whole study of what is the

connection.

My definition of suggestion is that there must be something non-voluntary I can establish as taking place or be satisfied it is non-voluntary. The basic idea also must be fairly directly and clearly reflected by the behavior, either at the level of experience or at the level of actual behavior.

Frequently we get information from the person with the scales when we remove the amnesia, and say "Well, tell us about your experiences." Then, it is volunteered. I like that. When it's volunteered, it's nice, because you haven't put the words in their mouths. So we often get that kind of information at the very end of the testing, when we remove the amnesia. And, from that standpoint, I would say whenever I've been

able to get that sort of evidence and have enough time to do this for all the items, I am able to say "Yes" the Scales measure suggestibility.

Y—Can I switch gears altogether now and have you talk about your relationship with Dr. Erickson?

W—Well, you know, it never was a real close one. I never had the kind of relationship that some have had that went to work with him, stayed with him and lived in his guest house, like Rossi and I guess Zeig.

I met Erickson in 1953 at a scientific meeting. And, of course, my book had come out and he was familiar with it. He made me feel very good because he thought

continued on next page



The Institute for Advanced Clinical Training

I S P R O U D T O A N N O U N C E

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Interview *continued*

well of it. For a young man as I was, it was important, especially since I considered Erickson to be one of the top men in the field of research in those days. He did some very difficult and fine research, which I still think is a model for many people to follow.

Not long after that, he founded The American Society of Clinical Hypnosis, and I wrote him and said I'd like to be a member of the Society. And he said, "Well, of course, you are a member without question, if you want to be; in fact, I'd like you to be an Associate Editor of the journal." And I felt honored that he would ask me that.

Then I had more contact with him as Associate Editor, because he would send me articles. I would look at them and write back and tell him what I thought; you know, some should be published, but there's some problems with this one or that one.

Then, later on, when I began a practice in California, I would run into some problems or have some questions about some of my patients. He came a number of times to see Haley, and I'd ask to see him and would invite him to come to my house. He would come and go over some of my cases and discuss them. And always, he would pinpoint a lot of things I hadn't seen. So he was very helpful.

So, I don't know what else I can tell you about Milton, except that my contacts with him were over a period of 30 years. They were kind of off and on, and they were short, rather than long, and there were a lot of them.

Y—Obviously, the interest in Erickson's work now is very high. The Foundation organizes the congresses and more than 2,000 people show up. Why do you think there is such an attraction to his work?

W—Well, one thing I would say is there is an aspect of Ericksonian approaches which is appealing because the person who is practicing it feels he has some sort of fail-proof method. He can feel free from responsibility because hypnotizing people is really leaving the person to his own devices. His unconscious will do all the work, whatever is needed.

He doesn't have to worry about how deeply the patients are hypnotized or how much they are hypnotized. Somehow, he is being told if you practice this kind of approach effectively, you are going to be pro-

ducing a hypnotic state, a trance state no matter what. You don't have to worry about doing specific inductions; it will simply take place itself if you learn how to do such things as confusion or the double-binds. You don't have to worry about at what point your patient is in the hypnotic state, you don't have to test for it. You can just assume that somewhere on down the line he is hypnotized.

Now, Milton really didn't assume, because he looked for signs and he could tell you when a person was in a trance; the trance stare for one thing, the eyes, the immobility that would take place. He would look at the tint of the face. There are a lot of things.

So, I think that is one of the things that is appealing to people. Also, it is an approach that seems permissive and nurturing, and, from a clinical standpoint, our clinicians today are people who tend to want to be that way.

Y—How do you feel about hypnosis as it is now being redefined and the blurring of the lines between true trance states and everyday states of absorption?

W—Well, I don't feel comfortable about it, because, for me, it is important to distinguish what is hypnosis, — to define what it is and to define what it is not.

Y—Do you make the distinction between a formal hypnotic state and the everyday trance state? Do you like the idea of an everyday trance state?

W—I don't like the idea of the everyday trance state because I don't think it has been clearly demonstrated that there are everyday trance states. If there are, I think the question obviously is are they a hypnotic state or are they not?

I'm willing to say that people go into altered states of awareness. There are all kinds of altered states of awareness, and I think that of all the altered states of awareness that exist, there is a certain class of these states of consciousness that should be called "trance," however.

So I am saying there are probably a number of distinct states of hypnosis. I mean we have to worry about a number of different kinds of hypnotic states and hence of hypnotizabilities. Some that are characterized by disassociation, some by suggestibility, maybe some with a combination of both.

Y—Hilgard made a statement that was in an interview printed in *Psychology Today*. You might remember the interview

of a year and a half, maybe two years ago. The statement he made was "The skills required to be a hypnotist are very, very minimal."

W—I don't agree with that. I think that Hilgard said that strictly from the fact that he learned to hypnotize using a "formula" approach and never went beyond that. Of course, I taught him how to hypnotize.

Basically, we started off with an induction method for the scales. And all his life, he decided that was all he needed or was going to use, this formal induction. And really, that really does require a minimal amount of skill. Anyone can repeat a formula and, whether or not they have any skills, a percentage of people are going to become hypnotized, that is according to whatever criteria you are going to use.

But, if you are going to stick to a formula, especially if you are going to work in a clinical setting, I think a great deal of skill is called for.

Y—What does the future hold for Andre Weitzenhoffer?

W—Well, I don't know. In some way I would like to go back to research. I miss the research. You know I retired. I am in a new town where I have a laboratory, but it's not for psychological research. I don't have a source of subjects anyway. So I do mostly electronic and computer research there.

I've got my new book, and that was my big project for three years.

Y—What's the title?

W—Now I'm supposed to give the plug? Well, it is called *The Practice of Hypnotism*. It's two volumes. The first volume is kind of a combination of my first two books, *The Objective Study* and *General*

Techniques. It is a highly practical work, in the sense that there are many "how-to-do" things in it.

So that's the future. I don't know what doors may open. I can see doors possibly opening to giving lectures and visiting universities. I'm kind of looking forward to that possibility.

I enjoy my retirement, I guess, partly because I don't have much time for it.

Y—Thank you for sharing your views so candidly, Andre.

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