



The Milton H. Erickson Foundation NEWSLETTER

Vol. 29, No. 1

Spring 2009

SM

INSIDE THIS ISSUE

INTRODUCING THE INSTITUTES:
*Milton H. Erickson Institute
of the California Central Coast* 4

IN MEMORIAM:
*Elizabeth Moore Erickson
April 22, 1915 –
December 26, 2008* 5

CASE REPORT:
The Three Countertenors Induction 5

CONFERENCE NOTES 8

BRIEF THERAPY CONFERENCE
REVIEW 12

BRIEF THERAPY CONFERENCE
WORKSHOP REVIEW 15

Visit Our Website:
www.erickson-foundation.org

INTERVIEW

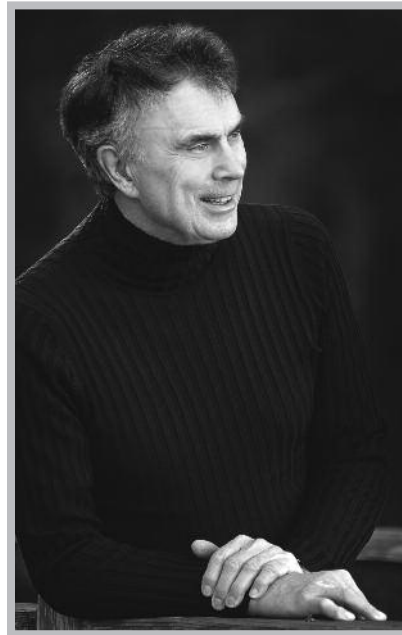
ERNEST LAWRENCE ROSSI

*The Psychosocial Genomics of
Art, Beauty, Truth, and
Psychotherapy:*

*The evolution of Ernest
Lawrence Rossi's thought
and practice.*

By Marilia Baker, Phoenix Institute of
Ericksonian Therapy

*The evolution of Ernest Rossi's
thought and practice is multidimen-
sional. (See: www.ErnestRossi.com).
His scientific and therapeutic inter-
ests, particularly therapeutic hypno-
sis, led to his personal encounter and
eventual prolific collaboration with
Milton H. Erickson in the last decade
of Erickson's life. Currently he is
hard at work, as editor, with co-edi-
tors Roxanna Erickson Klein and
Katherine Rossi, in retrieving unpub-
lished materials, restoring, and*



*expanding the "Collected Works of
Milton H. Erickson" into 16 histori-
cal volumes (Erickson Foundation
Press).*

*The following interview invites
the reader's curiosity to seminal main
ideas Rossi describes as basic to his
evolution. It also explains what he*

*means by "the science of psychoso-
cial and cultural genomics," still in
the process of creation and matura-
tion. Rossi defines psychosocial and
cultural genomics as "a new philoso-
phy of life through the exploration of
deep meaning, and a revolutionary
science in preventive and therapeutic
approaches to the human condition."
He believes that it – the science of
psychosocial and cultural genomics –
"may become the scientific and philo-
sophical foundation for all future
studies of religion, spiritual experi-
ences and mind-body healing."*

*Our conversation around Rossi's
three current evolutionary ideas
focus on: (1) Milton H. Erickson's
"general waking trance" as a bridge
between traditional hypnosis and
modern neuroscience-oriented psy-
chotherapy; (2) the evolutionary role
of gene expression and brain plastic-
ity being activated by the culture of
Art, Beauty, and Truth and, (3) the
mirror neurons concept and activa-
tion while experiencing (empathizing
with) novelty, enrichment, and exer-
cise. The "general waking trance"
according to Rossi is one of*

See INTERVIEW on page 18

Evolution of Psychotherapy 2009 – Don't miss your opportunity to attend this landmark Conference!

Due to popular demand, the sixth Evolution
of Psychotherapy Conference, originally
slated for 2010, has been scheduled for 2009!

www.evolutionofpsychotherapy.com

The *Evolution of Psychotherapy Conference* will be held December 9-13,
2009, at the Hilton Anaheim and the Anaheim Convention Center, Anaheim,
California. A Pre-Conference workshop with presentations by Daniel Amen and
Andrew Weil will be held on Tuesday, December 8, 2009. In addition, a Post-
Conference workshop on *Experiential Approaches Combining Gestalt and
Hypnosis* with Erving Polster and Jeffrey Zeig will be held on Monday,
December 14, 2009. The Conference is sponsored by The Milton H. Erickson
Foundation, Inc.

See EVOLUTION on page 2

RETURN SERVICE REQUESTED

U.S.A.
Phoenix, Arizona 85016
3606 N. 24th Street
The Milton H. Erickson Foundation, Inc.

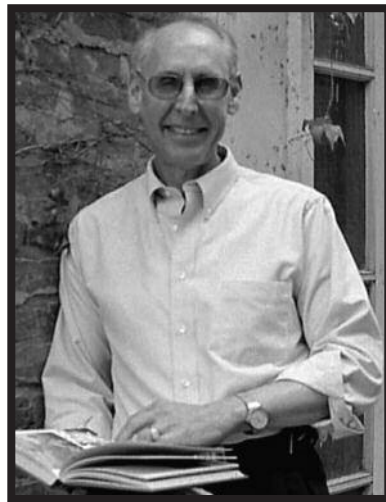
Non-Profit org.
U.S. Postage Paid
Kansas City, MO
Permit No. 1932

EDITOR'S COMMENTS

In my time spent with the Ericksons as a young post-doctoral student, I remember Elizabeth Erickson as always being a gracious, elegant and intelligent woman. However, the clearest memory I will always carry with me was when she and her family joined me at the Magic Castle in Hollywood. At dinner surrounded by magic, Mrs. Erickson told me stories of her adventures as a child behind the scenes in the circus. At that moment, she was that little girl again. She was charming, excited, delighted and delightful. It was a magical moment that I will always remember. And I will miss her greatly.

In our memoriam to Elizabeth Erickson, it is noted "she also encouraged the Foundation's expanded role of examining the context of his contributions within the evolution of psychotherapy." To that end, the Foundation introduced the amazing *Evolution of Psychotherapy* conferences every five years. Because of the great demand, the Foundation is presenting *The Evolution of Psychotherapy* a year earlier in 2009. The 2009 issues of the *Newsletter* will be dedicated to reviewing some past and present themes that represent this evolution through Ericksonian eyes.

We open this issue with our featured interview with Ernest Rossi, a man who always has been associated with the cutting edge of psychotherapy. Marilia Baker has aptly titled the interview, *The Psychosocial Genomics of Art, Beauty, Truth, and Psychotherapy: The evolution of Ernest Lawrence Rossi's thought and practice*. It is a beautiful and amazing interview. Roxanna Erickson Klein follows that interview with a dialog with Kathryn Rossi. Here, in the



Introducing the Institutes column, Kathryn Rossi presents the *Milton H. Erickson Institute of the California Central Coast* and the reason for its inception. A fascinating read.

Eric Greenleaf presents Ruth Dart's Case Report, *The Three Countertenors Induction*, told from the perspective of the patient. Brilliant as always.

In the spirit of reviewing some past and present themes, we have included some outstanding conference, book, DVD and CD reviews.

Also, as a warm-up for the *Evolution of Psychotherapy*, May 1-3 the Foundation is presenting *The Love and Intimacy Couples Conference* in San Diego. It has a stellar faculty that epitomizes the evolution of those special perspectives and approaches for working with couples. It is meeting at the San Diego Town and Country Resort and Conference Center. That is my wife's and my favorite romantic getaway location in San Diego. A perfect location for a perfect conference.

Rick Landis
Orange, CA

Corrections:

Case Reports from the last issue of the Milton H. Erickson Foundation Newsletter (Fall/Winter 2008, Vol. 28 #3), *Playing with Fire: Crisis Intervention with a Suicidal Adolescent*, included a misspelling of John Dyckman, Ph.D., and contact information was omitted. Contact information for John Dyckman, Ph.D. is: 1398 Solano Ave., Albany CA 94706; Tel, 510/527-2330; Email, jdycman@earthlink.net. We regret the error.

EVOLUTION *continued from page 1*

Primary Faculty include: Albert Bandura, David Barlow, Eugene Gendlin, William Glasser, John & Julie Gottman, Otto Kernberg, James Hillman, Jean Houston, Marsha Linehan, Cloé Madanes, James Masterson (tentative), Donald Meichenbaum, Salvador Minuchin, Erving Polster, Ernest Rossi, Martin Seligman, Francine Shapiro, Thomas Szasz, and Jeffrey Zeig.

State of the Art Faculty will include: Judith Beck, Claudia Black, David Burns, Nicholas & Janet Cummings, Robert Dilts, Stephen Gilligan, Steven Hayes, Harville Hendrix, Kay Redfield Jameson, Bessel van der Kolk, Jack Kornfield, Harriet Lerner, Scott Miller, Violet Oaklander, Christine Padesky, Mary Pipher, Daniel Siegel, Michele Weiner-Davis, Derald Wing Sue, and Michael Yapko.

Keynotes will be presented by Aaron Beck, Deepak Chopra, Andrew Weil, Irvin Yalom, and Philip Zimbardo.

Visit the Conference web site www.evolutionofpsychotherapy.com for more information including Online registration, hotel accommodations, exhibit information and more. *New!* Now everyone can register Online – graduate students, interns, Seniors and groups! Visit the Conference web site for more information, and don't forget to sign up for the *Evolution E-News* to be the first to receive Evolution Conference announcements!

To receive the brochure by mail when it is available 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

Special Offer for Newsletter Readers — register early for the lowest rates! Use the registration form on the next page to register at the reduced rate before May 30, 2009.

Volunteer for the Evolution Conference!

In exchange for registration fees, graduate students and interns are needed to assist the faculty and staff at the meeting in December. Volunteers work approximately four hours per day. A deposit of \$85 (\$50 is refunded post-conference) and a completed application packet is required to reserve your Volunteer space. For complete information, including the application packet, visit the Conference web site: www.evolutionofpsychotherapy.com and click on 'Volunteer'.

The Milton H. Erickson Foundation NEWSLETTER

Executive Editor: Richard Landis, Ph.D.

Managing Editor: Sharon McLaughlin, M.A.

**Review Editors: C. Alexander Simpkins, Ph.D.,
Annellen Simpkins, Ph.D.**

Institutes: Marilia Baker, M.S.W., Cecelia Fabre, M.A.

Guest Editors: Betty Alice Erickson, M.S., LPC, LMFT

Production Editor: Karen Haviley

Contributor of Note: Roxanna Erickson Klein, R.N., Ph.D.

In the Spirit of Therapy Editor: John Lentz, D.Min.

**Guest Reviewers: Deborah Beckman, M.S., LPC,
Maria Escalante Cortina, Christine Guilloux, D.E.S.S.,
Will Handy, LMSW-ACP**

—Board of Directors—
Jeffrey K. Zeig, Ph.D.

Roxanna Erickson Klein, R.N., Ph.D.
J. Charles Theisen, M.A., M.B.A., J.D.
Camillo Loredio, M.D.
Bernhard Trenkle, Dipl.Psych.

The Milton H. Erickson Foundation, Inc.
3606 North 24th Street
Phoenix, Arizona 85016-6500
U.S.A.
Telephone: (602) 956-6196
FAX: (602) 956-0519



The Evolution of Psychotherapy

The World's Largest Psychotherapy Conference
 Anaheim, CA • December 9-13, 2009

Special offer for Newsletter Readers:

April 17 deadline extended to May 30, 2009!

\$389 US Professionals

\$289 International Professionals / Students...

\$249 Pre-Conference workshop (with lunch)

REGISTER EARLY FOR LOWEST RATES!

THIS FORM MUST BE FAXED OR POSTMARKED BY MAY 30, 2009

The Sixth Evolution of Psychotherapy Conference
~~2010~~ **2009!**

Due to popular demand the next Evolution Conference has been scheduled for 2009!

Primary Faculty

Albert Bandura	James Masterson (tent.)
David Barlow	Donald Meichenbaum
Eugene Gendlin	Salvador Minuchin
William Glasser	Erving Polster
John & Julie Gottman	Ernest Rossi
Otto Kernberg	Martin Seligman
James Hillman	Francine Shapiro
Jean Houston	Thomas Szasz
Marsha Linehan	Jeffrey Zeig
Cloé Madanes	

State of the Art Faculty

Judith Beck	Jack Kornfield
Claudia Black	Harriet Lerner
David Burns	Scott Miller
Nicholas & Janet Cummings	Violet Oaklander
Robert Dilts	Christine Padesky
Stephen Gilligan	Mary Pipher
Steven Hayes	Daniel Siegel
Harville Hendrix	Michele Weiner-Davis
Kay Redfield Jameson	Derald Wing Sue
Bessel van der Kolk	Michael Yapko

Keynote Speakers

Aaron Beck	Irvin Yalom
Deepak Chopra	Philip Zimbardo
Andrew Weil	

Special Pre-Conference

Presentation • Tuesday, December 8
 Daniel Amen Andrew Weil

Post-Conference All-Day

Session • Monday, December 14
Experiential Approaches Combining Gestalt and Hypnosis
 Erving Polster Jeffrey Zeig

- U.S. Professionals — Full Conference \$389
- Foreign Professionals & students / Graduate Students* / Interns* / Seniors age 65 and above* — Full Conference \$289
- Pre-Conference Workshop with lunch (Tuesday) — \$249
- Post-Conference Workshop - *Experiential Approaches Combining Gestalt and Hypnosis* — \$199

***Graduate Students** - Please submit letter from university stating graduate student status as of December 2009 with this registration form; **Interns** - Please submit letter from supervisor stating intern status as of December 2009 with this registration form; **Seniors** - Please send photocopy of driver's license or other proof of age with this registration form.

PAYMENT METHOD:

- Personal Check / Company Check / Money Order: # _____
- Purchase Order: # _____ (Attach Purchase Order)
- VISA / MasterCard / AMEX / Discover:

Acct. Number: _____ Exp. _____

Name on Card: _____

Signature of Cardholder: _____

GENERAL INFORMATION: (PLEASE PRINT!)

Name: _____

Address: _____

City/State/Postal Code: _____

Country: _____

Daytime Phone: _____ Fax: _____

E-mail: _____

Highest Degree (Please list only one): _____

University Attended for your degree: _____

Major: _____

Send this completed registration form with FULL PAYMENT to:
 AMEDCO, C/O Evolution 2009 • P.O. Box 17009 • St. Paul, MN 55117
 Fax: 1-651-489-3387 (credit card payments ONLY)

Questions? Conference questions: The Milton H. Erickson Foundation, Inc. – 602-956-6196
 Registration or Cancellation questions ONLY: AMEDCO – 1-651-789-3740;
 Email, miltonerickson@cmehelp.com

Cancellation Policy: All cancellations MUST be in writing and postmarked or faxed by September 30, 2009 to receive a full refund less the \$50 administrative fee.

evolutionofpsychotherapy.com

Stay tuned to our web site for conference updates.

INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute of The California Central Coast

Written By Roxanna Erickson Klein

The Milton H. Erickson Institute of the California Central Coast (MHE-CCC) was officially formed and accepted into the Foundation network of institutes in 2008. Among Dr. Erickson's most well-known and able protégés, Ernest and Kathryn Rossi have been instrumental in the updating and republication of the original works of Milton Erickson. This interview with Kathryn Rossi, tells us a little about their Institute, and of the evolution of psychotherapy as it has developed in Los Osos, California.

REK: Ernest has been well known for his teaching as long as any of Erickson's students. You also have been involved in this teaching for some time—why did you decide now to create the MHE-CCC?

KLR: Well actually, Roxie, we had thought about creating an MHE Institute in our area for quite some time. Now that Ernie is 75-years old and in excellent health the timing seemed right: Ernie's application of Erickson's mind-body approaches to healing to facilitate his recovery from stroke was almost miraculous. We are enthusiastic about reaching out in our teaching to a broad international group.

REK: Tell me about the Board of Directors:

KLR: In our decision to set up this institute, we were encouraged by two extraordinary women, Ella Soleimany and Margaret Bullock. Each is a psychotherapist and MFT who has participated in our teaching. We wish to expand their roles, because exposure to broader viewpoints is fundamental to what we teach. These friends have been indispensable in creating our success.

REK: Tell us about the work that you are doing.

KLR: Like Erickson, we teach small groups of six to twelve professionals in our home offices. Some groups and individuals want to come for a day or two, and some for as much as a week or two. As Milton did, we use long, private sessions from 90 to 120 minutes at a time, adapting to the needs of each individual as well as the group. We focus on Ernest's hand mirroring innovations in facilitating therapeutic hypnosis and psychotherapy. Our ideal is for everyone to experience and conduct live demonstrations, which are video recorded on a DVD that can be taken home for further individual study.

The first meetings of our Institute were amazing. By the fourth meeting there was so much interest that we are now re-visiting whether or not our space is large enough to follow through with the group work we are doing, especially now that we offer continuing education units for MFTs, LCSWs and California Psychologists.



Kathryn and Ernest Rossi

We invite other Erickson Institutes to participate in video conferencing with us as an economical and documentable method of learning and progressing together.

REK: Ernest has been such an esteemed teacher in high demand throughout the world, this transition into teaching from home is a real change. I notice the MHE-CCC mirrors ways in which Ernest studied with Erickson. Did you model it after Erickson's home seminars of the 70's?

KLR: Yes, indeed! We have modeled how Milton taught a new generation of students and professionals in his office at your family home in Phoenix. Because we have done so much traveling, the joy of being home is boundless. We love it when the world comes to us for mutual facilitation!

A growing part of our program is video conferencing both for teaching and individual psychotherapy sessions. Currently, we are setting up video conferencing sessions for workshops in Italy and India. We invite other Erickson Institutes to participate in video conferencing with us as an economical and documentable method of learning and progressing together. We are currently publishing our first paper in Italy with a research group using DNA micro array's to assess therapeutic hypnosis and psychotherapy at the molecular-genomic level.

We encourage graduate school training programs throughout the world to explore the possibility of coordinating with our video conferencing workshops as a source of live contemporary data on the current evolution of psychotherapy. Many Master's and Doctoral level theses could be generated by such coordination. Working together, we can advance what is known while refining our own techniques and methods.

REK: Has your work together at the Institute brought with it new understanding of the reciprocal process of teaching with a partner?

KLR: The synergy of Ernie and I teaching together reminds me of the Gestalt principle. The whole is more than the sum of the parts. We experience greater richness and understanding as we are learning. It is a process of shared knowledge that extends to include the group we are working with. We all benefit from the expanding international outreach.

REK: Does taking advantage of the comfort and harmony of your home environment amplify the learning and make it easier for students to continue their learning back at their own homes?

KLR: Absolutely! Our local newspaper ran an article about our home entitled, "A Creative Retreat for the Mind." We live directly in nature. Outside our windows are the ocean, sand dunes, an estuary and mountain views. A block from our home is the crown jewel of California State Parks, Montaña de Oro. Our participants take advantage of opportunities to walk, hike, kayak, horseback ride, surf, fish, bird watch, or pursue other rich activities. The act of being in nature consolidates the new learning and excites the numinosum. The fundamental underlying premise of our work is that optimal gene expression and brain plasticity comes from novelty, enrichment and exercise.

REK: This is truly the horizon of the evolution of psychotherapy -- reaching out internationally while generating opportunities for shared knowledge and insight. Thank you for the fine work you are doing.

KLR: And thank you. We would like to invite our colleagues to learn more about our programs, and in particular, we would like to offer our international colleagues to check out the possibilities by clicking on our "Free Book" on our MHE-CCC website at www.MHE-CCC or www.ErnestRossi.com.

Elizabeth Moore Erickson
April 22, 1915 – December 26, 2008

The death of Elizabeth Erickson brings an end to an era in the history of the Foundation. She and her late husband Milton H. Erickson, were both members of the founding Board of Directors for the Milton H. Erickson Foundation. She had only recently retired from this position but continued to offer the organization sound advice.

Since her early 20s when she married Milton Erickson, Elizabeth found herself in situations where her unique attributes made her an invaluable contributor. For decades her combination of intellectual acumen and personal kindness facilitated occasions in which her input was sought for reasons both professional and personal. She delighted in problem solving and was always pleased to share her insights.

From the Foundation's beginnings in 1978 and into the indefinite future, we treasure what we have gained from Elizabeth Erickson. With stalwart dedication to the mission to advance and preserve the work of Milton H. Erickson, she also encouraged the Foundation's expanded role of examining the context of his contributions within the evolution of psychotherapy.



A beacon of clear direction, she demonstrated the integration of compassion with commitment to a cause larger than the self. There is no more lucid way to express a tribute than to show the multifaceted and diverse ways in which she affected individual lives. To illustrate the impact that she made, comments have been posted on the Foundation's website. There you will also find a full length obituary. If you would like to post your own experiences with Elizabeth Erickson, send your remarks to her daughter Roxanna at ericksonklein@yahoo.com.

To view our website tribute, go to the Foundation home-page www.Erickson-foundation.org.

C A S E R E P O R T

The Three
Countertenors
Induction

by Ruth N. Dart

I had been prescribed a tranquilizer by a psychiatrist who didn't know me very well. I tend to have atypical reactions to drugs, and the pharmacy erroneously gave it in twice the strength prescribed. I took the amount indicated and was put in danger. I went back to the psychiatrist, told him what I had taken, he looked at the bottle, turned pale, and asked me to check into the hospital to get the drug out of my system. I did so, realizing all the time that hypnosis would have been a better road to tranquility.

I met with Eric Greenleaf and told him everything. It is always best to tell him everything, and I wished that I had done so from the start. After we went over the details of the incident, he asked me what song described my feelings. Without hesitation, I named Richard Dyer-Bennett's "Oft in the Stilly Night." I was certain of my choice of song, although I didn't really know what my feelings were. Eric asked how my body felt when I listened to the song. I said, "I tingle all over." He asked how my bones felt. I said that they tingle along with the rest of me.

The song "speaks to my condi-

tion," as Quakers would say. I am very sad, the sorrow is powerful just now. My mother died after a month of my working to get her out of the hospital and back home with hospice care. Death approached more quickly than anyone expected. I had barely settled back in when the head nurse phoned me, and I raced to get back home. My sister raced to the nearest airport. We didn't make it in time.

Then he was back in Neverland, muttering again to invisible listeners. It occurred to me that my mother would have been kind to him.

There was a spectacular full moon that night. It was my mother's moon. She died at 3 a.m. My "second mother" -- the mother of my best friend as I was growing up -- died three weeks later at the age of 95.

I am grieving. However, as the Dyer-Bennett song suggests, memories and the richness of having had such mothers and friends have the potential of being as sweet as Dyer-Bennett's voice. I listen to the song at least three times when I get up in the morning, as prescribed by Eric: "Take three counter-tenors and call me in

the morning."

I was hearing the song in my mind Friday when I got on the bus to Eric's office. Across the aisle but facing me was a homeless man, talking to himself. His clothes were in tatters, his manner anxious, and he had two huge clear plastic bags full of mixed recyclables. He was muttering over and over, "I guess everyone hates me, I guess everyone hates me..." Then he looked at a spot behind me and said, "Just because I raise my arm doesn't

mean I'm going to hit you; I don't kill people yet. I guess everyone hates me..." Eventually I looked behind me, and no one was there. By then we were the only two people on the bus. I wasn't worried: Richard Dyer-Bennett and all the remembered friends were with me.

Our eyes met briefly. He said, "I'm dirty, but I'm not filthy. I wash every day, but there are demands on my time, so I only wash part of myself every day." I said, "That is commendable." He looked relieved. He said, "The police put nails in my

cheesecake; what does that tell you?" I said, "That was rude of them," eliciting a hint of a smile. Then he was back in Neverland, muttering again to invisible listeners. It occurred to me that my mother would have been kind to him.

The daily induction of counter-tenors has had an unexpected result. For more than a year I have had a sort of disconnect between the need for food and the desire for it. My stomach will be empty, but this won't translate into any wish to put food into it. Several times I have felt really bad. I've realized that I haven't remembered to eat or especially wanted food, even though eating makes me feel better. It's as though I were a jigsaw puzzle with some pieces unhooked, so that critical connections were broken. This week something jiggled the pieces around, and they fell back into place. For the first time in ages I am making food and eating until I feel satisfied -- not stuffed, just satisfied. I realized this yesterday and thought, "My! How very ... normal! ... I may start working out again."

I don't know why filling myself with a song that "speaks to my condition" should integrate me in this way. I do know that I feel much better.

Submit Case Reports of 800 words or less and send them to: ericgreenleaf@mac.com

I N M E M O R I A M

Mary Goulding, MSW

My first introduction to Mary Goulding was in 1973 when I attended as a guest of Ellyn Bader a session that Mary, and her husband, Bob Goulding M.D., lead at the Western Institute for Group and Family Therapy in Watsonville, California. The Institute was founded by the Gouldings.

At the time Ellyn and I were working with severely disturbed psychiatric patients at a residential treatment center. I was a licensed Marriage and Family Therapist, and my orientation was decidedly Rogerian. Ellen already had begun training at the Western Institute, learning their approach to Transactional Analysis and gestalt psychotherapy. Somewhat reluctantly I eventually accepted Ellyn's recommendation and sampled a session at the Institute.

I was stunned by what I saw. Bob and Mary Goulding were two of the best therapist I had ever encountered. They were masters. Their training program was comprehensive--they led groups in which trainees worked on personal problems, and they supervised trainees working with each other. Their training model was peerless... and it was something with which I was not familiar-- training that was

I learned from her that change in therapy could be dramatic, brief, incisive, enduring and full.



Our door is
always open!

The Milton H. Erickson Foundation Online Store
<http://www.ericksonfoundationstore.com>

Discover Milton Erickson's powerful influence on Hypnosis and Psychotherapy

- **Books**
- **Conference Recordings**
- **Training DVDs**

The Milton H. Erickson Foundation has more than 25 years experience providing internationally renowned training programs for mental health care providers. As an extension of our mission to educate mental health practitioners in the fields of brief therapy and hypnosis, the Foundation now offers its library of printed, audio, video, CD and DVD resources through the *Milton H. Erickson Foundation Press*

Mary Goulding Memorial Conference • Transactional Analysis • Redecision Conference

November 5-8, 2009

St. Charles Avenue Hilton • New Orleans, Louisiana

Jim Allen • Conchita de Diego • Filepe Garcia
John Gladfelter • Linda Gregory • Phyllis Jenkins
Vann Joines • Vern Masse • Janet O'Connor
Anne Teachworth • Del Worley

**Keynotes ~ Presentations ~ Workshops ~
Free Consultation ~ Banquet ~ CEUs**

www.redecisionconference.org

PAID ADVERTISEMENT

both didactic and experiential.

At the time I was earning \$12,000 a year as a therapist at the residential treatment center. The one-year training program with the Goulding's cost \$1000. It was a considerable sacrifice to spend 1/12 of my salary, but the opportunity was not to be missed. And, it proved life-changing. In that year I was the recipient of some of the best therapy that I ever have had, and my approach to psychotherapy grew geometrically.

I remember my first day of training. Mary was supervising a small group, and I was a participant. She asked, "who wants to be the first therapist?" I was relatively unseasoned, had no training in their model, and I was certainly the youngest member of the group. But, I stepped forward. After I finished, I turned to Mary for critique. Mary listed the things that I did right, and gave me feedback about what I might think of doing differently next time. In response I asked, "What did I do wrong?" "Why do you want to know that?" asked Mary. "That's what my supervisors always do," I offered. "They tell me what I do wrong." "Not valuable information," Mary replied.

I remember that interchange as a defining moment. It was my first orientation to a method that was strength-based rather than weakness-focused. It has become a staple in the way that I supervise students.

There are many defining moments that I can reflect on in my time with Mary Goulding. I'm certain that every session of psychotherapy that I do is in infused with her imprint. I learned from her that change in therapy could be dramatic, brief, incisive, enduring and full.

Over the years Mary was a great friend of the Milton Erickson Foundation. She was on the faculty of every Evolution of Psychotherapy Conference, and all of the Brief Therapy Conferences with the exception of 2008 when she fell ill. Her craft as a teacher and therapist was peerless. Mary's demonstrations of therapy were some of the most popular sessions of the conferences. I always learned something from watching her work.

A tribute conference for Mary is scheduled for November 2009 in New Orleans. She specifically invited me to conduct a featured workshop with her in which we would both see patients and comment on each other's work. What an incredible honor to have my teacher consider me a peer.

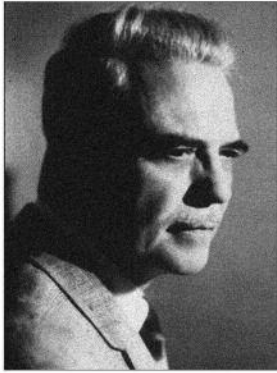
Mary Goulding, MSW, was a Teaching Member of the International Transactional Analysis Association and a founder of the Redecision Therapy Association. She and her husband, the late Robert L. Goulding, MD, developed Redecision therapy, a system of brief psychotherapy based on Transactional Analysis theory and their own rededecision techniques. For more than twenty years they co-directed the Western Institute For Group and Family Therapy in Watsonville, California, and taught psychotherapists across the world. Mary lectured and presented workshops at ITAA, AGPA, and both APAs, as well as at colleges and universities. She was the author of eight books, two of which can be found at www.ZeigTucker.com

Mary was born in 1925 and died December 7, 2008. She is survived by 3 children, 7 stepchildren, and many grandchildren.

By Jeffrey K. Zeig, Ph.D.

“One of the top ten most influential therapists of all time”
— *Psychotherapy Networker*

Own history...



Now you can own this handsome collector's edition series designed for professional, academic, and personal libraries.

Access the wealth of material Dr. Milton H. Erickson created over the course of nearly 60 years of clinical practice in these 16 deluxe, limited edition volumes.

THE COLLECTED WORKS MILTON H. ERICKSON

Volumes 1 - 4 now available!
(The next four volumes throughout 2009.)

- Volume 1: The Nature of Therapeutic Hypnosis**
2008 / ISBN 978-1-932248-30-2 / 410 pages / Clothbound / Illustrated / \$59.95
- Volume 2: Basic Hypnotic Induction and Therapeutic Suggestion**
2008 / ISBN 978-1-932248-31-9/ 372 pages / Clothbound / Illustrated / \$59.95
- Volume 3: Opening the Mind: Innovative Psychotherapy**
2008 / ISBN 978-1-932248-32-6/ 324 pages / Clothbound / Illustrated / \$59.95
- Volume 4: Advanced Approaches to Therapeutic Hypnosis**
2008 / ISBN 978-1-932248-33-3/ 356 pages / Clothbound / Illustrated / \$59.95

Featuring —

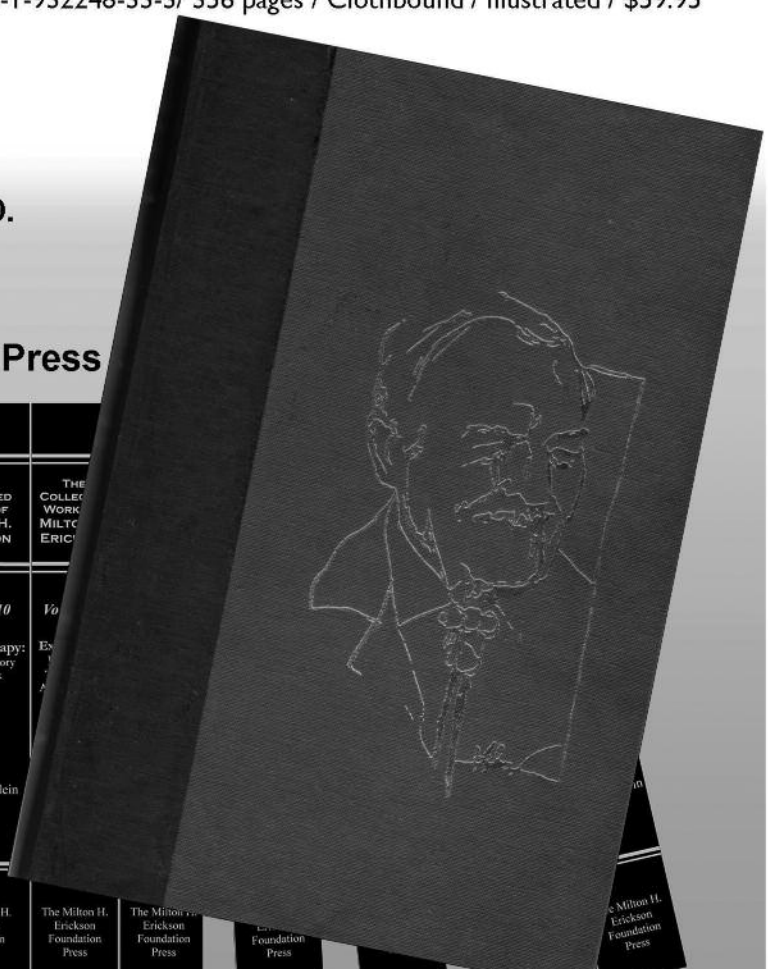
- published and unpublished papers
- speeches, lectures & workshops
- case studies
- patient transcripts with commentary
- complete books (out of print for years)
- new introductory material and updated chapters

Edited by Ernest L. Rossi, Ph.D., Roxanna Erickson-Klein, Ph.D.
& Kathryn Lane Rossi, Ph.D.



Published by The Milton H. Erickson Foundation Press

THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON
Volume 1	Volume 2	Volume 3	Volume 4	Volume 5	Volume 6	Volume 7	Volume 8	Volume 9	Volume 10	Volume 11
The Nature of Therapeutic Hypnosis	Basic Hypnotic Induction and Therapeutic Suggestion	Unorthodox Therapy: An Introduction	Advanced Approaches to Therapeutic Hypnosis	Classical Hypnotic Phenomena Part 1: Psychodynamics	Classical Hypnotic Phenomena Part 2: Memory and Hallucination	Mind-Body Healing and Rehabilitation	General and Historical Surveys of Hypnosis	Hypnotic Realities: The Induction of Clinical Hypnosis and Forms of Indirect Suggestion	Hypnotherapy: An Exploratory Casebook	Exploratory Casebook
Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi
The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press



For the complete story on this outstanding series,
visit our special website — www.erickson-foundation.org/collectedworks

CONFERENCE NOTES

Onsite Registration Still Available! *Love & Intimacy: The Couples Conference*, sponsored by The Milton H. Erickson Foundation, Inc., with organizational assistance provided by The Couples Institute (Menlo Park, CA), will be held May 1-3, 2009, at the Town & Country Resort and Conference Center, San Diego, California. A Law and Ethics Pre-Conference with Steven Frankel will be offered. Faculty include Bader, Dattilio, Gottman, Love, Madanes, Perel, Real, Solomon, Abrahms Spring, and Zeig.

The complete brochure, continuing education information, faculty bios and handouts, and hotel accommodation information is available on the Conference web site: www.CouplesConference.com. For more information 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

The 6th Forum of the French Speaking Confederation, Confederation Francophone D'Hypnose et de Therapies Breves (CFHTB), entitled *Between Strategies and Intuition: Extraordinary Journeys*, will be held May 7-9, 2009 in Nantes, France. Over 150 conferences around eight themes will be offered: Algology, Analgesia in medicine and dentistry, Victimology, psychiatry and Child Psychiatry, Addictions, Emergency treatments, General Medicine Practice, Psychotherapy.

Special guest faculty includes Gérard Osterman, Jean-Luc Vénisse, Teresa Robles, Teresa Garcia, Marie-Christine Cabié, Jacques-Antoine Malarewicz, Luc Isebart, Gérard Salem, Bertrand Meheust, and Bertrand Piccard.

The Conference is organized by the Institut Milton H. Erickson de Nantes. For information contact: Dominique Sicart-Riou, Tel: 33 (0)6 14 35 77 75; or Email, cfhtb2009@cfhtb2009.org. The program is available on the web site: www.cfhtb2009.org

The 8th Annual Hawaii International Conference on Social Sciences will be held from June 4-7, 2009 (Thursday-Sunday), at the Waikiki Beach Marriott Resort & Spa in Honolulu, Hawaii. The Conference provides an opportunity for academicians and professionals from various social sciences-related fields from all over the world to come together and learn from each other. An additional goal of the conference is to provide a place for academicians and professionals with cross-disciplinary interests related to social sciences to meet and interact with members inside and outside their own particular disciplines. For more information contact Andrew Burge, Conference Coordinator, Hawaii International Conference on Social Sciences, P.O. Box 75023, Honolulu, HI 96836 USA; Tel, (808) 542-4986; Fax, (808) 947-2420; Email, social@hicsocial.org; Web, www.hicsocial.org

The Mental Research Institute (MRI) 50th Anniversary Conference, *Forum for Change: Inviting the Next Generation of Innovation*, will be held August 13-15, 2009, at the Parc 55 Hotel in San Francisco, California. Presenters include Eileen Bobrow, Mony Elkaïm, Bradford Keeney, Juan Luis Linares, Cloe Madanes, Giorgio Nardone, Wendel Ray, Karin Schlanger, Carlos Sluzki, Michele Weiner-Davis, Jeffrey K. Zeig, and Philip Zimbardo. For more information contact the Mental Research Institute, 555 Middlefield Rd., Palo Alto, CA 94301; Tel, 650/321-3055; Fax, 650/321-3785; Email, mri@mri.org or Web, www.mri.org

Satir's Legacy: 20 Years Later and Beyond, a two-week intensive training sponsored by The Virginia Satir Global Network (formerly Avanta) and Science and Behavior Books, will be held September 4-14, 2009, at The Haven Institute on Gabriola Island, B.C., Canada. All proceeds to benefit The Virginia Satir Global Network, Inc. The training is offered by three internationally acclaimed trainers and authors who trained extensively with Virginia Satir: John Banmen, Maria Gomori, and Jean McClendon. Space is limited to 90 participants. For complete information contact reginaragan@mac.com or visit their Web Site: <http://haven.ca/db/a.courseDetail/id.221>. Online registration also is available.

The International Society of Hypnosis (ISH) will hold the XVIII International Congress, *Hypnosis and Neuroscience: Clinical implications of the new mind-body paradigms*, September 22-27, 2009, in Rome, Italy. Pre-Congress workshops (September 22-23) includes practical work with the Congress faculty; the Scientific Program (September 24-27) includes Keynotes, Invited Lectures-Addresses-Seminars, Symposia, Dialogues, Panels and Papers. The Congress is sponsored by Societa' Italiana di Ipnosi and Societa' Italiana Milton Erickson. For complete information contact Societa' Italiana di Ipnosi Via Tagliamento 25 - 00198 Roma, Italy; Tel and Fax, +39.06.8548205; E-Mail, ipnosii@tin.it; Web, www.hypnosis.it

The Mary Goulding Memorial Conference – Redecision Therapy Conference, will be held November 5-8, 2009, at the St. Charles Avenue Hilton, New Orleans, Louisiana. This major Conference on Transactional Analysis and Redecision Therapy brings together leading theorists, trainers, practitioners, and group therapists for presentations, workshops, and in-depth institutes. The Conference also will celebrate the lives and contributions of the late Mary and Robert Goulding. For more information visit the Conference web site: www.redecisionconference.org; or contact the Program Chair, Janet O'Connor, Ed.D.; Tel, 520/360-0007; Email, southwesttraining@q.net

The sixth *Evolution of Psychotherapy Conference* will be held December 9-13, 2009, at the Hilton Anaheim and Anaheim Convention Center, Anaheim, California. A Pre-Conference workshop with presentations by Daniel Amen and Andrew Weil will be held on Tuesday, December 8; in addition, a Post-Conference workshop on *Experiential Approaches Combining Gestalt and Hypnosis* with Erving Polster and Jeffrey Zeig will be held on Monday, December 14, 2009. The Conference is sponsored by The Milton H. Erickson Foundation, Inc.

Primary Faculty include: Albert Bandura, David Barlow, Eugene Gendlin, William Glasser, John & Julie Gottman, Otto Kernberg, James Hillman, Jean Houston, Marsha Linehan, Cloé Madanes, James Masterson (tentative), Donald Meichenbaum, Salvador Minuchin, Erving Polster, Ernest Rossi, Martin Seligman, Francine Shapiro, Thomas Szasz, and Jeffrey Zeig. State of the Art faculty will include: Judith Beck, Claudia Black, David Burns, Nicholas & Janet Cummings, Robert Dilts, Stephen Gilligan, Steven Hayes, Harville Hendrix, Kay Redfield Jameson, Bessel van der Kolk, Jack Kornfield, Harriet Lerner, Scott Miller, Violet Oaklander, Christine Padesky, Mary Pipher, Daniel Siegel, Michele Weiner-Davis, Derald Wing Sue, and Michael Yapko. Keynotes will be presented by Aaron Beck, Deepak Chopra, Andrew Weil, Irvin Yalom, and Philip Zimbardo.

To receive a brochure when it becomes available 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

Visit the Conference web site: www.evolutionofpsychotherapy.com for more information, Online registration, hotel accommodation reservations and more!

Special Offer for Newsletter Readers — register early for the lowest rates! Use the registration form on page 3 to register at the reduced rate before May 30, 2009.

I N M E M O R I A M

Olga Silverstein, M.S.W.

Olga Silverstein died at the age of 86 on February 24, 1009. Olga was a renowned family therapist, a respected teacher and mentor, a gifted writer, and an avid supporter of feminist family therapy.

Olga was a great friend of the Erickson Foundation. She presented at the 1993 and 1996 Brief Therapy Conferences on the topics of "Uses of the problem-focused genogram," "Questions as Therapy," and "The Use of the Genogram in Brief, Marital Therapy." In 1995 Olga was on the State-of-the art faculty at the Evolution of Psychotherapy Conference where she presented "The Impact of Cultural Assumptions on Theory and Practice."

Olga received her Masters degree in social work from the Hunter School of Social Work in New York. She was one of the leading voices at the Ackerman Institute for Family Therapy where she served as a Senior Training Supervisor, Executive Board Member, and Co-director of the Brief Strategic Project.

Olga was a guest lecturer, workshop leader, and consultant to some of the most important conferences and institutions throughout the world. She was honored by many organizations and received the American Family Therapy Association Award for Distinguished Contribution to the Field of Family Therapy in 1985. She co-authored *The Therapeutic Voice of Olga Silverstein*, *Invisible Web: Gender Patterns in Family Relationships*, and *The Courage to Raise Good Men*.

Olga died peacefully in her home surrounded by her family. She was predeceased by her loving husband of 65 years, Fred, who passed away October 2006. She is survived and grieved by three children, two grandchildren, and many loving friends, colleagues and students.

By Jeffrey K. Zeig, Ph.D.

SATIR'S LEGACY 20 YEARS LATER AND BEYOND

September 4th – September 14th, 2009
At The Haven Institute in British Columbia on Gabriola Island



Offered by
Three Internationally Acclaimed
Trainers and Authors
who Trained Extensively
with Virginia Satir

John Banmen, R. Psych., RMFT
Maria Gomori, Ph.D., MSW, Dip.C
Jean McLendon, LMFT, LCSW

Once in a lifetime intensive training experience in *The Satir Growth Model* with John Banmen, Maria Gomori and Jean McLendon, based upon elements of Virginia Satir's Crested Butte Process Communities. Come build your self-esteem, your spiritual connections and relationship skills. Space is limited so register early. Contact hours will be awarded. Virginia Satir Global Network will issue a Certificate of Completion.

EARLY BIRD REGISTRATION BY 6/30/09: \$980 (Canadian Dollars) per person.

REGISTRATION AFTER 7/1/09: \$1280 (Canadian Dollars) per person.

Accommodations are not included in registration.

TO REGISTER CONTACT LOUISE AT: (email) conference@haven.ca • 877.247.9238 ext. 222

FOR INFORMATION, CONTACT REGINA AT: (email) reginaragan@mac.com • 919.967.2520

WEBSITE: <http://haven.ca/db/a.courseDetail/id.221>

All Proceeds To Benefit The Virginia Satir Global Network, Inc.

PAID ADVERTISEMENTS

Mental Research Institute

50
1959 – 2009

50th ANNIVERSARY

San Francisco, CA
August 13-15, 2009

PARC 55 HOTEL

PROMOTING CHANGE FOR 50 YEARS

Featuring:

Eileen Bobrow, LMFT

Mony Elkaïm, MD

Bradford Keeney, Ph.D.

Juan Luis Linares, MD, Ph.D.

Cloe Madanes, LPC, Ph.D.

Wendel Ray, Ph.D.

Karin Schlanger, LMFT

Carlos Sluzki, MD

Michele Weiner-Davis, MSW

Philip Zimbardo, Ph.D.

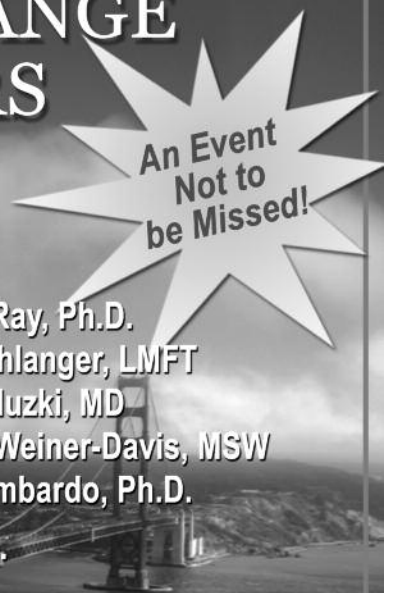
and Jeffrey K. Zeig, Ph.D.

full event details at:
www.mri.org

MRI

Mental Research Institute

555 Middlefield Rd, Palo Alto, CA 94301 (650) 321-3055



UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2009		
5/1-3	Couples Conference: Love & Intimacy / San Diego, CA / Invited Presenters	1.
5/12-15	Ericksonian Therapy / Cologne and Neuss, Germany / Jeffrey K. Zeig, Ph.D.	2.
5/16-17	Experiential Methods for Ericksonian Therapy / Rome, Italy / Zeig	3.
5/21-22	MEGA Conference / Vienna, Austria / Invited Presenters	4.
5/23-28	Advanced Hypnotherapy / Madrid, Spain / Zeig	5.
6/12-14	Supervision Training in Ericksonian Hypnosis / Guadalajara, Mexico / Zeig	6.
7/9-12	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Seal Beach/Long Beach, Calif. / Zeig	7.
7/13-17	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent Geary, Ph.D., Stephen Lankton, MSW, DAHB, Zeig, and Invited Presenters	1.

7/20-24	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	1.
7/24-26	Invisible Therapy: Working with Couple Trances / Esalen Instituten / Michelle Ritterman, Ph.D.	8.
7/27-31	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	1.
7/23-26	Fundamental Skills in Ericksonian Hypnotherapy – Level I / Dallas, Texas / Betty Alice Erickson, MS, LPC, LMFT, Deborah Beckman, MS, LPC, Will Handy, LCSW, and Special Guest Faculty	9.
7/23-26	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	10.
8/6-9	American Psychological Association (APA) Annual Convention / Toronto, ON Canada / Invited Presenters	11.
8/13-15	Mental Research Institute (MRI) 50th Anniversary Conference / San Francisco, Calif. / Invited Presenters	12.
8/21-23	Supervision Training in Ericksonian Hypnosis / Guadalajara, Mexico / Zeig	6.
9/11-14	Ericksonian Therapy / Istanbul, Turkey / Zeig	13.

continued on next page

The Milton H. Erickson Foundation presents

INTENSIVE TRAINING IN ERICKSONIAN APPROACHES TO BRIEF HYPNOTIC PSYCHOTHERAPY

2009

FEATURING:

Brent B.
GEARY, PhD

Jeffrey K.
ZEIG, PhD

Stephen
LANKTON, MSW, DAHB

and invited presenters

PHOENIX ARIZONA

FUNDAMENTAL

July 13-17
October 5-9

INTERMEDIATE

July 20-24
October 12-16

ADVANCED

July 27-31

30 Continuing Education
hours each week.

Fundamental, Intermediate, Advanced Levels of Training
For more information:

The Milton H. Erickson Foundation, Inc.

3606 North 24th Street Phoenix, AZ 85016

602-956-6196 / FAX: 602-956-0519

Email: Susan@erickson-foundation.org / Web: www.erickson-foundation.org

TRAINING *continued from page 10*

- | | | |
|-----------|--|-----|
| 9/22-27 | International Society of Hypnosis (ISH) Congress / Rome, Italy / Invited Presenters | 3. |
| 10/1-4 | Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig | 10. |
| 10/5-9 | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters | 1. |
| 10/12-16 | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters | 1. |
| 10/22-25* | Intermediate Ericksonian Hypnotherapy – Level II / Dallas, Texas / Erickson, Beckman, Handy, and Special Guest Faculty
<i>*Dates Subject to Change</i> | 9. |
| 10/23-25 | Supervision Training in Ericksonian Hypnosis / Guadalajara, Mexico / Zeig | 6. |
| 12/9-13 | The Evolution of Psychotherapy Conference / Anaheim, Calif. / Invited Faculty | 1. |

Contact Information:

1. The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016 6500; Tel, 602/956-6196; Fax, 602/956-0519; E-mail, office@erickson-foundation.org ; Web, www.erickson-foundation.org
2. Email, m.luetz@alexianer-koeln.de or M.Koehne@ak-neuss.de
3. Camillo Lorio, M.D. / Email, c.lorio@agora.it
4. Email, charlotte.wirl@gmx.at
5. Teresa Garcia Sanchez / Email, teresagarcia.chi@gmail.com
6. Juan Francisco Ramirez Martinez / Email, juan_francisco@mac.com
7. Email, bmcDonald@getwellnow.com
8. Stacy Carlson; Tel, 206/265-9636; Web, www.esalen.org
9. Milton H. Erickson Institute of Dallas, 4144 N Central Suite 520, Dallas, TX 75204 ericksondallas@sbcglobal.net ; Tel, 214/824-2009
10. Helen Adrienne; E-mail, HAMS@aol.com ; Tel, 212/758-0125
11. American Psychological Association (APA), 750 First Street, N.E., Washington, DC, 20002-4242; Tel, 202/336-5700; TDD/TTY: 202/336-6123; Fax: 202/336-5708; Web, www.apa.org
12. Mental Research Institute (MRI); 555 Middlefield Rd., Palo Alto, CA 94301; Tel, 650/321-3055; Fax, 650/321-3785; Email, mri@mri.org ; Web, www.mri.org
13. Email, tamerdvc@yahoo.com

To submit a listing for Upcoming Trainings, please send dates, title of workshop, venue, city/state/country, list of presenters, and complete contact information ONLY. Information must be sent in the format above. A \$10 fee, per listing, is required. Deadline for the 2009 Summer Issue (mailed August) is June 1, 2009. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact the Erickson Foundation at 602/956-6196; mhreg@aol.com

THE ERICKSON FOUNDATION ONLINE STORE

The Erickson Foundation has made many products available for online purchase including books and audio/video recordings from past Conferences. Audio files (MP3) for immediate download also will be available in the coming months. Check back often for new products added to the already expanding list of new titles available for online purchasing. www.ericksonfoundationstore.com

"TRANCE CAMP"

SUMMER INTENSIVE 2009

WITH

STEPHEN GILLIGAN, PH. D.

IN

SAN DIEGO, CA.

JULY 7 - 12:

**Generative Trance:
Developing Quantum
States of Consciousness**

JULY 14 - 19:

**The Utilization of Generative
Trance for Major Life Changes**

JULY 21 - 25:

**Integrating Generative Trance
in Everyday Realities:
Special Intensive Group**

CEU's Available

Visit our website for more details:

**www.StephenGilligan.com
SelfRelate@aol.com**

Brief Therapy: Lasting Solutions

December 11-14, 2008
San Diego

www.brieftherapyconference.com

Research has found that both specific and non-specific qualities are essential for success with psychotherapy (Frank & Frank, 1991). From the skillful and experienced organizational hands of Jeffrey Zeig and the Erickson Foundation, the Brief Therapy Conference: Lasting Solutions masterfully presented many classic and modern methods of therapy, and brought them together with the specific and non-specific qualities that promote transformation at many levels.

Psychotherapy has become a large, flourishing field, linking many individual gardens. The best psychotherapy combines specific methods, carefully applied. But psychotherapy is also more than a combination of individual techniques. Like the yin/yang, the whole always is made from the elements of the parts, each polarity including aspects of the opposite, and yet the sum of the whole is something more than its parts. Good therapy evokes transformation.

The faculty included diverse practitioners and inspirational personalities, each with innovative approaches and methods. The format was varied as well, with keynote speeches, workshops, short courses, clinical demonstrations, and interactive events. An Ericksonian path through the garden could be taken with a five-part intensive hypnosis course, taught by students of Milton Erickson: Jeffrey Zeig, Stephen Lankton, Stephen Gilligan, Michael Yapko, and Ernest Rossi. Pre- and post-conference classes were also available: Steven Frankel, who holds both PhD and JD degrees, gave an informative all-day law and ethics workshop. And following the conference, experienced practitioners, Erving Polster and Jeffrey Zeig presented a daylong Gestalt and Hypnosis master class.

Keynotes

This interplay of important specific and non-specifics were reflected in the five keynote speakers. At the age

of 85, youthful Nicholas Cummings continues to be an energetic organizer and innovator. While most of us might be concerned with the quality of our personal delivery of services, Cummings spends his time problem solving how the entire world health care delivery system can be improved! Not only has he founded and managed numerous worldwide health care organizations, but he also has created many professional teaching institutions. He offered a fact-based, realistic analysis of, as he put it, "the things people don't usually want to hear about" concerning some daunting problems in our health care delivery system and what should be done to solve these problems.

David Burns offered an informational keynote that addressed a specific method for incorporating pre- and post-testing as a tool to improve treatment itself. Therapists sometimes carry the misconception that psychotherapy testing and psychotherapy practice live in a parallel but separate universes. But Burns's presentation, filled with his moving case examples, gave clear cut methods for incorporating testing into treatment to change lives.

Faith, hope, and the therapeutic relationship have been found to significantly influence therapeutic outcome and should be fostered. With flair and charm, the three other keynote speakers showed how to harness these powerful factors for positive change.

Public speaker and author, Joan Borysenko, presented her vision for faith in the soul's compass, an orienting spiritual quality within, pointing us toward the source of all being. It is found in the great wisdom traditions and can be an overall guide, aligning our loving intelligence within with the greater spiritual whole. She showed how the metaphor of the soul's compass could help clients to point toward this source, discern their inner spirit from problems, and take action to activate their personal best.

The renowned public speaker, Jean Houston, stirred the audience with her warm speaking style and hope-inspiring concepts. We have mythical sources of inspiration to draw from. And when we turn to them, we can express those forces

See SOLUTIONS on page 14

I N M E M O R I A M

Raymond Corsini, Ph.D. **1914-2008**

Raymond Corsini, Ph.D., a renowned clinical psychologist, passed away on November 8, 2008, in Honolulu, Hawaii. During the course of his career, he worked as a vocational counselor, prison psychologist, teacher, community organizer, and a clinical psychologist. While his work integrated many disciplines of psychology, he was known by many as an Adlerian psychotherapist. Dr. Corsini presented a workshop on *Experiences in Psychotherapy* at the 2000 Evolution of Psychotherapy Conference as well as participating in interactive events.

Dr. Corsini earned his Ph.D. from the University of Chicago at the age of 41. Early in his career, he trained by many distinguished psychotherapists, including Carl Rogers, J.L. Moreno, and Rudolf Dreikurs. He was a retired Professor of Psychology at the University of Hawaii, the creator of the Family Education Center of Hawaii, and clinical psychologist in private practice for more than thirty years.

Throughout the course of his career, Dr. Corsini published and edited more than 100 articles and more than forty books, including *Corsini Encyclopedia of Psychology*, *Corsini Dictionary of Psychology*, and co-authored, *Theories of Psychology with Daniel Wedding*.

Although he made many contributions in the area of clinical psychology, Dr. Corsini considered his greatest achievement the establishment a new type of school system. This system, known as Individual Education, utilized psychological principles to both help children set their own goals and to grow individually. Individual Education has been incorporated in schools in Hawaii, California, Illinois, and Holland.

Dr. Corsini will be remembered for his diverse contributions to the field of psychology, as well as his colorful personality and persistence in the face of adversity.



**Now You Wanted
A Trance Demonstrated Today**
by Milton H. Erickson, M.D.

Teaching Video Tape/DVD

Erickson demonstrates and describes his philosophy of psychotherapy and hypnotic approaches to:

**Dissociation • Age Regression • Mind / Body Separation
Amnesia / Hypernesia • Positive / Negative Hallucinations
Arm Levitation • Deepening • Trance State Identification
Direct / Indirect Inductions • Utilization of Resistance...**

Accompanying Annotated Transcript contains:

- **rhythm-formatting**
to give you what Erickson said as well as the rhythm and the way he said it
- **literature-based analysis**
- **the subject's experiences of Erickson's interventions**
- **content and process indexes.**

for information on this and other training materials
Including books, CD and DVD formats, log onto

www.SCSEPH.org

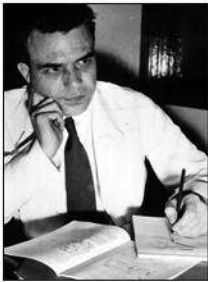
SCSEPH accepts Visa, MasterCard, Discover and PayPal®

The Southern California Society for Ericksonian Psychotherapy & Hypnosis

30101 Town Center Drive, Suite 201, Laguna Niguel, CA 92677

Voice: 949-495-1164 Fax: 949-249-5681 Email: info@SCSEPH.org

Milton H. Erickson Foundation PRESS



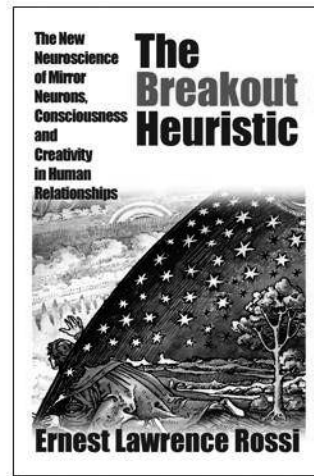
exploring concepts



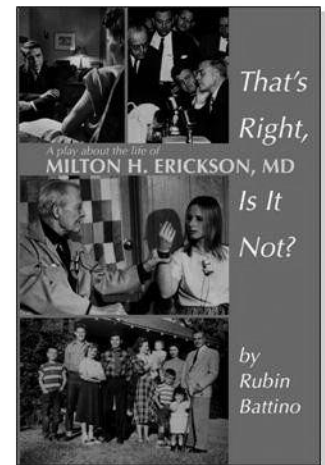
"In Her Own Voice..." Virginia Satir

The essential Virginia Satir. Audio selections from the 1985 Evolution of Psychotherapy Conference and the 3rd International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy (1986).

10 CD set • ISBN: 978-1-932248-46-3 • \$110.00



\$49.95



\$19.95

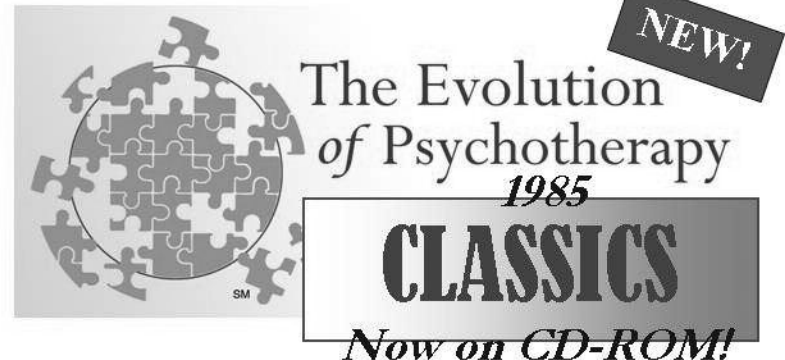
expanding knowledge



Audio Lectures & Demonstrations by Milton H. Erickson, M.D.

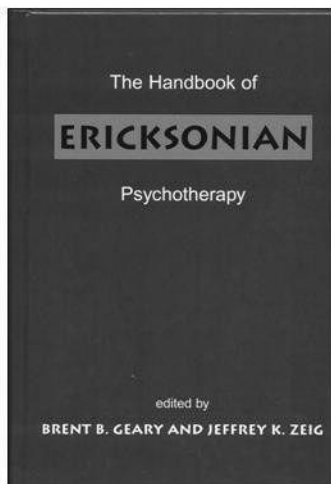
- Chicago, June 10, 1960
- San Diego, 1962
- UCLA, June 25, 1952
- Philadelphia, August 1955
- Pasadena, , 1958

Purchase individual sets, or all five sets
(23 CDs!) FOR ONLY \$250.



This exciting, interactive 3 CD-ROM set features the most memorable learning experiences from the very first *Evolution* conference!

3 CD-ROM Set • \$99.00



\$69.95



\$44.95

enhancing understanding



**Milton H. Erickson
Foundation Press**

www.ericksonfoundationstore.com
Phone: 602-956-6196 Fax: 602-956-0519
Email: sales@erickson-foundation.org

SOLUTIONS

continued from page 12

through our own being, to enhance our culture, our clients, and ourselves. Sprinkled with amusing stories about illustrious people she has known, Houston's message called forth our higher potentials and formed bridges to actualize them in everyday life.

Lenore Terr drew from empirical foundations, and then reached beyond to that intuitive reservoir found when clients change, to uncover features of these pivotal moments in psychotherapy. She gathered together actual cases from different psychiatrists who work with children and adolescents, and distilled the common factors to guide the audience in how to foster such moments for their own clients.

Workshops and Short Courses

With so many qualified teachers, attendees could choose from a variety of workshops and short courses. These classes were didactic and interactive, presenting practical, therapeutic interventions and then experiences for integrating the methods into practice.

Here are some samplings of the topics that were covered: Therapists were offered guidance in how to stay personally healthy and keep their practices thriving. Several workshops taught ways to enhance therapeutic attitudes in clients. The therapeutic relationship was addressed as well. Another interesting presentation taught how to forgive, an often overlooked area that can foster health and recovery. Triggers for persistent problems, fostering self-esteem, and facilitating the change process itself were also addressed with helpful guidance for implementing the methods.

Classical therapeutic approaches such as Ericksonian hypnosis, Cognitive Behavioral Therapy, and Gestalt Therapy were taught by well-known experts in each of these fields. Also included were innovations for therapeutic practice including as body sculpting, phototherapy, meditation, and neuroscience. Specific treatment strategies for disorders such as PTSD, OCD, marital problems, weight issues, depression, anxiety, and pain provided practical methods. Working with special populations such as children, adolescents, the elderly, and clients from different cultures,

offered unique and sensitive techniques.

Interactive Events

Saturday was filled with shorter programs in different formats. Clinical demonstrations from a master therapist showed how each worked with a volunteer from the audience. Panel discussions on interesting topics engaged four experts together, each presenting a view and then taking questions from the audience. Dialogues between two or three presenters offered intimate conversations around a planned topic that sometimes meandered into impromptu moments of discovery. Conversation hours allowed a single presenter to share his or her insights on a problem or area of expertise.

Conference Extras

Several additional benefits were a conference bookstore, expertly run by Seminar Services, an exhibition area with representatives, materials, and services of interest to therapists, a dance that got everyone moving, a book signing arranged so that attendees could talk directly to the many authors, and the beautiful San Diego location!

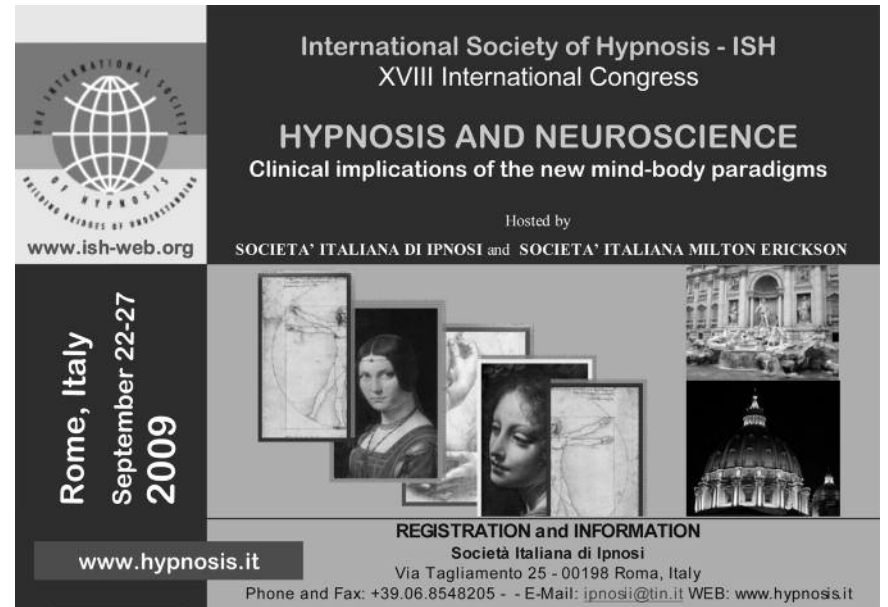
Closing Ceremonies

Brief Therapy: Lasting Solutions ended with an open forum closing ceremony where people were free to come forward and share their experiences. The consensus was that, along with sharing meaningful experiences together, everyone learned useful skills that they would be integrating for a long time. In addition, attendees and presenters alike left feeling inspired and renewed. Indeed, the flowering of therapeutic expertise will spread, as these many practitioners, coming from every corner of the world, returned to grow their own gardens.

Frank, J. D., & Frank, J. B. (1991). *Persuasion and healing: A comparative study of psychotherapy*. Third Edition. Baltimore: The Johns Hopkins University Press.

Reviewed by

C. Alexander Simpkins, Ph.D. & Annelen M. Simpkins, Ph.D.
San Diego, California



International Society of Hypnosis - ISH
XVIII International Congress

HYPNOSIS AND NEUROSCIENCE
Clinical implications of the new mind-body paradigms

Hosted by
SOCIETA' ITALIANA DI IPNOSI and SOCIETA' ITALIANA MILTON ERICKSON

www.ish-web.org

Rome, Italy
September 22-27
2009

REGISTRATION and INFORMATION
Società Italiana di Ipnosi
Via Tagliamento 25 - 00198 Roma, Italy
Phone and Fax: +39.06.8548205 - E-Mail: ipnosi@tin.it WEB: www.hypnosis.it

PAID ADVERTISEMENT

I N M E M O R I A M

Melba Reis Vickery

Jan 28, 1925 – Feb 28, 2009

Melba Vickery died in her adopted hometown of Sierra Vista, Arizona. Melba had worked closely with Milton Erickson since the 1960s and remained a dedicated supporter of his work throughout her life. Born in Granite City, Illinois Melba joined the Sisters of Divine Providence immediately after high school and became known as Sister Teresa. Her graduation from St. Elizabeth's School of Nursing led her to becoming a nurse-anesthetist in 1958. Her soothing voice and manner of speaking were invaluable skills in the operating room, and she became fascinated with the ways that positive suggestions could enhance patient recovery.

In the early 1960's Milton Erickson taught a course in medical and dental hypnosis that she attended. She became lifelong student, attesting to the powers of hypnosis in her work and in her own life. Joining the American Society of Clinical Hypnosis and organizing local study groups of physicians, she took on a role of educating professionals about the ways that hypno-therapeutic suggestion can reduce bleeding, lessen the need for medications, and speed healing during and following major surgery. She retained an interest in hypnosis and suggestion throughout her life, and even in her final weeks remarked, "Dr Erickson told me that hypnosis will be here for me whenever I need it, and it is!"

Leaving the convent in 1965, Melba continued to live and work in St. Louis. She married Walter Kalwelaske, and they built a home on acreage where the rich river soil supported a bountiful vegetable garden, and she avidly shared the produce with others. She regularly canned fresh tomato juice sending jars to Dr. Erickson, a scarce treat in Arizona. She lost Walter to in 1975 to cancer, and leaned on her friendship with Dr. Erickson to move beyond her sorrow.

A few years later, she met and married Earl Vickery Jr, a man who shared her passions ranging from bird watching, gardening, solar energy, inventions and civic responsibilities. Together they moved to Arizona, eventually making Sierra Vista their permanent residence.

After both Earl and her dear sister, Norma, died in 2003, Melba turned her energies towards local issues, becoming enthusiastically involved with a multitude of local service groups. She loved dogs, wildlife, ecology, and public service. Her broad contributions were far-reaching. She spoke up when she felt a message needed to be heard. She used her tender hands to feed people or animals, and she generously nurtured the local community. She is survived by a brother, nieces and nephews, a stepson and a legacy of heart-warming gifts to society.

By Roxanna Erickson Klein

Brief Therapy Conference

Mini Reviews from
The Milton H. Erickson
Newsletter Reviewers

The CD-ROM can be found at
www.ericksonfoundationstore.com

How to Build a Full and Rewarding Private Practice with Self-Paying Clients

Casey Truffo, MS, MFT
WS 59

This workshop motivated participants to be okay with making money and marketing themselves. It delivered on its promise to present the steps necessary to obtain high paying patients. For example, one essential point was that being on insurance panels limits income. If you are hesitant to get off them, put your participation on hold for three months and see if you make more or less money. Truffo presented clever instructions along with rationale on how to handle the first contact to ensure your full fee. It is important to be readily accessible by cell phone because the first therapist to talk to a client usually gets that client. Allowing credit card payments may double your income. Community and web marketing of your practice as a heartfelt service to people with problems and pain will attract clients. Truffo's sincere enthusiasm was enjoyable and encouraging.

Reviewed by
Albina Tamalonis, PsyD
New York, New York

What All Clinicians Should Know About Self Esteem

Dan Short, Ph.D.
WS24

From start to finish, this workshop was fun, uplifting, and experiential. While learning the benefit of developing one's self-concept, participants saw 150 beautiful images and words projected on a screen, helping their unconscious to expand their individual view of themselves as "more good than bad." Through a series of exercises, the participants learned how to increase self-esteem. To help raise self-esteem in patients, we can encourage them to do what

they really want to do, but are not doing. Talking to successful people can help them attain this goal. If we bear witness to our patient's growth, it becomes authentic. The more points our self-esteem rests upon, the more secure it will be. The ability to "lie" to the self, that is be more flexible in personal assessments, can go a long way in cultivating self-esteem, as when our least attractive clients can accept that they are beautiful. This workshop was well planned, beautifully executed and extremely valuable in encouraging self-esteem; we all left very happy.

Reviewed by
Albina Tamalonis, PsyD
New York, New York

Experiential Applications for Brief Therapy

Clinical Demonstration by
Jeffrey Zeig, Ph.D.

BTO8-DVD1

Jeffrey Zeig just may have outdone himself in this clinical demonstration of Experiential Applications for Brief Therapy. Working with a young woman who felt blocked from promoting her practice and feeling successful, Zeig demonstrated the powerful effect of experiential psychotherapy. Using hypnotic language techniques designed to create dissociation while employing exercises reminiscent of a mixture of Psychodrama, Gestalt, and Sculpting, Zeig expertly guided the young woman to a place where, as an observer, you know will free her of the block she was experiencing. This brief therapy demonstration shows how a complex issue can be resolved quickly with a motivated client and a master clinician. This DVD can easily be used to teach foundational concepts of hypnotic language employed without formal trance. Zeig was masterful. He not only used language but also included exercises like parts of a drama to create a powerful and lasting experience.

Reviewed by
John Lentz D. Min
Shepherdsville

The Body Bears the Burden, Mind, Brain and Body In the Transformation of Trauma

Peter A. Levine, Ph.D.
WS 40

When people are traumatized, an intrusion of the psyche leads to dis-embodiment, meaning that the body feels disconnected from the mind. Levine cited examples of traumatic situations that lead to the appearance of PTSD: being in a war, an earthquake or violence. The normal reaction when people and animals are exposed to a traumatic event is that they respond with a fight or flight reaction. However, when these responses are not possible, they may freeze. Consequently trauma may appear. The need for regrouping and reconnecting when the threat is over is fundamental. The treatment emphasizes the importance of working with sensations, because after people are traumatized, they may be thrown into an analgesic state. The therapeutic goal is to overcome the trauma, assembling the fragmented experience. Levine utilized different techniques for helping clients overcome their experiences, like inner shaking for releasing emotions, communication with the body, and relaxation methods. The workshop was extremely useful.

Reviewed by
Maria Escalante de Smith, MA
Cedar Rapids, Iowa.

Brief Treatment with the Borderline Personality

Michael Munion, MA, LPC
WS3

Munion offered an alternative to the typical practice of the extended course of therapy for individuals with Borderline Personality Disorder (BPD). His approach focused on identifying a short-term goal and the associated risk factors along with a tangible means of tracking progress. Special attention was consistently given to "How will this help you now?" In clear contrast to the drama inherently associated with this distraught group of clients, Munion showed how to work calmly from a constant therapeutic center. This center is informed by an understanding of an early deviation in development, which leaves the BPD individual unable to effectively experience the differentiation of good and bad in self

and others. A particularly useful section discussed transitioning current BPD clients to this six to eight session format. This transition was worth considering with BPD for many reasons. Not the least being, per Munion, "Traditional therapy always has a let-down because we cannot meet all of our patient's needs."

Reviewed by
Deborah Beckman, MS
Dallas TX

Dieting and Maintenance: A Cognitive Behavioral Approach

Judith Beck, Ph.D.
WS 13

"Wanting to eat is not a reason to eat." So began a practical discussion of Beck's approach to both successful dieting and eventual maintenance. In recognizing the emotional components associated with food, Beck outlined an organized system to respond with reason, resulting in reasonable eating. Key areas for therapeutic impact were assisting in developing the ability to tolerate cravings and a personal discomfort scale that is linked to actual personal events. Clients were encouraged to postpone eating a scheduled meal or snack if they are distressed. Beck used a clever metaphor to organize and challenge behavior: whether a bite of food strengthens the "giving in muscle" or the "resisting muscle." A difficult challenge for many dieters is resisting "food-pushers." An advanced skill of successful dieting is "the ability to throw away excess food." This workshop could be considered a satisfying snack, before sitting down with the full course of Beck's book.

Reviewed by
Deborah Beckman, MS
Dallas TX

Saying Yes to Change

Joan Borysenko, Ph.D.
WS 25

Borysenko embraced the entire group from the beginning, guiding and delighting in providing an ongoing opportunity to say, "Yes." Opportunities to say, "Yes," frequently come as the result of a life altering

See WORKSHOPS on next page

C D R E V I E W

Brief Therapy: Lasting Solutions

December 11-14, 2008

Interactive CD-Rom Set

www.ericksonfoundationstore.com

The entire proceedings from the Brief Therapy: Lasting Solutions Conference held in San Diego, California on December 11-14, 2008 are included as audio recordings in this interactive CD-ROM set. Produced with superior professional quality, this set is packed with an amazing amount of information in one convenient, easy to store box, the size of a small book. The organization and presentation of this interactive CD-ROM is clearer and better than ever.

The computer requirements for these CDs are fairly minimal and inclusive of many systems. For PCs, you will need Windows 98 SE/Me/2000/XP, a Pentium processor based system, 120MB of RAM, up to 80 MB of hard drive space and Internet Explorer 5.01 up to 6.1. Mac users need the same amount of RAM and hard drive space plus a 400 MHz Power PC G3 or faster.

From the first click that opens the CD, the experience is user friendly. Well-labeled files appear, with one PDF placed prominently, called begin.pdf. Here listeners will find instructions for any installations they might need plus a click to the conference itself. Select the conference tab to find a clear list of the contents, with a button for the sound and a button for a PowerPoint (when available) that can be viewed while listening.

A complete set of tools offers just about everything that attendees received at the conference: a syllabus, access to all the programs, and visual aids such as PowerPoints. The content includes the following: A law and ethics pre-conference workshops, five keynote addresses, five fundamental hypnosis workshop sessions, 37 short courses, 60 workshops, numerous interactive events, and the post-conference Master Class on Gestalt and Hypnosis. Another bonus that has been added is a search engine. By entering a search word or phrase, the engine will not only locate the presentations where a search word is used, but will also search through the accompanying PowerPoints to show you the context in which the word appears. This is a helpful adjunct, that allows listeners to delve into a subject of interest and locate it throughout the conference.

With all the great navigation tools, audio recordings, and visual PowerPoints, listeners can share in the experience of attending the conference from the comfort and convenience of their own home. We heartily recommend this set to anyone who would like to expand the depth and breadth of working in brief therapy.

Reviewed by

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

D V D R E V I E W

The Process of Hypnotic Induction

Featuring Milton H. Erickson, M.D. 1964

Commentary by Jeffrey K. Zeig, Ph.D.

ISBN 1-932248-21-8 104 min

Milton H. Erickson Foundation Press, Copyright 1983

Jeffrey K. Zeig, Ph.D., uses portions of a 1964 demonstration that Milton H. Erickson, M.D., did before a medical audience. About twenty minutes of the tape are devoted to watching Erickson work with two female volunteers. The

purpose of the tape is to show professionals how to induce hypnosis. Zeig discusses the microdynamics of the technique Erickson used.

The first part of the tape is an excellent primer presented by Zeig on both traditional and Ericksonian hypnosis. Zeig is quite systematic in this presentation, which alone is almost worth a careful study of the tape. The traditional model involves five segments: (1) pre-induction (2) induction (3) deepening (4) therapy and (5) termination. Zeig then presents a series of ten principles of the Ericksonian model where indirect suggestions are central.

Zeig warns observers that they will probably only perceive about 50% of what Erickson is doing in the illustrative segments with each volunteer. Then, after each short segment of watching Erickson work, Zeig goes into extraordinary detail of what it was that Erickson was doing. Zeig's observations include both verbal and non-verbal activities of both Erickson and the volunteer. If you have studied Erickson's work, you are always amazed (as I was) of how consciously he uses both spoken and body language. By watching the master at work through Zeig's eyes and analyses, the viewer receives an informative introduction to Ericksonian hypnosis and psychotherapy.

I especially liked Zeig's quote of Erickson's definition of psychotherapy: "Anything that changes a habitual pattern of behavior." Quite succinct!

The Process of Hypnotic Induction needs to be studied by anyone interested in learning about Erickson's work. Fortunately, the poor quality of the sound track of the demonstration segments was overcome by subtitles. I highly recommend this DVD.

Reviewed by

Rubin Battino, MS,
Yellow Springs, OH

WORKSHOPS

continued from page 15

event or diagnosis. The self "as it was" dies and the new self is yet to be born. Broysenko described stages of transformation, emphasizing engaging in a rite of passage rather than adopting the role of the doomed victim. Consideration was given to changing blocked patterns and identifying the components of pessimism. A large part of this workshop was dedicated to experiential learning. There are two ways to experience a story of life: One is the Ego story, Chronos, which is the linear, external recounting of frustrations along the way. The other is the Essence story, Kairos, which is focused internally with attention to the meaning that often comes from dreams. Synthesis comes with a powerful "Yes," living your story in gratitude with the knowledge that thorns have roses.

Reviewed by

Deborah Beckman, MS
Dallas, TX

Clinical Demonstration 4 - Somatic Experiencing

Peter Levine, Ph.D.

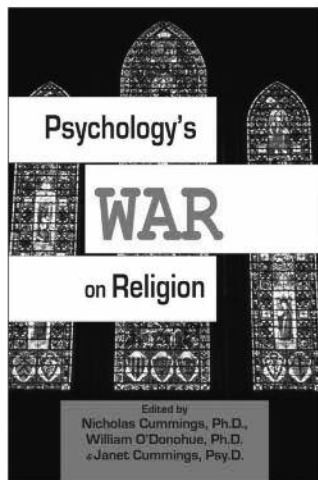
Levine gracefully guided a volun-

teer through a process of "Remembering" her trauma of being struck by a car while jogging. He explained that care needs to be given to avoid overloading the client's nervous system, because there is a fragile state from the fracturing of consciousness. The focus then shifted to the memories of the day before the accident. When the client made a particular gesture, Levine stopped and explored what the gesture felt like. "Empowerment. Yes! I really feel it in the body," she said. Another turning point came when Levine remarked about a defensive gesture, "Of course you can't defend yourself against a car." This demonstration showed the benefit of Somatic Experiencing by finding responses to contradict the client's experience of being a victim. Levine explained that continuing to focus on the accident intensifies trauma, evokes the opiate response, and results in a possible addiction to trauma. Let us "remember" the volunteer's rich somatic experience of empowerment.

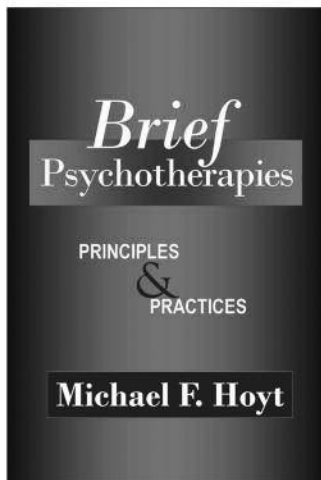
Reviewed by

Deborah Beckman, MS
Dallas, TX.

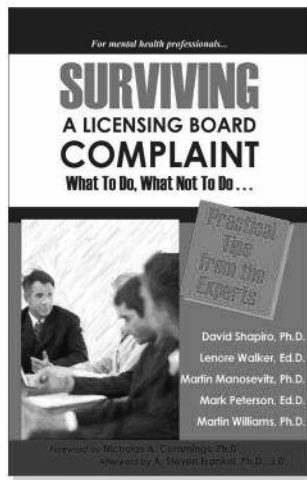
ALL NEW FOR 2009!



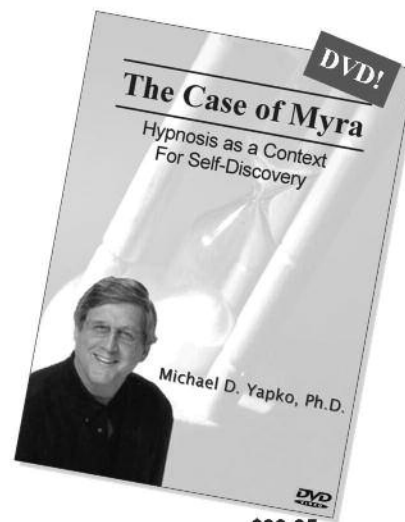
\$29.95



\$27.95



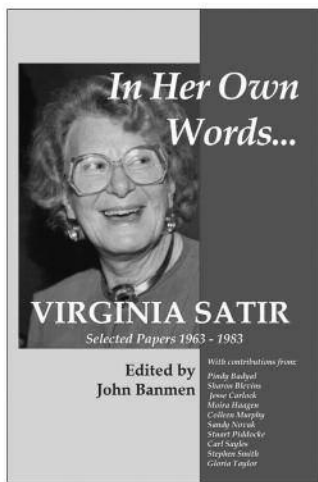
\$19.95



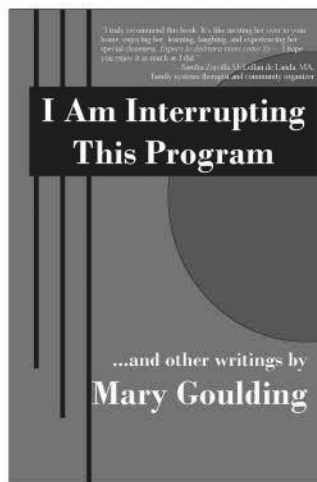
\$39.95



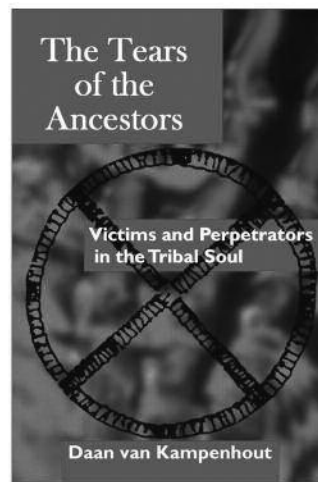
\$89.95



\$32.95

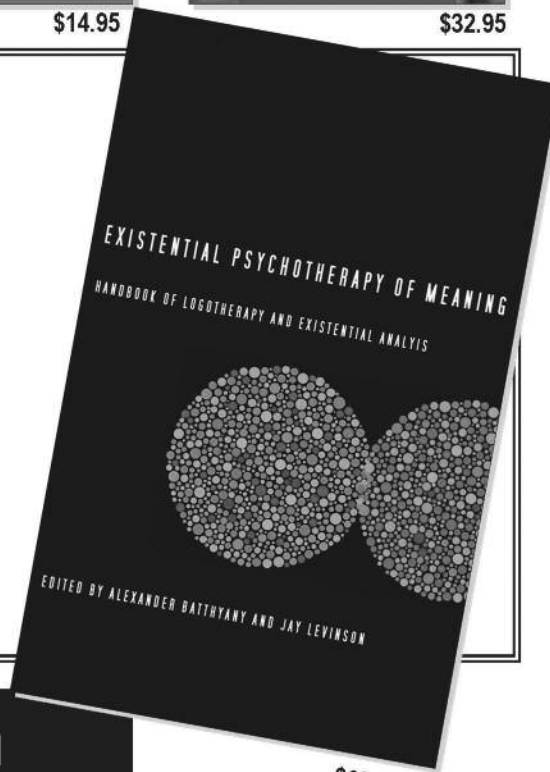
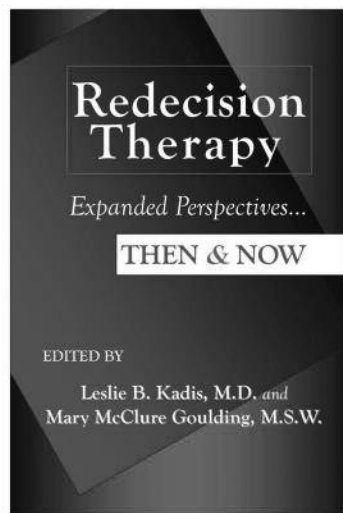
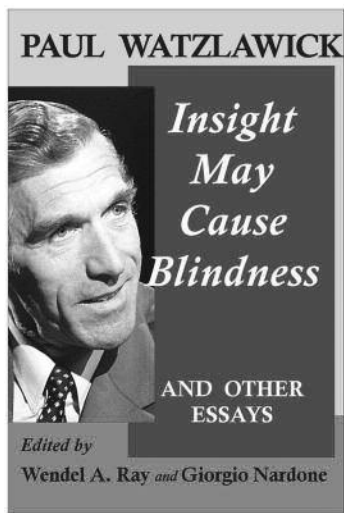


\$14.95



\$32.95

COMING SOON!



\$69.95



Or order online at ZeigTucker.com

Or call 800-666-2211

(outside the U.S. call 607-277-6292)

Email: orderbook@cupserv.org

ZEIG TUCKER & HETSEN

INTERVIEW

continued from page 1

Erickson's fundamental concepts which Erickson himself never wrote about but which Rossi considers as a breakthrough in the evolution of his own thought and practice. Rossi presents a commentary and a full version of his last meeting with Erickson in an Editors' Preface and the last chapter of Vol. 3 of the new, revised, and expanded *Collected Works of MHE* (2008-2010 www.erickson-foundation.org).

Marilia Baker (MB): The Milton H. Erickson Foundation is organizing another *Evolution of Psychotherapy Conference* this year, celebrating important contributions to the field. Please tell our worldwide readers about the evolution of your own thoughts about mind-body healing, spirit, and soul.

Ernest Rossi (ER): The evolution of my thoughts about mind-body healing, what I now call "psychosocial genomics," had its origin in my last psychotherapy training session mentored by Milton H. Erickson, a few months before he passed on in 1980. I had asked Milton if he "could use hypnosis to open my mind to learning everything I needed to learn to become a good practitioner of therapeutic hypnosis?" The series of three pictures presented here are from a video recording of that session (with Marion Moore, MD in attendance). It illustrates how Milton used a touch-facilitated, hand levitation approach to inducing therapeutic hypnosis to help me answer my own question.

ER: In this video Milton explains his concept of "the general waking trance" that I now believe is the natural bridge between therapeutic hypnosis and psychotherapy as we practice it today.

MB: What did he mean by "the general waking trance"?

ER: That's exactly the question I asked Milton in this video! He had never described this concept before in any of his publications. Yet it is a fundamental insight into his thinking about the naturalistic approach to therapeutic hypnosis and psychotherapy. Erickson described a clinical case where he utilized his "general waking trance" when he "didn't dare" use an obvious hypnotic induction.



A series of photographs from a video recording of Rossi's last psychotherapy training session with Milton Erickson, with Marion Moore, MD in attendance, illustrating how Erickson used a touch-facilitated, hand levitation approach to inducing therapeutic hypnosis.

Here is exactly how our recorded dialogue went (Erickson, 1980/2008):

Milton H. Erickson: I didn't dare to use anything except my "General Waking Trance."

Ernest Rossi: General Waking Trance? What do you mean by that?

MHE: By holding her attention so rigidly that her eyes never left my face.

ER: in other words, your story had such an attention grabbing impact on her – and you call that "The General Waking Trance." When a person is looking at you with that intense, what you call, "Response Attentiveness" you feel they are in a trance even though they are apparently awake?

MHE: Yes. But actually, you realize that when you are looking at a person, the patient, and they are doing that [Erickson mimics the patient's intense Response Attentiveness when the patient stares into the therapist's eyes]. You know that they are not seeing anything else in the room. They are seeing you! You see their fixed stare. You will also see the little dilation of their pupils. They will blink their eyes but they will blink more slowly than they would normally blink when you are looking at them. [page 271]

ER: If you study this video and implications of Erickson's words carefully you will realize that he is describing states of *focused attention, intense expectancy, mental absorption, and response attentiveness* that he calls "the general waking trance." Erickson believed that the general waking trance is evoked by challenging life situations. This *response attentiveness* is a so-called "naturalistic trance" because it engages the person's intense interest, motivation, and "fixed attention" without the use of

any formal hypnotic induction technique. I now believe this is the essence of Erickson's "naturalistic" and "utilization" approach to therapeutic hypnosis, which many excellent psychotherapists actually use without labeling it as such. I have proposed that Erickson's intense state of *response attentiveness* during the *general waking trance* evokes the three psychological experiences of *novelty, enrichment, and exercise* (both mental and physical) that neuroscientists now use to turn on activity-dependent gene expression and brain plasticity that are the molecular-genomic basis of memory, learning, consciousness, and behavior change.

MB: Could you expand further, conceptually, the parallels you trace between intense state of response attentiveness during the 'general waking trance' and the three psychological experiences of novelty, enrichment and exercise now used by neuroscientists to turn on activity-dependent gene expression and brain plasticity?

ER: You will have to judge whether I am over-generalizing a bit when I tend to see these same three psychological experiences activated during the most significant and stressful transitional events in everyday life. Rudolph Otto, for example, was a German theologian who wrote in his 1923 book *"The Idea of the Holy"* that the source of all spiritual experience was in numinous states of mind characterized by a sense of *fascination, tremendousness, and mysteriousness*. These three facets of numinous experience seem to me to be similar to what neuroscientists call *novelty, enrichment, and mental exercise*, which turn on gene expression and brain plasticity. Research is now needed to determine if this could account for so-called "spiritual healing" and "energy healing," which I describe as the "novelty-numinosum-neurogenesis effect." From this deep

psychobiological perspective the basic task of the psychotherapist in general and therapeutic hypnosis, in particular, is to facilitate the natural novelty-numinosum-neurogenesis effect in mediating mind-body healing and creative problem solving via gene expression and brain plasticity.

MB: This is indeed fascinating!

ER: James Braid, the Scottish physician, called this "*The Physiology of Fascination*" in the title of his classic volume on therapeutic hypnosis published in 1855. More recently a French psychiatrist, Philippe Carrer, writes in his introduction to my little French book, *"Cinq Essais de Génomique Psychosociale"* (Five Essays on Psychosocial Genomics, 2005), that some visitors to famous artistic or ancient historical sites are so enchanted that they fall into *Stendhal's Syndrome* (Named after the French writer who was overwhelmed by the aesthetic experience upon visiting Florence, Italy in 1817) wherein they experience a state of psychological intoxication about the awe, fascination, and wonder of it all.

MB: Ernest, could this phenomenon also be an aspect of an over intense response attentiveness, the general waking trance, and its attendant gene expression and brain plasticity?

ER: I certainly know that when I had a mild stroke (left internal capsule lacuna, ischemic cerebrovascular infarction) six years ago I certainly felt stunned for about a year when, for the first time in my life, I had intense experiences of music and art that led me to what seemed like a *numinous* insight at the time. In his *Ode to a Grecian Urn*, the poet John Keats, came up with a conundrum that has since befuddled students of Literature 101: "Beauty is truth, truth beauty - that is all ye know on earth, and all ye

See INTERVIEW on page 22

Psychodrama in Action: (Around 1948) *Psychodrama of a Marriage*

Moreno Movies: Disc 2
90 minutes

Psychotherapy.net

www.psychotherapy.net

Rene Marineau, Producer & Moderator

Based on the story of an actual couple treated by Jacob Moreno around 1939, this movie is a later dramatization using actors, filmed at the Therapeutic Theater of Beacon House in New York. The film is aimed at therapists, partners going through conflicts, and young people who envision getting married. The movie displays Moreno's famous psychodrama methods, which exhibit interpersonal conflict and internal struggles that often remain hidden in traditional therapies.

The producer introduces the film and interjects helpful analysis at intervals. The DVD is divided into six sections. At the beginning, Moreno discusses with his wife Zerka, also a legendary trainer, educator, and practitioner, the methods that he used for working with this couple.

The partners, Ann and Frank, seek therapy because of a marriage crisis. Frank has met another woman named Ellen and is wondering if he should leave Ann to follow Ellen. Ann is pregnant, and there is doubt about the paternity issue, but she has not told Frank.

We can learn about the use of an auxiliary ego when Frank expresses his feelings to his wife. During the second scene, Moreno promotes catharsis with directives to repeat the scene more strongly, and to be more specific. The next section is divided into three different scenes. The first is a review of the first scenes between Ann and Frank. Next, comes a dramatic twist when Ann meets with Bill, a friend of the couple. Bill makes strong romantic advances. Ann realizes that she has been lonely and recalls a previous encounter they had. To my view, this section becomes confusing because the woman that portrayed Ellen now performs the role of Ann, and the actor that had performed Frank, now plays Bill. But also we see the power of psychodrama, to dramatize inner dynamics and elicit reactions in the viewer.

Moreno displayed an interesting psychodramatic technique by asking both female actors to sit together, with one playing Ann and the other playing her alter ego. As Ann refuses to talk about the problem, Moreno enters the scene and strongly urges her to go on. In another scene, Moreno promotes a heated confrontation between Ann and Ellen. Then Moreno directs them to change places. Both find this difficult, but meaningful. During another session, Frank states that he is sorry, but the noise of the original recording makes the dialogue impossible to hear. However, this section may be used just for observing non-verbal behavior.

The last part of the DVD can serve as a reminder of the ever-evolving nature of relationships as decisions are made. Frank decides to leave Ann to marry Ellen.

This recording may cause strong reactions, and it is likely viewers will identify with different characters. At the end, the moderator points out how many possible interpretations and emotions can be evoked from the way the scenes were played.

Reviewing this material made me realize how important it is that therapists respect clients. Ericksonian psychotherapy promotes change respectfully. I would rather search for ways to help a client reach her inner resources instead of forcing her to do something that she does not want to do. However, whether you agree or disagree with Moreno's therapeutic directives, this film offers a fascinating method to portray and uncover sensitive issues without risk to actual clients.

Reviewed by
Maria Escalante de Smith
Cedar Rapids, Iowa.

C D R E V I E W

Hypnosis for Surgical Preparation

Bart Walsh, MSW

Copyright 2007
Peaceful Pilgrim

When reviewing Burt Walsh's new CD for surgery preparation it never occurred to me that it would become personally useful so soon. However, as I write this, having listened to it twice, I am grateful that I did, for both professional and personal reasons. I found the CD helpful in ways that I hadn't anticipated. For instance, until I wasn't as tense about upcoming surgery, I didn't realize how tense I had been. I also like the sounds he incorporated into the CD designed to assist the listener to have a more pleasant experience through surgery.

Walsh, a long time short-course presenter at Erickson Foundation events, and former professional jazz musician, created a useful tool for those who are facing surgery. It promises to "help engage the listener's inner resources for confidence approaching surgery, and optimal surgical results. The CD is clearly based on the most up-to-date research about hypnotic surgery preparation, and offers real results in a palatable form. The CD encourages the listener to recognize that through hypnosis one can heal quicker and even bleed less during surgery, findings recently discussed in the *American Journal of Clinical Hypnosis*. Walsh also discusses the fact that going into surgery with confidence, and by using hypnosis, can lessen post-surgical pain and discomfort.

Walsh's style of offering hypnotic language in such a straightforward and informational manner with a caring voice, made listening a pleasure. Walsh was well prepared and had given much thought to research in preparation for making this CD. He gave such a confident tone to his voice that it made it easy to allow the CD to transport the listener to a comfortable state. His skilled and wise use of hypnotic language made the CD powerful; and the hypnotic language devices worked seamlessly. I was impressed with how his use of language seemed natural even though it was clearly effective in inducing a powerful and useful trance. I could almost sense his former musical profession giving him a special edge of rhythm and timing in the delivery of his words and ideas. Overall, Walsh has created a helpful and useful tool clinicians will be happy to recommend to patients who are facing surgery.

Reviewed by
John D. Lentz D. Min
Shepherdsville, KY

Foundation News!

Documentary on the Life and Work of Milton H. Erickson in Progress

The Milton H. Erickson Foundation is currently producing a 45-minute, television documentary film on the life and work of Milton H. Erickson, MD.

The film's director is Austrian filmmaker, Alex Vesely, both expert in film production and psychotherapy. Alex is the grandson of Viktor Frankl. He is also filming a biopic on his grandfather. Alex spent a month in Phoenix last year learning Ericksonian Therapy and attending our Intensive Training Program.

Several interviews have been filmed at the Brief Therapy Conference in San Diego this past December and more filming is scheduled for this summer. The film is to be finished in mid-2010.

The Erickson Foundation is seeking sponsors for this project. Please contact Jeff Zeig, jeff@erickson-foundation.org if you can help in any way.

BOOK REVIEW

Their Finest Hour: Master Therapists Share Their Greatest Success Stories

Jeffrey Kottler Ph.D. and Jon Carlson Ph.D.

Crown House Publishing Ltd.,
Bethel, CT
2008
ISBN 978-184590088-5
377 pages

This book comes from interviews Jeffrey Kottler and Jon Carlson did with 28 master therapists. Writing the accounts of these master therapists in a narrative form, the authors have done a masterful job of making the book readable and interesting. The first finest hour comes from one of the authors, Kottler. At first, I thought how arrogant to be putting yourself first, until I read the chapter. Then, all I could think was, "Wow!" Kottler allowed himself to be vulnerable, likeable, and inspiring by what he chose to offer. Like the rest of the book, this chapter was well written, kept your interest, and was humble. Anyone could easily identify with Kottler's finest hour.

Not only is the book interesting and well written, capturing the recollections of what master therapists believe was their finest hour, it is also informative, warm, moving, and at times humorous. The stories of these masters taken together, offer lessons about therapy that only years of experience can accurately teach. The individual stories teach lessons so profound that I found my head swimming with new ways of thinking.

*It gave you an experience of the man,
behind his legendary, salty intensity.*

One theme that kept reoccurring was how unique the mixture was between client and therapist that produced the finest hour. It wasn't just the brilliance of the master therapists but their marveling at what happened in front of them because of the unique connection between themselves and their client. Frequently what is reported was a serendipitous moment, where because of amazing coincidences, the moment became almost sacred. It didn't hurt that often what they did was incredibly inspired and brilliant.

The book is a lot like getting a sampler of master therapist's work, where they share not only their successes, but also their fears and weaknesses. The finest hour is about how master therapists changed their clients, and how their clients changed them as well.

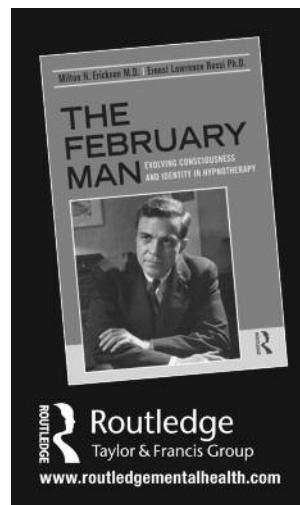
This book is full of little pleasant surprises and stories from amazing therapists like Nick Cummings, Pat Love, Stephen Lankton, and Michael Yapko. The stories capture their humor, brilliance, and record the life changing events that they provoked through their relationships with unique clients that made amazing changes.

Getting to know William Glasser, Arnold Lazarus and Peggy Papp through these stories was delightful. The cases offered by Scott Miller, and Jon Carlson brought reflection, inspiration, and seasoning. While I can't mention everyone, the case presented by Albert Ellis was highly representative. It gave you an experience of the man, behind his legendary, salty intensity.

The book is well worth reading, because it offers incredible wisdom, a wealth of techniques, and experience offered up in a narrative prose. It provides a very warm and insightful view of master therapists that you would only get through knowing them personally. In addition, it is a good read.

Reviewed by

John D. Lentz D. Min.
Shepherdsville, KY



NEW IN PAPERBACK!

THE FEBRUARY MAN

EVOLVING CONSCIOUSNESS AND IDENTITY IN HYPNOTHERAPY

Milton H. Erickson, and Ernest Lawrence Rossi
Featuring a New Introduction by Ernest Lawrence Rossi

This book is a fascinating case study that illustrates the use of multiple levels of consciousness and meaning to access and therapeutically reframe traumatic memories that were the source of very severe phobias and depression. It is a rare record of Erickson's pioneering genius in facilitating the evolution of new patterns of consciousness and identity in a patient.

CONTENTS: Rosen, Foreword. Introduction. Session I, Part I: Approaches to Therapeutic Hypnosis. Session I, Part II: Identity Creation of the February Man. Session II: Multiple Levels of Communication and Being. Session III: Evoking and Utilizing Psychodynamic Processes. Session IV: Active Therapeutic Trancework.

March 2009: 288pp.

Pb: 978-0-415-99095-0: \$34.95

Published by Routledge

PAID ADVERTISEMENT

BOOK REVIEW

Maps of Narrative Practice

Michael White

New York: W.W. Norton & Company
(2007)

ISBN-10: 0-393-70516-1

ISBN-13: 978-0-393-70516-4

Cloth; 288 pages

In 1990, Michael White and David Epston presented Narrative Therapy to the world of psychotherapy, and it has not been the same since. They opened our eyes to a significantly different way of working with clients, and presented many useful ideas. I particularly like the idea of externalization, which is summarized in the authors' statement that the patient is not the problem, the problem is the problem. So, you do things to *externalize* the "force" that causes them to do things, and then work with strengthening their ability to resist, neutralize, and banish this force. I must admit that somehow or other I work this way with almost all of my clients. So, their work has had a profound effect on how I work, and I encourage readers to become familiar with Narrative Therapy.

This new book by the late Michael White illustrates White's format of "mapping" on charts with time into a session as the X-axis, and four categories as the Y-axis. The categories are: (1) justifying the evaluation; (2) evaluating the effects of the problem's activities; (3) mapping the effects of the problem's activities; and (4) negotiating an experience-near and particular definition of the problem. White illustrates the use of this mapping approach with many case histories in six chapters: (1) externalizing conversations; (2) re-

authoring conversations; (3) re-membering conversations; (4) definitional ceremonies; (5) conversations that highlight unique outcomes; and (6) scaffolding conversations. Each chapter ends with a useful conclusion section.

Mapping certainly provided White with a way of organizing his thinking about a given session. I suspect that most readers (including myself) will not use White's mapping with their clients. Yet, they will be fascinated by his approach, especially his use of questions to further a session. White writes, "These questions encouraged Alison to identify aspects of the telling that have particularly caught her attention and aroused her interest. They also invited Alison to speak of the images or mental pictures that were evoked by the expression of the telling, of what these expressions struck a chord within her own experience, and of the ways in which she was personally moved by these expressions" (p. 187). Everyone's life is a story. White gets clients to tell their stories, and then he works with their stories in various contexts.

For me, the value of this book is the illustrations of how White shares in the humanity and experience of his clients. He is obviously there for them, and with them. I believe it is this human contact that makes the difference, and that made White such an effective therapist.

You will be rewarded in reading this book, by the time you spend with White, and by being in his presence.

Reviewed by

Rubin Battino, MS,
Yellow Springs, OH

A Critical History of Hypnotism: The Unauthorized Story

Saul Marc Rosenfeld

Xlibris Corporation (2008).

www.Xlibris.com

ISBN: 978-1-4363-30169-9 or 978-1-4363-3015-2

This book was many years in the making and writing, and is a scholarly and critical history of hypnotism. The author's bibliography is exceptional: It goes back in time before Mesmer, and provides citations and quotations from books and other sources published in many languages. It is perhaps "unauthorized" in the sense that the author does not have an advanced degree in one of the helping professions. Yet, the level of scholarship is undeniable.

*I cannot help but be impressed at the encyclopaedic
volume of reading/research it represents!*

The late Kay Thompson endorsed this book in a letter to the author dated March 22, 1994 that accompanied her return to him of the manuscript.

I REALLY like it!! ... I think you have done such an exhaustive historical and relevant analysis of hypnosis that people cannot not be impressed.

It is an incredible achievement—comprehensive, thorough and objective in the historical perspective. The fun part of your interjection of the tongue-in-cheek humor is what makes it so different from the usual "tome," and piques the interest of the reader. ... You keep things in perspective, and give the reader a scholarly view and an objective one at the same time. I cannot help but be impressed at the encyclopaedic volume of reading/research it represents!

The author's mission is to provide an historical perspective to the way that hypnosis is generally thought of by the public and many professionals. He writes, "Despite more than two centuries of having tacitly recognized its *enormous* potential utility, the phenomenon of hypnosis has always been commonly regarded with outright Fear and Loathing. How is it *possible* that something as *beneficial* to humanity as hypnosis ever came to be viewed in such a *horrible* manner?" He succeeds admirably in this endeavour with almost endless citations to things like the uselessness of hypnotizability scales and exotic (also erotic!) methods of induction.

There was a twelve-year hiatus between the completion of his major studies and the publication of this book. So, there is a gap in his citations, the last systematic one being in 1992. There are a few sporadic recent references including a horrific one pandering to hypnosis CDs on the Web. Although we would like to believe that modern hypnotists are not capable of the excesses of the past, this is not completely so. In a brief epilogue, Rosenfeld does cite Ericksonian hypnosis and psychotherapy as a shining example of how to do hypnosis. He also promises a second edition.

As an aside, I can comment that the historical illustrations alone are almost worth the price of the book. Since Rosenfeld had to self-publish this book there are some shortcomings such as missing chapter titles in the body of the text, and the absence of a sorely needed index.

I heartily recommend this book to anyone who uses hypnosis and anyone who is interested in an "unauthorized critical" history of hypnotism.

Reviewed by
Rubin Battino, MS,
Yellow Springs, OH

B O O K R E V I E W

Magical Moments of Change

Lenore Terr

W.W. Norton & Company
2008

ISBN: 978-0-393-70530-0

Reading *Magical Moments of Change*, by Lenore Terr was a wonderful experience. The colorful front cover invites readers to explore its contents. Terr, a noted child therapist, invited 33 psychiatrists who specialize in child and adolescent therapy to join her in describing cases with a "meaning of the moment," when something important happened during therapy.

The first section narrates the experiences that Terr lived when she treated Cammie, a two-year-old girl who "was almost an animal" (p. 13). Terr describes her as a wild child similar to the feral children reported in the psychiatric literature. There are references to the importance of team leadership, in which one specialist coordinates the treatment of a child when other professionals are involved. Terr vividly depicts the process of helping this traumatized child reclaim her humanity.

"One of the main items a child psychotherapist acts with is his or her own persona," the author explains (p. 21). To her view, many gifted child/adolescent psychotherapists are born actors.

Working with children may involve other family members. The child often expresses how concerned she is because of her parents' troubles and becomes the spokesperson for disclosing that something important is happening within the family. "Monkey in the Middle" addresses the case of a six-and-a-half year old, brought to therapy because of his crying over the smallest things after his parents had separated.

"Security is in the Freezer," (p. 30)

describes how the case of ten-year-old Susie was addressed in a hospital. She had been seriously mistreated, and during therapy she explained that all they had ever had at home in the refrigerator was beer. When she realized ice cream was available at the hospital, she wanted to have lots of ice cream. But once she learned that she could have it, she had a corrective experience and began eating less.

We can use the chapter, "A Real Person," for both self-discovery; for accepting our own feelings; and for pondering when we can selectively show aspects of ourselves. "Creating the Right Atmosphere" does not only happen through a reassuring talk. The author explains that to relax a child or an adolescent in a doctor's office, the therapist should have a roomful of objects that are intriguing and fun.

The case of Timothy, a 14-year-old adopted by two gay men, is a reminder of how diverse families can be. Here, the meaning of the moment refers to the importance of "making a decision about whether to pursue individual or family therapy, when an adolescent is the identified patient" (p. 117).

"A Princess Grows Up" describes the use of a princess metaphor with a girl who was deeply traumatized after realizing that her two older brothers had been sexually abused. Teenagers like "modern stuff" (p. 133). We can treat them by using metaphors and analogies involving modern technology. "Delving Into a Young Person's Interests" describes using the Little Mermaid from Walt Disney as a metaphor for treating a girl who had been kidnapped.

Magical Moments of Change is magnificent and full of real cases, reflections and a variety of topics. I recommend it.

Reviewed by
Maria Escalante de Smith MA
Cedar Rapids, IA.

*The Newsletter is available Online!
View the current and previous issues:
www.erickson-foundation.org*

BOOK REVIEW

Mindworks

An Introduction to NLP: The secrets of your mind revealed

By Anné Linden with Kathrin Perutz

Published by Crown House Publishing Limited, Connecticut and Wales,
Original (ISBN 0836221680)
ISBN 978-184590086-1
Copyright 2008

At the airport, a security employee checking my luggage read the title and said, "Wow, that must be a wonderful book! What is NLP?" "I was so struck by her emotionally charged enthusiasm that I forgot to tell her that the book answered that question very well.

Anné Linden has written such a wonderful introduction to NLP that it can be recommended to anyone who wants to know more about NLP, at any level. This book contains positive clinical illustrations that make the words memorable and understandable -- and causes you to want to know more. Although her book could be most helpful to therapists wanting a foundation to incorporate strategies into their practice, Linden has written with such clear examples that her book could be used by almost anyone. What is astounding is that when Linden speaks

Even better than the comments are the practical exercises that teach, provoke and energize the reader to become a better therapist and person.

about introductory level subjects, you still learn no matter what your expertise, because you can hear the wisdom and nuances that she puts into this remarkable book. The more you read it, the more you are likely to enjoy and appreciate it because she has intentionally taken the reader into account.

Each chapter explains a fundamental technique of NLP in everyday terms, gives examples of how to use the tool, and then gives you exercises that invite you to experience the tool for the most powerful learning. Not only has Linden put in the basics of NLP like representational systems, eye movements, chunking, and anchoring she has packed the book with little pearls of wisdom that come only from years of living as an accomplished practitioner. I love the philosophical comments she sprinkled throughout the text, but I liked even more the factual and practical comments that were in every chapter. For example, she lets the reader know the Greek meaning of "education," and shows how it can inform our stance to teaching and learning. Even better than the comments are the practical exercises that teach, provoke and energize the reader to become a better therapist and person.

Linden has written in a readable form that invites experimentation and positive feelings. Her book is an introductory text that teaches at all levels and still covers the basics. Beyond that she has written in a style that invites you to want to learn more and experience what she has to say. It doesn't matter whether you know the technique or not. Her style of talking about technique is refreshing. She writes with clarity, honesty, and openness that invites the reader to grow, learn, and experience new phenomena as well as embrace extant accomplishments. The title offers "The secrets of your mind revealed." *Mindworks* also gives the secrets of an NLP expert like Linden as well.

Reviewed by

John D. Lentz D. Min
Shepherdsville, KY

Dr. Len Bergantino

Licensed Psychologist

Telephone Psychotherapy & Supervision

(310) 207-9397

Licensed Psychologist in Arizona, California & Hawaii
Diplomate American Board of Professional Psychology

Trained by world renowned psychiatrists
Milton H. Erickson, M.D. & Carl Whitaker, M.D.
References Upon Request.

Author *Psychotherapy, Insight & Style: The Existential Moment*

1215 Brockton Ave., #104, Los Angeles, CA 90025
Check Psychdirectory.com

PAID ADVERTISEMENT

INTERVIEW

continued from page 18

need to know." What could that possibly mean? To me in my stunned state of stroke it seemed obvious that it could only mean that what the *intense states of beauty and truth had in common is that they both turn on gene expression and brain plasticity.* It is now known that dead and injured brain cells during a stroke do, in fact, send out emergency messenger molecules that evoke gene expression and brain plasticity in an effort to stimulate synaptogenesis (new connections between brain cells) and neurogenesis (stem cells maturing into new neurons) of the surrounding brain tissue to facilitate recovery. This is what inspires me to say that *there is more to Art, Beauty, and Truth than current aesthetic theory recognizes.* "We do not have art simply for the sake of art; we have art for the sake of building a better mind and brain in the daily construction and re-construction of our lives" (Rossi, 2004, page 36).

MB: These may be far reaching scientific speculations, indeed, but I deeply believe that you have touched a profound truth with both concepts enunciated above. In my view, they are like a Rosetta stone-- a probable key for further decipherment of gene expression and brain plasticity. Nevertheless, what do they actually mean for the daily work of the typical psychotherapist? Is this somehow related to your concept of a "creative dialogue with our genes?"

ER: Yes, exactly! Much of what you read in the popular press and even some of the scientific literature suggests that genes determine our experiences of mind and behavior.

But this is a crude misconception. Nature (genes) and nurture (environment) are always complex interactions on the molecular-genomic level. Molecular communication between mind and genes is usually a two-way street. This is what I mean by having a creative dialogue with our genes (Rossi, 2004): How do we facilitate the molecular messenger dialogue between mind and gene to re-construct the neural networks of mind/brain with numinous creative experiences in psychotherapy?

Many genes are called "activity-dependent" because they are only "active" when they are turned on by important sensory-perceptual signals from the outside such as light, smell, taste, touch, hearing, warmth, nutrition, nurturance, psychosocial stress, etc. I have proposed that the fascinating questions, metaphors and teaching tales we utilize in psychotherapy evoke the same three psychological conditions of *novelty, enrichment, and exercise* that neuroscientists now use to turn on activity-dependent gene expression and brain plasticity (Rossi, 2007).

MB: How much of this is scientifically proven?

ER: That's an important question because new scientific data and ideas are usually controversial in the beginning. Psychotherapy has been cautious in exploring the full implications of neuroscience research on the psychosocial genomics of mind, memory and behavior change during the past decade. Researchers in the neuroscience of meditation and the relaxation response have been ahead of us in this regard (Dusek et al., 2008). But that may be changing

See INTERVIEW on next page

now. A recent issue of *Monitor on Psychology*, for example, has cited Elissa Epel (2008) for “Distinguished Scientific Early Career Contributions to Psychology (Health)” in linking psychosocial stress to accelerated ageing in key cells in the immune system. She found that many of the stressors that promote disease and psychological problems also diminish the functions of telomeres (in genetics either of the ends of a chromosome) in holding together the chromosomes and genes in the nucleus of the cells in our brain and body. This is an example of the complex gene/environmental interactions that are now called, “epigenetics:” the science of how the activities of genes are modulated by their environment. Very little is known about the psychodynamics of activity-dependent gene expression and brain plasticity at this time. These are the growing edges of the current evolution of psychotherapy that we explore, facilitate, and teach in workshops of our recently founded *Milton H. Erickson Institute of the Central California Coast* (MHE-CCC). Please visit us at www.ErnestRossi.com

MB: I recently visited Dr. Salvatore Iannotti in San Lorenzo Maggiore, Italy who described some of your recent research in the psychosocial genomics of therapeutic hypnosis. This charming town nestled in the hills of the Benevento region, houses the *Iannotti-Rossi Foundation* for “consciousness research via psychosocial genomics,” and *Istituto Mente-Corpo* (Mind-Body Institute), directed by Dr. Iannotti, of which you are a co-founder and Director of Research, (www.istitutomente.corpo.it). San Lorenzo Maggiore is also the birthplace of your ancestors.

ER: Yes, besides Salvatore Iannotti, our research team consisted of Mauro Cozzolino and Stefano Castiglione of the University of Salerno and Angela Ciatelli of the University of Naples as well as Kathryn Rossi from California. We did a pilot study to assess our hypothesis that a creatively oriented positive human experience of therapeutic hypnosis could modulate gene expression on the molecular level as assessed by DNA microarrays. We documented changes in the expression of 15 early

response genes within one hour that apparently initiated a further cascade of 77 genes 24 hours later in the white blood cells of our subjects. This proof-of-principle pilot study now requires cross validation with more subjects to document the validity and reliability of using DNA microarrays to assess our protocol, *the Creative Psychosocial Genomic Healing Experience*, as a new approach for facilitating therapeutic hypnosis, psychotherapy, rehabilitation, meditation, pastoral counseling and creative work in general (Rossi et al., 2008 In Press).

MB: In his introduction to your book, *A Creative Dialogue with Our Genes* (2004), Dr. Iannotti compares Leonardo da Vinci’s original seven stages of the creative process with your four stage creative process as you describe and verify in therapeutic hypnosis: 1. Preparation, gathering information; 2. Incubation; 3. Illumination or Insight, and 4. Verification or Applications to everyday life. Iannotti went further in describing similarities between Leonardo’s creative genius and yours, as well as stating that both were way way far in advance of their times with their theories, investigations, experiments, and findings.

ER: All my new activity-dependent hand mirroring approaches for facilitating a *Creative Psychosocial Genomic Healing Experience* evoke novel creative states that I hope will facilitate the *novelty-numinosum-neurogenesis* effect. Actually, I believe this may be what happens naturally in lucid dreaming and particularly in our big visionary dreams that may inspire adaptive behaviour in challenging life transitions. Our natural rhythms of slow wave sleep and REM dreaming, which occur every 90 to 120 minutes, has its own pattern of gene expression. When we are awake, aspects of this 90 to 120 minute cycle are experienced as our natural ultradian Basic Rest-Activity Cycle, also called an “ultradian rhythm” (Lloyd & Rossi, 2008). Every 90 to 120 minutes throughout the day we need to take a break wherein we typically feel a natural state of comfort and rest for about 20 minutes wherein we experience recovery and healing that I call “the ultradian healing response.” If we do not heed nature’s call to rest we may fall into “the ultradian stress response,” which leads to chronic stress that is the mind-gene source of psychosomatic problems.

MB: You have mentioned in your books and emphasized in your teachings about Dr. Erickson’s consistently long hypnotherapeutic sessions. Most recently you refer to these sessions in your commentary of his 1964 article: *Burden of Responsibility in Effective Psychotherapy* (1964/2008).

ER: I believe that an intuitive recognition of such mind-body rhythms was a significant source of Erickson’s success with psychosomatic dysfunctions. His typical sessions of therapeutic hypnosis lasted 90-120 minutes. During that time he had ample opportunity to facilitate whatever aspect of the natural basic rest-activity cycle (BRAC) that most appropriate for coping with the patient’s symptoms and problems. He could facilitate the active high phase of the BRAC to help people optimize their active performance skills in sports, academic examinations, and etc. He also taught me to recognize the minimal behavioral cues of “trance readiness,” which, I now believe, corresponds to the comfortable rest phase of the BRAC to facilitate a client’s natural ultradian healing response, which turns on the appropriate patterns of gene expression for health and well being.

MB: Ernest, we must end for now this entrancing interview, which I called in my notes “my journey into Ernest Lawrence Rossi’s vision and evolution.” Two thoughts come to mind as we wrap-up: my fascinating experiences in San Lorenzo Maggiore, the land of your father, your grandparents, and your ancestors. There is so much earthly beauty in the land and in the visceral, ancient knowledge and wisdom of its inhabitants. I sense that you have come full circle in expressing scientifically and in clinical practice, the best of both worlds, for the benefit of humanity. The other overwhelming feeling right now is to express gratitude and wonder for it all, after the Navajo prayer: “The world before me is restored in Beauty, the world behind me is restored in Beauty... all things around me are restored in Beauty... My voice is restored in Beauty... All is finished in Beauty.”

ER: Marilia, I sincerely want to thank you for helping me understand the evolution of my own world of

psychotherapy. I know it is controversial and far from typical. Sometimes I secretly have delicious feelings of strangeness, introversion, and otherness -- being very different from most of my psychologist colleagues. This may be due to my eclectic background in biology, philosophy, math, molecules, and mystical wonderment before I came into the field of psychotherapy. Even today, after 40 years of working as a psychotherapist, my daily work is filled with fumbling quest about how this evolving bag of molecules becomes you and me communicating with consciousness. How do we make sense of it all – mind, body, science, spirit, and soul? My personal delusion may be that I actually feel and I do intuit some of it quite clearly – or, at least I have a research program for exploring a wonderful world of hypotheses about therapeutic mind/gene communication. The *Newsletter* readers can read all about it and figure out where I probably go wrong by clicking on the “Free Book” link at our Milton H. Erickson Institute of the Central California Coast (MHE-CCC) web site at www.mhe-ccc or at www.ErnestRossi.com.

MB: Ernest, I am the one to thank you in behalf of our worldwide readership for your extraordinary lifework and for your passionate *visionquest*. I also thank you for a lifetime of indefatigable pursuit of *Beauty* (as expressed in your writings and exquisite therapeutic interventions), *Truth* (healing in therapeutic hypnosis), and the *Art of Living* (showing patients and students how to have a “happy day,” moment to moment to moment).

References:

- Dusek, J., Hasan H., Wohlhueter, A., Bhasin, M., Zerbini, L., Joseph, M., Benson, H., Libermann, T. Genomic Counter-Stress Changes Induced by the Relaxation Response. *PLoS ONE* 3(7): e2576. doi:10.1371/journal.pone.0002576.
- Epel, E. (2008). Distinguished Scientific Early Career Contributions to Psychology (Health). *Monitor on Psychology*, 39, (3), p. 86.

See INTERVIEW on next page

INTERVIEW

continued from page 23

Erickson, M. (1964/2008). The Burden of Responsibility in Effective Psychotherapy. In: Rossi, E., Erickson-Klein R. and Rossi, K. (eds.) Volume 3, Opening the Mind: Innovative Psychotherapy. *The Collected Works of MHE*, pp.67-71. Phoenix: MHE Foundation Press.

Erickson, M. (1980/2008). *Opening the Mind: Innovative Psychotherapy* Vol. 3, *The Collected Works of Milton H. Erickson, MD*. Phoenix: The MHE Foundation Press.

Lloyd, D. & Rossi, E. (Eds.) (2008). *Ultradian Rhythms. From Molecules to Mind: A New Vision*. New York: Springer.

Rossi, E. (2004). *A Discourse with Our Genes: The Psychosocial and Cultural Genomics of Therapeutic Hypnosis and Psychotherapy*. (Available in English and Italian Editions) Italy: Editris. ISBN 88-89396-01-6. (Distributor) Phoenix: Zeig, Tucker, Theisen.

Rossi, E., Iannotti, S., Cozzolino, M., Castiglione, S., Ciatelli, A.,

Rossi, K. (2008). A Pilot Study of Positive Expectations and Focused Attention via a New Protocol for Optimizing Therapeutic Hypnosis and Psychotherapy Assessed with DNA Microarrays: The Creative Psychosocial Genomic Healing Experience. *The Journal of Sleep and Hypnosis: An International Journal of Sleep, Dreams and Hypnosis* 10 (2, 39-43).

Rossi, E., Erickson-Klein, R. & Rossi, K. (Eds.) (2008-2010). *Novel Activity-Dependent Approaches to Therapeutic Hypnosis and Psychotherapy*, pp. 261-280. Chapter 31, Vol. 3, *Opening the Mind: Innovative Psychotherapy. The Collected Works of Milton H. Erickson*. Phoenix, AZ: MHE Foundation Press.

Rossi, E., Erickson-Klein, R. & Rossi, K. "The Future Orientation of Constructive Memory: An Evolutionary Perspective on Therapeutic Hypnosis and Brief Psychotherapy" in: *American Journal of Clinical Hypnosis*, 50:4, April 2008.

DONATIONS

The Milton H. Erickson Foundation, Inc., would like to thank the following colleagues for their generous donations to the Scholarship Fund, the Archives, and the Building Fund since the last issue of the Newsletter: ACOLE (Brussels), Helen Adrienne, Marilia Baker, Betty-Jane Brunner, Teresa Garcia, Carl Hammerschlag, Jan Henley, Steve Lankton, Carlos Laos, Philip MacAcoy, LindaSue Marshall, Ana Melikian, Joyce Mills, Robert and Peggy Ploss, Ernest and Kathryn Rossi, Rita Sherr, Margie Soroka-Porter, Wilma Trasoartori Sponti, James Stoll, Sandy Sylvester, The Milton Erickson Institutes of Cuernavaca, Madrid, Mexico City, Portugal, and Yucatan.

Donations earmarked for the Milton H. Erickson Archives go directly to assisting with expenses for restoring the audio and video recordings from the late Milton H. Erickson, M.D., along with recordings from past Milton H. Erickson Foundation Conferences from 1980 through 2008. This extensive restoration process will make these recordings and other materials available to mental health professionals around the world for training purposes.

If you would like to make a donation to the Milton H. Erickson Foundation, Inc., please use the Subscription/Donation form below. We thank you for assisting the Foundation in continuing its effort in providing the highest quality training and educational materials to mental health professionals.

JOIN THE FOUNDATION E-MAIL MAILING LIST!

Receive Conference announcements and registration specials; information on audiotape/videotape, and CD/DVD specials from the Erickson Press; automatically receive the Online version of the Erickson Newsletter and more. Sign-up on the Foundation's web site: www.erickson-foundation.org. *The Erickson Foundation will not sell or rent your E-mail address to any person or organization.*

Newsletter Subscription and Donation Form

PLEASE MAKE YOUR SELECTION(S) BELOW:

- Please find my donation of \$_____ to support the activities of The Milton H. Erickson Foundation, Inc. (The Foundation is a non-profit corporation and donations may be tax deductible within IRS guidelines.)
- I am not currently on your U.S. mailing list. Please add my name so that I may receive the *NEWSLETTER* and other information about activities sponsored by The Milton H. Erickson Foundation.* (NOTE: Students must supply a letter from their department indicating full-time graduate student status in an accredited program.)
- I prefer to receive the Foundation Newsletter via Email and **NOT** by mail/post. Please remove my name from your mailing list and add me to the Foundation Email list.
- I have moved, please correct my address as stated below.
- I no longer wish to be on The Milton H. Erickson Foundation mailing list. Please remove my name from your list.

*PLEASE NOTE: The Milton H. Erickson Foundation Newsletter is no longer mailed outside of the United States.
Please view the Online Newsletter at: www.erickson-foundation.org

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

Please accept my donation of: \$ _____

- VISA MasterCard AMEX DISCOVER

Account Number: _____ Exp. Date: _____ Cardholder's Signature: _____

- Other (PLEASE, DO NOT SEND CASH): _____ (Checks made payable to *The Milton H. Erickson Foundation*, in US Funds, drawn on an American Bank)

PLEASE PRINT CLEARLY:

Name: _____ Highest Degree: _____

University where highest degree earned: _____ Major: _____

Street Address: _____

City _____ State: _____ Zip/Postal Code: _____

Phone: _____ Fax: _____ E-Mail: _____

RETURN COMPLETED FORM TO:

The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500
Phone, 602/956-6196 ♦ Fax, 602/956-0519 ♦ E-Mail, office@erickson-foundation.org