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# The Milton H. Erickson Foundation NEWSLETTER

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SPRING 2010

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## I N T E R V I E W

### Marsha Linehan, Ph.D.

By Lilian Zeig

*Marsha Linehan, Ph.D. is Professor of Psychology and Director of the Behavioral Research and Therapy Clinics at the University of Washington, Seattle, WA. Her primary research is in the application of behavioral models to suicidal behaviors, drug use, and borderline personality disorder. She has received several awards recognizing her clinical and research contributions and is past president of the Association for the Advancement of Behavior Therapy. A fellow of the American Psychological Association and the American Psychopathological Association, Dr. Linehan is a diplomate of the American Board of Behavioral Psychology.*

**(LZ) When I first learned Dialectical Behavior Therapy I saw a space for creativity and spontaneity, and so it was really a delight to learn that and see how DBT works so well for borderline patients. Tell me a little bit about what you're doing nowadays and what you're up to at this time in**



**your career.**

**(ML)** For a long time the battle was "Does DBT work?". There have been enough studies now on DBT to show that it does. Then the battle was that DBT only treats symptoms. Now we've got data showing that when it came to the introject and other psychodynamic constructs, DBT does exceptionally well. Currently I'm doing component analysis to see what can we get rid of from the treatment – what is important and what is not important.

What I'm trying to do is get a lot of

young people up and running under me in the field so they can do research and develop more practice and theory. I'm developing an academic training program for clinician scientists. I told them that the test was to reinvent DBT. Founders of things are almost always very flexible and followers always tend to get very rigid.

**(LZ) So you want people to do more research –**

**(ML)** In DBT, but I also have a suicide strategic planning meeting. That came from the fact that there is no field of suicide *treatment* research, because there are no researchers for treatment. For years I was the only person researching it. And then Greg Brown stepped in. And so now what I want to do is start having strategic-planning meetings to try and bring together researchers in implementation and try to figure out why is it that when we have really effective treatments for a lot of things that clinicians in the world are not using them, and how can we get them to start using them.

At a lot of places faculty don't know evidence-based treatments. If your faculty don't know them and the students don't, well, it would be tantamount to having a medical school where no one knows evidence-based treatments for medical disorders. And nobody in their right mind would agree with that. And

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## BRIEF THERAPY CONFERENCE: LASTING SOLUTIONS

December 2010 – Orlando, Florida  
[www.BriefTherapyConference.com](http://www.BriefTherapyConference.com)

The ninth *BriefTherapy Conference: Lasting Solutions* will be held December 9-12, 2010 (Thurs-Sun), at the Hilton Walt Disney World® Resort in Orlando, Fla. The Conference is sponsored by The Milton H. Erickson Foundation, Inc. A Pre-Conference *Law and Ethics Workshop* will be held on Wednesday, December 8, with a Post-Conference *Brief Therapy Master Class* on Monday, December 13, 2010. The Conference consists of workshops, interactive events, short courses and keynote addresses.

See BRIEF THERAPY on page 2

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## EDITOR'S COMMENTS

I am just beginning to recover from last December's *Evolution of Psychotherapy* Conference. There were so many amazing experiences in such a short time that I am still trying to integrate it. I am so glad that I got all of the CDs of the presentations. For the past month the learnings and implications from the conference have reverberated through my waking thoughts and dreams. A recurring voice in the back of my mind has been the memory of Erickson admonishing me to look at patients' presenting symptoms "in all possible ways."

When I first met Erickson, I was looking for certainty, the *right* way to do therapy. By the time of his death in 1980, I was more interested in the *possibilities* and discovering a multiplicity of ways to approach any situation.

During the Conference, I moderated and attended panels where some of the most influential icons of psychotherapy and medicine discussed and argued their often-divergent perspectives. Evidence-based and art-based therapies joined in a wonderful dance. We were observers looking inside of a 100-room mansion, through our favored windows, trying to describe the interior of the whole. As the Conference continued, we realized that the walls between the rooms were for the most part illusionary and we watched them dissolve. More and more of the interior of this house of humanity became visible through the different perspectives. The artificially imposed dichotomies of science and art, mind and body, blurred to be seen as a more coherent whole of different manifestations of the same thing: Humanity.

For me, the Conference became a celebration of that dynamic balance that leads to what life can be. And that is what this Newsletter is all about: Presenting that dynamic balance, through an Ericksonian perspective, that can encompass the many views of the 100-room mansion of humanity.

In this post-Evolution issue, we have several of these "windows" represented. Our *Featured Interview* is a



lively dialogue where Lilian Zeig interviews a major contributor to the *Evolution of Psychotherapy*, Marsha Linehan. Her interview is complemented by a series of reviews and articles on the *Evolution of Psychotherapy* Conference beautifully done by Anellen and Alexander Simpkins and Gary Ruelas.

Eric Greenleaf gives the epitome of an Ericksonian view of therapeutic spirituality in John Lentz's *In the Spirit of Therapy* column. Lori Greenleaf introduces an innovative approach to a classic intervention in the *Case Report*.

Anellen and Alexander Simpkins' expert review team present books and recorded materials that cross the domains of the spiritual, medical, social, intrapsychic and solution-focused domains. Kudos to Maria Escalante de Smith, Rubin Battino, Albina Tamalonis, Michael Grusenmeyer, Steve Gilligan and the omnipresent John Lentz.

All the while I am processing the *Evolution of Psychotherapy* Conference, a corner of my mind is gearing up for this winter's *Brief Therapy* Conference in Orlando, Florida. This conference will represent virtually an entire floor in the mansion. And, I anticipate that this conference will be as stimulating and exciting as was the *Evolution of Psychotherapy*.

Rick Landis  
Orange, California

## BRIEF THERAPY *continued from page 1*

Presenters for the 2010 meeting include: Steve Andreas, Ellyn Bader, Jon Carlson, Frank Dattilio, Robert Dilts, Stephen Gilligan, Kenneth Hardy, Jeffrey Kottler, Pat Love, Lynn Lyons, Scott Miller, John Norcross, Bill O'Hanlon, Esther Perel, Maggie Phillips, James Prochaska, Wendel Ray, Ernest Rossi, Casey Truffo, Michele Weiner-Davis, Reid Wilson, Michael Yapko, and Jeffrey Zeig. Keynotes will be given by Judith Beck, Sue Johnson, Bessel van der Kolk, Donald Meichenbaum, Robert Sapolsky, Thomas Szasz.

Visit the Conference web site to view the program, list of presenters and presentations, download the complete brochure, make your hotel reservations, and register Online! [www.BriefTherapyConference.com](http://www.BriefTherapyConference.com) To receive the brochure by mail 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](mailto:office@erickson-foundation.org)

**The next registration deadline is April 30, 2010  
so register today!**

### Volunteers Needed for the Brief Therapy 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 to five 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.BriefTherapyConference.com](http://www.BriefTherapyConference.com) and click on 'Volunteer' from the top menu.

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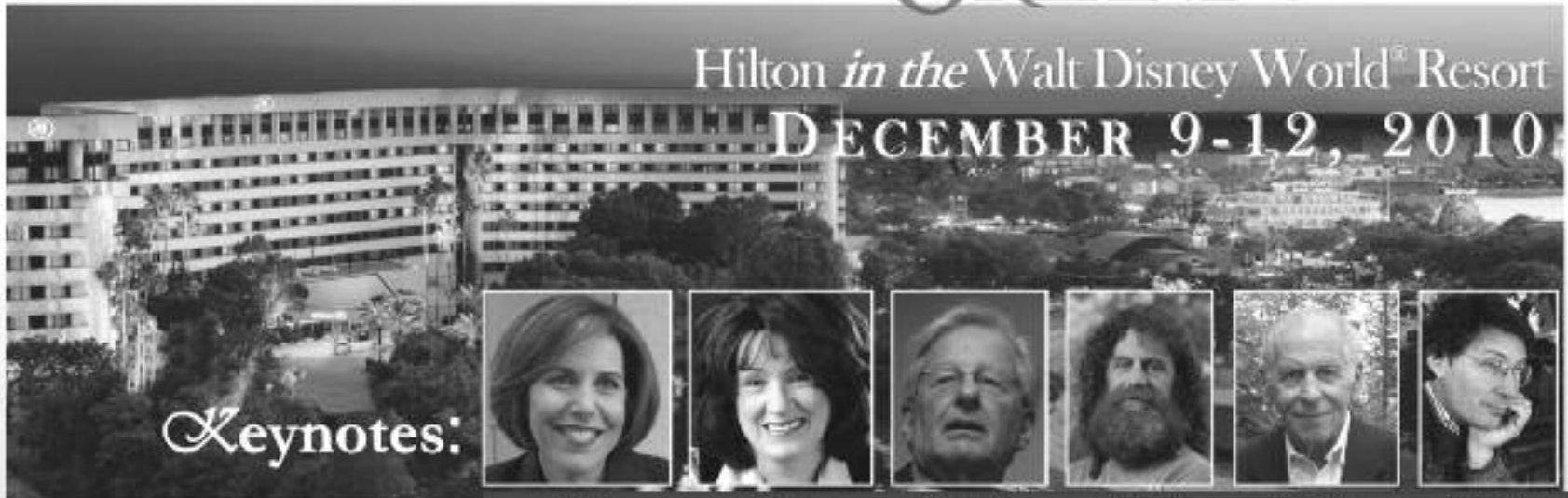
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# CONFERENCE REVIEW

## *Evolution of Psychotherapy Conference 2009*

Reviewed by: C. Alexander Simpkins,  
PhD & Annellen M. Simpkins, PhD,  
San Diego, California

The Evolution of Psychotherapy Conference, 2009, held in Anaheim, California, continued the tradition of gathering together foremost psychotherapists from around the world. The first Evolution was held in Phoenix, Arizona in 1985 and the tradition has continued, with an Evolution held every five years since. The first Evolution commemorated the 100th anniversary of psychotherapy, which some say was invented in 1885 when Freud first became interested in psychological aspects of medicine. With 7200 attendees, the 1985 Evolution set the precedent for this conference being the largest gathering of psychotherapists. Jeffrey Zeig, the creator of the Evolution conferences, likes to describe the Evolution Conferences as Woodstock for psychotherapists.

Even in the midst of our difficult economic times, the Evolution Conference 2009 drew more than 7000 attendees from 52 countries. Every state of the United States was represented as well. Truly, this was a rich and diverse gathering of a wide range of professionals, all sharing in their love for psychotherapy. Over its many years, the Evolution conference has been a forum for the founders of different schools to present separately or together, in panels or in dialogues, about their commonalities and differences. This year continued that tradition, and attendees often commented on personally witnessing historic events, watching founders, both classical and modern, share and discuss meaningful issues.

Everything about the Evolution 2009 was on a grand scale, from the fame of its presenters, to the avid crowds of thousands gathered together in large halls, intent on learning and growing together. Dialogue was further encouraged this year by including keynote speakers who were from different fields, such as Daniel Amen, Andrew Weil, Robert Sapolsky, Deepak Chopra, and Philip Zimbardo. Other keynote speakers came from within the

field including three prominent founding fathers, Irvin Yalom, Aaron Beck, and Salvador Minuchin.

We have gathered here a group of overview reflections and specific reviews of events from a number of people who attended. An audio version of the entire conference is available on DVD, as well as selected videos of clinical demonstrations. These multimedia opportunities to share more personally in the experience will be reviewed in depth for the next issue of the Newsletter.

### *Evolution Reflections: Overviews*

Consuelo C. Casula, Spec Psychologist,  
Psychotherapist  
Milan, Italy

The wisdom of age, brain, and soul is the main legacy of the Evolution Conference. Wisdom of age: Some masters show their body enriched by age and their mind forever young, with a combination of grace, lightness, and openness. Their interventions reflect simplicity and the true essence of wisdom. Nothing is in excess. Wisdom of brain: Modern neuroscientists are teaching new ways of feeding the brain according to the ancient Latin motto *mens sana in corpore sano*. Brain plasticity values exercising flexibility, creativity, and curiosity. Wisdom of soul: Beside body and mind, brain and heart, we have a soul to nurture according to the Greek meaning of psyche. Our soul searches for compassion, generosity, and authenticity, and gives resilience, power, and endurance. No matter what school we belong to, the tools given by the masters help patients to live a happier and fuller life, reaching harmony in their biological, psychological, social, and spiritual identity.

Michael F. Hoyt, Ph.D.  
Mill Valley, CA

I have attended all of the Evolution of Psychotherapy conferences held in North America—1985, 1990, 1995, 2000, 2005, and now 2009. The consistent excellent quality of the presenters, the rich mixture of viewpoints, the smoothness of myriad logistical operations, and the friendliness of the audience makes, for me, the one just completed the best! How does one

choose between going to hear Otto Kernberg, Scott Miller, Donald Meichenbaum or Erving Polster? Between Marsha Linehan or Susan Johnson (with David Burns and The Gottmans right down the hall)? Cloe Madanes, Francine Shapiro, or Sal Minuchin? David Barlow or Ernest Rossi? etc., etc. I have heard most of the speakers before—sometimes numerous times—so I chose mostly to attend presentations by those I am less familiar with. For me, highlights include James Hillman's presentation "Case History/Soul History," Sue Johnson's "The Practice of Emotionally Focused Therapy," Derald Wing Sue's workshop on "Multicultural Counseling and Psychotherapy," and the extraordinary panel on "Cross-Cultural Issues" with Jean Houston, Meichenbaum, and Derald Wing Sue. The video-conference interview with Aaron Beck was delightful; the keynotes were all bell-ringers. Wow!

When I would ask fellow conferees what they liked best, some mentioned presentations I attended; but others enthused no less about other speakers. I bought the DVD of the entire conference, and plan to spend some time watching and sharing them with friends and students.

Evolution requires both environmental pressures and genetic diversity. Thanks and kudos to Jeff Zeig and the Milton H. Erickson Foundation for giving us such a wonderful opportunity to learn about where we've come from, where we are, and where we may be heading. See you at the next one!

Dan Short, Ph.D.  
Phoenix, AZ

When invited to write about my experience at the 2009 Evolution of Psychotherapy Conference, my first thoughts were of the faculty. Where else in the world can one go and find so much talent assembled in one location? Equally enjoyable was the freedom to pick my workshops on a whim, without having to worry about a rigid itinerary. I felt myself tear up when Salvador Minuchin said his final good byes to the audience. But the faculty was not all that made the experience so amazing. The sheer size and diversity of the audience added to the overall meaning of each event. When sighing

or cheering in unison with three to four thousand other individuals, a new sense of community is established. Evolution continues to be an event that is unparalleled by any other conference experience.

Roxanna Erickson-Klein RN  
Dallas, Texas

I LOVED the Evolution Conference! I have to be honest that I had never heard of Robert Sapolsky prior to this conference, but found him to be fully captivating and enchanting. His presentation seemed to have elements of Steven Hawking and Woody Allen woven into a breathless narrative capable of bringing meaning despite your own level of ignorance or brilliance. That was quite an experience. I had heard of, but not attended a talk from Daniel Amen before. He is quite popular here as Dallas is one of his central bases. I found him to be a very enjoyable speaker who had a warm, friendly style and I'm sure that the audience really loved him. Andrew Weil, of course, has a very broad reputation as well. He is an excellent speaker, and positioning him on the slate with Amen and Sapolsky led to a stellar day. Overall, I think that the continuity of the themes with slightly different viewpoints added a depth to the material.

Salvador Minuchin was touching and gentle. He provided a historical context that really provided a metaphor for the entire Evolution and the process behind it. I don't think that anyone felt anything but privilege at witnessing that presentation. The positioning of Minuchin close to Beck was also masterful. It must have been a little rattling to have such an important event via video conferencing, but it was brilliant. Having Aaron Beck's daughter, Judith, also a well known cognitive behavioral therapist, there as moderator was a beautiful touch. Amazing how capable and bright Aaron Beck continues to be! And it was an excellent choice to feature him at the technological cutting edge. [He appeared by means of wide-screen video conference]. One segment I especially enjoyed was when an individual in the audience asked a rather convoluted question. Judy had restated all the questions prior to that one, but she passed. With all eyes on Beck, he admitted that he didn't understand the question. It was a feeling of honest exposure that brought to attention that neither Judy, nor many from the audience, including me, had

See CONFERENCE on next page

understood the question. His direct and forthright dealing with the muddle expressed the depth of his honesty and integrity.

**Reflections on Specific Programs**

**Healthy Marriage: Dialogue**

Salvador Minuchin MD, Jule Schwartz Gottman PhD., and John Gottman PhD.

Maria Escalante de Smith, MA  
Cedar Rapids, Iowa

The talk began with a beautiful statement, "We believe in honoring love wherever we find it." I liked the idea of encouraging both partners to write a list of positive adjectives about the other, to awaken awareness of forgotten qualities. I enjoyed learning about Salvador Minuchin's personal experience: "We created a world where we both would survive with mutual responsibility for the well being of one another." A profound understanding of each person, while respecting the other's viewpoint, greatly increases the chances that a marriage will survive.

I was also touched by Salvador's wife, Patricia Minuchin's, idea of how her husband opened a new world to her as an American, because I have had a similar experience in my life after marrying Daniel J. Smith. I am Mexican who married an American, and a new world has opened to me, too! This dialog was especially helpful for relearning how healthy marriages function. And it was heartwarming too!

**Moral Disengagement: Point-Counterpoint**

Albert Bandura, PhD presenter and Cloe' Madanes, Lic. Psic, HDL discussant

Jeffrey Kottler, PhD moderator

John D. Lentz D. Min  
Shepherdsville, KY

Albert Bandura showed how brilliant he still is even though, as Jeffrey Kottler the moderator commented, Bandura has been on faculty at Stanford more than 57 years. Bandura showed how perpetrators of all sorts of crimes dehumanize their victims and even blame them for bringing the mistreatment on themselves. His argument was so persuasive and glowing with truth that Cole Madanes didn't even try to refute anything he said, but added her own agreement. However, what Madanes did was to illustrate with more personalized illustrations from events she had witnessed or dealt with

in therapy. Part of Madanes' brilliance is her ability to connect with audiences so that you feel like she is talking just to you. Together they complimented each others' styles and created an experience that everyone who participated appreciated.

**Spirituality: Dialogue**

Jean Houston, PhD and Cloe' Madanes, Lic. Psic.

C. Alexander Simpkins, PhD, moderator

John D. Lentz D. Min  
Shepherdsville, KY

Jean Houston did her signature style of speaking that grabs you with truth, causes you to laugh, brings confusion, gives you something to consider, and lets you know you are ok. She succinctly gave an upbeat appraisal of how spirituality is spreading and healing the rigid fundamental thinking of religions around the world. She did so with compelling arguments that resounded with truth. Cloe' Madanes amazed the group in a different and yet equally important area. She told stories about spirituality so personal, powerful, and touching that she brought tears to my eyes. Madanes' grasp of spirituality is deep, mature, and personal. While Houston has a genuine understanding of what seems to be occurring around the world, Madanes's ability to make it personal completes the circle. Together they were wonderful. Their style balanced perfectly and gave two very important dimensions of spirituality.

**Gene Expression and Brain Plasticity in the Evolution of Psychotherapy: Workshop**

Ernest Rossi, PhD

John D. Lentz D. Min  
Shepherdsville, KY

Talk about teaching through offering an experience, this presentation was a wonderful example. Since, art, meditation, psychotherapy, dreaming, and novelty can turn on activity-dependent gene expression and brain plasticity to provoke positive human transformations, this workshop did just that in spades. Ernest and Kathryn Rossi recorded this workshop and then added music, and background art to enhance the visual effect. The music and art changed as the discussed subjects changed producing wonderful enhancements to the overall experience. I can't say scientifically whether this

*See CONFERENCE on page 6*

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Requests for refunds MUST BE IN WRITING and are subject to a \$50 administrative fee. Full refunds, less the service charge, will be made if the request is postmarked by October 29, 2010. Requests postmarked from October 30 to November 30 will receive a 50% refund of paid fees. No refunds can be made after November 30, 2010. No exception to this policy can be made. Please allow 8-10 weeks for processing. Cancellations received after November 1, 2010 will be processed in January 2011.

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## CONFERENCE *continued from page 5*

experience created brain plasticity, but I personally found it stimulating, evoking creative thoughts, causing me to have connections about psychotherapy and life that I hadn't had before. Their enthusiasm is infectious, and their effort to give the participant a more moving and emotionally stimulating experience was something I had only fantasies about before.

### *Reflections on Family Therapy: Keynote address*

Salvador Minuchin, MD

John D. Lentz D. Min  
Shepherdsville, KY

When Jeff Zeig got choked up introducing Minuchin's Keynote, you knew you were about to witness a historic moment. Because many of us know family therapy history, the information in the introduction wasn't new. To hear Minuchin's take on it was. Minuchin shared a video of a student of his encouraging a couples' child to speak the unspeakable to the couple. It was a magic moment. You knew the couple was going to change after that event. What made it more magical was that Minuchin openly praised his student for creating this brilliant intervention, and admitted he learned something. For a world famous expert to admit he learned from a student practically in the same breath that he announced his retirement was inspiring. You could feel the specialness of that historic moment. What a mentor.

### *Life After Public Disclosure of Mental Illness: Invited Address*

Kay Redfield Jamison

Roxanna Erickson-Klein  
Dallas, Texas

Kay Redfield Jamison is known for her unusual ability to clarify experiential aspects associated with mental illness. Addressing both pragmatic concerns and the perceptual process, Jamison used her own story of disclosure as a platform. In a narrative style, she combined autobiographical accounts with professional objectivity to address the complex constellation of difficulties faced by high functioning individuals who experience some form of mental illness. Two best-selling autobiographical accounts detail different chapters of her life: *An Unquiet Mind* and her more recent *Night Falls Fast*.

The latter tells of her adjustment to the loss of her husband whom she described as being her greatest champion and steadfast supporter. In this work, she clarifies the differences between grief and depression. Her professional background puts her in a unique position to convey ideas and information in a most useful format. The presentation intertwined the two chapters of her life with incredible precision, sensitivity, and candor. With a soft voice and gentle style, she communicated and explained her profound fortitude and resilience.

### *Approaches Derived from Milton Erickson: compare and Contrast Solution-Focused, Self-Relations and NLP: Topical Panel*

Robert Dilts, Stephen Gilligan, and  
Michele Weiner-Davis.

Roxanna Erickson-Klein RN  
Dallas, Texas

Robert Dilts, known for his significant contributions to NLP and Stephen Gilligan, founder of Self-Relations Therapy were both students of Milton Erickson in the 1970s. They are each generous in sharing the importance of those experiences in shaping their views and professional directions. Michele Weiner-Davis did not have the opportunity to study directly with Erickson, but alluded to the influence Erickson had on her colleague and mentor, Steve de Shazer. As a panel, the presentation seemed something of a mismatch: Dilts and Gilligan focused their attentions on the influence of Erickson while Weiner-Davis told of her own journey learning about Solution Focused Therapy. One remark by Gilligan provides some insight into that contrast—that Erickson, while a dynamic and powerful teacher, did not present his ideas in a manner easily adapted to textbook resources. Whereas his impact in therapeutic directions is substantial, it may be overlooked as the younger generations of students learn about therapeutic modalities that are now established. The contrast in itself tells a lot about Erickson and the diverse directions that his influence has taken.

### *Encountering the Risk of Suicide: Point-Counterpoint*

James Hillman, PhD presenter, Otto  
Kernberg, MD discussant

Annellen M. Simpkins, Moderator

Annellen M. Simpkins, PhD  
& C. Alexander Simpkins, PhD

This point-counterpoint session was intended to be a presentation by Hillman followed by a brief discussion from Kernberg. But before it began, Hillman told me that he would prefer a dialogue because of his respect for Kernberg's clarity of thought. From what unfolded, the audience could see that the feeling was mutual between these two highly esteemed men. They discussed their opinions about suicide, and at first, they disagreed. Hillman offered a controversial position: As professionals, we are taught to prevent suicide, but should society have the right to decide for the individual? Kernberg countered that negative unconscious forces can drive patients, and stopping them is often in their best interest. Kernberg's moving narrative of his own journey into darkness fol-

lowing his wife's death led to his realization that through his love, she lived on. Meeting in dialogue, Hillman and Kernberg found common ground. They recognized that although each individual dies his or her own death, any death, even suicide, affects the whole community. Through the hearts of the living, we all live on, united, and so therapists should broaden their perspective on suicide.

We have included a few samples from the thousands of experiences and impressions of the many students, professionals, and professors, a true cross-section of psychotherapy who attended. Each gained from this Evolution Conference. And like Woodstock that still lives on in those who were there, the Evolution Conference, 2009 will continue to be remembered as a defining point in each attendee's history, a time for growth and renewal.

## INTERVIEW *continued from page 1*

yet people are very willing to learn treatments that have no data whatsoever to prove they work for disorders that are severe, tragic, and treatable.

**(LZ) You are really passionate about this topic.**

**(ML)** Well, I'm passionate because I've heard the stories of people whose lives were destroyed by disorders when they never got evidence-based treatment and then at age 50 they find out there was a treatment all along for it. I had a person with OCD like that and I just cried. I thought a whole life down the drain because their therapist wanted to do something that they felt comfortable with. My students say all the time I'm not comfortable doing that evidence-based treatment, and I say, "You know, frankly, I consider that irrelevant. This is not a relevant conversation. I don't really care what you're comfortable with."

**(LZ) What would be the growing edge of DBT?**

**(ML)** Well, the growing edge right now is that we're working on protocols to bring into DBT.

So now we're working on developing a PTSD protocol to bring into Stage I and it's working unbelievably well.

**(LZ) That's interesting.**

**(ML)** And have the criteria for when is a person ready for it. What we've discovered, interestingly enough since we do prolonged exposure with some modifications, is people actually stop being dysfunctional to get the treatment. All of our clients want exposure treatment. And I'm shocked to find this

out and discover that they were willing to quit being suicidal just to get the treatment. And so we say, well, that's what you'll have to do and after you shape up, then you can have this other treatment.

**(LZ) So, you're developing a protocol for PTSD specifically for people with borderline personality disorder—what is different from working with people with PTSD to working specifically with borderlines with PTSD?**

**(ML)** Here's what's different: we've taken Edna Foa's Prolonged Exposure. We're finding that we're having to make far fewer modifications than we thought. The first thing is timing. You cannot give prolonged exposure when a person is dependent on substances or when they're highly suicidal and are still attempting suicide. You cannot offer it when they're not coming to therapy or when they can't transact with the therapist. So they have to come and they have to also be willing to do the homework. They have to have the self-regulation to actually do the practice because the treatment doesn't work otherwise. So it's how to measure all of that, how to know what is the criteria. So step one is just getting that.

Step two is we do much more planning with the clients at the beginning of therapy and before each session on what you would do if you did get suicidal or you start to get emotionally deregulated afterwards. We consider what skills the person needs to use. So we only take people who already have the skills nec-

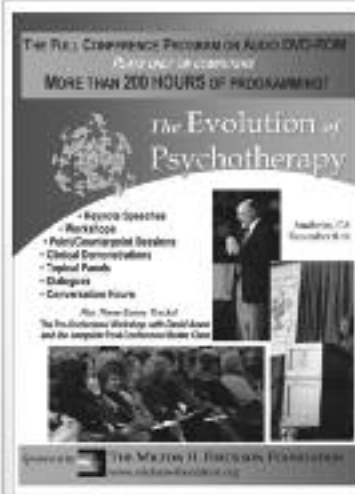
*See INTERVIEW on page 23*



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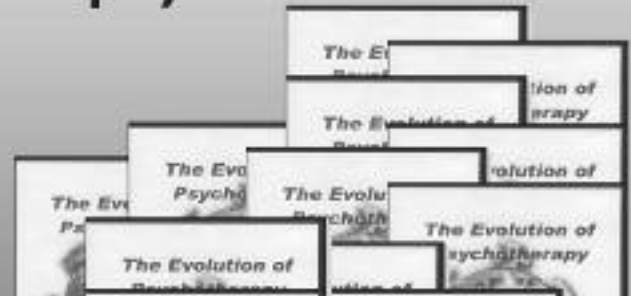
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# I N T H E S P I R I T O F T H E R A P Y

## Eric Greenleaf

Interviewed by John Lentz

Eric Greenleaf, Ph.D., directs the Milton H. Erickson Institute of the Bay Area. He presents internationally, researches Balinese trance, and wrote *The Problem of Evil: Ancient Dilemmas and Modern Therapy* (www.zeitgucker.com). Milton Erickson chose Eric to receive the first Milton H. Erickson Award of Scientific Excellence for Writing in Hypnosis

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*In therapy, I've wanted to utilize spiritual conceptions to communicate with people in their own language of experience, another gift from Erickson.*

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from the American Journal of Clinical Hypnosis.

**JL: You are described as someone who is very spiritual. What do you see as the spiritual dimension of psychotherapy?**

**EG:** Three aspects of the relations between spirituality and psychotherapy appeal to me. First is the development of a flexible, humane language to describe experiences at the interface of the visible and invisible worlds. Second is an ability to be present with another person to mysterious aspects of living. Here I speak of birth, development, maturity, sexuality, conscience, grief, death, etc. A third relationship is that between therapy's concern with interpersonal emotion, and the human problems met with in spiritual practices and communal spiritual life.

**JL: How has the spiritual dimension of psychotherapy and life made a difference for you personally?**

**EG:** Erickson's notion that we have a resourceful unconscious mind, what D.T. Suzuki calls "No-mind," is a mysterious, reliable something I've experienced: at the death of my best friend years ago; when I was struck by a speeding car while a pedestrian, and; in successful preparation for cancer treatment and open heart surgery as a patient. At these times I've been visited by a sense of clarity and attentiveness, an absence of fear, and a wash of strong emotion. It's Buddhist spirituality with passionate feeling. I've de-

scribed it in my book, in a chapter called, "On the Social Nature of the Unconscious Mind."

In therapy, I've wanted to utilize spiritual conceptions to communicate with people in their own language of experience, another gift from Erickson. I've worked with survivors of alien abduction and survivors of therapeutic cults, as well as the survivors of incest and cruelty. Their endurance seems to me to be poised, like that of the Balinese trance healers, between the visible and invisible worlds. The most

ancient spiritual traditions express these experiences in oral poetry, ritual drama and dreams.

**JL: Your thoughts reflect a person who respects life and the connection that spirituality offers. You also draw on that connection to assist others as well as yourself. How does that reinforce your marriage and other significant relationships?**

**EG:** Carl Whitaker once said that "Marriage is the Big Leagues of relationship" Having been called up to the Bigs for the second time, 20 years ago, I've perhaps gained in my appreciation of love even as the edge comes off my fastball. It is mostly the tolerance and tenderness of others that has saved me from being a wretch, and most patients have been very kind to me as well. My understanding leans to the interpersonal, not the intrapsychic, and the invisible influence of relationship is powerful in the unconscious mind. Whitaker also said, "Don't tell Freud, but with three generations of a family in the same room, the unconscious is not so unconscious."

**JL: You have spent time visiting and studying the Balinese trance healers, and community trance ceremonies. Have you gotten some great insider tips that translate to other religious and cultural practices?"**

**EG:** My experiences in Bali, a Hindu-Buddhist culture that extensively and naturally employs trance in healing, resolving family conflict,

community activities and relations with the gods, have been a practice for my understanding, and for wonder. Since dreams, as Jung wrote, are "the reality of the psyche," I treat all descriptions of experience as a sort of dream reflecting our reality, our "mind". I don't privilege any one view of reality. Rather, I want to know how compassionate or humane the persons are who live in that way. As always, some are caring; others horrid, sometimes with the same set of "spiritual beliefs". The tip is, as Sullivan put it, that "We are all more human than otherwise." In Bali, among the most spiritually powerful trancers, one is a king, one works laying bricks. One famous shadow puppet master beats his children. One of his sons is thoughtlessly kind.

**JL: What would you want people most to know about you and your spirituality?**

**EG:** I'm an ordinary man with a gift for poetry. I like very much the Zen Buddhist way with a story, and Buddhism seems to me, intuitively, a true way of understanding things. This poem pleases me: "Potato leaves on incinerated ground. I awaited tiptoe the rise of the moon."

**JL: You may be an ordinary man. You also have some not-so-ordinary wisdom. For instance, the power your subtle metaphors pack is incredible. Your Wild Horse Trance sounds deceptively casual, yet it is a brilliant use of metaphors that invites a powerful trance, and does so in a respectful, spiritual way. What you are learning about at this point that excites you?**

**EG:** Thank you for appreciating my work. I hope it has helped people. I'm learning that neuroscience findings about spindle cells confirm Erickson's intuitions about the unconscious mind. Spindle cells map on the same cell an odd collection of experiences: the social emotions, bodily sensations, surprise and the problematic. These match Erickson's hypnotic methods.

Also of interest, some people have been helped by visions and voices. I know a Balinese psychiatrist who was taught healing by the gods, and an American therapist taught by celestial visitors. People are remarkable. As Portman said, the psyche is "something on the one hand *mathematically abstract and on the other hand fabulous and mythological.*"

## C A S E R E P O R T

### *Dancing With Jennifer, Dancing With Beth*

by Lori Greenleaf, Ph.D., MFT

Dr. Jim, a sweet-faced, middle-aged man, arrived, referred for treatment of anxiety by a previous hypnosis patient. When I ask him what form the anxiety takes, he says he is a good doctor with a healthy practice, confident in his skills and in his marriage relationship. He describes his wife, Beth, in loving terms. He wants to please her.

His wife had convinced him to take dancing lessons with her so they could enjoy learning together, and he consented. She is a very adept, fluid, and comfortable dancer. He had to work hard at the lessons to be a good partner, and his lessons went well. But, like all beginners, he sometimes stumbled.

She was very patient with him, never criticized him, but she looked at him with an expression: a mother's glance at her beloved but clumsy child. This glance freezes him, irritates him, and makes him very, very nervous

I did trance work with him, beginning with a permissive trance of the form, "Some people really enjoy becoming hypnotized by following the pleasing sensations in their bodies..." He easily went into trance and enjoyed it. Then I invited him into a trance tailored to include images and experiences of confidence and comfort in the areas of his life in which he felt quite at ease. These trances helped him get through times where he stumbled, lost the beat, or lost his balance. He found that he would laugh about stumbling and continue to dance, unaffected by

*See CASE REPORT on next page*



his wife's loving look.

As his dance life improved in classes, Beth encouraged him to take her to the group dance parties run by the dancing school teachers. There, his anxiety returned full force, because a particularly attractive female teacher, Jennifer, a superb dancer, attended. He thought she noticed him and could easily see all his flaws.

In trance, I had Dr. Jim imagine going to the dance party: I had him imagine what shoes he'd wear, what jacket. I had him imagine arriving in the car, and walking up the long flight of stairs to the studio. He could see the other couples arriving with their dance clothes on. After the trance he said, with evident pleasure, "I was dancing with Jennifer! I knew what to do. It was comfortable and fun."

In an Ericksonian manner I refrained from prospecting for couples' "issues" to "explain" the problem. Instead, I concentrated on helping Dr. Jim to use his resources and feelings, conscious and unconscious, to reach his goal of dancing happily with his wife.

I constructed a trance in which he imagined dancing with Jennifer at the party, with style and ease. When he reached the party he was to imagine walking directly over to Jennifer and asking her to dance. Beth wasn't a part of that trance.

"What kind of dances will you be doing with Jennifer? Hear the music, and take the steps that you need to take for that dance. Your partner, Jennifer, moves easily with you. I wonder, is it a waltz or a fox trot? Will you be twirling your partner, or will you separate and come back together? What about dancing a jitterbug with all that energy, motion, and fun?" The trances were minimal with long pauses. When Dr. Jim was dancing with Jennifer he had a big smile on his face. There wasn't much I had to say. I just listened to the music in my own mind and watched the smiles of confidence and pleasure bloom on his face.

At the end of these trances he said that he was relaxed and pleased that he was able to dance with Jennifer. In the trance she complimented him on his dancing. I asked him if he would feel comfortable returning to the dance parties with Beth when Jennifer was there too. He asked for a few more trance lessons dancing with Jennifer before he felt ready. After these trances, he came in and told me that he'd

been to another dance party, dancing with Beth. He wasn't intimidated by Jennifer's presence. And, Beth complimented his dancing. Dr. Jim said, "Dancing with Beth is so easy and wonderful now!" Hypnosis dance class took seven lessons.

...

Lori Greenleaf studied dance, acting, and art before becoming a therapist. She continues to invite her husband, Eric, to take dance lessons with her.

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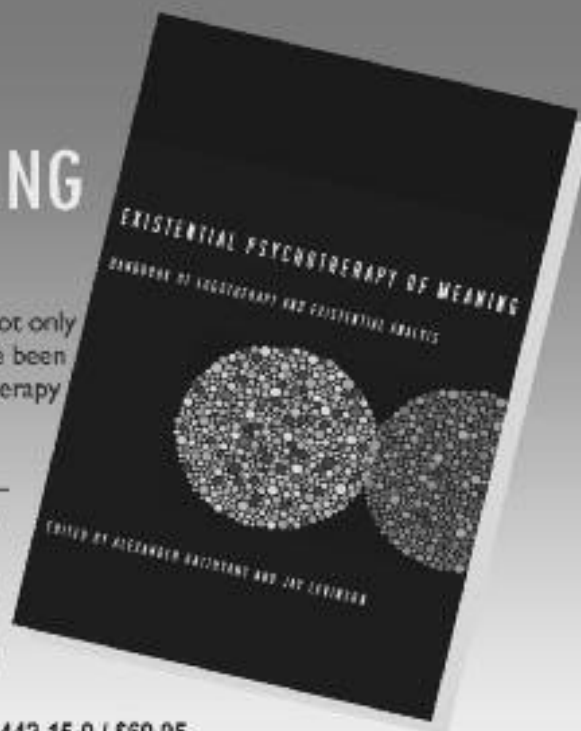
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# INTRODUCING THE INSTITUTES

## The M. H. Erickson Institute of Petrópolis, Brazil

Interviewed by Cecilia Fabre, MA

[www.mherickson-petropolis.com.br](http://www.mherickson-petropolis.com.br)

I am pleased to introduce the Milton H. Erickson Institute of Petrópolis in the state of Rio de Janeiro, Brazil. It was established in 2006 by Lic. Psychologist Regina Nohra and co-directors Francisco di Biase, MD, and Eduardo Reis Penido, Lic. Psychologist.

Nohra, Director-President, is a clinical psychologist and hypnotherapist, who holds a masters in Ericksonian Psychotherapy granted by *Centro Ericksoniano de México*. She is the author of *Emoções Quantificadas* (2007), a manual for working with personal growth groups utilizing Ericksonian approaches, inspired by the work of Teresa Robles.

Psychologist Eduardo Reis Penido, Scientific Director, was trained in Ericksonian Hypnosis by the MHE Institute of Belo Horizonte, holding a master in Ericksonian Psychotherapy from *Centro Ericksoniano de México*. Penido has a vigorous, lifelong commitment to promoting mental health with parents, children, and adolescents through his work at the clinic *Núcleo do Ser-Repensando Terapias*.

Neurologist, neurosurgeon Francisco di Biase, Academic Director, holds numerous national and international awards, among them the Noetic Medal of Consciousness and Brain Research (2009) by the *Noetic Advanced Studies Institute*, USA and Grand Ph.D. by the *Académie Européenne d'Informatisation*, Belgium. An honorary Professor by the *Albert Schweitzer International University* in Switzerland, and holder of the Albert Schweitzer Peace and Science Medal, he is the author and co-author of numerous scientific articles and several books in Portuguese and English, among them the *Frontiers of Consciousness* (in press) with Richard Amoroso and Karl Pribram, and *Information, Self-Organization and Consciousness: Toward a Holoinformational Theory of Consciousness in Science and the Primacy of Consciousness* (2000) with R.



*Santa Casa medical directors of wards (left to right): Dr. Alkinda Soares; Dr. Marcelo M. Netto; Teresa Robles; Dr. J.A. Costa e Silva, Director of Psychiatry; Regina Nohra*

Amoroso (ed.) et al.

An enthusiastic professional, with boundless curiosity and energy, Regina Nohra was led to the work of Milton H. Erickson because of her intellectual and clinical pursuits. Her first contact with Ericksonian approaches was through the *Medical Society of Hypnosis of Rio de Janeiro* (SOHIMERJ), where she was trained. She says, "I immediately identified with Dr. Erickson's uncommon, innovative and efficient interventions based on the uniqueness of each patient; something I had always pursued in my clinical practice – I did not like being trapped in obsolete doctrines and old, repetitive models".

Nohra proceeds, mentioning how much she learned with Jeffrey Zeig and other Ericksonians, on how *not* to focus on pathology but on searching for solutions. She continues to this day to improve her interventions through the utilization of all the basic principles learned with Zeig, tailoring interventions to each patient's unique needs, utilizing stories, metaphors, and other techniques to elicit rapid changes.

She emphasizes how important it was to meet Teresa Robles, who she describes as her great teacher and mentor. She feels that Robles' ability to establish, in a simple but profound manner, a clear *unity* between Science and Spirituality, defines a new paradigm in psychological thought and clinical interventions, as well as in the new pathways for a healthy human ex-

istence. "In Robles' personhood and life work" she says, "I found a kindred spirit, a synchronicity of soul and ideals with which to guide my mission of disseminating Ericksonian approaches in my country and abroad".

The director chose Robles' work with personal growth groups (*Grupos de Crescimento*) to be a cornerstone of training projects by the Petrópolis Institute. This concept presumes the commitment to bring psychological growth to all in the community, away from the exclusivity of the therapy rooms, thereby affording to all the right to self-knowledge and personal growth. Continues Nohra "I also un-

derstood that in order to achieve these goals and clinical excellence, our Institute needed to train professionals not only highly skilled in Ericksonian approaches, but also familiar with and skillful in the utilization of Teresa Robles' unique concepts and techniques especially tailored to the Latin American mind and culture".

Therefore, Nohra accepted the greater challenge of seeking the support of an accredited and highly respected medical institution, the *Santa Casa do Rio de Janeiro*. This teaching hospital was originally founded in colonial times (1582) and has a centuries-old tradition of medical services to the Brazilian community and excellence in training and research. (See: [www.santacasarj.org.br/](http://www.santacasarj.org.br/)). Nohra was warmly welcomed by the Director of Research and Training, Dr. José Galvão Alves, who offered all needed infrastructure for the establishment of the clinical training in Ericksonian hypnosis. Nohra is grateful for his continued enthusiasm and support.

Nohra is also exceedingly grateful to Dr. Dahas Chade Zahur, Santa Casa's Chancellor, for his generosity and all-encompassing understanding of the Institute's mission. "We started that project in 2007 and today, three years later, and solidly into our fourth year, we have ongoing training groups through three modules, an immersion

*See INSTITUTES on next page*



*Left to Right: Psychologist Eduardo Reis Penido, Scientific Director; Francisco di Biase, Academic Director; Master in Psicology Regina Nohra, Director-President*

**INSTITUTES** *continued from page 10*

*Left to Right: Regina Nohra, Director-President; Dr. José Galvão Alves, Director of Research and Training of Santa Casa*

course and a supervised practice. I feel rewarded in having achieved a cherished dream following Erickson's admonition: *'Never relinquish your dreams...'*

Throughout this process the Petrópolis Institute had Robles unwavering support, technical assistance, as well as responsibility for every aspect of the scientific program contents. Robles comes to Brazil several times a year to teach and train professionals. Besides Robles, di Biase, Penido and Nohra, the training includes a national and international faculty, among them Ricardo Feix, Cecilia Fabre and Betty Alice Erickson who presented in 2009, thus consolidating the academic role this program has achieved in the local and national spheres of Brazil.

In accordance with its professional objectives of integrating diverse approaches, the institute has also started an innovative training in family therapy incorporating Bert Hellinger's *Family Constellations* with several di-

mensions of the Ericksonian approaches to expand family therapy conceptualizations. This offers participants the ability to develop a more sophisticated perception, and connect the multidimensional aspects of communication between mind, body and spirit at ever more complex levels of awareness.

Last but not least, an important project for the Petrópolis Institute in 2010 is the implementation at *Santa Casa do Rio Janeiro* of a supervised practicum in hypnosis for physicians and psychologists working with patients with Irritable Bowel Syndrome. Other projects for the near future include the creation of a social services clinic for working with drug addicts and their families, as well as patients with other addictions such as alcohol, tobacco and obesity. Plans are under way to offer support groups for homeless young girls who are pregnant. For further information please consult: [www.mherickson-petropolis.com.br](http://www.mherickson-petropolis.com.br)

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# THEORETICAL FRAMEWORKS

## *How psychotherapy is changing the practice of medicine*

Gary P. Ruelas, D.O., Ph.D.

Ericksonian Integrative Medicine  
Institute of Orange County California

During the Evolution of Psychotherapy Conference this last December, I was reminded of when I attended Dr. Erickson's seminars. Erickson was shattering molds that had been thought to have been cast in cement. Erickson had total faith in individuals' inherent ability to heal. He sought to utilize the inner resources of each individual, and believed strongly that doing so would empower them. His intrigue into physiological reaction of the mind and body foreshadowed our present understanding of mind-body medicine. Soon to follow were individuals from various disciplines who would embrace his work, including Kay Thompson, DDS and David Check, MD.

As I presented in previous issues, from my position as both a clinical psychologist and a family practice physician, I experienced Erickson as a pioneer in the field of Integrative Medicine. I am using the word "medicine" in its original definition as the science and art of dealing with the maintenance of health and the prevention, alleviation or cure of disease: It is something that affects wellbeing.

Erickson's was an evolving paradigm in the same way that ours is an evolving profession. The Evolution of Psychotherapy conference was such a wonderful event, the keynotes given by Drs. Sapolsky, Beck, Chopra, Weil, and Minuchin, and also other presentations, highlighted an integrative approach that we as mental health professional are best positioned to embrace.

Dr. Sapolsky emphasized the role of stress in our lives and its effect on our immune system and bodily function and how chronic stress plays a significant role in illness. Dr. Chopra focused on consciousness and the effect that our mind and soul has on healing. He presented the benefits of the mind "consciousness" and its role beyond "preexisting" conditions and even genetics. Dr. Chopra made it a point of

balancing between the wonders of technology and emphasizing the strength of human nature. Dr. Amen spoke on the neuroplasticity of the brain and the effect that each individual can have on changing brain function. He mentioned modalities such as hypnosis indicating its power as a form of treatment. Dr. Weil encouraged the medical community to move outside of traditional paradigms to find multimodal approaches to healing, including meditation and psychotherapy.

These keynotes emphasized what other keynote presentations were addressing. For example, Dr. Minuchin, author of the classic, earth-breaking book on Psychosomatic Medicine, gave a moving address on the progression of psychotherapy. Ernest Rossi expanded his concept of psychoneuroimmunology. These addresses place us as mental health professionals at the crest of health care change. No longer is the word "medicine" something we are not a part of. We are in the center of this movement, and its evolution is here.

The very fact that the Evolution Conference had keynotes from an endocrinologist, cell biologist, family medicine physician amongst others, attest to how psychotherapy is evolving to the center of medicine. But the most remarkable part is that medicine is looking more toward the power of the mind for healing. Yes there will always be fundamental aspects of traditional medicine that are essential to our health, but chronic stress and emotional health are significant factors of our well being. There are increased numbers of medical residency programs in integrative medicine; more journals on integrative medicine; and board certification in integrative medicine. Every day we hear and read about how the mind is affecting health, changing brain function assisting our immune system. The integrative medical approach is becoming viewed as a mainstay of a total health model where perhaps the mental health profession that uses the power of the mind is leading the field.

The mental health professional is in a special position to influence the next stage of healthcare as more and more experts discover that conventional western medicine lacks many of the

*The integrative medical approach is becoming viewed as a mainstay of a total health model where perhaps the mental health profession that uses the power of the mind is lead*

components that assist in prevention and healing. The Evolution of Psychotherapy heralded the call to embrace the public's realization that the bridge to the mind and soul are essential to our health and wellbeing.

Irrespective of whether you consider yourself a Cognitive Behavioral Therapist, a Systemic Therapist, a Brief Therapy provider, or Problem Oriented/Evidence Based Therapist,

we are all engaged in the same process of healing and change that incorporates our body, mind, and spirit. It is clear that our chosen methods are *portals of entry* to the larger essential elements of healing.

Thank you Dr. Erickson for your foresight and Dr. Zeig and the Foundation for organizing and spearheading this conference, and underlining this movement.

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 Waiyung Lee, Ph.D. | 李維榮 醫學博士  
 Grace Cheung Pao Yikun, Ph.D. | 張佩容 醫學博士  
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# C O N F E R E N C E R E V I E W

## *The 18th International Society of Hypnosis Conference*

New York City, New York

Milton Erickson believed in the importance of understanding and utilizing the cultural background of patients when devising effective treatments. What better way to learn about diverse cultures than by directly meeting and studying with different people from around the world? One way this can be accomplished is by attending the Foundation's international congresses created by the sponsorship and vision of Jeffrey Zeig. Another way is by going to the recently reinstated meetings of the International Society of Hypnosis (ISH). The 18th ISH Congress took place in Rome, Italy during the third week of September 2009, the International Week of Hypnosis.

The International Society of Hypnosis has 32 constituent societies dedicated to building bridges of understanding between countries about hypnosis. Disseminating hypnosis internationally was also a special dream of Erickson's. Twenty-six countries

were represented during both the pre-congress workshops and the scientific programs.

The congress offered 262 presentations with speakers coming from all over the world. Not surprisingly, Italy had the most presentations, with 87. The United States had the second most with 45, France with 17, and Germany was fourth, with 11. The rest of the countries were represented in the single digits. With numbers like these, I can't mention each country or the individual speakers, but the level of professionalism in the programs I attended was high. The credentials of the speakers were stellar: pediatricians, neurosurgeons, psychiatrists, dentists, clinical and research psychologists, nurses, social workers, educators and graduate students. However, in a possible effort to avoid the usual pecking order, no degrees were noted in the schedule or on badges.

Both the Italian Society of Hypnosis and the Italian Society of Milton Erickson under the tutelage of Camillo Lorio, president-elect of ISH, and in cooperation with ISH's president, Eric Vermetten, and future president, Julie Linden, sponsored this meeting. As noted by Klajs Krzysztof from Poland's Ericksonian Society, "In the

past we Ericksonians were in the minority but now we are in the majority." It was gratifying to see that both recipients of this year's Jay Haley Award are Presidents of Ericksonian Societies: Woltemade Hartman from South Africa and Claude Viot from France.

Andre Weitzenhoffer, a mentor of mine, told me in a personal communication that Milton Erickson once invited him to collaborate on hypnosis research. He admitted that declining Erickson's offer was one of the few regrets of his life. Both Weitzenhoffer and Erickson always strived to keep hypnosis on a strong scientific base and came to believe that researchers and clinicians should come together to advance the field of hypnosis. After their initial training as researcher and psychiatrist, respectively, Weitzenhoffer finished a clinical internship and Erickson earned a master's degree in experimental psychology.

The fusing of research with clinical practice was found in the two major themes of the congress: hypnosis and neurosciences, and the clinical implications of the new mind-body paradigms. It was heartening to find that many clinicians and researchers presented together. The clinicians aimed at presenting valid and reliable tech-

niques and the researchers presented studies relevant to clinicians and their patients. The Trauma and Posttraumatic Conditions segment at the conference was just one example of this progress. Sharing this section, Etzel Cardena (Sweden) presented research and guidelines for the use of hypnosis for posttraumatic conditions, while Stefanie Badenhorst (South Africa) offered advanced clinical techniques with childhood trauma, mentioning its foundation upon research.

Since the era of Erickson and Weitzenhoffer, mainly because of the technological advances in the studies of the brain, we have come far in our understanding of hypnosis and its evidence-based clinical applications. Peter Bloom (USA) in his invited keynote, *Clinical Hypnosis: Creativity or Neuroscience?* strongly documented this development and its implications for therapists. Bloom, a clinician himself, concluded, "The art of therapy is the fusion of scientific understanding and the intuitive insight of the clinician."

Similarly, Guiseppe De Benedittis (Italy) in his invited address, *Linking neuroscience to psychotherapy: what we have learnt from hypnosis*, pre-

*See ISH CONFERENCE on page 16*

## *The following awards were given at this year's International Society for Hypnosis meeting*

### **Benjamin Franklin Gold Medal**

Distinguished scholar, pioneering scientist, author, and advocate for the world's children. For your far-reaching, tireless leadership and your model of research, teaching, and helping children help themselves

Awarded to: **Karen N. Olness, M.D. USA**

### **2009 Ernest R. Hilgard Award for Scientific Excellence**

For a lifetime of published experimental work substantially advances the understanding of the process of hypnosis and the ability to predict the outcome of its applications

Awarded to: **Guiseppe DeBenedittis, MD, Italy**

### **2009 Jay Haley Early Career Award for Innovative Contributions to Hypnosis**

To awardees early in their career whose writing, teaching, leadership and clinical/scientific work have shown substantive advances in the understanding of practice of hypnosis.

Awarded to: **Woltemade Hartman, PhD, South Africa**  
And **Claude Viot, MD, France**

### **2009 Pierre Janet Award for Clinical Excellence**

To awardees whose lifetime of published clinical experience substantially advances the understanding of the uses of hypnosis in obtaining effective results in clinical practice

Awarded to: **Richard P. Kluft, M.D. USA**

### **The Kay F. Thompson, D.D.S. Award for Clinical Excellence in Dentistry**

To awardees whose lifetime of demonstrated clinical experience substantially advances the understanding of the uses of hypnosis in obtaining effective results in dental practice.

Awarded to: **Albrecht Schmierer, DMD Germany**

•••

Consuelo Casula  
secretary/treasurer  
International Society of Hypnosis

## UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
<b>2010</b>		
4/5-15	Comprehensive training program / Singapore / Jeffrey K. Zeig, Ph.D. and Invited Presenters	1.
4/17-25	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Hong Kong / Zeig	2.
4/29-5/2	Fundamentals of Ericksonian Hypnotherapy – Level I / Dallas, Texas / Betty Alice Erickson, MS, LPC, LMFT, Deborah Beckman, MS, LPC, Will Handy, LCSW	3.
5/6-9	ASCH-ERF Clinical Hypnosis Workshops – Basic, Intermediate, Advanced / Scottsdale, AZ / Invited Faculty	4.
5/14	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Newport Beach, CA / Zeig	5.
5/28-29	Ericksonian Hypnosis / Toronto, CANADA / Zeig	6.
6/9-13	Hypnotic patterns / Guangzhou, CHINA / Zeig	7.
6/21-8/27	31st Cape Cod Institute: Weekly CE Courses for Mental Health & Management Professionals / Eastham, Cape Cod, MA, USA / Various Master Teachers	8.
7/9-11	Supervision training in Ericksonian Hypnosis (ongoing) / Guadalajara, MEXICO / Zeig	9.
7/12-16	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Brent Geary, Ph.D., Zeig and Invited Presenters	10.
7/15-18	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	11.
7/19-23	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, and Invited Presenters	10.
7/22-25	Intermediate Skills in Ericksonian Hypnotherapy – Level II / Dallas, Texas / Erickson, Beckman, Handy	3.
7/26-30	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Zeig, and Invited Presenters	10.
8/16-29	Ericksonian Therapy / Taipei, TAIWAN / Zeig	12.
9/10-12	Supervision training in Ericksonian Hypnosis (ongoing) / Guadalajara, MEXICO / Zeig	9.
9/22-26	Ericksonian Therapy / Istanbul, TURKEY / Zeig	13.
9/27-10/1	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Geary, Zeig and Invited Presenters	10.
10/4-8	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Zeig and Invited Presenters	10.
12/9-12	Brief Therapy Conference: Lasting Solutions / Orlando, FL / Invited Faculty	10.

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- 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](mailto:office@erickson-foundation.org) ; Web, [www.erickson-foundation.org](http://www.erickson-foundation.org) ; Brief Therapy Conference Web site: [www.BriefTherapyConference.com](http://www.BriefTherapyConference.com)
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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 \$25 fee, per listing, is required. Deadline for the 2010 Summer Issue (mailed August) is June 1, 2010. 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](mailto:mhreg@aol.com)

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## CONFERENCE NOTES

The American Society of Clinical Hypnosis – Education and Research Foundation (ASCH-ERF) is sponsoring *Clinical Hypnosis Workshops*, May 6-9, 2010, at the Chaparral Suites Resort in Scottsdale, Ariz. The Workshops include The Fundamentals of Hypnosis (Basic), Skills and Applications (Intermediate), and Metaphors and the Ericksonian Model (Advanced). The faculty include Tom Barr, Cheryl Beighle, Lilian Borges Zeig, Brent Geary, Jacqueline M. Irland, Stephen Lankton, Rick Voit, and Jeffrey Zeig. For more information contact ASCH, 140 North Bloomingdale Rd., Bloomingdale, IL 60108-1017; Tel, 630-980-4740; Fax, 630-351-8490; Email, [info@asch.net](mailto:info@asch.net) ; Web, [www.asch.net](http://www.asch.net)

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The Satir World Conference will be held June 15-19, 2010, in Hong Kong. The Conference theme is *Synergy for a Peaceful World: Healthy Individual, Happy Family, Harmonious Workplace*. Keynote speakers include Jeffrey Zeig, John Banmen, Lee Wai Yung, Grace Cheung Pau Yi Kum and Peter Cheung Ka Hing. Hosts for the event are The Hong Kong Satir Center for Human Development and The Virginia Satir Global Network. Co-Host for the event is the Hong Kong Professional Counseling Association. For complete information visit the Conference Web site: [www.satir2010.org](http://www.satir2010.org) or contact the Conference Secretariat: Tel, +852-2160-5086; Fax, +852-2851-1426; Email, [satir2010@chinatravelevents.com](mailto:satir2010@chinatravelevents.com)

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*The Heart and Soul of Change Conference* will be held June 17-19, 2010, in New Orleans, LA. The Conference will feature Barry Duncan, Jacqueline Sparks, Makungu Akinyela, Michael Lambert, Lori Ashcraft, Bob Bohanske, and John Murphy. The Conference is sponsored by The Louisiana Counseling Association, The Heart and Soul of Change Project and The Training Institute. Learn ways to deepen the therapeutic conversation, intensify the power of a collaborative alliance, and more effectively recruit clients' own resources in the service of change. For complete information and to register visit the Conference Web site: [www.lacounseling.org](http://www.lacounseling.org)

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The International Transactional Analysis Association (ITAA) is sponsoring the *Eric Berne Centenary Conference*, August 11-15, 2010, at the Hotel Delta, Centre Ville, Montreal, Quebec, Canada. Keynote addresses will be given by Jim Allen, Ian Stewart and Vann Joines. For complete information and updates visit the Conference Web site: [www.itaa-net.org](http://www.itaa-net.org) or contact ITAA, 2186 Rheem Drive #B-1, Pleasanton, CA 94588; Tel, 925-600-8110; Fax, 925-600-8112; Email, [info@itaa-net.org](mailto:info@itaa-net.org)

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The International Network on Personal Meaning (INPM) announces the 6th Biennial International Meaning Conference being held August 5-8, 2010 in Vancouver, B.C., Canada. The conference theme will be *Creating a psychologically healthy workplace: Meaning, spirituality and engagement*. The Meaning Conferences bring together a diverse group of the world's leading thinkers, research scientists, and professionals to tackle the challenge of creating positive organizations that can flourish and thrive in a difficult and uncertain economic time. Sessions will include invited addresses, paper and poster presentations, workshops, case studies, open sessions, and workplace issues. CE credits will be available. For complete information visit the Conference Web site: [www.meaning.ca](http://www.meaning.ca)

**Call for Papers:** Submit a 300-word abstract to Dr. Paul T. P. Wong, Conference Chair ([DrPaulWong@Gmail.com](mailto:DrPaulWong@Gmail.com)) before April 30th, 2010. Graduate student submissions are encouraged.

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*Marriage: Relational and Societal Perspectives*, the Annual Conference of The American Association of Marriage and Family Therapists (AAMFT), will be held September 23-26, 2010, in Atlanta, Ga. For complete information contact AAMFT, 112 South Alfred Street, Alexandria, VA 22314, Tel, 703-838-9808; Fax, 703-838-9805; Email & Web site: [www.aamft.org](http://www.aamft.org)

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The *3rd U.S. Conference in Systemic Constellations* will be held September 30 – October 3, 2010 in Phoenix, Ariz., and features leading Constellation facilitators and trainers from around the U.S. and abroad. The Main Conference theme is *Emerging Trends - Enduring Truths* and includes participatory and experiential workshops on various topics of interest. The Pre-Conference (Sept. 29) theme *Healing the Wounds of the Nation* focuses on issues of special relevance to the United States, including the enduring legacy of victim and perpetrator identities. The Post-Conference (Oct. 3 and 4) theme *Deepening the Experience* includes all-day seminars by some of the world's most renowned facilitators. The conference will consist of plenary sessions, workshops and panels, core group meetings, and music. For complete information visit the Conference Web site: [www.constellationsus.com](http://www.constellationsus.com)

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The 8th *Brief Therapy Conference*, sponsored by The Milton H. Erickson Foundation, Inc., will be held December 9-12, 2010, at the Hilton Walt Disney World® Resort in Orlando, Fla. Faculty will include: Steve Andreas, Ellyn Bader, Jon Carlson, Frank Dattilio, Robert Dilts, Stephen Gilligan, Kenneth Hardy, Jeffrey Kottler, Pat Love, Lynn Lyons, Scott Miller, John Norcross, Bill O'Hanlon, Esther Perel, Maggie Phillips, James Prochaska, Wendel Ray, Ernest Rossi, Casey Truffo, Michele Weiner-Davis, Reid Wilson, Michael Yapko, and Jeffrey Zeig. Keynotes will be given by Judith Beck, Sue Johnson, Bessel van der Kolk, Donald Meichenbaum, Robert Sapolsky, Thomas Szasz.

Complete information is available on the Conference Web site: [www.BriefTherapyConference.com](http://www.BriefTherapyConference.com) . To receive the brochure 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](mailto:office@erickson-foundation.org) ; Web, [www.erickson-foundation.org](http://www.erickson-foundation.org)

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## BOOK REVIEW

### *The Really Good Fun Cartoon Book of NLP: A simple and graphical explanation of the life toolbox that is NLP*

By Philip Miller

Crown House Publishing Limited (2008) 151 pages, ISBN: 978-184590115-8  
Shepherdsville, KY

Wow! Miller has captured Neuro-Linguistic Programming (NLP) in a small book containing a toolbox of useful information and practical strategies. Miller and his friend, Robert Duncan, devised cartoons that illustrate concepts and add clarity to the lessons.

The first 137 pages of the book consist of 16 chapters. The chapters include an introduction to NLP, a chapter about anchors, and chapters about preferred sensory systems and rapport. There also are chapters that offer pleasant surprises. Including chapters like "It's not just what you say it is how you say it," and "A filtered view of the world," and "Different points of view." The remaining 14 pages offer notes, training options, bibliography, and contact details. Miller has creatively put together basic information about NLP in such a way to make it interesting and readable. He makes the ideas seem fun and inviting.

From the cover one might expect that the book would contain useful information about NLP, but you probably wouldn't expect that Miller was also going to provide life skills and practical wisdom as well. I found myself wanting to write down little bits of wisdom that are sprinkled throughout the text. That type of intuitive knowledge only seems to happen when a person is well versed in a topic and has

lived with the information for a long time. The wisdom can then simply flow from life examples. It is a wonderful addition and lets you know Miller is a true master of NLP.

Under the heading of "Why is rapport so important?" Miller says, "We tend to gravitate or be attracted towards people we consider similar to us. ..." He illustrates with practical examples and then has a cartoon of a car with two people in the car. The driver looks angry. The caption reads, "No rapport equals no communication." The message is so simple and yet contains deep wisdom. I thought about how much communication is dependent on rapport. Stimulating thinking is part of the genius of this little book.

I found the material concise, well written, and easily understood, with playful cartoons to illustrate the ideas. I would and have recommended it to people wanting to know about NLP. It is what it advertises itself to be: a practical toolbox.

#### Reviewed by

John D. Lentz, Shepherdsville, KY

#### ISH CONFERENCE

*continued from page 13*

sented his neuroscientific work. His research is relevant and special for clinicians using hypnosis in their psychotherapy.

What was most special to me is meeting old and true friends from around the world and making new ones. On the last day, my husband and I ate lunch in an outdoor café and were seated next to Peter Bloom and his wonderful wife. The conversation was fun and helpful and the food was delicious. Then Walter Bongartz

(Switzerland) passed by and spontaneously joined us for cappuccino and dessert. Watching these two past presidents of ISH enjoy speaking about the fusion of clinical and experimental hypnosis made me smile and seeded some of the ideas for this article.

I am looking forward to the 19th ISH congress, Hypnosis in the Global Community, in Melbourne, Australia, August 7-11, 2012. I hope to see many more Ericksonians there.

#### Reviewed by

Albina M. Tamalonis, PsyD

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## *The Letters of Milton H. Erickson*

Jeffrey K. Zeig & Brent Geary, Eds.

Zeig, Tucker & Theisen, Inc. (2000)  
393 pages.

ISBN-1-891944-11-8

Although I never met Erickson, I found in reading his correspondence that I was somehow on his mailing list. He was “old-fashioned” in the sense that he responded to phone calls and letters politely, courteously, and carefully. That is, if someone thought it was important enough for *them* to communicate with him, then it was important to him (at least in the first instance) to communicate back. In our multi-tasking world, do we take the time to be so considerate?

Zeig and Geary have done us a great service in compiling Erickson’s correspondence. The letters are organized into six chapters: Margaret Mead; Bateson, Haley, and Weakland; the psychoanalysts Wolberg, Kubie, and Hendrick; LeCron and Weitzenhoffer; six correspondents on hypnosis and antisocial acts; and a final group of various professionals and non-professionals.

To obtain a sense of this correspondence one need only read the chapter on Margaret Mead, which includes letters from both Erickson and Mead. The inclusion of letters to and from Erickson is a plus. Since Erickson took her inquiries seriously, his responses were often quite elaborate and lengthy. As you may know, a significant part of the biographical play I wrote about Erickson was obtained by using the letters in this book. The scene between

him and Margaret Mead was based on their correspondence. In fact, their letters to each other was a major factor in the lifelong friendship between the Mead/Bateson family and the Erickson family.

It is also evident that Erickson was in lengthy correspondence with important figures in hypnosis, psychoanalysis, and psychotherapy. The correspondence with George Estabrooks concerning the possibility of hypnosis being used to foster antisocial acts is particularly fascinating. Estabrooks felt that hypnosis could be used for such purposes, and Erickson was a staunch defender of people in hypnosis being very well protected from such depredations (like those described in Condon’s book “The Manchurian Candidate”).

Although we sometimes have the

impression that Erickson was isolated in Arizona, the correspondence in this book is a significant testimony to the many professionals he influenced and who influenced him. Certainly, Bateson, Haley and Weakland were part of this group, as were many others.

One way to have Erickson as a Pen Pal is to immerse yourself in the letters that fill this amazing volume. Thank you Zeig and Geary. Enjoy!

1. Battino, R. (2008). *That’s right, is it not? A play about the life of Milton H. Erickson, M.D.*

Phoenix: The Milton H. Erickson Foundation Press

**Reviewed by**  
Rubin Battino, MS,  
Yellow Springs, OH

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## B O O K R E V I E W

## *Hypnosis. A Brief History*

Judith Pintar & Steven Jay Lynn

Wiley-Blackwell (2008)  
221 pages  
ISBN-1-891944-11-8

This is indeed a brief history of hypnosis and, given the academic background of its authors, it is a strength of the book that it has such extensive notes at the end of each chapter, and a 25-page list of references. The scholarship is excellent.

There are nine chapters tracing the history of hypnosis, beginning with one on Trilby and Svengali, the central characters created by George du Maurier in his novel on hypnosis at the end of the 19th century. The novel is full of misinformation and myths about hypnosis that continue to linger on today. The authors rightly begin this brief history with Trilby and its impact. "... because they have become mythical, meaning that they are cultural images that have the power to defy empirical science" (p. 2).

The authors follow with two chapters on animal magnetism, magnetism, and hypnosis from Mesmer in Vienna, to France and then to England in the mid-nineteenth century. For me it has always been a bit surprising to read about the extensive history of hypnosis in the United States in the 19th century. I always discover something new in historical writings, and did so in this book.

Chapter 5 takes up the remarkable work of Charcot at the Salpêtrière women's asylum. In its amphitheater, which could hold 500 people, Charcot demonstrated hypnotic work, particularly centered on hysteria. Another school of hypnosis grew up in Nancy under Liébeault and Bernheim. They denied the association of hypnosis with hysteria, and claimed that suggestibility was a normal human capacity. After Freud's involvement with hypnosis at the Salpêtrière and his abandonment of the subject, interest in hypnosis waned for about fifty years.

In the early 20th-century research in hypnosis up to the 1950s was mainly centered in the United States, and primarily with experiment rather than therapy. Chapter 6 details the military applications and also points to Erickson: "The other is the psychotherapeutic work of Milton Erickson (1902-1980) and his followers, whose innovations in the clinical practice of hypnosis would help restore its popular fascination" (p. 106).

The state vs. trait controversies discussed in Chapter 7 are also taken up in the last chapter 9, which is on the present and future. Chapter 8 on memory and identity discusses memory controversies during the late 1980s and 1990s." The authors also state (p. 149), "There are an uncontroversial consensus among cognitive scientists that memory, even everyday memory of non-traumatic events, is a fallible construction." Erickson's intuitive understanding of this quality in memory was put to good use in his classic case of "The February Man," long before cognitive science even existed. Erickson's and Yapko's significant contributions are briefly mentioned.

However, I should state here that, perhaps due to my bias as a clinician in the Erickson tradition, I have found some gaps in this history. These are such items as modern research results on fMRI and PET scans with test subjects (and controls) involving hypnosis, the Chevreul pendulum, Cheek's ideomotor work, the legal status of hypnosis, and the contributions of Ernest L. Rossi. Indeed, Rossi is probably our leading theorist about hypnosis, and he has connected it to chaos theory, psychoneuroimmunology, and gene expression.

All in all, though, despite my personal perspective on the subject, this is a useful brief history of hypnosis and it is well-worth reading.

**Reviewed by**  
Rubin Battino, MS,  
Yellow Springs, OH

## B O O K R E V I E W

## *Write for Your Lives: Inspire Your Creative Writing with Buddhist Wisdom*

Joseph Sestito, MSSA

Watkins Publishing (2009)  
ISBN: 978-1-906787-36-3  
172 pages

Annellen and Alex Simpkins, editors of the Ericksonian Newsletter, went out of their way to have an inscribed copy of this book arrive in the mail for my review days before I was leaving for a meditation retreat in the Rain Forrest of Puerto Rico. It was remarkable that after just reading the Foreword, introduction and first chapter - a concise and inspiring 19 pages - I started writing a proposal I had been putting off for years. Moreover, I believe the clarity of the Buddhist wisdom these pages contained added to the ecstatic experiences I achieved during my retreat meditations.

These pages contained two simple ideas that broke my writer's block. The first idea I had heard before, but Sestito's presentation in Buddhist terms affected me differently. Sestito said that one must write to be of *benefit* to the reader. I was taught to write with the reader in mind. He calls his way enlightenment-oriented motivation and explains this idea clearly in cognitive terms. It helps the writer to stop thinking about their self-preoccupied, irrational thoughts and put the focus on helping the reader and ultimately the world. Somewhat grandiose, but I loved it.

The second idea for producing is to put oneself on a fixed-interval schedule of writing: Write for a *maximum* of two hours a day on as many days of the week as possible. I applied these Buddhist and cognitive ideas during the retreat, and they worked beautifully.

Two Buddhist scholars, Glenn H Mullin and Robert A. F. Thurman (yes, Uma Thurman's father), respectfully, wrote the Foreword and the preface. The introduction explains that this book is for writers of any level or field who want help to stop self-damning behavior and thoughts, and write with kindness and compassion. Chapter 1 presents the roots of this book, Western cognitive behavioral therapy, and Eastern religions. In Chapters 2 - 4, Sestito presents cognitive distortions, root delusions, irrational beliefs, and the ways to stop them.

Chapters 5 and 6 present a Buddhist orientation to writing. First, give up the eight worldly addictions to attain serenity. Then be serene in the moment and discover a process-orientation to writing while visualizing your audience. Some beautiful meditations and exercises aid in learning.

Chapter 7 teaches us to fully recognize the importance of our life. This learning is heightened by mindfulness practices. Chapter 8 encourages the eight forms of transcendent wisdom, such as reading inspirational texts, mentor devotion, and realizations from meditation and dreams. Sestito nicely weaves information from such diverse authors as Mortimer J. Adler, Herbert Benson, and Ernest Rossi. Chapter 9 gets practical in Western terms, i.e., how to get your manuscript to the marketplace. How to live a good life according to solid spiritual principles is offered in Chapter 10. Sestito presents many views, from various religions as well as secular philosophies, of what are good, encouraging readers to be true to their own visions. The final chapter explains how writing and living in this way can help change the world, which is so in need of change.

This is a practical and helpful book for writing and spiritual growth. I loved the homework offered at the end of most chapters. I have already recommended it to many of my patients.

**Reviewed by**  
Albina M. Tamalonis, Psy.D  
New York City, USA

## How to Talk to Parents about Autism

By Roy Q. Sanders

W. W. Norton (2008)

292 pages.

*How to Talk to Parents about Autism* narrates the experience of a parent of an autistic child. The author is also the director of a pediatric and neurodevelopment center. Thus, he can see the disorder both from a professional and personal point of view.

The first chapter "When autism is first diagnosed" is both refreshing and illustrating because it gives professionals easy-to-follow ideas about what to say to parents and how to empower them, for example, by saying "You are an expert on your own child" and "This is not your fault." These simple statements can be both soothing and relieving to parents facing the diagnosis for the first time. The text also highlights the importance of information in order to strengthen parents' understanding and ability to care for their child.

A chart about "Types of Autism Spectrum Disorder" (p. 26-29) summarizes the main signs and symptoms of conditions such as Asperger's disorder, Rett's disorder, and Childhood Disintegrative disorder, among others. This chart can be useful in helping professionals make quick diagnoses.

Chapter 3, "Common Coexisting Conditions" covers related disorders such as mental retardation. Children with ASD (Autistic Spectrum Disorders) are at higher risk of other problems. Among these conditions, we can find: ADHD, Mood Disorders, tics and Tourette's Disorder. The author explains that there is a high correlation between ASD and obsessive-compulsive disorder (OCD).

A very useful section included in several chapters is "What to Say to Parents." Regarding OCD. For example, the author advises saying: "Your child cannot help

the obsessive thinking and compulsive behavior" (p.60). Here, the author suggests a coordinated effort to help with medications and behavioral strategies.

Chapter Five, "How to Talk about Social Skills", explains how we take for granted that people are social, for example the way we make eye contact when saying hello. This behavior comes naturally to us. However, people with ASD have to learn this simplest of skills for social interaction because they are turned inward. Lack of social skills is the essence of the disorder. This chapter provides a chart of interventions that can be used for treating these conditions.

"How to Talk about Medical and Other Biological Treatments" addresses benefits, outcomes, and possible problems when parents search for help in dealing with ASD and ADHD. It explains how some medical and other biological treatments may be effective and encourages parents to stop if things do not work well.

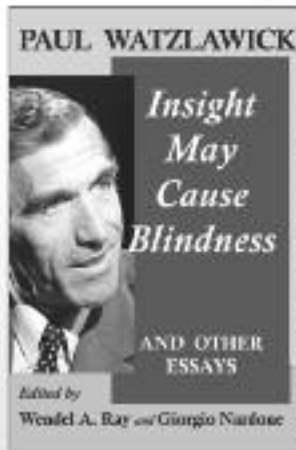
Surviving and thriving as a family these days is tough, even in the most ideal situations. Raising a child with ASD adds stress to the family, and it is important that the couple takes care of their relationship too. Neither one of the spouses should feel that they are the only one in charge of the child. They need to become a team.

The book also touched my heart, because it reminded me of children I have seen in therapy. I have seen that even when young clients are given a diagnosis, they can still have a lot to give and teach. One such patient, Victoria, was diagnosed with an autistic-like disorder because of a medical mistake at birth. Instead of talking as we adults do, she would express her feelings and wants by singing. She even encouraged me to sing in therapy! I really recommend this book.

### Reviewed by

Maria Escalante de Smith MA

Cedar Rapids, IA



### Paul Watzlawick *Insight May Cause Blindness* AND OTHER ESSAYS

Edited by Wendel A. Ray & Giorgio Nardone

Paul Watzlawick is among the best known figures in the fields of communication and constructivist theory, as well as family and brief therapy. His contributions to the Interactional View of human behavior are profound, many, and among the most influential and widely read.

2009 / 6 x 9 / Softcover / Illustrated  
ISBN: 978-1-934442-25-8 / \$32.95

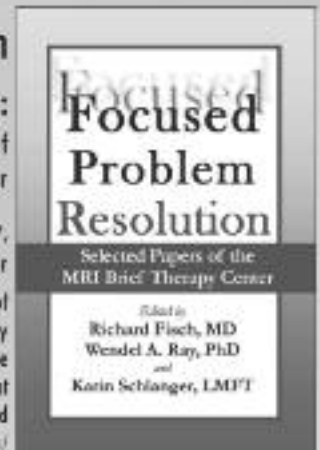
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2009 / 6 x 9 / 272 pages / Softcover / ISBN: 978-1-934442-35-7 / \$29.95



### Don D. Jackson *Interactional Theory in the Practice of Therapy* Selected Papers, Volume 2

Edited by Wendel A. Ray

Don D. Jackson (1920-1968) is best remembered as a brilliant therapist, teacher, and for his leading part in the development of such ground breaking theoretical concepts as family homeostasis, family rules, relational *quid pro quo*, and, with Gregory Bateson, John Weakland and Jay Haley, the theory of the Double Bind. In a career that spanned a brief 24 years (1944-1968) Jackson was one of the most prolific authors of his time. His theoretical and clinical contribution to the understanding of human behavior is phenomenal for its breadth and scope. Many leaders in the fields of family and brief therapy acknowledge Jackson as the principle founder of Interactional Theory and Conjoint Family Therapy.

2009 / 6 x 9 / 286 pages / Softcover / ISBN: 978-1-934442-33-3 / \$29.95

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## B O O K R E V I E W

## B O O K R E V I E W

## *A Guide to Trance Land: A Practical Handbook or Ericksonian and Solution-Oriented Hypnosis*

By Bill O'Hanlon M.A.

W.W. Norton (2009)

ISBN: 978-0-393-70578-2

106 pages

Bill O'Hanlon has done it again. Using his gift for simplifying complex subjects, O'Hanlon has created a handbook of hypnotic terms and their uses. He has included simple drawings of animals that help illustrate the concepts. Paring such complex ideas and definitions with simple animal pictures makes reading the concepts easier and more fun. He writes in such a way that what he says seems obvious, but that is only because he has a gift for making subsequent thoughts follow logically.

Providing a definition of what O'Hanlon calls "solution-oriented hypnosis," he also defines direct suggestion and contrasts the two by speaking to the permissiveness of his Ericksonian-informed approach. I liked how succinct and accurate his definitions are and how they naturally followed one to another. He has taken a complex list of hypnotic terms and turned them into easily understood, tools for therapeutic language that the beginner will find useful and the advanced practitioner will find affirming, clear, and helpful as a resource.

O'Hanlon begins where a good session would begin with accepting, normalizing and offering reassurance. He proceeds through explaining permissions and suggesting possibilities. He also includes dealing with distractions. His section on presuppositions is especially well done and keeps your attention. Included are important components of a permissive trance such as before, after, rate, depth, awareness, and verb tenses.

O'Hanlon illustrates such complex hypnotic techniques as splitting, linking and interspersal, in his characteristic, simplified way that genuinely provides a useful handbook for those wanting to teach or learn hypnosis. O'Hanlon has led the reader to recognize what are trance indicators and what to do with a person once he or she is in a trance to get clinical result. Using his characteristic wit, he has included "The Hitchhiker's Guide to Solution-Oriented Hypnosis" and "Good and Bad trance."

This short book of is filled with useful information about trances and is said in an easy to understand and practical manner. I have already recommended this book to my students. I can easily recommend it to you as well.

### Reviewed by

John D. Lentz D.Min  
Shepherdsville, KY

## *Scripts & Strategies in Hypnotherapy with Children For Young People aged 5-15*

By Lynda Hudson

Crown House Publishing (2009)

ISBN 978-184590139-4

239 pages

This book will become a classic. There is a who's who of experts giving praise to this book on the cover and inside first pages, and it is really that good. It is full of useful suggestions that can only come from years of successful practice by a wise practitioner. Clearly, Hudson is a master of her craft. The scripts are arranged and customized into age-ranges that depend on the child's ability to understand and relate to the material. In addition to these well thought out scripts, the author has provided steps for effective therapy. The steps also include important questions to ask parents that can help them do a more effective job and personalize messages to the child.

Beginning with a Solution-focused Therapy approach, Hudson offers seasoned ideas and strategies. She makes the book readable for a reference text. You will consult this book repeatedly for ideas, strategies, and tips for working with children. For instance, in dealing with the broad topic of anxiety, she encourages the therapist to reframe the experience. Then she gives useful information about what triggers anxiety in children, how it is maintained as well as how it can be overcome. I particularly liked her straightforward mention of how avoidance can magnify the effects of anxiety in a child. Her approaches to helping a child develop a dry bed are worth the cost of the book.

The wide range of problems covered makes this book broadly useful. Included are encopresis, tics, and habits. There is a section on bullying that is the best I have ever seen. It addresses the effects of low level bullying and offers strategies for when bullying escalates.

Hudson seemed to think of everything in creating this wonderful book of ideas, strategies, information, and well thought out scripts. She wisely consulted experts in a number of fields as well as family and friends who read, gave suggestions, and tried out the concepts. The mark of a real professional is one who knows her field well enough to double check her assumptions.

Hudson is well thought of in the England hypnosis community, as well by psychotherapists. She is not only personally competent; she also has a gift for teaching. She has created a book that will remain in print for a very long time to come and will positively influence practitioners from around the world with effective strategies for working with children. I not only recommend this book, I look forward to personally telling people about how useful this book is.

### Reviewed by

John D. Lentz D.Min  
Shepherdsville, KY

## I N M E M O R I A M

## *Herbert Spiegel, MD*

Herbert Spiegel, MD, one of the pioneers of 20th Century hypnosis died on December 15, 2009 at the age of 95.

I first met Herb in November 1973 when I attended his advanced course at an SCEH conference in Newport Beach. From that meeting I drove to Phoenix for my first meeting with Milton Erickson.

I absorbed all I could from Herb, especially valuing his protocol for smoking control. I regularly use what I gleaned from him.

Herb and I encountered each other at professional events, and we dialogued our contrasting views. Herb was always insightful and respectful, and I learned important lessons in each encounter.

Dr. Spiegel's profound contribution to hypnosis is secure for the ages. His voice at professional events will be missed.

My sincere and deepest condolences to Marcia Spiegel, his wife, and his son, David Spiegel.

- Jeffrey K. Zeig, Ph.D.

# BOOK REVIEW

## *Neuroanatomy for Students of Behavioral Disorders*

Ronald L. Green and  
Robyn L. Ostrander, MD

W. W. Norton (2009)  
289 pages.

*Neuroanatomy for Students Of Behavioral Disorders* can benefit anyone in the behavioral field because it provides a lot of information about the links between brain and behavior. Material covered includes a review of the gross and microscopic anatomical aspects of the information-processing machinery of the brain. When I opened the book I was gladly surprised to see how there are many colored diagrams such as the one of the various subdivisions of the thalamus that serves different sensory systems. These diagrams make difficult topics easier to understand.

Because I majored in dentistry, I often think about the medical (physical) aspects of the emotional conditions that my clients are experiencing. This book fulfills an important objective: It shows what happens inside the brain when people are diagnosed with ailments such as ADHD. "Neuroanatomy of ADHD" for example, addresses the attentional and behavioral manifestations of this condition in children and adults. As the book describes: "Attentional and behavioral manifestations of ADHD in children and adults are similar to effects of lesions in human prefrontal and cortical regions" (p. 164).

Traditionally, in their treatment domains, psychopharmacologists have minimized the role of psychotherapy, and psychotherapists have deemphasized somatic elements. It is as if they lived in different worlds. Green and Ostrander's text may connect these worlds, for example, when we read about what happens in different brain regions that have proved to be of most interest in aspects of major depressive disorder. By looking at a drawing, we can see what happens in the paralimbic areas and the idiosyncratic (primary areas), just to name a few.

"Addiction Disorders," Chapter 9, describes an addiction as a "chronically relapsing disorder that is defined by two major characteristics: compulsion

to take the drug of choice, with the narrowing of the behavioral repertoire toward excessive drug intake" (p. 176). As Ericksonians, we know how therapy can help people widen their horizons.

I was pleased to find that this book includes images of Positron Emission Tomography of active cocaine abusers. In some cases, these images could be used during therapy in order to provide the client with clear explanations about their addictions. "The first use" on page 185 is a good reminder of how predisposition to novelty-seeking/risk-taking behavior and cultural or ethnic attitudes about drug use are factors affecting a given individual's decision for starting to use an addictive substance. Adolescents often begin using drugs in order to be accepted by their friends, or to have a sense of belonging.

"Mood Disorders," Chapter 10, includes references to depression as well as the role of different parts of the brain involved in this disorder. The authors cite relevant research such as, "Goldapple, et. al, (2004) who found that successful cognitive-behavioral treatment (CBT) is associated with significant metabolic changes, including increased activity in the hippocampus and dorsal cingulate" (p. 199).

Last, but not least, I would like to mention the Appendix. It includes topics such as "Nervous System," "Major Divisions," and more colorful pictures, like one about the organization of the autonomic nervous system, showing sympathetic and parasympathetic branches.

This book led me to a pleasant age regression ... I remembered my times as a college student in Mexico when I was studying human anatomy. I really recommend this book.

### **Bibliography**

Goldapple, K., Segal, Z., Garson, C., Lau, M., Bieling, P., Kennedy, S., & Mayberg, H. (2004). Modulation of cortical-limbic pathways in major depression: Treatment-specific effects of cognitive behavior therapy. *Arch Gen Psychiatry* 61(1): 34-41.

### **Reviewed by**

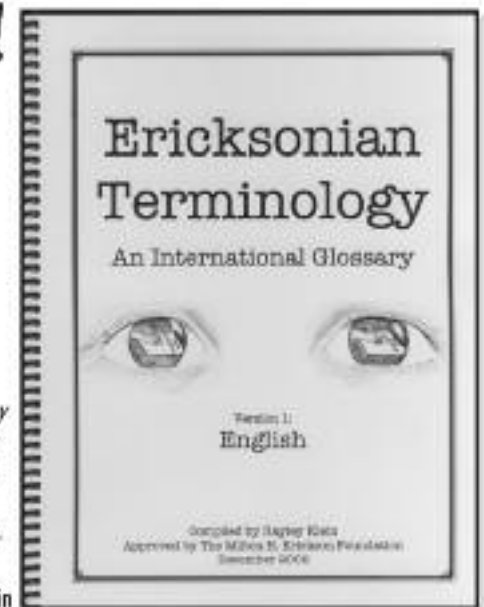
Maria Escalante de Smith, M.A.  
Cedar Rapids, Iowa.

# NEW!!

## **Ericksonian Terminology** An International Glossary, Version 1: English Compiled by Hayley Klein

*"The Glossary of Ericksonian Terminology is envisioned as a project that will foster communication among professionals and facilitate accurate translation of the works of my grandfather, Milton H. Erickson M.D."*

—Hayley Klein



From "Abreaction" to "Yes-Set," this Glossary brings a needed consistency to the way in which specific terminology is used in Ericksonian literature. The entries clarify the meaning of what is written by and about Dr. Erickson, and enhance accessibility to this vital literature, as well as serve current and future authors in their preparation of works dealing with Ericksonian concepts.

2010 / 90 pages / 8.5 x 11 / Spiral bound / ISBN 978-1-932248-55-5 / \$15.00 (plus shipping)

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## C D R E V I E W

***Calm Beneath the Waves: Help relieve panic, anxiety, and desperation***

Bill O'Hanlon, M.S.

Crown House Publishing (2009)

ISBN: 978-098235732-3

40 minutes

In this CD, author and narrator Bill O'Hanlon states that his purpose is to help clients deal with fear, desperation, hopelessness, anxiety, and panic. His main goal is to assist patients who are stuck to begin moving again. He does this by relating several fascinating case histories and stories, and then draws conclusions that help the listener.

Initially, O'Hanlon quotes Gestalt therapist Fritz Perls, "Anxiety is the gap between now and the future." Then O'Hanlon tells the listener, "Tune in to your self. Let your self experience what you experience. Don't project yourself into the future. Be right here right now."

His first case history deals with a woman who was the victim of repeated sexual abuse as a child. The abuse finally stopped suddenly after a boat trip with the perpetrator when she looked him in the eye with anger and hatred. This first direct eye contact caused the abuser to pull anchor, leave, and never abuse her again. O'Hanlon advises the listener to look fear in the eye.

A story from Tibet tells how students can gain "instant enlightenment" by walking through "The Room of 1,000 Demons." To pass the test, participants must simply walk in one side of the room and out the other. However, the room contains all their worst fears. Some students enter the room only to panic, become immobilized, and die. Others traverse the room and come out the other side. The successful students realize that what the demons are showing them is only in their minds. And, more importantly, no matter what they saw, heard, felt, or experienced, if they kept their feet moving, they eventually came out the other side. This is enlightenment.

O'Hanlon relates four other stories. He describes an agoraphobic woman who was terrified that she would urinate in her pants. O'Hanlon explains how she could liberate herself, one step at a time. Another story is about a friend training for a marathon, who gives in to voices that discourage him from getting out of bed to run on cold, dark mornings. The marathoner learns to turn the voices into a tape recorder that he doesn't argue with as he swings his legs out of bed. In the story "Vishnu and the Fear Monster," Vishnu conquers fear by not feeding the monster and by keeping his sense of humor and perspective. Finally, O'Hanlon tells of a man who embarked on an extensive search for wisdom. With his gift for wit, O'Hanlon advises that wisdom is knowing that rats learn more quickly than humans not to go down the same tunnel when the food has been moved.

O'Hanlon cautions, "Nothing is more dangerous than an idea if it's the only one you have." He reminds us that we have choices, encourages us to change the pattern, and advises us to do or say one thing differently to break old habits.

I believe that this CD will be useful to patients suffering from fear, panic, helplessness, or hopelessness and to their therapists. In particular, I found the case histories and stories to be fascinating and useful. As Erickson knew, stories in themselves can be useful in generating the creative search for answers in the client. O'Hanlon assists by emphasizing relevant "take home" points that will open the door to change. I highly recommend this CD.

**Reviewed by**

Michael Grusenmeyer, M.D.

Rocky River, Ohio

## C D R E V I E W

***The River Between: A Tranceformational Journey to Awareness***

By Anita Jung, LPC, DAPA with music by Rajamani (Time: 61:42)

CD available at [HYPERLINK "http://www.cdbaby.com"](http://www.cdbaby.com)

CD in German version "Im Stillen Traeumen" first published in 2007 at

[HYPERLINK "http://www.carl-auer.de/"](http://www.carl-auer.de/)

This extraordinary CD by Anita Jung, a Licensed Professional Counselor and President of the Central Texas Society of Clinical Hypnosis, is one of the best integrations of trance and music that I have ever experienced. It breaks new ground in the creative use of hypnotic process for self-exploration, and is a delightful resource for clients and therapists alike. It is original, beautifully produced, artfully delivered, and exceptionally creative.

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*She elegantly utilizes multiple Ericksonian patterns such as embedded suggestions, playful confusion, therapeutic story telling, and time distortion.*

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The hour-long CD consists of seven tracks. The first two are essentially hypnotic inductions, creating a safe place for self-connection and access to resources. The middle three tracks are beautiful stories that guide the listener through different inner spaces of self-healing. The stories layer poetic suggestions for relaxation, inner clarity and wisdom, emotional healing, and self-acceptance. The last two tracks artfully escort the listener back into the outside world. The CD could be listened to as separate tracks or contiguously, depending on the available time.

The seamless integration of hypnotic voices and music is the really unique aspect of the CD. It is a marriage made in heaven; no great surprise given that Jung (who provides the hypnotic voice) is married to Oliver Rajamani, the extraordinary Flamenco musician who created and plays the music. (Other musicians and vocalists also contribute throughout the CD.) Jung's Bavarian rhythms intertwine with Rajamani's India roots to weave a "world music," hypnotic-mandala of self-healing. Rajamani uses deep, repetitive hypnotic rhythms to ground the listener's consciousness to the earth, and soaring melodic passages to release it to the heavens beyond. In so doing, he activates what I believe are the two different aspects of the creative unconscious-- the mammalian body unconscious "beneath and before" the verbal processes of the conscious mind, and the transpersonal generative unconscious "beyond description." Jung's voice guides the listener on "the river between" these worlds, allowing for an extraordinary journey. She elegantly utilizes multiple Ericksonian patterns such as embedded suggestions, playful confusion, therapeutic story telling, and time distortion. Just as impressive are her phrasings, tones, human presence, and spellbinding voice. My belief that only Ireland could produce such leprechaun-like voices of magic has been shattered forever!

The way it is all put together is unique and wonderful. The recording values are top notch and you can feel that much loving and skillful attention was put into every aspect of the production. Hypnotic practitioners can learn a great deal about induction technique from this CD, even though the main purpose is to provide listeners with a great opportunity for self-exploration. I generally think of each trance as a unique "experiment in consciousness," and this recording provides quite an experimental opportunity. I hope you and your clients enjoy it as much as I have. I highly recommend it.

**Reviewed by**

Stephen Gilligan, Ph.D.

Encinitas, CA

## Resolving Night Terrors

By Steve Andreas M.A.

Produced by: Real People Press, Boulder Colorado (2009)

75 minutes

This DVD is one of a series produced by Real People Press with Steve Andreas using NLP to help people resolve different issues. In *Resolving Night Terrors*, Andreas interviews Amy, who has had night terrors since she was a young girl. The night terrors are so severe that when she yells in her sleep she awakens everyone else in the house. She had gone through several types of therapy, trying to resolve this issue until finally coming to Andreas.

In the first part of the interview, Andreas speaks casually with Amy to gather detailed information about the night terrors. He gathers enough information to know where, and how to proceed. You get a real sense of Andreas's genuineness and compassion from his honest willingness to explore what the client brings up and fears. As he gathers information, one can observe him including some things and excluding others. His mastery offers Amy real solutions for issues that surface.

Over the twenty years that Amy has dealt with night terrors, she has developed a number of hypotheses that "could" be the source of the problem. Andreas masterfully deals with each of her suppositions about the cause of her night terrors, helping Amy to resolve, normalize, or discover strengths she did not know she had. In each case he is quick to add that the work they are doing is to determine whether the feared supposition is true or not. You get a very real sense that Andreas cares about this young woman and is taking her fears seriously, even though you might suspect he sees that the solution will be different than any of the issues he helps her with along the way. He listens to her in a way that he uses to incorporate her words and offer her options. After dealing with the night terrors, Andreas gives Amy the opportunity to work on something else; and so once again, you see him addressing more than what was initially asked for.

The DVD could easily be used as a training aid for teaching NLP techniques. Not only is Andreas's style masterful, it is also successful. A one-month follow up session shows how helpful this procedure was to Amy. The technique can be useful for a broader range of issues that are similar to night terrors, and as such will be helpful for teaching this approach more generally. Not only do I recommend this DVD, I will offer it to my students.

### Reviewed By

John D. Lentz D. Min.  
Shepherdsville, KY

## C D R E V I E W

### Meetings with a Remarkable Man Personal Tales of Milton H. Erickson

By Bill O'Hanlon

Crown House Publishing (2009)

ISBN: 978-098235730-9

*Personal Tales of Milton H. Erickson* is O'Hanlon telling powerful stories about his meeting and time with Dr. Milton H. Erickson the world famous hypnotist. The back of the CD declares this is O'Hanlon, the storyteller, at his best. I'm not sure this is his best because O'Hanlon has a habit of continuing to get better!

The CD begins with stories that intrigued O'Hanlon to want to know more about and from Erickson. In relaying these stories, he peaks the listener's interest. O'Hanlon tells about a chance meeting with Erickson coming into the store where he was working to make money while he was in graduate school, and how that chance meeting changed his life.

In telling these stories, O'Hanlon is respectful of Erickson and is personally open about himself as well as personal with the listener. His willingness to be so vulnerable is courageous and makes you want to like him and identify with him even more. Not only was I impressed with O'Hanlon's story telling ability, I was genuinely moved by O'Hanlon's willingness to disclose his own mistakes and foolishness in attempting to relate with Dr. Erickson. As a result, the stories about how Dr. Erickson hired O'Hanlon to be his gardener in return for teaching him some things about hypnosis were warm and charming. Through these stories both men became more human and more impressive. O'Hanlon's gift for being open helps the listener to feel freer to be open as well. His style is contagious and inspiring.

For the person unacquainted with either O'Hanlon or Dr. Erickson, this CD will stimulate a lot of interest—motivation to learn more. For the person who has read or knows much about Erickson, this delightful series of stories told through O'Hanlon's eyes, will add to your appreciation of the brilliance, persistence, and kindness of Dr. Erickson. The person who already enjoys O'Hanlon's tell-it-like-it-is-or-was style will really have a pleasant experience. When it was finished, I felt the only thing wrong with the CD was that it was too short. The stories were so well done that I wanted even more.

### Reviewed by

John D. Lentz D. Min  
Shepherdsville, KY

## INTERVIEW *continued from page 6*

essary. There is some really interesting research on emotion processing, where people who did the more emotionally processed emotion processing with the DBT, the less depressed they were. Those people who did emotional processing without DBT, got more depressed the more they processed And so you have to have a certain amount of skills to do emotional processing, and exposure treatment is emotional processing.

So first you have the skills. Second, we work on the skills. Third, we track shame, anger, guilt, as well as anxiety. So what we've found happens is the anxiety goes down, so they basically recover from PTSD. Shame goes down and guilt goes down and anger goes up.

But what I'd like to see in the future using DBT as a base and then integrating other treatments when you have multiple disorders, with multiple things wrong.

**(LZ) What do you think is the impact of DBT in the world nowadays?**

**(ML)** DBT is all over the world, all over Europe, Scandinavian countries, South America, Chile, Brazil, Australia, New Zealand, Canada, China...

The biggest impact that DBT had in the world was that DBT was the first major treatment for mental health that used mindfulness. Now it is everywhere, but it wasn't when I first introduced it. John Kabat-Zin was there before me, and there was a study by Allan Marlat about meditation that most people did not know about. John Kabat-Zin, had a great impact but he went to medical

health. When I came along with mindfulness it somehow opened up to the notion of acceptance and change together. Certainly it is a big impact. A lot of people are using it now and half of the treatments out there use parts of DBT.

Another big impact that I think DBT had was making the untreatable, treatable. People who were the throw-away people were now treatable people.

Mindfulness went way beyond DBT. I do not know if the non-judgment part of mindfulness has gone that far. I think it is so important that I wanted to write a book about non-judgment. My foremost passion in the field is science and compassion.

**(LZ) What is your most passion in life?**

**(ML)** Spirituality. It is the most dominant theme in my life since fourth grade. I lived in a convent once for one year.

**(LZ) Really?**

**(ML)** Yes, I guess I do not give that impression. Not many people know this about me.

**(LZ) Yes, you have such strong scientific background... How did you decide to live in a convent for one year?**

**(ML)** Because spirituality has been a force in my life since fourth grade. It's been a central part of my life. All my life, it never had gone away. If I wasn't such a rebel I would have entered the convent. With all the church is doing now I would walk out and protest march

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**INTERVIEW** *continued from page 23*

or something. There is not a chance they would not have kicked me out or asked me to leave. (Laughs)

**(LZ) Do you think that mindfulness works because it connects patients with their spirituality?**

**(ML)** There are two versions of mindfulness. There is spiritual mindfulness and non-spiritual mindfulness. The non-spiritual mindfulness works for a number of reasons: it is exposure to your self, your thoughts, feelings, etc. You learn to be less reactive to what's going on. It is what I teach with my mindfulness skills, and it works because it is an effective way of transacting with yourself and the environment. Mindfulness in that sense leads to more effective behavior. Mindfulness also, especially in certain contexts like Zen, or any spiritual context, can lead to the experience of connection. This is where I am moving toward--to working more to this end of things. The mystical experience that everything is one and you are part of one, and there is always choice associated with it. That's the experience of connection, of "ones" with everything. It comes back to the experience of love, and your own essential goodness, and

your own essential validity.

The problem is that you have to be very careful with the spirituality in treatment settings, because the role of the therapist is not promulgate spirituality.

**(LZ) ...and impose it on clients. We have to be careful how to handle it.**

**(ML)** We have to be careful how to name it, too. One of my revisions of DBT is to put more emphasis on connection on my mindfulness skills. I just worked with some clients two weeks ago, and we were talking about the sense of connection with the universe and the clients started telling me all these mystical experiences they have. The problem for the clients is that they have these experiences, and they cannot integrate the experiences into their lives. First because they never talk about it, and second, because their therapist will never understand it. The ability to integrate these experiences and not lose them is important. But the therapist needs to be extremely careful because there are so many people, with so many different religions, so many different beliefs about spirituality and we want to respect those beliefs. That's one of the

reasons why I became a Zen teacher, because now I have an avenue for talking more about spirituality, in a different realm where I am not a therapist.

I had a client doctor. I started doing mindfulness with him and he said it was too Zen for him. I said all right, let's do centering prayer. So everyday before work, he would pray at the chapel they had at the hospital he worked at. We need to support the spirituality of our patients, whatever it is. A spiritual person would call it spiritual, an atheist would say it is not, and we need to respect that. But all people need a sense of connection and a belief in their essential goodness and essential validity of the universe as a whole.

**(LZ) What is your impression about the research on treatment development nowadays?**

**(ML)** I really believe that we have to deal with a conflict of interest in the field of mental health treatment in development of treatments. What we had ignored is the financial conflict of interest that people have for developing new treatments with their names on it. In order to get tenure, for instance, you have to do something new. It is an invitation to making something innovative, independent, new. It's great but it does not invite building a science, and a steady scientific progress. I met a lot of

people who want to be treatment researchers. They say they want to develop their own treatment. I ask why would they want to do that? I never started out to develop a new treatment. I was planning to use the behavior therapy that I learned. But there's such an incentive and pay off for developing your own treatment: money for books, you get your name on things, get tenure, etc. It would be great if people collaborated. How can we solve this problem? Instead we do horse race studies that prove nothing. If you find that DBT and something else are significantly different, what does this tell you? Well, it tells managed care to pay for the best treatment, that's all it tells you. It does not tell you why they are the different or how to make either treatment better, what's critical, etc. I am against race horse research most of the time because I don't think it is scientific. It is important for care management decisions but I think we have to find ways to do research that builds on how to better what we do.

I am in favor of evidence based healthcare system where you pay for evidence based treatment; unless there is no treatment, or the person does not respond to one.

**(LZ) Thank you so much for talking with me.**

**(ML)** My pleasure.

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