



The Milton H. Erickson Foundation NEWSLETTER

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SPRING 2008

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I N T E R V I E W

Consuelo Casula

By Marilia Baker, Phoenix Institute of Ericksonian Therapy

Consuelo Casula, in private practice in Milan, is regarded by many as one of the foremost female Ericksonian psychotherapists and trainers of Italy. She is an instructor at Scuola Italiana di Ipnosi e Psicoterapia Ericksoniana (SIPE), Rome, an Institute affiliated with Societa' Italiana Milton Erickson (SIME), directed by Camillo Lorio. She is on the editorial board of SIPE's journal IPNOSI – Rivista Italiana di Ipnosi Clinica e Sperimentale, and adjunct professor in Interpersonal Communications at IULM University in Milan. Casula was, for many years, associated with AMISI (Associazione Medica Italiana di Studi sull'Ipnosi), and served on the editorial board of their journal, Rivista Italiana di Ipnosi e Psicoterapia Ipnologica. She has been a contributor to Hypnos, the Journal of the European Society of Hypnosis in



Psychotherapy and Psychosomatic Medicine. A frequent Invited Faculty at international meetings in Europe (European Society of Hypnosis & International Society of Hypnosis), Latin America, Japan, and the U.S., she has been invited by Julie H. Linden, Immediate Past President of ASCH to be among the select Faculty

'celebrating five decades of excellence in clinical hypnosis' at the 50th Anniversary of the American Society of Clinical Hypnosis in Chicago, March 7-11, 2008.

Casula has studied and worked with prominent Italian and international professionals. Among them are Mara Selvini Palazzoli, Gianfranco Cecchin, Kay Thompson, Jeff Zeig, Michael Yapko, and Camillo Lorio. She also trained in Neurolinguistic Programming with John Grinder, Robert Dilts, and Norma and Phil Barretta, among others. She had her initial studies in psychoanalytical theory and practice with two of the foremost Italian psychoanalysts, Cesare Musatti and Franco Fornari (her original incentive to leave her native Sardinia to study in Milan with them).

Casula is also a prolific writer. To her credit there are approximately 60 articles, book chapters and forewords, as well as seven published books (in Italian, Spanish, and Portuguese), among them "Porcospini di Schopenhauer" (1997) already in its tenth edition,

See INTERVIEW on page 22

BRIEF THERAPY CONFERENCE: LASTING SOLUTIONS

December 2008 – San Diego, California

Register Early for the Lowest Rates!

The *Brief Therapy Conference: Lasting Solutions* will be held December 11-14, 2008, at the Town and Country Resort and Convention Center, San Diego, California. The Conference is sponsored by The Milton H. Erickson Foundation, Inc., and Co-sponsored by University of San Diego, Counseling Program, School of Leadership and Education Sciences. A Pre-Conference Law and Ethics Workshop will be held on Wednesday, December 10, with a Post-Conference Brief Therapy Master Class Training on Monday, December 15, 2008. The Conference consists of workshops, interactive events, short courses, Fundamental Hypnosis Workshops, and keynote addresses, offering a total of 41.0 continuing education hours (Wednesday-Monday).

Presenters at the 2008 meeting include: Andreas, Beck, Carlson, Dilts, Gilligan, Goulding, Hardy, Hayes, Karpman, Kaslow, Kottler, Lankton, Levine,

See CONFERENCE on page 2

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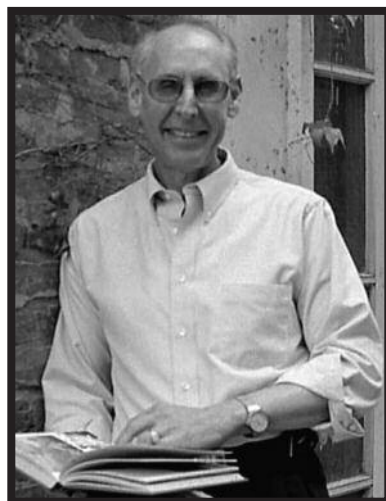
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EDITOR'S COMMENTS

It figures. The first International Congress that I have to miss in 28 years and the Tenth International Congress turned out to be a benchmark Congress. It had 120 outstanding presenters and almost 1000 participants from around the globe. To rub in my missing it further, such a Congress demanded that we have sufficient reviews of the presentations in this issue of the Newsletter to let me REALLY know what I missed. To accomplish the Congress reviews, we needed the talents of Alexander and Annellen Simpkins, John Lentz and Deborah Beckman to cover a sufficient sampling to give life to its essence. To help compensate for my Congress-envy, I have ordered all of the CDs and DVDs of the presentations so all that I will have missed is the excitement of being surrounded by colleagues and students sharing their experiences and learnings. (sigh)

In honor of the 39 countries represented at the Congress, we are emphasizing our international contributors. Consuelo Casula, from Italy, is this issue's Feature Interview. Those who attended her workshops and presentations were delighted with her Continental perspective on the *Feminine* and *Resiliency*. Marilia Baker's interview of Casula brings out the passion and personality of this remarkable person. Our international reviewers are represented by Christine Guilloux's reviews from Paris, France, and from Australia, George Burns' (ed) "*Healing with Stories. Your Casebook Collection for using Therapeutic Metaphors*" is reviewed by Maria Escalante. From Portugal, Ana Almeida-Melikian reviews *The 1st Iberian Symposium of Experimental and Clinical Hypnosis*. In her Introducing the Institutes column, Cecilia Fabre interviews The Milton H Erickson Institute of Rio de Janeiro, Brazil.

We have also included reviews of timeless quality. Jacob Moreno's classic movie "Psychodrama in Action" is reviewed by Rubin Battino. Eugene Gendlin's DVD *Using Focusing in Therapy*, review by Christine Guilloux, and John



Lentz's review of Connirae Andreas and Tamara Andreas's *DVD Core Transformation* round off these legacy offerings.

With this issue, we are introducing reviews of materials that therapists can give directly to their clients. Alexander and Annellen Simpkins' review of *Woman's Wisdom: 100 Ways to Better Your Life* by Michele Rittnerman is an excellent example. John Lentz's review of Rabbi Jack Bloom's *Jewish Relational Care A-Z: We are our other's keeper*, acts as a bridge between Rittnerman's creative guide for patients and John Lentz' clinical interview with Steve Lankton in his In The Spirit Of Therapy column.

And with great warmth, Roxanna Erickson Klein presents Sharon McLaughlin as this issue's Contributor of Note. Sharon is the backbone of the newsletter, who keeps us all in line with humor and a big stick. She is very special to all of us.

After reading all the reviews and talking to everyone who attended the Conference, I do not want to miss the Couples Conference April 25-27 2008 at the Marriott in San Jose San Jose, California. It has always been amazing, and this year it promises to be even better, if that is possible. I hope to see you there.

Rick Landis
Laguna Niguel, CA

CONFERENCE *continued from page 1*

Miller, Naranjo, Norcross, O'Hanlon, Padesky, Plster, Prochaska, Rossi, Selekmán, Spring, Weiner-Davis, Wilson, Yapko, and Zeig. Keynotes will be given by Borysenko, Burns, Cummings, Houston, and Terr.

Visit the Conference web site to view the full program, list of presenters and presentations, download the complete brochure, make your hotel reservations, and register Online! www.BriefTherapyConference.com To receive the brochure by mail contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org

This year's Conference will be held at Town & Country Resort and Convention Center in Mission Valley in San Diego, California. The Resort features several restaurants ranging from casual to formal, the Bella Tosca Day Spa, Salon & Fitness Center, and over 85 beautiful and challenging golf courses near the property. Special discounts are available for hotel guests at the golf course next to the hotel. The Town & Country Resort is one of the host hotels of the June 2008 U.S. Open Golf Tournament.

A few steps away from the Resort is the Fashion Valley Mall and the Trolley Station taking you to many sites including the Gaslamp Quarter. Family fun includes a trip to Legoland, SeaWorld, and the world-renowned San Diego Zoo. Stop by the concierge at the hotel for ticket discounts to many of the San Diego attractions. Finally, take some time to practice yoga and tai chi on the many beautiful beaches and parks in the area, or visit some of the historical sites including Old Town San Diego, the famous Bazaar Del Mundo or one of the many missions in the region.

The Brief Therapy Conference is gearing up to be a great event. With all the added attractions San Diego offers, you can make plans to bring the whole family!

The following are the current registration fees for the Brief Therapy Conference. **Special for Newsletter Readers!** Use the registration form on page 3 to extend the current April 30 deadline to May 20, 2008! You must use the registration form on page 3 to take advantage of this special offer. For the complete rate schedule and deadlines, request a brochure or visit the Conference site: The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org; Web, www.BriefTherapyConference.com

| Register by May 20, 2008 for the Lowest Registration Rates! <small>*You must use the registration form on page 3 to extend the current April 30 deadline.</small> | U.S. Professionals | Foreign Professionals / Students / Interns / Senior Citizens |
|--|--------------------|--|
| Full Conference (Thurs-Sun) | \$379 | \$279 |
| Full Conference WITH Law & Ethics Pre-Conference (Wed-Sun) | \$479 | \$379 |
| Full Conference WITH Brief Therapy Master Class Post-Conference (Thurs-Mon) | \$479 | \$379 |
| Full Conference WITH BOTH Law & Ethics AND Brief Therapy Master Class (Wed-Mon) | \$529 | \$429 |

DAY TICKET REGISTRATION RATES

| | |
|---|--|
| Law & Ethics Workshop I Wed AM - 4hr session | Law & Ethics Workshops I & II Wed AM & PM - 6hr session |
| \$129 | \$179 |
| Brief Therapy Conference Thurs - Fri - Sat - Sun | Brief Therapy Master Class Mon - 6hr sessions |
| \$179 per day | \$179 |

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Special for Newsletter Readers! April Deadline Extended to May 20th, 2008!

For current registration rates, see chart on page 2. *You must use this registration form to extend the April 30 deadline.

Brief Therapy Conference REGISTRATION FORM

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Professional License # _____ Physically Challenged ¹Yes No
Mail code (the code above your mailing address on brochure) BT08 - _ _

2
I verify that I meet the minimum eligibility requirements to attend the Brief Therapy Conference and that I am a (please check one of the boxes below):
 US Professional Foreign Professional/Foreign Student
 Senior Citizen providing proof of age (65 years and older)
 Graduate Student/Intern providing a certifying letter from school department indicating proof of student/intern status as of December, 2008.

3
I am registering for the following:
 Full Conference Registration (Thursday-Sunday, December 11-14, 2008)
 Full Conference Registration WITH Law & Ethics Workshops (Wednesday-Sunday, Dec 10-14, 2008)
(please indicate your choice of Law & Ethics Workshop): Workshop I (4 hrs) or Workshops I & II (6 hrs)
 Full Conference Registration WITH Brief Therapy Master Class (Thursday-Monday, Dec 11-15, 2008)
 Full Conference Registration WITH BOTH Law & Ethics Workshops AND Brief Therapy Master Class
(Wednesday-Monday, Dec 10-15, 2008)
(please indicate your choice of Law & Ethics Workshop): Workshop I (4 hrs) or Workshops I & II (6 hrs)
Individual Day Tickets (for those NOT attending the full 4-day Conference):
 Law & Ethics Workshop I (4 hrs) - Wednesday, December 10
 Law & Ethics Workshops I & II (6 hrs) - Wednesday, December 10
 Thursday - Dec 11 Friday - Dec 12 Saturday - Dec 13 Sunday - Dec 14
 Brief Therapy Master Class - Monday, December 15

4
I am enclosing the following amount \$ _____
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For information regarding your registration or cancellation, contact ACEI: 952-435-9135
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¹ Town & Country Resort and Convention Center is ADA compliant. Please inform the hotel about any special needs. Any special concerns must be brought to the attention of the Milton H Erickson Foundation prior to September 1, 2008, by emailing office@erickson-foundation.org or telephoning 602-956-6196.

² *All non-sufficient funds checks will be charged a \$20.00 service fee payable by issuer.

³ The charge on your credit card statement for the Conference will be listed as "CE Education Class."

Cancellation Policy

Requests for refunds MUST BE IN WRITING and are subject to a \$50 administrative fee. Full refunds, less the service charge, will be made if the request is postmarked by November 5, 2008. Requests postmarked from November 6 to November 29, 2008, will receive a 50% refund of paid fees.

No refunds after November 29, 2008. No exceptions to this policy will be made. Please allow 8-10 weeks for processing. Cancellations received after November 5, 2008, will be processed in January 2009.

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CONGRESS REVIEW

The Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy Review

December 6-9, 2007
Phoenix, Arizona

What began with Erickson's compositions as an accomplished maestro of therapy has become a magnum opus symphony of today's field of psychotherapy. The Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy revealed how new variations on the original Ericksonian themes are echoing today in the teaching and practice of contemporary psychotherapy.

This Ericksonian Congress gathered foremost authorities on Ericksonian methods and latest innovations in psychotherapy. The faculty was one of the largest ever, with 120 skilled and diverse professionals from all around the world. The almost 1000 attendees were diverse as well, coming from all around the US and thirty-nine foreign countries. This diversity added varied feedback and probing dialogues into many of the sessions. We spoke with participants who were medical researchers and doctors, clinical psychologists, school psychologists, military psychologists, social workers, and counselors about the creative ways they were integrating Erickson's ideas into their work. We were impressed by the sincerity of the attendees, who shared personal experiences with clients of their own that showed how deeply the Ericksonian approach has touched their lives; and how thoughtfully the principles have been integrated into their practice.

The program formats were covered a wide range of therapeutic methods for many types of population, with numerous opportunities to experience and learn on many levels. The conference began with an all-day Law and Ethics workshop by Steve Frankel addressing important legal issues that therapists face in their daily work. A persuasive keynote address by Michael Yapko inspired excitement from the beginning as he explained how hypnosis is indeed the original "Positive Psychology." Also offered on the first day were 27 Practice Development Workshops.

The next three days included an array of options. A keynote demonstration from Ernest Rossi, *The Bioinformatics of Art, Beauty and Truth and Creativity: Enchanting Effectiveness of Psychotherapy*, offered a profound experiential understanding of the principles at work. Eight fundamental hypnosis workshops, forty-five short courses, sixty workshops, plus dialogues, conversation hours, topical panels, group inductions, and clinical demonstrations gave participants a broad range of choices. A new Advanced Ericksonian Hypnosis Training Day was added after the conference, taught by the insightful and entertaining presenters, Jeffrey Zeig and Stephen Lankton. Exhibits with a well-organized bookstore were open through the entire conference, were filled with the latest books, CD's and DVD's. A dance and a book signing gave everyone the opportunity to interact personally and have some fun!

The congress was formally closed by the final keynote address from Jeffrey Zeig titled: *Jay Haley, A Tribute*. In this moving and information-packed address, Zeig not only highlighted the major contributions of Haley's long and innovative career, he emphasized Haley's courage in taking a bold stand against the psychoanalytic mainstream of his time. Through illustrative quotes, pictures and films, Zeig showed how Haley helped the field of psychotherapy to leap forward into the 21st century.

Having been involved with Erickson's work for more than thirty years, we can see a natural evolution taking place. The foundational principles embedded in cases that Erickson spoke about during his lifetime were carefully pondered and assimilated by his first generation of students, now master teachers. They developed broad principles leading to further developments in conjunction with their ideas and methods. The next generation of students will add creative devel-

opments, interpretations and applications. Each unique voice contributes another part to the whole: the maestro's symphony.

The larger world of psychotherapy has been profoundly affected as well. Like the great Greek philosopher Aristotle, we can see many of Erickson's "First Principles" being integrated into the mainstream. For example, Erickson's principle of discovering and then utilizing the client's unused potentials is evident in the recent shift away from a sickness model and toward a wellness orientation. One of our favorites is learning by attuning to what is natural within. This emphasis is being developed in meditation therapies, now widely researched and practiced. And an echo of Erickson's bold initiative to facilitate individualized treatments has been recently written into the "Future Directions" section of APA's Task Force on therapeutic efficacy research: "Patient characteristics as moderators of treatment response in naturalistic settings" (APA Presidential Task Force Report, 2006). Clearly, Ericksonian methods are being developed and used to help further evolve our field in positive directions.

Jeffrey Zeig, the director of the Milton H. Erickson Foundation had this to say about the Congress, "In reflecting back on 2007, one of the professional highlights was the Tenth Erickson Congress. The first Congress was held in Phoenix in 1980. It was impossible to imagine in 1980 that we would hold nine more Congresses. Now, due to the success of the recent Congress, we look forward to planning the Eleventh Erickson Congress."

We are confident that Erickson is smiling upon us all, as he observes how the world has taken note of his gentle encouragement to listen carefully and use what we hear in our own way and in our own time!

Reviewed by

C. Alexander Simpkins, Ph.D. and Annellen M. Simpkins, Ph.D.
San Diego, CA

References

APA Presidential Task Force Report, (2006). Evidence-based practice in psychology, *American Psychologist*, 61, 4, 271-285.



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The Milton H. Erickson Foundation NEWSLETTER

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INTRODUCING THE INSTITUTES

Milton H. Erickson Institute of Rio de Janeiro, Brazil

Interviewed by Cecilia Fabre, MA

The Milton H. Erickson Institute of Cuernavaca

E mail: jairo@pnl.med.br

I am pleased to introduce the Milton H. Erickson Institute of Rio de Janeiro, established by Jairo Mancilha, MD in 2000. The original Board of Directors, in co-leadership with Dr. Mancilha consisted of the late Jose' de Brito Matta, MD, vice-director and Wanda Lazera, Lic. Psych., coordinator of training.

Currently Jairo Mancilha continues to head the Institute, and with him are two new members, Gilberto Barros MD, pediatrician, vice-director and Salete Maimone, Lic. Psych., coordinator of training. Each of them has more than ten years of practice in clinical/medical hypnosis. Mancilha's original specialty in medicine was cardiology, with a post-doctorate from Northwestern University at Evanston/Chicago, in addition to a specialty in psychiatry. Subsequently he trained in Ericksonian hypnosis.

The Institute Milton H. Erickson of Rio de Janeiro, has been known for its great enthusiasm in disseminating Ericksonian hypnosis and psychotherapy in Brazil. It has relied on the cooperation and participation of international professionals including Jeffrey Zeig, Betty Alice Erickson, and Consuelo Casula in their training events.



Gilberto Barros MD

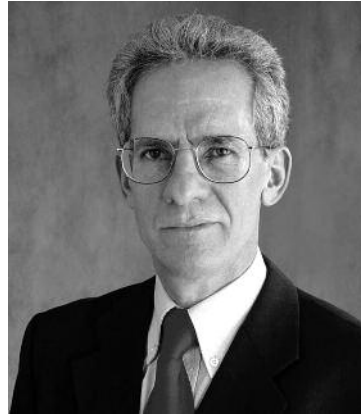
What attracted most his interest and attention about Ericksonian approaches was the ability to tailor therapy to each client, utilizing everything that happens during the session for him/her to learn, to change, and to grow. This important Ericksonian technique was attractive to Jairo, because the concept of resistance became a non-problem.

Along with the M.H. Erickson Institute of Rio de Janeiro, Mancilha also directs INAp, the Institute of Applied Neurolinguistics Programming.

He is a disseminator of both hypnosis and NLP, combining two institutes in the same site, The Milton H Erickson Institute of Rio de Janeiro and INAp, Institute of Applied Neurolinguistic Programming. Working with prominent international professionals is one of the main goals of this Institute, which provides training of professionals in the area of hypnosis and Neurolinguistic Programming.

Mancilha emphasizes that this Institute created a model for Ericksonian coaching, which besides being promoted in consultation work is also taught formally. This is really novel and useful in consultancies. Mancilha applies Ericksonian approaches to the work of coaches.

The INAp Institute has a partnership with Metaforum, an institute in Germany. Every year they organize the International Camp, intensive trainings



Jairo Mancilha, MD

in Mendes, a town near Rio de Janeiro. This camp offers an international certification, which also includes courses such as, Constellations, Systemic Family, and Body Talk with a length of 9 to 18 days per course, in which instructors are from four different countries including Consuelo Casula of Italy.

Jeffrey Zeig has been an important pillar of the MHE Institute/Rio de Janeiro. He has collaborated closely with Mancilha, teaching many courses and workshops. He has been an important influence in the promotion of Ericksonian psychotherapy in this region, supporting and motivating many actions in this regard.

The Milton H Erickson Institute of Rio de Janeiro, organized the first International Symposium of Ericksonian Hypnosis in Rio, with the presence of Betty Alice Erickson, and the Pan-American Congress of Hypnosis.

The energy, activities, and movement at the Institute have not ceased; there have been courses at The Society of Medical Hypnosis in Rio, and for other groups of professionals concerned. These courses are in constant demand.

Jeffrey Zeig comes to Rio often, and participates enthusiastically, through the interest that this Institute generates.

In short, this Institute is growing fast, promoting Ericksonian approaches, and in conjunction with INAp (Institute of Applied Neurolinguistic Programming) continues imparting training in hypnosis and Ericksonian hypnotherapy. They also offer a course in self-hypnosis by INAp with duration of 50 hours for the general public.

For the current year of 2008 the Institute is planning the completion of a course in applied medical and clinical hypnosis which includes psychologists and psychotherapists, with a duration of 72 hours. Among other plans is the 2nd International Symposium on Ericksonian Hypnosis to take place in Rio de Janeiro.

As described above, this is an Institute with great activity and scope, open to further developing appropriate training courses, which contributes in a most definitive way to the expansion of Ericksonian approaches in Brazil. It has been a pleasure interviewing Dr. Jairo Mancilha.



Salete Maimone, Lic. Psych.

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CONTRIBUTOR OF NOTE

Sharon McLaughlin M.A.

By Roxanna Erickson Klein

Managing Editor of this Newsletter, Sharon McLaughlin, M.A., brings many talents to the forefront of the Erickson Foundation. A quiet person, she has a frankness tempered with good humor, as well as an outstanding ability to adapt to individual needs, while focusing on organizational needs. She does not need to push her way to the top; she rises like cream when opportunity presents itself.

After graduating from Seton Hall University in 1985 with a degree in psychology, McLaughlin earned two Master's degrees in counseling, one in school counseling, the other in Marriage and Family Therapy, at the University of San Francisco. She initially became interested in Ericksonian approaches as an undergraduate during practicum at a large inpatient psychiatric facility. There, McLaughlin read her first articles by



Erickson, one about getting stubborn calf into a barn, the other about treating a boy with enuresis. McLaughlin recalls several comments about motivation related in the stories. Unaware at the time, she now recognizes that those two articles planted seeds for what was later to become the cornerstone of her philosophy in both professional and personal life.

Twelve years later, when in graduate school, McLaughlin again encountered Ericksonian therapy.

Her long term advisor and mentor, Larry Palmatier PhD (deceased), who himself had attended Erickson workshops, recommended she take a class on NLP, and another on Ericksonian hypnosis. One classroom experience involved the whole class, as a group, doing an induction using a nine-year-old boy for the subject. Afterwards, the boy described the experience, "Like dreaming only I knew I was awake."

The 1996 Brief Therapy Conference in San Francisco was described by McLaughlin as a life-changing event. She attended workshops by Zeig, Rossi, Yapko, and many others, bringing to life many of the books she had read. After that conference, she began attending any trainings or workshops she could find, even if it meant repeating some. She once served as a volunteer during a class taught by Zeig, which, she reports cemented her belief in the efficacy of experiential learning.

McLaughlin cites her greatest professional influences to be Erickson, Zeig, Palmatier, and personal experience. Having worked her

way through graduate school as the director of a child and family development center that housed five preschool and after school classrooms, she explained, "When you spend seven years watching almost one hundred children interacting on the playground, you begin to notice patterns of behavior and some predictability. The same patterns repeat throughout life, although the contexts may change; it became an invaluable tool for doing therapy."

McLaughlin has spent the majority of her career working with abused children, and adult survivors of abuse. After leaving the child and family development center, she spent two years working in an emergency residential shelter for abused and neglected children. She completed her internship working children's mental health services in Lake County, California. Upon getting her MFT license in 2000, McLaughlin was appointed Clinical Director at a non-profit family services center in Northern California. There she had the opportunity to build mental health programs from the ground up. She also began teaching workshops to community volunteers on subjects of

See CONTRIBUTOR on page 10

ANNOUNCEMENTS

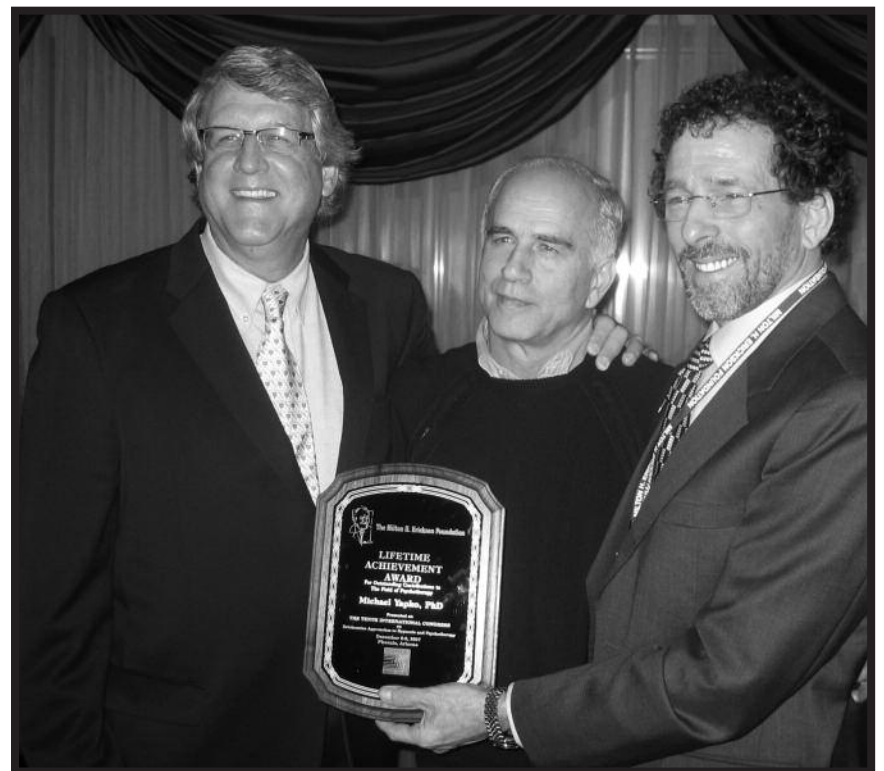
Rossi Receives Newton Lifetime Achievement Award

Congratulations to Ernest Rossi Ph.D. During the 50th anniversary meeting of the American Society of Clinical Hypnosis on March 8, 2008, Rossi received the first Bernauer "Fig" Newton Lifetime Achievement Award for his contributions to therapeutic hypnosis. In 1980, Rossi also received the Lifetime Achievement Award For Outstanding Contributions to the Field of Psychotherapy by the Milton H. Erickson Foundation. He received a similar award from the American Association of Psychotherapy in 2003.

Michael Yapko Awarded the "Milton H. Erickson Foundation's Lifetime Achievement Award"

In a surprise presentation, Michael Yapko, Ph.D. was awarded the Milton H. Erickson Foundation's "Lifetime Achievement Award" at the opening of the Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, held December 2007. This award is the highest honor the Foundation bestows to deserving individuals for "Outstanding Contributions to the Field of Psychotherapy."

Yapko is a previous recipient of the "Milton H. Erickson Award of Scientific Excellence", from the American Journal of Clinical Hypnosis, as well as the "Arthur Shapiro Award for the Best Book of the Year on Hypnosis" from the



Michael Yapko, Camillo Loriedo, Jeffrey Zeig

Society for Clinical and Experimental Hypnosis.

In 2003 Yapko was presented with the "Pierre Janet Award for Clinical Excellence" from the International Society of Hypnosis.

I N T H E S P I R I T O F T H E R A P Y

Interview with Steve Lankton

by John Lentz

JL: Steve you are widely known for your expertise and ability as a clinician, author, and presenter. Thank you for being willing to let people know you in a spiritual sense. How do you see spirituality as a part of psychotherapy?

SL: In what way do you mean spirituality?

JL: In whatever way you want to use the term. The idea is to present you in a different way so that people can relate to you as a person from a different dimension than clinician, presenter, author, etc.

SL: The spiritual is about a person's ultimate nature even more than their physical and mental health. Ideally therapy addresses the ultimate purpose of a person, because it is a life-journey. Maslow's self-actualization and Being-Values questions (e.g., goodness, beauty, playfulness, truth, perfection, wholeness, simplicity, etc.) are always there asking to be addressed, even if indirectly.

JL: Can you illustrate that with a case or two so readers can better understand?

SL: Recently I was working with a 38-year-old woman who was having trouble dealing with her family dynamics. After a broken engagement and abortion, she was living in one of their large homes. She wanted to move into a place of her own but her parents wanted to control how she should live the next steps of her life. Her parents who are *financially* very successful were critical of her plans.

I talked with her about the Kanagara. In Japanese it means to take into account the laws of the Universe, in dealing with the world and with relationships. While literally it means, "Walk the path (or way) of the Gods.." Beyond the romantic stretch of the meaning, it means that she can find value and meaning in what formerly brought her stress and shame. She was trying to avoid getting criticized by her parents (and get support). But, I encouraged her to ask her father for his input, and asked for him to criticize her plan as much as

Spirituality is relating to clients in ways that utilize what is in their life so that they feel valued and able to move smoothly through it.

possible so that she could get his valuable insight, and then be able to be more successful. After all, his criticism has worked very well for him, and she should invite it and not block it. By her accepting what was, and using what was, for her benefit, she changed what was bringing her shame, stress and tension into acts she could value and feel proud about. And, at the same time, her father's resistance was eliminated because he felt valued. Of course, he was honored by this and only found criticisms and improvements with her *plan* (and not her). They had a truly intimate moment wherein the battle vanished and each person listened to the ideas and feelings of the other (for a change) and felt respected, close, and supported.

JL: The form of respect you showed sounds very much like Erickson's utilization approach.

SL: I helped her utilize what her father brought! Spirituality is relating to clients in ways that utilize what is in their life so that they feel valued and able to move smoothly through it. It is a way of being ultimately respectful of the person, their family (or social world) and the dynamics that exist in it.

It is developing the sacred part of psychotherapy, where the relationship invites and encourages personal growth through the intimacy of being known. Once people taste that *being known* and feel that sacredness of that intimacy, they want more of it. It was not exactly what they came in for. Usually they don't ask for something so lofty. They just want to eliminate some trouble, but when it fits for them, it becomes their new goal and value in relationships and life. It is the sacredness of the intimacy that heals, ultimately because people want more of it, and to get it they have to make changes that accept unchangeable aspects of life. It becomes their practice and path.

JL: Wow, you have really thought about this a lot!

SL: Recently, I had a woman who had a problem with hoarding so intense that there was a wall chin-high in every room with only a path through the house big enough to walk to the bed, dining room table, TV, couch, etc.

As she and her husband talked about his problem with this, in the intimacy of the moment she realized she emotionally put up a wall and was doing it right in the session. I said the magazines rather symbolized this wall shutting her out from everyone around her. The gravity of the moment was thick. She said, with tears in her eyes, "Oh, my God, I don't want to do that anymore." She turned to her husband and said she

didn't need the wall to protect herself anymore. The intimacy, gravity, beauty, and honesty of the moment were so powerful that we all had tears in our eyes. She had an epiphany. It was very freeing to her. The intimacy of that moment became something she wanted more of in her life. While she and her husband came in to learn conflict resolution, they got intimacy back into their life and learned to stop fighting, as well. They want this to stay.

JL: Steve that is exactly the part of you and your compassion that I wanted people to know about. While you are impressive in what you know, it is how you express it that is even more impressive.

SL: Well, thanks. I am happy that this is the sort of thing therapists want to know. It is too bad we can't share it experientially in training very often, so I'm glad you let me have this interview.



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UPCOMING TRAINING

| DATE | TITLE / LOCATION / LEADER | CONTACTS |
|-------------|--|----------|
| 2008 | | |
| 5/7-22 | Comprehensive Ericksonian Training / Singapore / Jeffrey K. Zeig, Ph.D. | 1. |
| 6/11-15 | Brief Therapy: An Ericksonian Orientation / China / Zeig | 2. |
| 6/17-22 | Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Hong Kong / Zeig | 3. |
| 7/2-6 | Ongoing Supervision Training / Mexico City, Mexico / Zeig | 4. |
| 7/14-18 | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent B. Geary, Ph.D., Stephen Lankton, MSW, DAHB, Zeig, and Invited Presenters | 5. |
| 7/21-25 | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters | 5. |
| 7/28-8/1 | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters | 5. |
| 7/30-8/3 | Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig | 6. |
| 8/7-10 | Level II: Ericksonian Intensive Training / Dallas, Texas / Betty Alice Erickson, MS, Deborah Beckman, MS, Will Handy, LCSW | 7. |
| 9/10-11 | Couples Conference / Brussels, Belgium / Invited Presenters | 8. |
| 9/13-16 | Ericksonian Therapy / Istanbul, Turkey / Zeig | 9. |
| 10/13-17 | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters | 5. |

| DATE | TITLE / LOCATION / LEADER | CONTACTS |
|----------|--|----------|
| 10/20-24 | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters | 5. |
| 10/23-26 | Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig | 6. |
| 11/6-9 | Level III: Ericksonian Intensive Training / Dallas, Texas / Erickson, Beckman, Handy, and Invited Faculty (<i>dates subject to change</i>) | 7. |
| 12/11-14 | The Brief Therapy Conference: Lasting Solutions / San Diego, Calif. / Invited Faculty (Pre-Conference 12/10 and Post-Conference 12/15) | 5. |

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CONFERENCE NOTES

Space Still Available! The Milton H. Erickson Foundation will sponsor *Love & Intimacy: the Couples Conference*, April 25-27, 2008, at the Marriott San Jose, San Jose, Calif. Organizational assistance is provided by The Couples Institute, Menlo Park, Calif. The Conference includes a 6-hour Law & Ethics Pre-Workshop on Thursday, April 24, 2008. Keynote Addresses, Interactive Events and Workshops will be held throughout the Conference. The faculty includes Ellyn Bader, Louis Cozolino, Helen Fisher, Susan Johnson, Otto Kernberg, Bessel van der Kolk, Peter Pearson, Esther Perel, Daniel Siegel, and Stan Tatkin. A total of 22.0 continuing education hours are available for the Conference with an additional 6.0 for the Law & Ethics Pre-Workshop.

For further information including the complete brochure and Online registration visit the Conference Web site: www.CouplesConference.com For more information contact The Milton H. Erickson Foundation, Inc., Tel, 602-956-6196; Email, sonya@erickson-foundation.org

The Association Française de Nouvelle Hypnose Congress will be held May 17-18, 2008 in Paris, France. The Congress is organized by Jean-Marc Benhaïem. An early registration fee is offered before January 31, 2008. For complete information contact AFNH, 4 rue des Sablons F-77300 Fontainebleau, France; Tel, +33 1 60 74 07 26; Email, afnh@wanadoo.fr ; Web, www.hypnoses.org

The *Seventh Annual Hawaii International Conference on Social Sciences* will be held May 20-June 1, 2008, at the Waikiki Beach Marriott Resort and Spa in Honolulu, Hawaii. The conference is co-sponsored by the University of Louisville and the Center for Sustainable Urban Neighborhoods. Several diverse disciplines in the Social Sciences will be represented. For Conference information contact Hawaii International Conference on Social Sciences, P.O. Box 75023, Honolulu, HI 96836; Tel, (808) 542-4986, Fax, (808) 947-2420; E-mail, social@hicsocial.org ; Web, www.hicsocial.org

Catching the Winds of Change 2—The Maritime Therapy Conference, will be held June 10-13, 2008 in Halifax, Nova Scotia. The Conference theme is *Inviting Dialogue Among the Leading Therapy Approaches* and will include Cognitive Behavioral Therapy, Brief Therapy, Narrative Therapy, Dialectical Behavioral Therapy, Interpersonal therapy and others. Keynotes include Scott D. Miller and Tod Augusta Scott. For complete information and to register Online visit the Conference Web site: Web, www.windsofchange2.ca/conference.htm ; Email, info@windsofchange2.ca

The Fifth Biennial International Conference on Personal Meaning will be held at the Courtyard by Marriott Downtown Toronto, July 24-27, 2008. The conference theme is *Death and Dying: The Last Frontier of Positive Psychology and Spiritual Care*. Other topics will include the positive psychology of meaning and spirituality, humanistic-existential psychology, Logotherapy and meaning-oriented research and therapies. Keynote speakers include Robert A. Neimeyer, Professor of Psychology, University of Memphis; Jeffrey K. Zeig, Ph.D. Founder & Director, Milton H. Erickson Foundation; and Paul T. P. Wong, Ph.D., Professor of Psychology, Tyndale University. Additional Keynotes and Presenters, and the list of topics to be presented, and complete registration information can be found on the Conference web site: www.meaning.ca/conference08/index ; Email, Dr. Paul Wong at pwong@tyndale.ca ; Email, Dr. William Evans at evanswf@jmu.edu. The Meaning Conference is organized by the International Network on Personal Meaning (INPM) and the International Society for Existential Psychology and Psychotherapy (ISEPP). It is co-sponsored by the Milton Erickson Foundation, Tyndale University, James Madison University, and Trinity Western University.

Student Presentation Competition! Three prizes will be awarded for the best student presentations that will be included in either a paper session or poster session. The three award winners will receive a certificate of achievement and a waiver to Conference registration fees. Topics may include, but are not limited to, existential and spiritual issues in living well and dying well, character strengths, life and death attitudes essential for overcoming and flourishing in trying situations. For more information visit www.meaning.ca or Email Dr. Paul T. Wong, pwong@tyndale.ca . Deadline for submissions is May 16, 2008.

The Virginia Satir Global Network announces their World Conference entitled *Becoming More Fully Human—Building a Dynamic World Community*, August 2-5, 2008, at the Renaissance Denver Hotel, Denver, Colorado. Optional intensive trainings also offered on August 2 and 6, 2008. The Conference will feature Satir Master Practitioners including Maria Gomori, Jean McLendon & John Banmen, and keynotes by Jean Houston and Jeffrey Zeig. For complete information contact The Virginia Satir Global Network, c/o The ConferenceWorks!, 7138 English Birch Lane, Indianapolis, IN 46268; Tel, 1-888-824-0879; Fax, 317-328-1475; Web, www.SatirGlobal.org/2008conference

The 11th Congress of the European Society of Hypnosis (ESH) in Psychotherapy and Psychosomatic Medicine, *Hypnosis & Hypnotherapy: Trauma and Pain*, will be held September 17-21, 2008, at the Lecture Hall Centre in Vienna, Austria, with a special Pre-Congress on EMDR, September 16, 2008. For further information and to register Online visit the Congress web site: www.vienna.hypnos.de ; Tel, +43 1 405 138 316; Fax, +43 1 407 82 74. The ESH homepage is www.esh-hypnosis.org

The *Brief Therapy Conference: Lasting Solutions* will be held December 11-14, 2008, at the Town and Country Resort and Convention Center, San Diego, California. The Conference is sponsored by The Milton H. Erickson Foundation, Inc., and Co-sponsored by University of San Diego, Counseling Program, School of Leadership and Education Sciences. The Conference offers a Pre-Conference Law and Ethics Workshop on Wednesday, December 10, and a Post-Conference Brief Therapy Master Class Training on Monday, December 15. The Conference consists of workshops, interactive events, short courses, Fundamental Hypnosis Workshops, and keynote addresses.

Presenters at the 2008 meeting include: Andreas, Beck, Carlson, Dilts, Gilligan, Goulding, Hardy, Hayes, Karpman, Kaslow, Kottler, Lankton, Levine, Miller, Naranjo, Norcross, O'Hanlon, Padesky, Plster, Prochaska, Rossi, Selekman, Spring, Weiner-Davis, Wilson, Yapko, and Zeig. Keynotes will be given by Borysenko, Burns, Cummings, Houston, and Terr.

Visit the Conference web site to view the full program, list of presenters and presentations, download the complete brochure, make your hotel reservations, and register Online! www.BriefTherapyConference.com

To receive the brochure by mail contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org

INTERNATIONAL COMMUNITY

The 1st Iberian Symposium of Experimental and Clinical Hypnosis

Ana Almeida-Melikian, Ph.D.

Institute Milton H. Erickson of Portugal

The First Iberian Symposium of Experimental and Clinical Hypnosis was held on the 29th and 30th of November, 2007 at the University of Coimbra, Portugal's oldest university



(founded in 1290). Among the Faculty there were outstanding researchers and professors, including Irving Kirsch, PhD (University of Hull, UK), well-known for his research on hypnosis, expectancy, the placebo effect and antidepressants; Giuliana Mazzoni, PhD (University of Hull, UK), who has published important works on memory and hypnosis; and Antonio Capafons, PhD (University of Valencia, Spain), known for his contributions to waking hypnosis, and the study of attitudes and beliefs towards hypnosis.

This meeting was a joint endeavor of two professional organizations, the *Group of Psychological Hypnosis/COP-Valencia (Spain)* lead by Antonio Capafons, and the *Group for the Study of Experimental and*

Clinical Hypnosis, an offspring of the *Research Group for the Study of Psychological Processes Related to Placebo, Suggestion, Hypnosis and Psychopharmac*s directed by Carlos Lopes Pires, Ph.D., at the University of Coimbra (Portugal). The first group existed since 2000, and has developed, among other important works, a highly informative webpage in Spanish about hypnosis: <http://www.uv.es/GRUPOHIPNOSIS COP>. The latter group was established in 2007, and has already organized several events to promote

clinical and experimental hypnosis in Portugal, with the Iberian Symposium being its largest accomplishment (see: <http://gehec.pt.vu/>).

The aim of this first Symposium was to promote the scientific basis of hypnosis among health professionals in Portugal and Spain. It gathered more than 250 participants, with a large representation of psychology students, as well as a significant group of psychologists and physicians who actively participated during the meetings. Antonio Capafons opened the Symposium by clarifying some of the myths surrounding hypnosis, presenting some definitions of hypnosis as well as referring to several clinical applications of this procedure. Subsequently, Irving Kirsh spoke about the placebo effect and

the power of belief. Antoni Castel, a psychologist from the University Hospital of Tarragona (Spain), reported on a work that won a research award in Spain about the effect of hypnotic suggestions on fibromyalgic pain. Then, Giuliana Mazzoni gave an enlightening talk about false memories, false beliefs, the power of suggestion and the implications of these concepts to hypnosis and psychotherapy. To conclude the first day's work, Irving Kirsh delighted the audience with a preview of one of his current research projects that involves the use of brain imaging methods to investigate the neurobiological underpinnings of hypnosis.

On the second day Antonio Capafons presented his Valencia Model of Clinical Hypnosis (a development from the more classical models of waking and active-alert hypnosis). Carlos Lopes Pires did a workshop on the inclusion of hypnosis in the implementation of empirically validated psychological therapies. In closing, the Symposium held an engaging panel on the present status, and the future of hypnosis in Europe, and on the Iberian Peninsula in particular. The need for more research and professional training for the clinicians who use hypnosis in their practices become the main topic of this panel with Irving Kirsch, Antonio Capafons, Carlos Lopes Pires, Antoni Castel, and Maria Angeles Ludeña (COP-Valencia).

It was an excellent symposium and hopefully just the beginning of a regular event that will help to develop the field of hypnosis within the health professions in Portugal and Spain. The next meeting is being planned to take place in 2009 in Valencia, Spain.

CONTRIBUTOR

continued from page 6

communication, relationship addiction, secondary trauma and child abuse. McLaughlin has taught workshops on metaphor construction at the last two Erickson Congresses.

Currently working night shifts at a psychiatric emergency response unit, McLaughlin describes the setting as a natural fit for Ericksonian therapy. "When there is often only a single session for assisting an individual or family, you want to elicit and utilize every idea or resource that can be generated at the moment." To McLaughlin, her identity as an Ericksonian means, in a nutshell, the therapy begins with the client's own words and perspectives, and proceeds by generating alternate views and behaviors.

Having begun contributing articles and columns to the Foundation Newsletter in 1997, she caught the attention of Dan Short PhD, then Executive Editor of the Newsletter. He invited her to become the guest editor for the Introducing the Institutes column. After Dan Short retired from his position on the Newsletter, the editorship was restructured into several different components. These include a triad of Editors. The Executive Editor sets the tone of each issue and selects the focus; the Reviews Editors solicit and overview the reviews of books and media; and the Managing Editor is the one to work with and encourage cooperative effort from the entire team of contributors. The team is rounded out with a group of writers and Guest Editors who contribute columns on the Institutes, Spirituality and other topics, and those who write the Reviews.

McLaughlin was invited to become the Managing Editor in 2001. It became rapidly apparent that she was immensely talented in her ability to engender team spirit and cooperation from a diverse staff. Her friendly sensitivity and sense of humor both provide tools that she uses to keep the volunteers active, motivated and to remain involved. She is the glue that holds all of this work together.

Thank you Sharon McLaughlin for who you are, and for what you give to the Ericksonian movement.



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CONGRESS PROGRAM REVIEWS

Ericksonian Congress on Hypnosis and Psychotherapy 2007

Part I

All programs are available on CD from the Milton H. Erickson Foundation
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 Email, sonya@erickson-foundation.org

Keynote 1: Michael Yapko: What Positive Psychology Can Learn from Hypnosis

The Congress opened with a keynote from Michael Yapko, PhD., recipient of this year's Lifetime Achievement Award. Yapko described hypnosis as the original positive psychology, much older and richer in many dimensions. He pointed to specific ways that hypnosis has much to offer to the Positive Psychology movement. For example, hypnosis researchers have been studying attention for decades. Hypnotists also have a profound understanding of how to best foster happiness, not by trying to be happy, or by making false promises about a happy life, but rather by allowing and nurturing the circumstances to help people develop their abilities naturally. As he explained, you don't force a hand levitation; you encourage and enlarge on the responsiveness to help bring it about. His address showed the many ways that hypnosis has forged the path that positive psychology would do well to follow: to be attuned at an unconscious level, to develop the capacities that are already there, and to catalyze the acquisition of skills that fulfill potentials for fulfillment in oneself and others.

Keynote 3: Jeffrey Zeig, Ph.D.: Tribute to Jay Haley

Zeig closed the Congress with a moving tribute to Jay Haley. Haley broke

free from the status quo of his time, psychodynamics and long term-treatment, and led the way for a new therapy that could be both strategic and brief. Unlike traditional psychoanalysis, it engaged the family, was experiential, and could even involve humor!

The transformation that Haley began took courage. He was not afraid to point out that keeping patients in therapy was the problem, not the solution. Most important was to get the patient out of therapy and into successful living. He offered a new theoretical foundation, which led to doable methods for making effective interventions. During his long and active career, Haley was a therapist, author, teacher, supervisor, researcher, and hypnotist. Zeig pointed out that Haley was also a dutiful son. With the publication of *Uncommon Therapy*, Haley presented Erickson as the father of brief, strategic approaches to therapy. He then devoted much of his life to developing and evolving the work of Erickson the "father." Today we recognize that Haley became a founding father himself, leaving a lasting legacy that has set the course of therapy to come.

Workshop: 26: Stephen Lankton, MSW, DAHB, Indirect Suggestions and Therapeutic Binds in Hypnosis

Lankton's workshop taught the use of indirect suggestion and therapeutic binds. He carefully enumerated many forms and supplied examples of each type to make it easy for practitioners to begin using these techniques. He encouraged utilizing what you know and admitted that he turns to humor, "As a person who speaks sarcasm as a second language or even as a first language." He explained that when someone asks, "How's your father? It's like hijacking your unconscious mind with memories of your father." Instead, activate by implication: "I was thinking about how your father was doing" or "I wonder..."

Lankton invited a volunteer on stage to demonstrate the use of many varieties

See *PROGRAM REVIEWS* on page 12

ERICKSONIAN GENERATIVE TRANCE WORK

with **STEPHEN GILLIGAN PH.D.** in San Marcos CA.

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PROGRAM REVIEWS *continued from page 11*

of indirect suggestions and binds. As he presented each one, he pointed to a checklist on the slide so that the audience could follow along. After the trance, the volunteer gave feedback about his experience, which was profoundly helpful. The last part of the workshop included questions from the audience. In summary, Lankton explained that by maximizing ambiguity with these methods, the client gets a new way of putting experiences together. From one tangent to the next, the client follows along, until there it is, a new understanding!

Conversation Hour Three: Stephen Gilligan, Ph.D.: Self-Relations Therapy

Gilligan began by speaking personally. Although he feels extremely grateful to Erickson, Gilligan took a new turn, creating "Self-Relations Therapy". Self-Relations grew out of Erickson's core idea, utilization, but Gilligan expresses it differently in four ways. First, Self-Relations shifts from utilization to sponsorship. Gilligan extends the positive human presence of sponsorship in a way that allows clients to sense their own goodness, and then access it themselves. Second, the unconscious is embodied, not just ethereal. Change begins in the body. Therefore, Gilligan helps people to make the connection between thinking and sensing at the same time to promote mind-body unity. The third difference is to place the "Erickson function" inside the client—away from internalizing Erickson's voice to a generative form, to connect with each moment of experience unfolding in a positive way. Fourth, Erickson's view of trance was that the unconscious was something people got to by closing their eyes. This is impractical. Gilligan draws from aikido, to expand spaciousness out into the world, connecting to the unconscious with eyes open. The latter part of the conversation hour involved questions. Ultimately, Gilligan believes we should not try to change the self, but rather learn to reconnect with self.

Short Course Four: Maria Escalante, MA, Ericksonian Approaches for the Treatment of Enuresis in Children

Enuresis can be a difficult problem. Escalante offered a number of creative and effective methods. She presented a case of a young boy, Alfonso. At the early phase, she directed attention to the future. At first people often focus on the difficulty. Since children have an excellent imagination, she used "mini trances," with evocative imagery of a soft, comfortable night sleep, waking up dry. She also stocked the office with toys. She asked Alfonso to name the toys and created a play therapy together. Some toys become the resources and talked to the toys with troubles. The child should identify with the resourceful toys. In a melodic voice, Escalante demonstrated another innovative technique, the singing trance. One can use a familiar or unfamiliar melody. She even treated a teenager who entered trance with rap music: She created a rap trance! Escalante also discussed working with relapses, stating, "Enuresis is like sewing, even if you work with it many times, you have to go back and correct little things." But if they continue to relapse, suggest that there is more to learn. With warmth and charm, Escalante showed how to gently focus on and bring out the child's good.

Short Course Eight: John Lentz, Brief Ericksonian Solutions to Miscommunications

Lentz has worked as a chaplain in a women's prison for more than 20 years and brought a unique depth and breadth of experience to the topic of miscommunications. He shared his insights in a gentle, friendly, and inviting way. Whenever people engage in an argument with intense feelings, they generate a negative trance. A positive trance happens in reverse order. He suggested, "Negative trance takes our options from us and positive trance expands our options." In a positive trance, fully aware, we can begin to alter communications in a positive way. Lentz enumerated many ways that miscommunications occur such as through differences in personal and regional meanings, through disbelief, from negative emotions; and out of defensiveness. He offered his experienced warnings about what not to do, such as presenting cool logical arguments when the other is upset. In Ericksonian style he, pointed out that the very thing that holds people down, could lift them up. He gave numerous useful interventions to turn negative trances into positive ones. Therapists can also use their own positive trance—it can have a powerful effect to help clients discover and open their own potentials!

Short Course 29: Deborah Beckman, MS: Beginning from Within: Igniting the Imagination...of the Healer

Beckman, also a licensed architect, presented a fresh, new perspective. She drew from an architecture exercise and creatively gave it a therapeutic twist: Turning off gravity. The process begins by moving beyond logic. As she wisely said, "Logic is the art of going wrong with confidence." Her many motivating metaphors and analogies stimulated creative thought such as, "Most ideas are stranded on the little island of someday." She also presented a helpful conceptual tapestry to guide this therapeutic process: "Accept the situation, Analyze, Define, Ideate, Select, Implement, and Evaluate." Her soothing voice masterfully invited a broader field of choice. For example, "We tell ourselves scary stories when we think we aren't going to make it, and thrilling stories when we think we are," Beckman skillfully guided a shift from being fearful to feeling thrilled and excited. Using trance, these methods bypass limits to bring about second order change. Filled with techniques to use and fascinating cases, this presentation offered inspiring and helpful methods to ignite change in both clients and therapists.

Short Course Eleven: Christine Guilloux, DESS: Extraordinary Heroes: Ordinary Heroes

We are problem-solvers and so our clients. We have a choice: to face the problem and solve it, or not. Guilloux believes that people can face things and act as heroes even if they don't believe that they can. She explained, "The hero within must be discovered. It is like a diamond with many facets that are linked." We can teach our clients to recognize and build the resources to meet life's difficulties by discovering the hero within.

We find our heroes in many places. Some are ordinary heroes, people close to us, but many are extraordinary people we may never know personally. It is important to awaken the inner hero. Contemplating inspiring experiences of heroes can help. Guilloux taught a number of techniques: describe what a hero is; list people you consider heroes; and note inspiring stories. Distil from these ingredients what a hero is for you. Then Guilloux encouraged us to search within to discover our hero, so we can use the hero in our work with clients as well as in our own lives.

Reviewed by

C. Alexander Simpkins, Ph.D. and Annellen M. Simpkins, Ph.D.
San Diego, California

Ericksonian Congress on Hypnosis and Psychotherapy 2007

Part II

All programs are available on CD from the Milton H. Erickson Foundation

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Workshop 4: Scott Miller, Ph.D.: Supershrinks: Learning From the Field's Most Effective Therapists with

Hold on to your hats and let go of your reserve. Miller asked the question, "How bad do you want to be good?" He then proceeded to rally a relentless rollicking barrage of research to answer his question. Miller implored us to stop talking about history because of a remarkable research conclusion--when considering the chance for success in current treatment, a client's treatment history does not matter. Actually, almost no clinical or demographic information about the client is a predictor of therapeutic outcome. Armed with this information, Miller emphatically put it squarely on us, the therapist, to develop the characteristics of "Supershrinks." Just what are these characteristics? The suspense built as Miller provided four clues, and I wouldn't want to give away the answers. However, Supershrinks do know that if there is not some progress within the first seven to ten sessions they need to consult and/or refer. The ride was worth it, clutched hat and all.

Topic Panel Two: George Gafner, MSW – Scott Miller, Ph.D. - Marc Oster, PsyD – Teresa Robles, Ph.D.: Training & Supervision

Continued on next page

In just an hour, four distinguished clinicians offered their distinct views and responded to a variety of questions from the attendees. Robles described her program working first to develop the therapist before teaching therapeutic skills; client pathology was not discussed. Oster emphasized that this is not therapy for the supervisee, but intended to develop self-awareness and observational abilities in a session. In response to a participant's question, Oster further stated that a therapist's personal issues do not automatically inform or qualify the therapist to work with those issues in others. Overall, consensus could be heard regarding the purpose of supervision. Its function is to improve the effectiveness of the supervisee, look for and identify cases at risk for poor outcome, generate useful feedback from the client, and direct therapy to improve client functioning. This was a helpful hour offering a format to direct supervisor's attention in improving a client's well being.

Dialogue 7: Marilia Baker, MSW, LMFT - Dan Short, Ph.D. - C. Alexander & Annellen Simpkins, Ph.D.: All Things Ericksonian:

There was such an easy invitation to share in the panel's more intimate experiences as each described their introduction and connection to Erickson. The Simpkins have had an enviable history of extended training with Erickson, and their own careers reflect the individuality fostered in that time. A particular question to the panel, slightly paraphrased, "How did Erickson consider his own greatness as he became more famous?" Short observed that Erickson allowed people to think of him "as big as he needed to be" to help them with difficulties that were "too big" for them to handle. Baker further offered Erickson's known fondness and fascination with the meaning of words and how he surely knew the Latin definition of "doctor" which is, "to teach and be taught." Several participants also contributed wonderfully informed insight. A common theme in this hour of all things Ericksonian was, "The main thing is to find a way to enjoy your life." How inviting.

Practice Development Workshop 13: Jeffrey Zeig and Suzi Tucker: How to Author and Publish Your Professional Book

Zeig and Tucker offered a highly encouraging, organized and useful discussion for potential authors. They began with directing authors to consider if

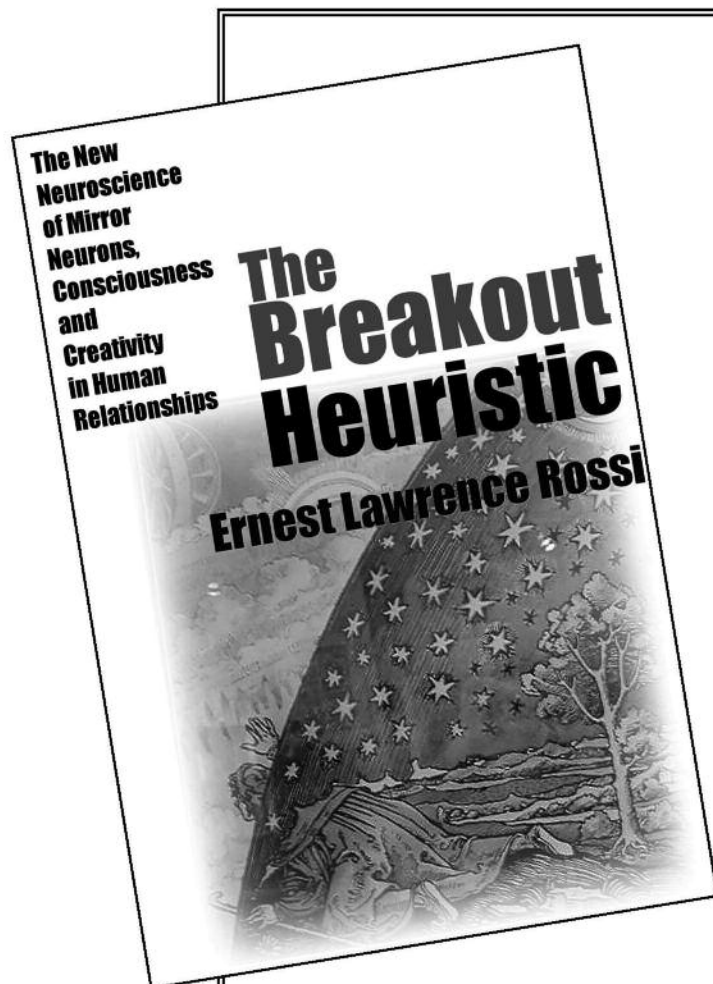
they were writing for the trade, for academic use, or for a professional audience. An interesting suggestion: Take a closer look at the books you like, notice the topics, the appearance and who published them. There could be a potential publisher for your work, as publishers have their own personalities, preferences, and limitations. For instance, Zeig and Tucker do not publish self-help or memoirs. Numerous practical suggestions and answers to many participants' questions filled the workshop time. In addition to their own handouts (see www.ericksonfoundation.org/10thCongress), they suggested Googling Dan Poynter for a useful publishing model. I was surprised to learn that many publishers no longer proof-read or edit, so they suggested that authors consider hiring an editor. As seasoned publishers and editors of professional works you can take Zeig and Tucker at their word!

Topical Panel 13: Use of Humor: Sharon McLaughlin, MA - Kathryn Rossi, Ph.D. - Bernard Trenkle, Dipl. Psych. - Jeffrey Zeig, Ph.D.

"I'm for it!" declared McLaughlin, and the panel was off and laughing. In addition, she noted that "Humor can work as a relationship barometer; making a joke is taking a risk, if people accept the joke, there is recognition of a bond." Kathryn Rossi described how the appearance of humor in session lets her know that, "they are now in the home stretch." She further revealed that she builds friendships based on an ability to laugh together. Zeig contributed from his extensive knowledge of both Erickson's and Viktor Frankl's use of humor, including some favorite jokes. Overall, the panel recognized the irony of having a serious discussion regarding humor and proceeded to do an enjoyable and admirable job addressing different aspects of the topic. And if you have never heard Trenkle tell the story of the stuttering Bible salesman, then you need this CD. No kidding! How Trenkle explained his use of this joke in his work is a bonus in modeling "Humor in Therapy."

Reviewed by
Deborah Beckman, MS
Dallas, Texas

See PROGRAM REVIEWS on page 14



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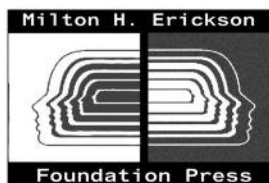
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PROGRAM REVIEWS *continued from page 13*

Ericksonian Congress on Hypnosis and Psychotherapy 2007

Part III

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Keynote 2: Ernest Rossi Ph.D.: The Bioinformatics of Art, Beauty and Truth and Creativity: Enchanting Effectiveness of Psychotherapy

Rossi started by inviting the audience into a mild trance using his signature style of employing your hands outstretched in front of you. I have no idea what he said, only that it was so powerful that I had tears in my eyes, and had a very pleasant experience. I wasn't the only one who was so moved by what Rossi said; a large part of those present had the same response. Rossi's way of continually discussing gene expression in new and creative ways is amazing and reminds me of Beethoven's variations on a theme. However, what is more amazing is that the person he is comes through in what he does and says, and that person is much more amazing than even what he can do with a large audience, or even how bright and talented he is. There are many people who look forward to getting a "Rossi fix" by being in one of his workshops. They would not have been disappointed by this one.

Review of Practice Development Workshop 4: Norma Barretta Ph.D. – Philip Barretta MA, MFT: The Importance of Being Earnestly Observant

In their classic style of smoothly working together Norma and Philip Barretta encouraged participants to pay close attention to what is being said by a client's nonverbal communication, and then gave experiences that taught us how to do so. They showed that we can observe a lot more than we might have thought. The mix of information and experiences was thought provoking. While I can still see the Barrettas in my mind laughing as they present useful information, I can also see my partner's eye movements that gave away what she was thinking. However, more than that, I can sense how naked our thoughts really are when someone is really paying attention. Because of the Barretta's competence and the competence of the participants in the room, that knowledge helped us to just feel revealed and understood. I felt very close to my partner who I had never met before that workshop, but will look for in future ones, because of her skill, insight and kindness. The Barretta's skill, openness, and expertise invited that. As always, they touched our hearts as well as our minds in the workshop.

Practice Development Workshop 23: Betty Alice Erickson, MS: Ways for the Therapist to Connect-More and Better

Betty Alice promised to teach ways of connecting at deeper levels with clients without formal hypnosis. She promised that her teaching style would be experiential. It was, and she did. With her winning style that indicated that she likes you just by smiling, she makes connecting look easy, and convinces you that you can learn and grow. She demonstrated, and had us practice using our own trance to connect more powerfully with the client. When she demonstrated the approach, her trance was so powerful that people in the back of the room 60 feet away were pulled into the trance. I know because I was sitting there and watching the effects on others. Wow! Not only did she do what she said, it was done very powerfully. I look forward to listening again to this program on CD.

Workshop 13: Bernhard Trenkle, Dipl Psych: Self-Hypnosis and Hypnosis in the Treatment of Phobias and Anxieties

The syllabus said that the presenter will teach a specific and useful self-hypnotic technique. He did, and the brilliance of it is still dawning on me. In Trenkle's characteristic low-key style, he didn't draw attention to the fact that he was providing tools that are amazing, and yet simple. He showed us ways of gently intervening with the client's helplessness, and building hope with an approach that subtly is healing of phobias and panic disorder. His expertise makes duplicating what he is teaching eminently possible. What isn't easily recognized is how brilliant his teaching truly is because it is offered in such a low-key way. That is possibly only one of the reasons that he received the Lifetime Achievement Award offered by the Erickson Foundation a few years ago.

Short Course 19: Dale Bertram, Ph.D. – Mike Rankin, LMFT

Ericksonian Principles in Clinical Supervision

With a well thought out presentation, Dale Bertram and Mike Rankin addressed using hypnosis as part of supervision. Their argument was that as long as the issues addressed were to assist the students to become a better clinician then, it was not only appropriate, but also useful. They provided insight into a subject not often addressed out loud, even though there are stories in which Erickson included hypnotic tools for supervisory purposes. They also addressed how some ethics boards are legalistic and might not understand or appreciate the inclusion of hypnosis. The people in attendance seemed pleased and in agreement with the concepts that Bertram and Rankin presented.

Clinical Demonstration 1: Jeffrey Zeig, Ph.D.: Experiential Methods of Facilitating Generative Change

This clinical demonstration will become a classic. The work that Jeff did with a young woman dealing with grief issues not only showed amazing skill and dexterity of approaches, but also demonstrated something seldom caught so powerfully in a single session. The connection between Jeff and the young woman was so powerful that it moved people watching. The therapist next to me and the two behind me were all crying because of how moving the connection was. I could hear sniffles throughout the room. If only to see a magic moment of healing between two people, this demonstration would be worth the effort. How masterfully Jeff used approaches to assist the development of his connection to the young woman and to help her heal was art. There will be lots of people who will use this DVD to teach because it is powerful, and it invites the viewer to appreciate the connection of psychotherapy, and feel encouraged in their chosen profession.

Group Induction Five: Eric Greenleaf, Ph.D.: The Wild Horse Trance: Self Hypnosis for Riding Out Pain

Eric Greenleaf in a laid back way told us some seemingly unrelated but useful facts, about movement, pain, horses, hiking, and pretzels, and then did an absolutely loving and skilled demonstration of group hypnosis to lower pain. I came to experience the trance and got a real bonus. By the end of the trance, you

See PROGRAM REVIEWS on page 23

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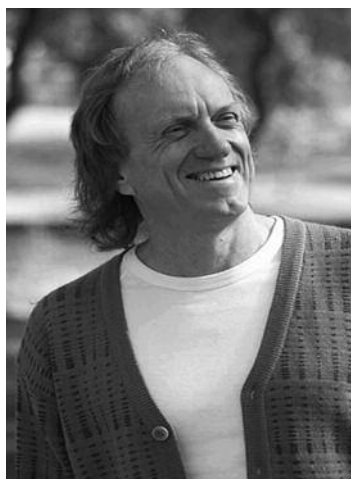
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Michael White

A great soul was recently lost to the world.

Michael White died suddenly April 05, 2008, while in California on a workshop tour. He suffered ventricular fibrillation, and could not be stabilized.

Michael was a singular genius, spearheading the constructivist approach of Narrative Therapy, and standing as a seminal contributor to couples and family therapy. He also was a staunch activist for the disenfranchised, especially working with the Aboriginal population in his home country of

Australia.

A mainstay at the Evolution of Psychotherapy Conference, Michael presented in 2000 and 2005. He had already agreed to present at the next Evolution Conference, and he will be sorely missed.

Michael presented at the Evolution conferences on some of the topics that he championed including, externalizing the problem, micro-maps of narrative

processes, re-authoring conversations by understanding multi-layering, the de-centered therapist, and his approach to creating stories of identity for trauma victims.

A gifted therapist, Michael was personable as well as brilliant. I met Sal Minuchin recently in Florida, and we avidly discussed the singular importance of Michael's contributions to psychotherapeutic thought and practice. I have rarely heard Sal talk in such glowing terms.

On a personal level, Michael was a brother to me. That relationship started at the 2000 Evolution of Psychotherapy Conference, when Michael and my mother made a deep, enduring connection. After that, "adopting" him as a brother was fait accompli. The fraternal relationship was sealed at the 2005 Conference, when I lent him my clothing due to a lapse in baggage handling by the airline. The occasions at which we met, including at the Psychotherapy Networker Conference, were always rich and meaningful, brother to brother.

Michael White's legacy is certain to endure through his writings, and through the work of myriad students who will carry forward his work. The Erickson Foundation sends deepest condolences to his family, and all who loved him.

Jeffrey K. Zeig, Ph.D.

Director, The Milton Erickson Foundation

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The Foundation has come into ownership of several hundred copies of vintage classic books — four of the original volumes published by Dr. Milton Erickson and Dr. Ernest Rossi. (At this time the Foundation Press is distributing updated Neurobiology Versions of these works on CD through erickson-foundation.org/press, but neither hardback nor paperback of the updates are yet available.) These volumes are in their original shipping cartons and in pristine condition.

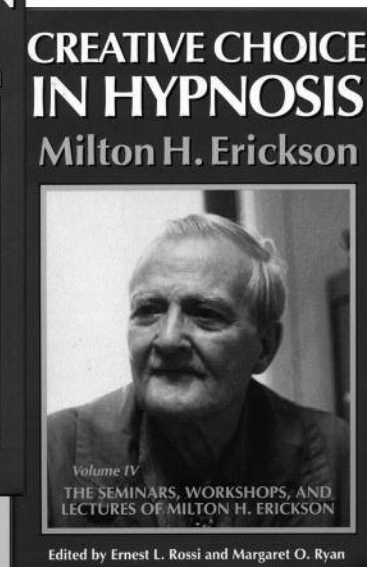
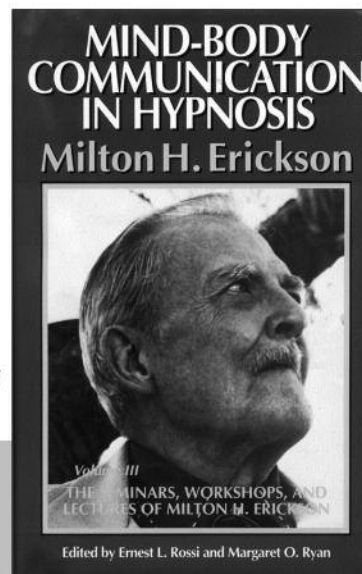
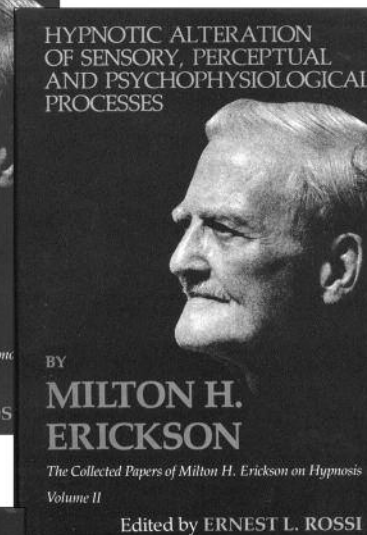
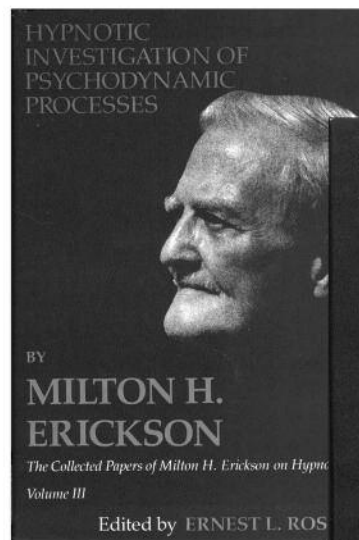
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CD - ROM REVIEW

Full Conference Program Audio CD-Rom Set: Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

Milton H. Erickson Foundation
2007

www.erickson-foundation.org

The general feeling among participants at the Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy was one of wonder. What should one attend, and how can one select among so many intriguing possibilities! Fortunately, the entire Congress has been made available as a complete set on eight CD-ROM disks. This compactly and attractively packaged set covers every part of the conference.

Along with the fascinating content are all the software needed to read introductory materials and play the CD-ROMs. The minimum requirements for these CD's are the widely used programs: Adobe Reader 6 and QuickTime player. We found the CD's immediately easy to use. If you don't have them on your computer, users of both Mac and PC will find installations of software are available for the materials: Adobe Reader 7 and QuickTime Player, or iTunes if relevant..

On clicking the disc icon you will find several folders and documents. Information about each disc is given in a PDF file. The "Begin PDF" document contains information about the series and a table of contents for that disc. The

This disc also offers the Advanced Hypnosis Training that was given after the Congress. Here listeners will find more complex methods for experienced hypnotherapists to expand their skills.

audios are available in two forms: audio QuickTime movies (.mov) and mp3's (.mp3). The audio quality is excellent, giving listeners many of the benefits of being there without leaving the comfort of home!

The first disc includes the three Keynotes: Michael Yapko, What Positive Psychology Can Learn from Hypnosis, Ernest Rossi, The Bioinformatics of Enchanting Effectiveness with Art, Beauty, and Truth, and Jeffrey K. Zeig, Jay Haley: A Tribute. Steven Frankel's morning and afternoon workshops on Law and Ethics are also found on Disc 1. Disc 2 has the 27 Practice Development Workshops that took place on the first day. These include a variety of methodologies and approaches from numerous notables to multi-dimensionally enhance therapeutic practice. Disc 3 includes the Fundamental Hypnosis workshops, a comprehensive training course to guide beginners into experiencing and using hypnosis. This disc also offers the Advanced Hypnosis Training that was given after the Congress. Here listeners will find more complex methods for experienced hypnotherapists to expand their skills. Discs 4-8 include all of the short courses, workshops, and interactive events. These are varied programs on the broad range of topics in hypnotherapy and psychotherapy techniques, as well as research. Highly recommended, a vast knowledge pool of Erickson-related work.

Reviewed by

C. Alexander Simpkins, Ph.D. and Annellen M. Simpkins, Ph.D.
San Diego, California

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*Six Blind Elephants**Understanding Ourselves and Each Other**Volume I and II**Fundamental Principles of Scope and Category**And Applications and Explorations**of Scope and Category*

By Steve Andreas M.A.

Real People Press, Moab Utah
2006

ISBN 0-911226-41-9 and ISBN 0-911226-42-7

Vol. I has 300 pages and Vol. II has 302 pages

My introduction to this book in two volumes was Rubin Battino saying, "It is a great book!" (Rubin said I could quote him) If you only read the work for the quotes that Steve has sprinkled throughout the two books, it would still be worthwhile. Andreas has a real talent for using short quotes that speak volumes. However, in parts of the book Andreas has packed an abundance of techniques that are asides, and not really the main point of the book. He just uses the other techniques that he teaches to illustrate points or assist in the readers understanding of the overall concepts in the book. thereby increasing its value.

Andreas addresses the philosophical dimension of language, and the way we as people deal with conceptualizing reality. He labels these concepts, scope and category. He makes a philosophical and mathematical argument that by paying attention to scope and category we have many more possibilities; we can have many more options that fulfill our needs effectively; and they give us incredible potential as therapists.

On another level Andreas is writing as a teacher and he provides many practical approaches to working as a therapist. He offhandedly offers more tech-

On still another level the author invites the reader to take a personal journey and become empowered to become more of who you are and can be.

niques in places as a side dish than some volumes do as the main course. I don't usually mark up books but I found myself underlining and writing notes in the text, because it was so provocative and useful.

On still another level the author invites the reader to take a personal journey and become empowered to become more of who you are and can be. He does that by using personal examples from his life, and the lives of others, to invite connections and even for positive similarities to be recognized. Instead of inviting clones, he is advocating that we become ourselves. He says, "Ultimately the goal would be to avoid comparing yourself to others unless it really serves your outcomes. When you think of yourself without comparing yourself to others, your self-concept is very stable, one of the characteristics of a healthy self-concept. As Rabbi, Zusia said, "When I go to heaven, God will not ask me why I was not more like Moses. God will ask me "Why wasn't I more like Zusia?" " p.163 vol. I

Category influences scope and scope helps to define category. As such he teaches on both levels to the reader. Each level impacts, and is influencing and magnifying the other. Andreas provides the reader with more than easily meets the eye; he was teaches on multiple levels. I highly recommend this two-volume book. On several occasions, at the 10th International Congress, I recommended it to people in the bookstore and randomly in the hall.

Reviewed byJohn D. Lentz, D. Min
Shepherdsville, KY*The Weight, Hypnotherapy and YOU*
*Weight Reduction Program**An NLP and Hypnotherapy Practitioner's Manual*

Judith E. Pearson, Ph.D.

Crown House Publishing Limited, Carmathen, Wales, UK
& Betel, Conneticut, USA, 2006
ISBN 184590031-6

We know how difficult it can be to work with clients on their eating habits and weight issues and how excessive their expectations of us as hypnotherapists can be. This "WHY" (**Weight, Hypnotherapy and You**) book offers the reader many preliminary cautions, carefully chosen directions so that clients will have realistic expectations. This book needs to be read carefully. It is not a cure for overeating or obesity. It is not a replacement or substitute for medical care and nutritional planning. It is not a promise for every patient.

The author draws from her own experience. She slimmed down more than 40 pounds, and had to go through struggles and triumphs in her personal weight management. After co-authoring *Healthy Habits* with Kathy Corsetty in 2000, Pearson wondered about her lack of success as a therapist and began to design the WHY program. She wanted to meet her criteria for psychotherapy service: It should be ethical, safe, realistic, practical, marketable and deliver results. She said, "I was determined to develop an NLP and hypnotherapy program that would address the all-too-common behavioral-emotional problems with obesity."

Steps from before, during, and after the WHY program are presented, along with numerous dimensions of treatment. Ther also is guidance for marketing the program.

The first part of the book provides preparatory information about the program--its success factors, its uses, its contraindications, the rationale for recording the sessions, and how to maintain flexibility as a therapist.

The second part is centered on the heart of the WHY program. The eight sessions include:

- Intake interview and introduction to the WHY program
- Reframing compulsive eating
- Training in self-hypnosis
- Stopping emotional eating with stress management
- Making sensible food choices
- Creating an intelligent relationship with food
- Boosting motivation to exercise
- Pulling it all together for lasting results.

The structure of each chapter, of each session, provides step-by-step instructions: purpose, procedure, hypnotic script, and wrap-up. An included CD contains the client workbook to help prepare, support and follow up on each session.

The third part, "working with stuck clients," deals with compulsive eating. The use of additional mental health related services is addressed and discussed.

The WHY program is a working model that can be modified. It is intended for psychotherapists, hypnotherapists, and health-care professionals.

This book is offered as a canvas, a framework, a structure, a basis. In many ways it is a recipe. Ingredients and utensils are described. But who really cooks slavishly following a recipe? This generous book (in paperback with a CD) is a base to be improved upon according to your clinical judgment and the needs of your clients. Enjoy your meals, your own recipes, your health, your weight, and your life! Bon appétit!

Reviewed byChristine Guilloux, Ph.D.
Paris, France

BOOK REVIEW

Jewish Relational Care A-Z *We are our other's keeper*

Rabbi Jack H Bloom, Ph.D. editor

Haworth Press, New York, 2006

ISBN 13:978-0-7890-2706-1

453 pages

Rabbi Bloom has edited a great resource book for rabbis, ministers, therapists, and folks who just want to relate better and more effectively. I wish this book had been in existence when I was in seminary. It would have answered so many questions and given such practical useful steps. It is the type of book that you may want everyone to read because it would be so helpful. It is no small wonder that clinician, author and presenter, Stephen Gilligan, called it, "An exceptional book on a relational approach to professional caring relationships." Even a scholar such as Rabbi Neil Gillman, PhD, Professor at Jewish Theological Seminary, praised the book for its exhaustive perspective and then captured a primary theme when he said. "It the book has one central message it is that before we care for all the others we must learn to care for the 'others' within ourselves."

One of the things I have found so refreshing is the way in which Jewish wisdom and tradition are integrated into a psychotherapy perspective that enriches both. Neither was sacrificed. In fact, they seemed to enhance and expand relational concepts for anyone reading the text.

Just mentioning some of the topics and how they are addressed can provide

a flavor of the depth of this excellent volume. "Language as a relational tool: Using Your Mouth with Your Head?" addresses such things as how to build rapport and respecting thoughts and feelings in others. "Managing Compassion Fatigue" deals with the obvious, but also fosters ways to enjoy a more natural flow of compassion. "The Muse of Music and Song" teaches us about how music can connect us to the past and each other and how it can even enhance words and relationships. It, and the chapter on chanting, are chock full of useful and thoughtful information. Much research has gone into the writing of this book.

This resource invites the reader on a journey that alters his/her perception in tiny positive ways, through experiencing the stories, concepts, and situations that provoke further consideration. The book thoughtfully addresses such issues unwanted pregnancy, divorce, gender confusion, death, dying, aging, and sexual orientation. The practical and gentle wisdom is exhibited without preaching at the reader and is both helpful and enjoyable. However, the wisdom in *Blessing Those We Have Trouble Blessing*, and relational care for those who committed sexual violations is to be especially applauded.

An Erickson story that is included in the text speaks volumes about the entire book. The story that is retold is about how a patient having heard of Erickson's fame traveled halfway around the world to see him. "Entering Milton's somewhat shabby office, he was shocked as he took in its well worn furniture, overused chairs, and ramshackle bookshelves-- rather humble surroundings, for such a great man. Erickson noticed him looking around in disbelief, fixed his intense gaze upon him, and said, "I know it's not much, **but I am here!**" P.219

Not only will I reread this volume and turn to it as a resource, it is one that I recommend without reservation.

Reviewed by

John D. Lentz D.Min
Shepherdsville, KY

BOOK REVIEW

Woman's Wisdom: *100 Ways to Better* *Your Life*

By Michele Rittnerman, Ph.D.

Stepping Stones
Berkeley, CA
2007

ISBN: 978-0-9795256-0-5
130 pages

mritter732@sbcglobal.net

Michele Rittnerman, Ph.D. has written this sensitive guide to enlighten people with insights she has found useful, not only for her patients, but also for the process of learning to thrive in life. *Woman's Wisdom* is intended to be experienced, not just read. Rittnerman presents the writings as a koan-like collection of poetic wisdom, which can be contemplated systematically or at random. And in keeping with that creative organization, the reader will find that any page of the book can be opened to and read from, apart from its place in the series

of chapters, though each is meaningful in its context. This compact book is pocket-sized, so it can be brought along to peruse and use. The typeset is spaced well; the lines are easy to read, encouraging the reader to engage with them. And the poems encourage a meditative moment or a mini-trance for deeper experiencing of the ideas.

Ten poems are grouped into ten chapters: I) The Gift, II) The Teacher, III) Time and Timing, IV) Openings and Closings, V) Love and Healing, VI) Relationships, VII) Who Be Kind To, VIII) Where You Are Now, IX) The Daily Practice X) Live The Life Now. Some of the chapters include a short story to illustrate an idea or value, others ask questions, or encourage the reader to adopt an attitude or view that is important. Relating, healing, appreciating, and coping better with life are some of the important applications. The chapters offer themes that organize the material if the reader seeks this, but if the reader whimsically opens to a

page of verse without identifying it by its chapter theme, it is also a pleasure. The sentiments are expressed with subtle ambiguity, so that the reader can contemplate from multiple perspectives and deeper for enjoyment of meaning. Rittnerman's background with Erickson and Haley shine through in paradoxical and evocative passages (p. 14):

Some say that to give
Is the greatest good.
I say that
Reciprocity
Is the highest form
Of love.
If giving is good,
Give and
Let give
Is better.

In an introduction to a chapter Rittnerman points to the Teacher and presents many teachings that are consistent with therapeutic values "How can we learn to know what we need to know to live fully our time on the

earth?" asks Rittnerman. Then she answers. "We will need the Teacher" (p. 23).

Toward the end of the book we find inspiration with a subtle suggestion for more positive adjustments (p. 110):

Your creativity
Is
Your destiny.
The rest
Is
History

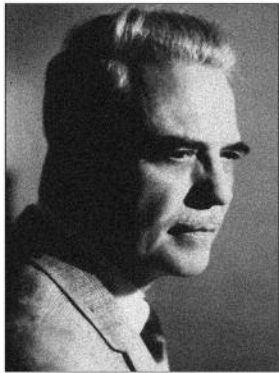
We know that therapists and patients will find this book helpful for many reasons and purposes. We recommend *Woman's Wisdom* for your clients, a fitting inaugural book for this new newsletter category!

Reviewed by

C. Alexander Simpkins Ph.D. and
Annellen M. Simpkins Ph.D.
San Diego, CA

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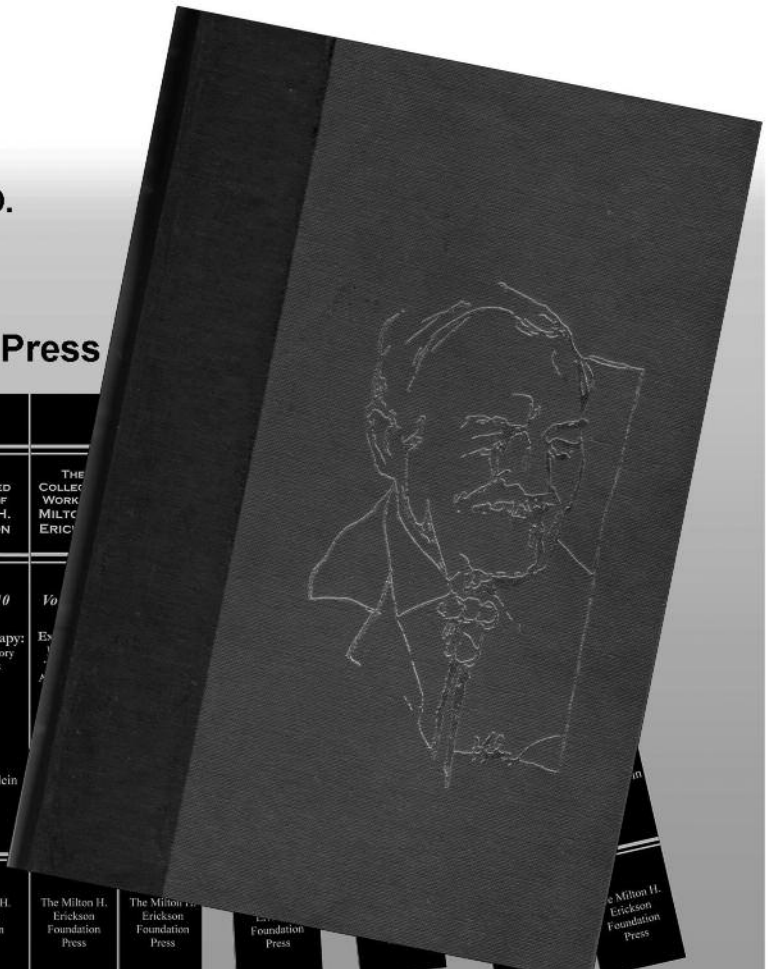
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BOOK REVIEW

Healing with Stories: Your Casebook Collection for Using Therapeutic Metaphors

Edited by George W. Burns.

Published by John Wiley & Sons, Inc.

Published simultaneously in Canada

ISBN: 978-0-471-78902-4

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Healing with Stories. Your Casebook Collection for using Therapeutic Metaphors brings together a collection of some of the world's most prominent practitioners, taking you inside their thought processes for working with metaphors. And what is a metaphor? As the editor explains, "A metaphor is a comparison between two things based on a resemblance or similarity." He also states, "A metaphor is thus a form of language, a means of communication that is expressive, perhaps challenging and powerful".

Part One "Improving Mood" includes chapters addressing affective problems with depression and anxiety.

Part Two provides chapters on separation from marriage, struggling with the role of responsibility, dealing with an abusive relationship, and divorce.

In "The Case of Carol: Empowering decision-making through metaphor and hypnosis," Yapko worked with a woman who was trying to decide whether she should stay married or become single at age sixty-one. I recalled how important it is that the subject be capable of determining her goals in therapy, as well as effectively assessing her resources. Among the benefits of employing metaphors is greater flexibility in allowing the client the opportunity to interpret the meaning of the metaphor in his or her unique way.

Part Three "Changing Patterns of Behavior" includes chapters on work stress, child abuse, global life style and psychogenic symptoms. Rubin Battino wrote, "Everyone's life is a Story: Guided Metaphor in Changing Global Lifestyle," in

which there is a useful section, "Step-by-step processes for guided metaphor." It is a good tool for finding specific guidelines for creating metaphors in therapy.

Joyce Mills' chapter is simply enjoyable. Here we can learn from her heart-centered, playful and creative approaches to communication, problem solving, and healing. And readers can also learn from her metaphor "butterfly magic" for healing and transformation.

Part Four chapters address attitudes concerning wellbeing. Burns writes in "Scareless Ghost, Painless Pasta," about the advantages of using kids' own stories. In his view, "If the child is the source of the story, there is nothing for him or her to resist." This also can be true with adults. According to Burns, it is also helpful if the child finds the solution to the problem.

In "The Metaphor That Sang Its Own Sad Song: Therapeutic Storytelling in Pediatric Hospice," Roxanna Erickson Klein helped me remember the importance of the utilization of the client's own resources. Erickson Klein shows in a beautiful manner how therapists can work effectively with their clients even when they need to deal with the inevitability of death. The case of Violeta, a girl with terminal hepatitis where a metaphor with a little bird named Tweety was utilized, touched my heart profoundly. This chapter is both illustrative and heart-warming as well.

Part Five "Developing Life Skills" offers additional tools for psychotherapists, including CBT and Positive Psychology. In his chapter, Burns narrates the case of a 26-year-old girl named Reyna who suffered a major depression with suicidal ideation. It was a good reminder of how Ericksonian Psychotherapy focuses on strengths, rather than weaknesses.

"That 's not a Problem: Metaphor with a Disruptive Client in Ericksonian Group Therapy," is a good example of how to work with difficult clients within a group session format. Teresa Garcia-Sanchez emphasizes, "Not only is group work a practical and inexpensive method of therapy, but it can also accelerate changes."

Once more Burns has contributed in a magnificent way to enrich the literature that psychotherapists will enjoy having in their office. This is a great book. I truly recommend it.

Reviewed by

Maria Escalante de Smith. MA.

Cedar Rapids, IA.

BOOK REVIEW

Core Transformation: Reaching The Wellspring Within.

With a four DVD set and Manual/ Workbook

By Connirae Andreas Ph.D. with Tamara Andreas M.M.

Real People Press Moab Utah

1994

ISBN 0-911226-32-X

239 pages

The book, DVD set of a three-day workshop with workbook/manual is designed for helping a person experience the transformational process outlined in the book. As the DVD states in the first few minutes, it is not a skills building workshop, it is an experiential workshop. The DVD set, copyrighted 2007, features Tamara presenting the material, and shows the participants in the workshop. It is the next best thing to being there! Tamara is a gifted workshop leader and she demonstrates her leadership skills.

The Core Transformation process created before 1994 predated EMDR, is a mixture of Gestalt and NLP, hypnotic language, and de Shazer's miracle question with a Satir-like style, set up and arranged in a practical and useable questioning format reminiscent of EMDR.

The idea is to begin with a problem and take the position that there is some positive reason that the person's unconscious has been doing it.

The process involves questions that imply positive intent and leads to one of five core states, which are theorized as being the core reasons for all behaviors. The questioning feels a lot like a cross between Gestalt chair-work and the path EMDR takes when a practitioner is following whatever comes up. As you keep

seeking the next positive reason for the problem behavior, the content isn't as important as the positive questions leading to one of the five core states. It could easily be argued that the process leads to a mild trance state through the questions, implied meanings, and absolute certainty of reaching one of the core states.

When the core state is reached, a version of the miracle question is asked, and it is likely to evoke a powerful realization for folks that they can begin at a desired place instead of attempting to reach a good place through problem behavior.

The whole process is done with the type of positive implication that Satir was famous for, and with the certainty of finding a positive intent of the problem behavior, the whole process is a positive one. It is understandable why Tamara and Connirae claim that people often experience the process as spiritual.

Part of the healing takes place when the person realizes that she can begin with the positive core state. Another healing takes place when she also experiences the world from this positive perspective. New insights begin to occur; additions seem to not have as much pull; and the resource of having such a positive friend inside is overwhelmingly comforting and strengthening. The book gives antidotal evidence of the process healing a whole host of issues including an alcoholic giving up drinking, helping a schizophrenic improve, and transforming depression. She even transforms the meaning of a physical illness to a positive one.

While being immersed in this DVD, book, and workbook I found the process to be a positive one. Overall this is a useful and well thought out approach that is affirming, easily effected, and offer the client a positive experience.

Reviewed by

John D. Lentz D.Min

Shepherdsville, KY

Using Focusing in Therapy

Eugene Gendlin, Ph.D.

Milton H. Erickson Foundation, Phoenix,
Evolution of Psychotherapy, 2000
Pioneers in Psychotherapy
DVD Full color, 60 minutes
PP-EP00-CD-V8

Using Focusing in Therapy is a DVD that describes and demonstrates the method of Focusing, an approach that Eugene Gendlin, philosopher and psychologist at the University of Chicago, has pioneered through the years. Gendlin found that clients who applied the focusing approach had greater success in their psychotherapy.

Focusing teaches direct sensing of the body for orienting and knowing. Focusing relies on a "felt sense" and develops intuition. It allows the client to make integrated decisions, without getting pulled off track by cognitive analysis or overwhelming emotions. Focusing, being at a deeper level of consciousness, sets the client on the path of effective change.

In this DVD, Gendlin begins by briefly explaining the steps required to reach the focusing level: being present, listening, and helping clients sense their body from the inside. Next, Gendlin does two demonstrations using volunteers. The first shows how to guide the patient through feelings of tension in several parts of the body. The second demonstration deals with a patient who has suffered trauma from a hysterectomy due to cancer.

These two demonstrations vividly illustrate how Gendlin practices his approach of focusing. Gendlin teaches how to guide the patient through sensing the body. He invites us to access this sensitive approach by giving a better understanding and inner sense of "body-knowing" through these two exploratory and connecting demonstrations.

This DVD is highly complementary to his book entitled *Focusing Oriented Psychotherapy*.

Reviewed by

Christine GUILLOUX, Ph.D.
Paris, France

Psychodrama in Action (in the 1960's)

Jacob L. Moreno, M.D.

Moreno Movies: Disc 3

www.psychotherapy.net

What a delight it is to watch Jacob L. Moreno, M.D., working his *psychodrama* magic with a group of patients in a state hospital in California in the 1960's. Professor Renee Marineau introduces the movie, and Dr. Moreno discusses various parts of the movie off screen at different points. This is an old black and white movie, and the audio is erratic. The basic task is to find out if one of the patients on a ward is ready for discharge. All of the patients on this ward are part of the audience. Moreno interviews a number of patients and picks Gary for the psychodrama.

The bow-tied Dr. Moreno is energetic, lively and full of expectation that interesting things are going to occur. He is very much into touching people; he holds hands with patients, pats them on the shoulder, comforts them, and is always physically present. I suspect that the physical contact is reassuring to the patient. His contact with Gary is so natural that Gary just accepts it. The contact also is a part of Moreno's directing the action in the playlets that are produced: A director naturally positions actors in scenes.

The first scene has Gary at home with his mother (played by Zerka Moreno

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who also performs many of the other roles). There is much Gestalt Therapy "two-chair" work with talking to someone real, like Zerka, or with an empty chair. The other people in his life that Gary interacts with (and also plays) are his father, his ex-fiancé, and a former boss. Gary is attempting to seriously think about being discharged, which includes interacting with his family and finding a job. When his ex-fiancé will not talk with him on a make-believe phone, Gary breaks down and cries, and is comforted by Moreno. Upon further encouragement, Gary talks more with his ex-fiancé who ends up saying, "Don't come when you're sick. Call me again." So, there is some progress.

Moreno then gets Gary to get on his knees to pray, "Lord, help me to be strong." Moreno has his hand on Gary's head during this time as a kind of benediction. A final scene has Gary stretched out on the floor reliving a dream. Moreno says, "Are you ready to live again? The people here are ready to help you."

Several patients are asked if Gary is ready to go home. There are mixed answers, but the consensus is not at this time—he is still emotionally immature.

As a commentator at the end of the movie Moreno sums up, basically stating that this kind of work (psychodrama) is the start of being on the road to a new era in psychotherapy. This was certainly the case in the hands of Moreno and his wife, Zerka. Although psychodrama has almost disappeared in the U.S., I know that it is still quite active in New Zealand and Australia. I suspect that there are many circumstances where psychodrama can be effective, and we need to be flexible enough to use some of these "older" methods. Besides, it can be a lot of fun!

Reviewed by

Rubin Battino MS
Yellow Springs, OH

INTERVIEW

continued from page 1

and “*Giardinieri, Principesse, Porcospini*” (2002) a treatise on metaphors for personal and professional growth. In 2004 she translated, adapted, and co-authored the Italian version of *Hope & Resiliency* by Dan Short. Casula is currently organizing, coordinating, writing, translating, and editing the written thought on women’s multi-dimensional roles and facets by nine distinguished female hypnotherapists from six countries: Brazil (Marilia Baker, Lilian Borges Zeig); Canada (Marlene Hunter); Italy (Consuelo Casula); Mexico (Cecilia Fabre, Teresa Robles); Sweden (Susanna Carolusson), and the United States (Betty Alice Erickson, Julie Linden).

Marilia Baker (MB): You are a prolific writer. What would you say is your most significant book? Is there a difference between “your favorite” and “your most significant”?

Consuelo Casula (CC): My most significant book is *Porcospini di Schopenhauer* (Schopenhauer’s Porcupines. How to Create and Lead Training Groups). Through the process of writing it I consolidated my own professional experience and skills at organizing and facilitating adult training groups. Its publication

my mother passed away, as my way of thanking her for all she gave me in life. I had many ambitions for its contents; I wanted to include everything I knew about group dynamics. The text, however, became too heavy, too boring, and almost useless; there was too much information and too many techniques. I felt discouraged and unable to finish it. Yapko helped me remember, as a subject in a clinical demonstration at the 1996 Brief Therapy Conference in San Francisco, that *I had inside me all the resources I needed* to clarify the kind of book I wanted to compose. In addition, Michael elicited the power in me to say, “no,” NO effectively to external demands, in order to protect my priorities and my time. As a result, when I came back to Italy, I made the decision to discard more than 50 pages of painstakingly crafted theory, and to emphasize the practical and experiential parts. After that... it was easy to complete the book!

MB: And, what is your favorite or most meaningful book, so far?

CC: The most meaningful to me has been *Giardinieri, Principesse, Porcospini* (Gardeners, Princesses, and Porcupines) because it helped me to become more creative in developing and inventing metaphors as indirect tools for suggestions in therapeutic interventions. Researching the book, creating it, and writing it

I was and still am fascinated by their indirect style and humorous approach, so elegant and profound simultaneously.

made my work known to a large number of individuals and organizations. It is a helpful book because it teaches young or inexperienced trainers the basic steps to leading and facilitating groups, as well as how to work in efficient, proficient, and focused ways. It contains years of my experience translated into simple and helpful recommendations. I would like to have had a book like this one when I first started working with groups, way back when...

Regarding the process of my writing it, I would like to tell you a vignette on how Michael Yapko helped me get “unstuck.” I had been working on the book since 1993, after

was a pleasure! I like to conceive metaphors; I like to compose them, and I like to create stories. This book is important to me because it made me aware of the power of the rational combination of logic and magical thinking--of scientific knowledge and spiritual wisdom. It also brought me awareness of the psychological power of a special kind of thinking where opposites find a healthy way of living together. In addition, I like the fact that this book has opened many doors for me to travel throughout Italy and abroad -- I teach hypnosis and the use of therapeutic metaphors in Mexico, Brazil, and France.

MB: How did you find out

I also like the fact that we believe that patients have all the resources they need within themselves to solve their problems, or challenges, and the focus on the creativity and responsibility of the therapist to elicit efficiently those resources.

about Milton Erickson? What was there in Ericksonian approaches that attracted you?

CC: I learned of Ericksonian approaches while studying Neurolinguistic Programming in Italy, and had the lucky chance of having Norma and Phil Barretta as instructors. It was personal and professional love at first sight. I was and still am fascinated by their indirect style and humorous approach, so elegant and profound simultaneously. I regard them as my friends, my role models. The Barrettas helped me to discover the fertile terrain I was looking for. In 1986, at their suggestion, I attended the Third Ericksonian Congress in Phoenix. They introduced me to Jeff Zeig, with whom, subsequently, I studied for many years.

I also attended a workshop by Kay Thompson who suggested that if we wanted to seriously utilize Ericksonian strategies, we had to learn classic and clinical hypnosis in depth. Thus, when I returned to Italy, I left my work with NLP and underwent four years of training in Clinical Hypnosis at AMISI – *Associazione Medica Italiana di Studi sull’Ipnosi* (Italian Medical Association for the Study of Clinical Hypnosis). After the conclusion of my training, I was elected to the Board and invited to teach at the School, where I taught for ten years. I left AMISI in 2000, and soon after Camillo Loriedo invited me to teach at SIPE, *Scuola Italiana di Ipnosi e Psicoterapia Ericksoniana*, his training Institute in Rome. I have been there ever since. I consider Camillo an excellent teacher and psychotherapist. He is a good organizer--full of energy, and committed to his mission of integrating clinical hypnosis and family therapy.

What has attracted me most about Ericksonian approaches is the mastery in the use of hypnotic language, the care to details, the attention to all nuances, the use of metaphors, stories, and anecdotes, the profound respect for the patient, the focus on

his/her strengths, and the concept of utilization. I also like the fact that we believe that patients have all the resources they need within themselves to solve their problems, or challenges, and the focus on the creativity and responsibility of the therapist to elicit efficiently those resources.

MB: There are many professional and personal facets of yours that I would like our readers around the world to know about. Is there a person or persons who influenced you the most in becoming who you are today?

CC: Professionally, I would say Mara Selvini Palazzoli and Gianfranco Cecchin. Mara led me into an inspiring “brain washing” process. She helped me understand that I had no inclination for psychoanalysis or for becoming a psychoanalyst, because I am not the kind of person who accepts dogma without questioning. I do not “buy” without reflection or reasoning everything an instructor or supervisor says. During her teaching I admired her charisma, as well as her efficacy. She really was stirring, solution-oriented, focused on how to help clients to get rid of their own entrapments. She was a resilient and powerful woman who used her resiliency and her power to help others to live a better life. Mara was amusing in her teaching style: Her lessons were filled with joy and laughter brought about by her vignettes of her personal life -- her husband, her three children -- or anecdotes about her professional life.

MB: You wrote a moving eulogy to Gianfranco Cecchin on the occasion of his untimely death in 2004. Could you tell us about your experiencing of his work and person?

CC: Certainly. Cecchin was my supervisor at the *Centro Milanese della Famiglia* for many years. I regard him as my mentor and my inspiration. He provided me with rigorous methodology which continues

See INTERVIEW on next page

to this day to reverberate through my clinical practice and as a supervisor. He was a gentle, staunch supervisor, unconventional, and always firmly focusing on possible solutions for the cases presented. He respected the singularity and unique style of each supervisee. He fostered collaboration among us. Cecchin was witty, good-humored, sly, and ironic. He insisted on "irreverence" as a posture, or a state of mind as a "strategy for survival" of the therapist. He taught us to be pragmatic in the context of the therapy and not to be deceived or limited by our own model or theories.

The simplest solutions were always his. While we were looking for something "intelligent" and complex to do, he was looking for the simplest solution that worked. After his intervention, we could only say, "Of course, that's what it is ... it is so simple." Cecchin gave us true and deep lessons on humanity and humility. He loved life in all its manifestations.

MB: You also wrote a poignant, beautifully moving tribute to Kay Thompson at her death in 1998. In what ways did she influence you?

CC: The first time I met Kay was in 1985, in Rome at a Hypnosis and Family Therapy Congress organized by Camillo. I immediately realized that Kay was a true artist. Her way of using words and hypnotic language was amazing. I was fascinated, never tiring to listen to her hypnotic phrases full of motivational suggestions, created with mastery and skill, based on practice and experimentation. She taught me that to truly learn and master hypnosis we have to follow three rules:

- 1) Constant practice; 2) programmed evaluation of our results; and 3) an ongoing learning process, to improve on what we learn. Spontaneity is composed of accurate and laborious training. Kay was beautiful and elegant, soft and strong, aware of the meaning and implications of her gender and role identity. She was aware of women's potentialities and talents: to her, women are more sensitive in recognizing vulnerability in interpersonal relationships.

Knowing how she worked so closely with Erickson, and having known her closely for twelve years, I

realized her courage--as the great master's disciple, to separate herself and differentiate herself from him in order to deeply forge her own style and lifework, which was based on the solid grounds of our own deepest selves. And thus, like her, I have searched and found my own style and therapeutic pathways.

MB: In your intimate story, who would you say exerted the most influence upon you?

CC: I would say my mother and my husband. My mother was a Spaniard, from Palma de Mallorca. She left her island to follow my father, a customs agent, to another Mediterranean island, Sardinia. The two islands were and still are very different, as are the character of their inhabitants. She was a strong feminine role model to me, and she taught me ways to be resourceful and resilient. She was creative, free, assertive--an elegant and beautiful woman. I always felt she trusted me, and loved me unconditionally. She encouraged me to leave Sardinia to find a place where I could be authentic, safe to truly express myself, and to live free of outmoded social restrictions. I left for Milan at eighteen, and have lived and worked here with much happiness and success for the past 40 years!

MB: You mentioned your husband. Tell us more about him.

CC: Yes, he is Emanuele Invernizzi, and I feel he is the right man for me, *è l'uomo per me*. He intuitively knows how to deal with me. He has many virtues and talents. He encourages me to be who I am. We talk to each other a lot; we consult with each other for important decisions concerning our respective careers, our professional plans, and our every day work. We also help each other in writing our books. I help him with the small details of the Italian language; he helps me with the big structure of a book. He is a tenured, full professor at IULM University, and president-elect of EUPRERA (European Union Public Relations Education and Research Association). He has published many books on a variety of subjects. He has a clear, sharp mind, and is very solution-focused. We have a good, synergistic relationship and we are constantly building on each other's strengths. Since I have met him, I have become more confident of my own talents and potentialities. I feel

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could easily see how the seemingly unrelated facts were to set up the induction in a more powerful way. He was working on the induction from the beginning, but it didn't seem so; it felt like a friend was just sharing some interesting facts. While the hypnotic induction was excellent and well designed, it was who was doing this that made it so moving. Greenleaf's deep commitment to life and his obvious personal awareness of overcoming pain made this a healing and nurturing experience.

Group Induction Three: John Edgette, PsyD: Hypnotic Erotic: Getting the Kinks Out to Enhance Sexual Responsiveness

John Edgette's workshop promised to help participants to get beyond the rigid morals brought to us by our clients. He said he would use group inductions to assist each participant to get more in touch with their own erotic self in order to be more effective in working with their clients. He gave us far more than that. Edgette's self trance as he did a group induction was powerful. It felt inviting as well as accepting, and Edgette demonstrated genuine skill in leading the group induction. If that was all we got, it would have been a powerful skill development workshop. However, Edgette offered participants a private experience of hypnotically healing what ever was blocking their full enjoyment of the erotic and sensuous experiences of life, by being so masterful in his use of a group hypnotic experience. Not, only did I learn from Edgette, but I found myself inspired, and some things healed that I didn't know needed healing. I am appreciative of Edgette's skill and thoughtfulness in caring about participants.

Conversation Hour 6: Rubin Battino MS

Meaning: The life of Viktor Frankl an Illustrated Solo Reading

Rubin Battino read scenes from a play he wrote about Frankl's life. The play, authorized by Frankl before his death, was moving and thought provoking. It was made even more so by pictures from a concentration camp, and from Frankl's life, projected on a screen. Anyone who knows Battino can appreciate his exactness of his knowledge. His creativity and skill in writing and performing this dramatic reading was as precise as he does most anything else. In short, this presentation was very well done, and gave those who attended a moving experience that will be remembered for some time. And, what was even more was moving was how the words and scenes have continued to inspire, provoke and teach now several weeks later.

Reviewed by

John Lentz, D. Min.
Shepherdsville, Kentucky

Your Photos Needed!

The Milton Erickson Foundation is looking for photos from the December 2007 Tenth International Congress on Ericksonian Approaches in Phoenix, Arizona. If you have photos from the Congress that you'd like to share—of the events, presenters, dance party, attendees—please send them via email to photos@erickson-foundation.org (Subject line: 10th Congress photos). Your photos may be used Online or in the upcoming Newsletter!

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INTERVIEW

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accepted as I am, encouraged by him to become who I want to become.

MB: Last but not least, would you tell us more about your current book project?

CC: With pleasure! This book is the result of a project I put together, *Voci di donne* (Women's Voices), which came into light during the Ninth Ericksonian Congress, in Phoenix in 2004. My first idea was to create a way to bring to Italy my dear hypnotherapy colleagues, some whom I had known and worked with for many years on gender issues, such as Julie Linden of ASCH. My other reason was that I feel privileged to have so many opportunities to travel internationally, and meet women from many countries who have distinguished themselves in their fields of practice. In addition, I wanted to

share my privilege with my Italian colleagues and students, as well as the women of my country, who often don't have the opportunity to learn from such creative pool of foreign talent.

Thus, I created, organized, and implemented a cycle of five workshops under the theme *Voci di donne: L'arte di... (Women's Voices: The Art of...)*. Each workshop has been unique, with different presenters and different topics. The connecting link has been my presence: The team was composed of two foreign women and me. The first workshop, in the Summer of 2005, with Marilia Baker and Teresa Robles was *L'arte di generare se stesse* (The Art of Self-Creation); the second one, in the Fall of 2005, with Julie Linden and Lilian Borges Zeig, was *L'arte di armonizzare i ruoli* (The Art of Harmonizing Different Roles); the third, in the Spring of 2006, with Betty Alice Erickson and Cecilia Fabre was

L'arte d'usare il proprio potere (The Art of Exercising One's Own Power); the fourth, in the Fall of 2006, with Susanna Carolusson and Marlene Hunter, *L'arte di curare se stesse* (The Art of Self-Healing). To complete the cycle we had *L'arte di diventare cio' che si e'* (The Art of Becoming Our True Selves), again with Baker and Robles, in the Fall of 2007.

The book will be published in the fall of 2008. We intend to launch it at the forthcoming congress of the European Society of Hypnosis in Vienna, in September. We also will be presenting a *Women's Voices* workshop and a panel at the Congress, with most of the original team.

MB: Consuelo, thank you for a most informative and interesting narrative about your lifework. I am looking forward to many other of your productions in the future. Congratulations!

For further information go to: www.consuelocasula.com

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