



SM

THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

Vol. 33, No. 1

SPRING 2013

INSIDE THIS ISSUE

INTERVIEW

Jean Houston 1

EVOLUTION CONFERENCE 2013

The World Comes Together
Next December 3

INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute
of Belo Horizonte, Brazil 4

CASE REPORT

Resolving Hate 6

IN THE SPIRIT OF THERAPY

Interview with Kathryn
Rossi, Ph.D. 7

CONFERENCE REVIEWS

Brief Therapy Conference:
Lasting Solutions 16

Visit Our Website:
www.erickson-foundation.org

I N T E R V I E W

Jean Houston

Interviewed by Cloé Madanes

Jean Houston, Ph.D., scholar, philosopher and researcher in Human Capacities, is one of the foremost visionary thinkers and doers of our time. She is long regarded as one of the principal founders of the Human Potential Movement. Dr. Houston is noted for her ability to combine a deep knowledge of history, culture, new science, spirituality and human development into her teaching. She is known for her inter-disciplinary perspective delivered in inspirational and humorous keynote addresses.

Cloé Madanes: Well, Jean, it's wonderful to be talking with you today.

Jean Houston: It's lovely to be talking to you Cloé. How are you?

Cloé Madanes: Great. I am good. You travel to these strange places at the end of the world.



Jean Houston: Yes. At this point, I've worked in 108 countries,

Cloé Madanes: So what is your most memorable adventure?

Jean Houston: Oh my, you know there are so many. You get to this age and they're all there -- a kind of great collage of places.

CM: I know.

JH: I've swum in the Ganges, I've climbed big mountains, I've met and worked with Pierre de Chardin, and I've consulted with the Dalai Lama. I would say it's a necklace of memories, but I don't know that I could actually say which is the most memorable. What is your most memorable?

CM: I have the same problem...they all get mixed together. So probably it was when I met the Dalai Lama. That was a long time ago. Remember when the atomic cloud was over Europe after Chernobyl?

JH: After Chernobyl...yes.

CM: I was at a conference organized by R.D. Laing and the Dalai Lama was supposed to give a keynote and his life was threatened, so we went to visit him at his home instead. It was just a few of us, and we met in a small group and his presence had a huge impact on me. That was probably the most memorable.

JH: Well, I will tell you the story

of when I was in a village in Kenya that was 150 miles south of Nairobi, and the village women had been up all night cooking a feast in our honor. Helping the people of this village has been a project of the Institute of Cultural Affairs, with whom I'd been working. They'd been working to help villages in so-called third-world countries to improve their social and economic conditions and equality between men and women. The women sing for us, and dance for us, and then they prop up the drunken mayor of the town who good naturedly welcomes us in slurred, besotted speech. And the women tell him what to say in an audible whisper, although they're clearly running the show.

CM: Right.

JH: We've seen how minimal changes can affect the traditions of hundreds and even thousands of years, so we helped them build a tank to hold water. The village women no longer have to spend many hours walking miles each day to get water. This one act has utterly changed their society because now the women have the freedom and time to do other things.

The first concern has been bettering life in the village, but it seems the women's culture, which is the mobile culture, which grew up taking the long, long, long morning walks to get water, has changed. This ambling culture of water bearers focused on singing songs, telling jokes and trading healing knowledge and powerful remedies. The side-by-side culture, in which the women would follow each other, miss their traditional walks, so they come and say, "Sister, sister, now that we women no longer have our side-by-side walks we need a tea house where we can meet. Help us build a tea house." So we got some money together and helped them build a tea house. And when that was done, the women found themselves facing each other for long periods over their beverages. And this face-to-face encounter -

See INTERVIEW on page 20

The Milton H. Erickson Foundation, Inc.
2632 E. Thomas Rd., Ste. 200,
Phoenix, AZ 85016
U.S.A.
RETURN SERVICE REQUESTED

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

EDITOR'S COMMENTS

In preparation for the *Evolution of Psychotherapy Conference* in December, this year's Newsletters are dedicated to reviewing some past and present themes that represent an evolution, through Ericksonian eyes. Many of the people written about in this Newsletter are part of Evolution 2013, and we're sure the conference will be a heady experience for them, as well as for us.

We start with Cloé Madenes' landmark *Featured Interview* with Jean Houston. When I first read the unedited interview I was so caught up with the energy and content of the interview, I could not imagine how to edit it down to fit our word limits. So I didn't. (Being the executive editor does have its privileges.) The interview is wonderful.

As we approach December's *Evolution of Psychotherapy Conference*, I cannot think of a more fitting *Introducing the Institutes* column than Marilia Baker showcasing *The Milton H. Erickson Institute of Belo Horizonte, Brazil*. This Institute is the personification of the evolution of an Institute. Since 1995, it has grown and developed into one of the most prestigious and comprehensive Institutes in Latin America.

In our *Case Report* section, Steve Andreas presents us with both a classic and novel response to "Resolving Hate." As one should expect from Andreas, his report is brilliant in its simplicity and elegance.

I always enjoy John Lentz's articles and reviews because his sincerity and enthusiasm invites us to look through his eyes. We first encounter Lentz's work in his interview with Kathryn Rossi, the "unsung heroine" who is on the cutting edge of psychotherapy. In his column, *In The Spirit of Therapy*, Lentz writes of the Rossi's understanding and connection with the spiritual elements of therapy—that which truly resonates with all of us. Lentz's personal enthusiasm with Kathryn and Ernest Rossi's understandings continues in his sparkling review of their new eBook, *Creating New Consciousness in Everyday Life: The Psycho-Social Genomics of Self Creation*. Next, we



see Lentz's humility and commitment to the profession in his review of *Asperger's Syndrome in Adulthood: A Comprehensive Guide for Clinicians*, written by Kevin Stoddart, Lillian Burke, and Robert King.

I have noticed that with each successive *Evolution of Psychotherapy Conference*, there are more presentations that deal with trauma and neuroscience, and our Newsletter book reviews reflect this. As an introduction to neuroscience, I present Alexander Simpkins' and Annellen Simpkins' most recent offering--*Neuroscience for Clinicians: Evidence, Models, and Practice*. Kay Colbert writes two cutting-edge book reviews on the following: *Time Cure: Overcoming PTSD with the New Psychology of Time Perspective Therapy*, a collaboration between Philip Zimbardo, Richard and Rosemary Sword, and *8 Keys to Brain-Body Balance* by Robert Scaer. Scaer's book, aimed at the consumer, deals with the brain-mind-body connection with stress and trauma. Colbert does a beautiful job of encapsulating the essence of these books. Please take the time to read them. The theme of trauma resolution continues in Michael Hoyt's comprehensive review of Donald Meichenbaum's *Roadmap to Resilience: A Guide for Military Trauma Victims and Their Families*. This is an excellent book to read if you are planning to attend Meichenbaum's presentations at *Evolution*.

I enjoyed how Maria Escalante de Smith presented the ideas of John Winslade and Gerald Monk in her review of *Narrative Mediation, A New Approach to Conflict Resolution*. Escalante de Smith's personal involvement in this review made me want to read the book. Connection! As a long-time admirer of Kay Jamison, Roxanna Erickson Klein reviews Jamison's 2010 DVD, *Assessment and Psychological Treatment of Bipolar Disorder*, as interviewed by Victor Yalom, and her review is both sensitive and passionate.

Our final review is like sampling small bites at a never-ending buffet. Alexander Simpkins and Annellen Simpkins, our powerhouse review editors, gave their team an impossible assignment: Review the Brief

TherapyConference held last December in San Francisco; cover a lot; make the reviews interesting; and keep them short enough so they don't exceed the Newsletter word count. I was amazed...They did it and the reviews REALLY touch the essence. Each review is just a delicious taste to remind you join us next time it comes around.

The *Evolution of Psychotherapy Conference* will be an even more of a challenge to review. As a warm-up, the Foundation is presenting *The Couples Conference*, April 18-21, in Manhattan Beach, California. It has a stellar faculty that epitomizes the evolution of the special perspectives and approaches in working with couples. *The Couples Conference* will be held at the Manhattan Beach Marriott--a perfect location for a perfect conference.

The Milton H. Erickson Foundation NEWSLETTER

Executive Editor: Richard Landis, Ph.D.

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

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

Guest Editors: Betty Alice Erickson, M.S., LPC, LMFT
Eric Greenleaf, Ph.D. (Case Reviews)

Power of Two: Roxanna Erickson Klein, R.N., Ph.D.

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

Guest Reviewers: Consuelo Casula, Lic. Psych.;
Kay Colbert, LCSW; Michael F. Hoyt, Ph.D.; Roxanna
Erickson Klein, Ph.D. LPC; Maria Escalante de Smith, M.A.;
John D. Lentz, D.Min.; Nicole Ruyschaert, M.D.

Contributing Editor/Writer: Marnie McGann

Production Manager: Karen Haviley

Ad rates: <http://erickson-foundation.org/newsletters/advertising/>

—Board of Directors—
Jeffrey K. Zeig, Ph.D.
Roxanna Erickson Klein, R.N., Ph.D.
J. Charles Theisen, M.A., M.B.A., J.D.
Camillo Loredio, M.D.
Bernhard Trenkle, Dipl.Psych.

The Milton H. Erickson Foundation, Inc.
2632 E. Thomas Rd., Ste. 200,
Phoenix, AZ 85016
U.S.A.
Telephone: (602) 956-6196
FAX: (602) 956-0519

www.erickson-foundation.org

The World Comes Together
Next December

The Evolution of Psychotherapy



AARON BECK



IRVIN YALOM



ALANIS MORISSETTE



PAUL EKMAN

2013



ANAHEIM

DECEMBER 11-15



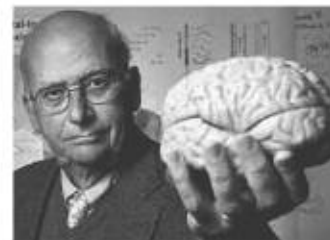
GERALD EDELMAN



MARTIN SELIGMAN



DANIEL AMEN



MICHAEL GAZZANIGA

KEYNOTE SPEAKERS: Aaron Beck • Gerald Edelman • Alanis Morissette • Martin Seligman • Irvin Yalom

INVITED KEYNOTES: Diane Ackerman • Daniel Amen • Paul Ekman • Michael Gazzaniga

SPECIAL GUEST: James Foley

PRIMARY FACULTY: Albert Bandura • David Barlow • John Gottman • Julie Gottman • Jean Houston • Otto Kernberg • Marsha Linehan
Cloé Madanes • Donald Meichenbaum • Salvador Minuchin • Erving Polster • Ernest Rossi • Francine Shapiro • Jeffrey Zeig

STATE OF THE ART FACULTY: Judith Beck • Claudia Black • David Burns • Jon Carlson • Nicholas Cummings • Stephen Gilligan
Steven Hayes • Harville Hendrix • Sue Johnson • Jack Kornfield • Harriet Lerner • Peter Levine • Scott Miller • William Miller
Bill O'Hanlon • Violet Oaklander • Christine Padesky • Mary Pipher • Daniel Siegel • Derald Wing Sue • Bessel van der Kolk
Michele Weiner-Davis • Michael Yapko

An adventure of the mind that will enrich you personally and professionally for years to come.
Log on to EvolutionofPsychotherapy.com for the whole story.

Presented by

THE MILTON H. ERICKSON FOUNDATION

INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute of Belo Horizonte, Brazil

By Marilia Baker

The Milton H. Erickson Institute of Belo Horizonte is one of the first Institutes established in Brazil (1995). Since then, it has become a leading authority on Ericksonian approaches to hypnosis and psychotherapy in the country, and throughout Latin America. Its programs are considered a model to others, primarily due to the steady leadership and achievements of Angela Cota, Lic. Psych, MA, Institute President and Founder, and the joint efforts of its current Board installed in 2002. Cristina Cota, Lic. Psych, MA, is the Executive Director, and Gustavo Mendonça, Lic. Psych, MS, is Science and Research Director. He is also Editor-in-Chief of the Institute's publishing arm, Editora Diamante. His brother, Roberto Mendonça, is an essential part of management of the publishing house. The unique feature of this Institute is that it is a family corporation. Psychologists Cristina and Gustavo, and manager Roberto are Angela Cota's daughter and sons – a fact which adds substantial unity of vision and purpose to the Institute's clinical and training mission.

The Institute accomplishes its goals and objectives firmly grounded on five pillars: 1) Therapist training; 2) Internship and clinical residency for graduate psychologists; 3) Clinical and parental guidance services; 4) Publishing and dissemination of Ericksonian-related books and materials; and 5) the promotion of national and international meetings and conferences, fostering dissemination of research, knowledge, and clinical practices. The Institute was the host of the Fourth Latin American Congress of Ericksonian Institutes in 2004. A major national hypnosis congress, scheduled to take place in May 2013 is in partnership with the Federal University of Minas Gerais (UFMG); the Brazilian Association of Hypnosis, and in co-sponsorship with the Milton H. Erickson Foundation. (Please consult: www.ericksonbh.com.br/congresso2013).



Board of Directors Milton H. Erickson Institute of Belo Horizonte, Brazil:
(left to right) Roberto Mendonça, Cristina Cota, Angela Cota,
and Gustavo Mendonça

The Institute conducts intensive and extensive training annually, totaling 200 hours. Three modules, 40 hours each, are offered: Basic, Intermediate, and Advanced. In addition, the Institute offers two 40-hour clinical supervision modules: Supervision I and Supervision II. The first focuses on the actual steps of the psychotherapeutic process: establishing rapport, commitment to treatment, data gathering, treatment planning and tailoring, phases of therapy, and discharge. The second focuses on therapist growth and analysis of ongoing cases. The Institute faculty also provides training to other Erickson Institutes throughout Brazil. (Please see: www.ericksonbh.com.br)



All instructors, therapists & staff MHEI Belo Horizonte

1) *Training:* From its inception in 1995, excellent quality training in Ericksonian methods has been essential to the Institute's mission, which follows Erickson Foundation guidelines. To that end, Jeffrey Zeig, Ph.D. has been invited approximately 20 times to teach, train, and supervise psychotherapists, physicians, dentists, and other mental health professionals. Other invited international faculty include: Ernest Rossi, Joseph Barber, Stephen Gilligan, Teresa Robles, Michael Yapko, Joyce Mills, Robert McNeilly, and Marilia Baker.

2) *Residency programs:* The Institute's internship and residency program – *Clinica Escola* – aims at facilitating the apprenticeship of theory and refinement of clinical skills, as well as personal growth of the novice therapists and early practitioners (masters and doctoral students). Therefore, it retains highly trained instructors and supervisors, who also see private patients. The simultaneous goal of the *Clinica Escola* is to provide excellent quality mental health services to private patients, and low-income, underprivileged populations in the Belo Horizonte metropolitan area. (There are approximately six million inhabitants in Belo Horizonte, making it the third largest metropolis in Brazil). The concept of *Clinica Escola* is similar to teaching hospitals and community mental health/psychiatric clinics worldwide. It is a well-organized, well-structured, and well-rounded program. Current members of the professional team, under the supervision of Angela Cota are: Ana Flávia Galante, Breno José Mendes, Carolina Dantas Brito, and Gláucia Jordânia Silva, Lourdes de Abreu, and Luiza Rocha de Paiva.

3) *Clinical and Parental Guidance Services:* private clinical services are offered by associate clinicians and Board members. A wide variety of treatment issues are addressed, such as grief work, chronic pain, chronic and terminal illness, eating disorders, communication problems, and affective disorders. The team works with adult individuals, children, adolescents, couples, and groups. These clients are served through a group work modality called "Grupos de Crescimento" (Personal Growth Groups), de-

See *INSTITUTES* on page 5

INSTITUTES *continued from page 4*

veloped by Teresa Robles of *Centro Ericksoniano de México*, which follows a specific sequence protocol through 12 sessions. Themes for each session range from "Learning to work in a protected and healthy way through breathing," to "Who am I?: working with the meaning of My Name," and "Working with My Wise Part, the I AM that I am." They also include learning to create healthy boundaries; learning to work safely with childhood wounds; learning interpersonal skills; and "to be at peace with others." Issues such as sexuality, self-love, money, and how to accept "full well-being without creating guilt and self-sabotage" also are addressed. These personal growth groups have been highly successful with the Institute's client population.

Parental Guidance: Another unique feature of the Milton H. Erickson Institute of Belo Horizonte is the parental guidance program called TOPs (Training and Orientation of Parents). This program, according to Angela Cota, "is designed to help mothers and fathers become better parents to their children." Her book, *Melhores Pais, Melhores Filhos* (Better Parents, Better Children), in co-authorship with J. Augusto Mendonça, has been a highly effective tool in the teaching and training of parents who want to become better in their parental roles. Some of the goals are: to strengthen parent-child relationships; learn how to set boundaries with one's children; learn how to communicate more effectively with one's children; facilitate a strong partnership with the children's schools; and enjoy each developmental phase of the children. In essence, Angela's goals for the Institute's TOPs program have been to elicit a transformative, loving experience for both parents and children. This program is ministered by Angela Cota and Ana Flávia Galante.

4) *Editora Diamante:* last, but not least, this arm of the Institute has played an instrumental role in Brazil by publishing national authors, translating foreign au-

thors, and disseminating Ericksonian literature throughout the country; books that are requisite texts in Ericksonian hypnosis and psychotherapy training programs. Authors whose works have been published are: Angela Cota, J. Augusto Mendonça, Mauricio Neubern, Michael Yapko, Teresa Robles, Cecilia Fabre, Joyce Mills, and Marilia Baker.

(Click onto *Editora Diamante* at: www.ericksonbh.com.br)

The Milton H. Erickson Foundation congratulates Angela Cota, A. Cristina Cota, Gustavo Mendonça, and Roberto Mendonça on their exceptional achievements over the years and their invaluable contributions to Ericksonian methods in Brazil and throughout Latin America.

¹Both Angela Cota and Cristina Cota received their masters' degrees in Ericksonian Hypnotherapy and Psychotherapy from *Centro Ericksoniano de México*--a first of such recognized academic degrees in México.

²Robles developed a system of highly effective hypnotic language specific to the Neo-Latin/Romance languages utilizing word play with adverbs. These adverbs, usually ending with the suffix *mente* (mind), such as *protegidamente*, *saudávelmente*, and *automaticamente*, facilitate the induction of hypnotic states, implying that one's mind is protected in the particular context, working toward a healthy mind (therefore: healthy solutions), in a pleasant, automatically safe way. The same with verbs in the gerundive tense, implying action and movement.

The Complete Conference on audio DVD-ROM

(Plays only on computers, or copy files to your mobile device)

OVER 100 FACULTY!!

44 Workshops

5 All-Day Courses

59 Short Courses

12 Clinical Demonstrations, Topical Panels,
Dialogues and Conversation hours

Regular Price: \$199

ON SALE: \$159.20

COMING SOON!

Video of each clinical demonstration! Check the Foundation Store for more information.

Or sign up for email notification.

EricksonFoundationStore.com

20%
OFF 'til
April 30

C A S E R E P O R T

Resolving Hate

By Steve Andreas, M.A.

“Sally” hated a man she had once admired because as it turned out, he hated women, and had repeatedly accused her and criticized her in front of others. She came to realize she couldn’t trust him; felt she couldn’t defend herself; and felt unsafe around him. They both lived in the same small town, and although she tried to avoid him, inevitably there were times when their paths crossed. Whenever she saw him, she felt tightness in her chest, and intense anger and disgust—“almost on the verge of tears.”

I asked her to think of someone she had hated in the past, but now felt okay about. Then I asked her to see her image of that person, and her image of the man she still hated at the same time, compare them, and notice the differences in her internal experience. The image of the man she hated was straight in front of her, about two or three feet away. The image was of his upper torso and face—“big, clear, and in vivid color.”

The image of the person she had hated in the past was about 15 feet away, 20 degrees to her left and full body—“faded, foggy, in muted color.” There was no sound with either image, but she felt the image of the man she hated “held a quiet menacing anger.”

I asked her to take the image of the man she hated, allow it to move to 15 feet away, become faded, foggy, and in muted color, and then shift to the side until it was about 20 degrees to her left. When I asked her how she felt with the image in this new position, she said it was somewhat better, but her feelings of anger “dragged along with the image”—an indication this was not an appropriate change for her. I thought there might be something about her resource experience that didn’t quite fit, so I asked her about the person whom she had once felt anger toward, but now felt okay about.

“What was it about that person that allowed you to let go of your anger?” I inquired. She said she had come to care for him and trust him. Then I asked, “It certainly wouldn’t be appropriate to care for and trust the man you still hate,

would it?” She heartily agreed. This told me we needed to find a somewhat different resource memory.

“Think of someone you once hated, but were able to let go of your anger, and you still don’t care for him or trust him,” I said. When she paused thoughtfully, I said half-jokingly, “Surely there must have been at least one or two of those.” She laughingly agreed, and thought of someone. This person was again about 15 feet away from her, and also faded, foggy, and in muted color, but the location was straight ahead of her, down about 30 degrees from the horizon.

When I asked her to move the image of the man she hated into this position, and allow it to become faded, foggy, and in muted color, she immediately felt the tension in her chest release; she could breathe easily, and her anger drained away completely. When I asked her to imagine seeing him in some likely place in her town, she reported, “My internal reaction is, ‘Whatever; he’s over there; it’s okay.’ I don’t want to have anything to do with him, but I don’t have that reaction I used to have. This feels better.”

Then I asked her to imagine several other scenarios in different locations in her town where she might encounter him, and simply notice her reaction. These rehearsals both tested her new response, and also programmed it in, so it would be automatic when she encountered him in the real world. She had no significant emotional reaction to any of these, so I asked her to send me a follow-up email after she had actually seen the man she hated.

About three weeks later, Sally emailed me: “I saw him today! It used to be that if I saw him from a distance I would get a sudden adrenaline rush, followed by the type of anger where you can’t think straight, and then I would ruminate about it for 10 or 15 minutes. Today I glanced up, saw him, had the thought, ‘Ugh, I don’t even want to talk to him,’ so I looked in the other direction and kept walking. There was a tiny blip of irritation and then I was over it in about four seconds, and I didn’t even think about it again until now when I thought about emailing you. That’s fantastic! Thank you”

B O O K R E V I E W

Creating New Consciousness in Everyday Life: The Psycho-Social Genomics of Self Creation

By Ernest Lawrence Rossi, Ph.D. and Kathryn Lane Rossi, Ph.D.

Palisades Gateway Publishing

Los Osos, CA

ISBN 0-9651985-3-7

2013

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

After reading *Creating New Consciousness in Everyday Life: The Psycho-Social Genomics of Self Creation* for the second time, and looking forward to the third and fourth readings, I am totally won over. Rereading this book isn’t just for content, but for connecting with the Rossi’s way of thinking. Rossi and Rossi created a book that provides the experience of understanding how what you tell yourself, your clients, and your family alters your molecular structure, and ultimately

They also discuss the creative psycho-social genome, as well as how people change and grow in ways that are respectful and invitational.

even who you can become, and they do this in a way that is so invitational, you feel encouraged to be a better person. And, they do it with their characteristic enthusiasm for teaching what science has discovered about gene expression, and ways to enhance healing, creativity, and problem solving. Of course, they explain the 4-stage creative process in ways that make it accessible and useable, and they tie it with life cycles so you can make maximum use of the benefits of scientific discovery. The second time I read this book, I realized there were many things I hadn’t noticed the first time around. I have been to countless workshops with Rossi and Rossi and heard much of the material presented in the book, in one fashion or another, but it is still feels fresh, and it is still teaching me.

The Rossi’s eBook, published earlier this year, is an update that includes new research. It is written for the general public, as well as for therapists. The hardcover book’s subtitle is, *How Therapists Can Facilitate Wonder, Wisdom, Truth, and Beauty*. As you read the eBook, you *can* and *will* do these things, because not only does the book offer wisdom, information, and cognitive ways to improve your creativity, it also alters your creativity through the experience of reading. Rossi and Rossi use technology by offering links in the text for further reading and understanding. I did not read these links the first time, but did the second time and the experience seemed fresh. The links add that much.

In *Creating New Consciousness in Everyday Life*, Rossi and Rossi discuss how musicians during the Classical period used the 4-stage creative process, and how, in general, music can be an invitation to healing. Since this book is their attempt to make their previous work more accessible, they say things in different ways that bring new insights. They also discuss the creative psycho-social genome, as well as how people change and grow in ways that are respectful and invitational.

The section on dreams and life turning points isn’t just about changing pathology, it’s about creating new learning. I found it to be an inviting turning point for me because the hippocampus is where integrated learning occurs first. This fact has some interesting possibilities for teaching, as well as for therapy and living.

The positive relationship the Rossis have together comes through in this book, and invites you to a more playful place, as well as creative one. I recommend it!

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

Interview with Kathryn Rossi, Ph.D.

By John D. Lentz, D. Min.

Kathryn Rossi is called an “unsung heroine” by the Women’s Press for good reason. She is a psychologist, author, editor, publisher and consultant on the international level. Rossi also is a Professor of the Neuroscience Institute for Psychotherapists of San Lorenzo Maggiore, Italy, and serves as Chief Financial Officer (CFO) and Vice President of the *The Ernest Lawrence Rossi Non-Profit Foundation for Psychosocial Genomics Research*; she also is on the Board of Directors for The Milton H. Erickson Foundation Press, as well as for the Foundation Archives. She is Founding Director of the Milton H. Erickson Institute of California Central Coast.

This interview was conducted at the 2012 Brief Therapy Conference in San Francisco, with some of Kathryn’s colleagues present, including Roxanna Erickson Klein. Throughout the interview, Ernest Rossi, her husband, was silent but present, seemingly enjoying the process as indicated by his laughter, facial expressions, and twinkling eyes.

John Lentz: How do you see the similarity between psychotherapy and spirituality?

Kathryn Rossi: I think core beliefs really matter and spirituality is about your core beliefs. And, when those core beliefs are in question, which is typically presented in the form of a problem, it is a spiritual problem.

JL: Whether it is stated or not.

KR: Most of the time it is not. People don’t come in saying, at least to us, that they are having a spiritual problem. They come in saying things like, ‘My mind is going and going and I can’t seem to stop it.’ This is a spiritual problem because there isn’t a resting point in the mind. Or, as in the case of depression, a person might say, ‘I can’t get my thoughts going’, or maybe, ‘I don’t understand my feelings,’ or ‘I have this tornado inside,’ or ‘I am under the snow.’ They often use metaphors like this. To be a therapist is



relatively easy; it is all a spiritual problem of core beliefs conflicting.

JL: I couldn’t agree with you more. I think core beliefs fundamentally are either narrowing what a person is doing or what they are seeing, or expanding them. It is really the reason that I am a therapist.

KR: So we have that in common--being fascinated with people’s core beliefs.

JL: Absolutely.

KR: Especially when their core beliefs are in question.

JL: And, when their core beliefs have stopped working.

KR: Yes. And, when they have outgrown them or because they learn this or that, they realize what they believed when they were 10 no longer works now that they are 29.

And that is vitally important in the work that Ernie and I do. A lot of people don’t understand why it is that we look for psychosocial genomics. What the heck does that mean--psychosocial genomics? What we are really looking for on a moment-to-moment basis, is the really short way, or over days and days and months when every cell in your body is going to express itself. That is what gene expression is: that we are constantly wanting to create the new. It is the physical disposition of our body---to create something new. So when you look at cellular biology, when you look at cellular genomics, which is the cellular expression of the

So when you look at cellular biology, when you look at cellular genomics, which is the cellular expression of the genes in the cell, you are really looking for what is new; what is novel.

genes in the cell, you are really looking for what is new; what is novel.

JL: It sounds like you are suggesting this is what God is about.

KR: I never thought about it that way, but you are right. In every core belief there is room to grow, or there is room to shrink. But staying the same is...I remember a Bible verse that has stuck with me: “Be hot or be cold, but if you are lukewarm I will spit you out of my mouth.” This essentially means you must flow with the natural changes of life. You are in trouble if you try to stay the same, because you really cannot do it, even if you try. You mentally and physically cannot do it! And, you emotionally cannot do it, because to stay the same is to die.

JL: I have no idea how many times I have heard or read that passage, and I just now heard it in radically different way.

KR: Really?

JL: Oh yes, because what I just heard you say was being lukewarm is really against growth, and against being open to new possibilities, and is, in fact, a rejection of everything living, and a rejection of God.

KR: Oh, yes! You never heard of this idea?

JL: No, never.

KR: So what do you think of it?

JL: I think it is wonderful.

KR: You mean you think it might have merit? [Laughter] Something to consider.

JL: Yes. When I attend your workshops, it is a spiritual and creative experience for me--from start to finish.

KR: Wow.

JL: The deep trance I see you in is just so complete. I have wondered how you pull that off, except I get it--it’s a part of how you both live, like in the last chapter of your book where you talk about how you have an agreement. You protect Ernie’s solitude and he will be a playmate. For me, that mutual respect and playfulness is what life and positive trance is really about.

Roxanne Erickson-Klein: I just want to comment on Ernest and Kathryn in the spiritual realm. They have found that playground of the spirit, and have chosen to go there hand-in-hand. Their place of growth and being not only allows them to bask in the beautiful sunshine and glow of what happens in everyday life, and to participate in making choices that are enjoyable and adaptive, it is the essence of being in that spiritual realm; the choices they make together.

JL: Proverbs says implicitly that the wise person is willing to receive instruction, or in your words, willing to be present. To me, that is what you say you have--hand-in-hand enjoyment. As I understand it, the goal of life in Jewish ethics is to enjoy it. The highest form of respect for this life that we can give back to God is to enjoy it.

REK: [Laughter]

**The Milton H. Erickson Foundation -
Check us out on Facebook and Twitter!**

BOOK REVIEW

Asperger's Syndrome in Adulthood: A Comprehensive Guide for Clinicians

By Kevin P. Stoddart, Lillian Burke, and Robert King

W. W. Norton and Company
New York, London
ISBN 13 978-0-393 70550-8
2012
350 pages

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

This book lives up to its name of *Comprehensive Guide* and may well become a standard text for understanding the complexity of Asperger's Syndrome (AS) in adults, especially because it's compatible with a medical model that is well informed, and recognizes the usefulness of psychotherapy and family therapy. I am in awe of Stoddart, Burke, and King for their in-depth knowledge of this difficult subject. What their book taught me most, was how complex the syndrome is, and how pervasive other mental health issues are in this population. Those with Asperger's struggle with multiple mental health issues, and often their family doesn't know how to cope with them and the challenges they encounter. This report is difficult to write, because it means admitting to only beginning to understand how huge this problem is, and how frequently the professional community overlooks its

The medical and genetic links are fascinating, and suggest more research would discover other links that open new ways of understanding this complex disorder.

severity. The book clarifies how multifaceted the issue is, and how few understand the depth and breadth of an illness many folks face.

Therapists should be more aware of the complexity of issues with Asperger's so that their patients can be given the comprehensive treatment they need.

Everything is covered in-depth in the seven chapters of this book, from Asperger's syndrome to Autism, with a spectrum that includes assessment in adults, mental health issues, psychotherapy, drug therapy, complementary interventions, and evidence-based practice.

For example, the fourth chapter, "Neurodevelopmental, Genetic, and Medical Issues in Adult Asperger's Syndrome," offers information on other disorders that may coexist. The first half of the chapter covers deficits in attention, and learning problems. Yet, it also includes often overlooked details, such as face blindness and sensitivity to glare and light. The second half of the chapter states there is not enough research about rates of diseases in the AS population, however, it gives statistics on disorders such as tic and Tourette's which show up in 4-5 % of the population, and Fragile X disorder in 47%. Additionally, 4-5 % of this population have tuberous sclerosis complex (TSC); over 50% of the TSC population have AS. The medical and genetic links are fascinating, and suggest more research would discover other links that open new ways of understanding this complex disorder.

When you realize that in this densely packed volume of 350 pages there are 50 pages of references, and more than 21 pages of index, you get a sense of how much information has gone into it. I was particularly impressed with how the authors viewed therapy as a combination of psycho-education of the family, as well as utilization of family therapy tools to alter interaction patterns and faulty beliefs; and as a way to instill positive frames of reference. I highly recommend this book. I hope more of our profession begins to understand the information in this volume so that clients who fall in the Asperger's spectrum will be understood and treated with the comprehensive understanding they deserve.

BOOK REVIEW

Neuroscience for Clinicians: Evidence, Models, and Practice

By C. Alexander Simpkins, Ph.D.
and Annellen M. Simpkins, Ph.D.

Springer
New York, Heidelberg, Dordrecht, and
London
ISBN 978-1-4614-4842-6
2013
345 pages

Reviewed by Richard E. Landis, Ph.D.
Orange, CA

C. Alexander Simpkins' and Annellen M. Simpkins' book, *Neuroscience for Clinicians*, is the book for which I have been waiting. Milton Erickson admonished us to create unique models for each client and I find this a rather tall order. While Dr. Erickson gave perspectives and hypnotic techniques, he also taught us to rely on our own observations and understandings to create specific interventions for each individual client. What I wanted was a book that helps us see our clients at multiple levels, so we can create interventions from top-down and bottom-up. *Neuroscience for Clinicians* is such a book.

The book is divided into six parts, with the first four parts laying the groundwork for treatments. Parts one and two demystify the arcane world of neuroscience by reviewing it as a set of discoveries and explorations. The Simpkins make esoteric terms logical and easy to assimilate; their book reads like a fascinating documentary. Standing on the shoulders of the first two parts, part three provides a clear overview of our current knowledge of how nerves work, individually and as networks. Part four introduces us to neuroplasticity and its relationship to change.

Part five moves us into creating clinical applications. It shows how understanding brain processes allows us to develop effective treatments. I especially like the six key principles provided in Chapter 14.

Part six brings it all together. Here, the Simpkins show us how psy-

The book flows effortlessly from one level to the next. Its format is artistry.

chotherapy can change the brain in the most commonly diagnosed disorders. This section includes examples of suggested exercises for therapeutically altering brain function in depression, anxiety, addictions, and bipolar disorders.

It is an amazingly easy read for a book on the applications of the neurosciences. The six parts form a logical progression that leads from understanding, to intervention. Each chapter within each part is a natural extension of the previous chapter. Within each chapter, each step interconnects with the one that preceded it. The book flows effortlessly from one level to the next. Its format is artistry.

I recommend this book for those of us who identify ourselves as Scientific Humanists. (How's that for an apparent oxymoron?) We want to know *why*, as well as *how*. It provides answers for both the beginning and experienced clinician, given that it satisfies the needs of both the tyro and expert.

In *Neuroscience for Clinicians*, the beginning therapist can use an easy-to-learn overview of general brain functioning to gain confidence and meaning in the impact of his or her professional interventions. It allows the therapist to develop a greater understanding of the deeper function of therapeutic technique. For the more experienced therapist, *Neuroscience for Clinicians* provides a review of pertinent elements we can use to incorporate in our perspectives, and create new techniques. I especially like how it provides handy pegs for me to hang my ideas on. And, on those days when my intuition is a bit sluggish, it provides a framework in which to systematically build my models.

Among all the books on my shelves, *Neuroscience for Clinicians* is an exceptional book, and I highly recommend it.

Join our Email Mailing List!
www.erickson-foundation.org

Foundation Website Features Erickson Museum

By Marnie McGann

The Foundation's website (www.erickson-foundation.org) now offers more information, including photos, and a video tour of Dr. Erickson's Phoenix home, now the Erickson Museum, located at 1201 East Hayward Avenue. The home is where Dr. Erickson lived and worked the last decade of his life. An engaging video tour of the home shot by Fred Huang, the Foundation's marketing assistant, is narrated by Jeff Zeig. It captures the charm and modesty of the Hayward home by featuring its small rooms, rich with memorabilia, collectibles, art and books, and brings to focus the professional and personal life of Dr. Erickson. The office where Dr. Erickson saw patients is exactly as he left it, and the backyard, with its specimen Palo Verde tree (Dr. Erickson's favorite), is immaculate and tranquil--gardens brimming with flowers and herbs, and birds flitting about at the feeders.

The Erickson Museum is open year-round to visitors. To make an appointment for a tour, please visit the Foundation's website and sign up, or call the Foundation office at (602) 956-6196. Ceil Gratz, the Hayward home's tour guide and caretaker will be happy to show you around.

20th ISH Congress to be Held in Paris

By Marnie McGann

The XX International ISH CFHTB Congress—Hypnosis: Roots and Future Consciousness – will be held in Paris, August 26-29, 2015. First held in Paris in 1889, the last conference – XIX International Hypnosis Congress—was held in Bremen, Germany in October 2012. Organized by Bernard Trenkle, an Erickson Foundation Board member, the conference drew 2,300 attendees, almost 300 of which were faculty. Trenkle was the recipient of the Pierre Janet Award for Clinical Excellence, and Camillo Lorio, also an Erickson Foundation Board member, was bestowed the Benjamin Franklin Award, the highest honor offered by ISH.

Join a world audience in Paris in 2015 for XX ISH Congress and see www.cfhtb.org for more information.

Foundation Offers Meeting Space for Rent

By Marnie McGann

The Foundation now holds the Intensives Training Program three times a year in its meeting room at 2632 E. Thomas Road. However, when the space is not in use, it is available for rent as meeting facility. The room is 1,973 square feet, has a private entrance, security alarm, small office, and kitchen/break room. It also has a projector, microphone and amplifier, audio visual equipment, and podium. The room can comfortably seat 60 classroom-style and more than 100 theatre-style. If you are interested in renting the facility, please call the Foundation's office at (602) 956-6196.

INTENSIVE TRAINING IN ERICKSONIAN APPROACHES TO HYPNOSIS & THERAPY *for 2013*

Come join us in Phoenix!

Now in our 26th Year!

FUNDAMENTAL

with Brent Geary, PhD
Jeffrey Zeig, PhD
Lilian Borges, MA, LPC

July 15-19

Oct. 7-11

INTERMEDIATE

with Brent Geary, PhD
& Jeffrey Zeig, PhD
Lilian Borges, MA, LPC

July 22-26

Oct. 14-18

ADVANCED

with Jeffrey Zeig, PhD

July 29-Aug. 2

FOCUSED, TAILORED, AND GOAL-DIRECTED

Thousands from around the world have come to Phoenix to learn the principles, applications, and techniques of Ericksonian Hypnosis—where it all started with Dr. Milton Erickson. *The Intensives* program is comprehensive, yet the incremental structure facilitates progressive acquisition of competence. The small class size and one-on-one instruction make this a remarkable learning opportunity. Each week utilizes a lecture-demonstration-practice format. You will spend the majority of time in direct experiences, deriving extensive familiarity with hypnotic processes in both clinician and subject roles.

NEW!

EARLY-BIRD DISCOUNT REGISTRATION

	One Week (save \$151)	Combined Two Weeks (save \$302)	Combined Three Weeks (save \$453)
REGISTRATION:	\$599	\$1,198	\$1,797

Go to our website for complete continuing education information and to register. Call or email us if you would prefer a mail-in registration form sent to you:

Erickson-Foundation.org

FAX: 602-956-0519 • VOICE: 602-956-6196 • sales@erickson-foundation.org

BOOK REVIEW

8 Keys to Brain-Body Balance

Robert Scaer, M.D.

W.W. Norton & Company, Inc.
2012

978-0-393-70747-2
paperback, 160 pages

www.wwnorton.com

Kay Colbert, LCSW, Dallas, TX

Robert Scaer, M.D. is a retired neurologist from Colorado with a long-term interest and expertise in the somatic symptoms of traumatic stress. Scaer has published two previous books on this subject, and in his most recent offering, he presents information aimed at the consumer on the brain-mind-body connection with stress and trauma. Scaer believes that through greater knowledge and awareness of the connection of the brain and body with health, disease and trauma, there will be increased self-understanding and recovery.

With current research being done on trauma and PTSD (post-traumatic stress disorder), professionals are learning there are physical symptoms of emotional disorders. The body can hold traumatic memories. Body-based trauma therapies that have been developed in recent years are a departure from traditional cognitive-based therapies. Scaer explores the basic theory behind somatic psychotherapies, and attempts to provide a physiological rationale for how these may improve symptoms.

The *8 Keys to Mental Health* is part of a series published by Norton to provide consumers with brief, high quality, self-help books on a variety of mental health topics. Scaer's book is divided into eight sections which present introductory information on the conscious and unconscious brain, and how sensory and messaging systems work. Scaer provides explanations on motor memory, the autonomic nervous system, the limbic system, neuroplasticity, and how life stress and trauma affect the brain and body. Physical effects of stress on the body are listed, including fibromyalgia, chronic fatigue, asthma, mitral valve prolapse, irritable bowel syndrome, and gastric reflux.

Mindfulness meditation and its breathwork are suggested to be helpful, as well as hypnotherapy or other activities that induce trance states.

Several simple exercises on meditation and exposure imagery are given as practice for symptom reduction. In the last section, Scaer discusses how all this information can be integrated and used as a resource to heal both brain and body.

This text is advertised as a self-help book, accessible for the consumer. More than half the book, however, is mostly dedicated to neurobiology, with a fairly lengthy description of brain functioning. Scaer includes an interesting discussion of brain plasticity, describing how new neural pathways can be formed. It contains an explanation of epigenetics, or the study of heritable changes in gene expression. The point is, we may heal the injured brain through activities that encourage neuroplasticity, and physical healing can promote emotional recovery. While informative, this material may be somewhat challenging for the average reader. It is not until we reach the last chapter, or Key 8, only 16 pages in length, that Scaer presents more specific modalities for improving one's functioning. Mindfulness meditation and its breathwork are suggested to be helpful, as well as hypnotherapy or other activities that induce trance states. Scaer briefly talks about energy work, and also lists EMDR, Brainspotting, Somatic Experiencing, and Emotional Freedom Technique as valuable procedures to use.

The book is more an informative overview of the workings of the brain and how it relates to stress, than it is a wealth of practical ways to heal oneself from the physical and emotional pain of trauma. It is recommended for people who want to increase their understanding of the body-brain connection.

BOOK REVIEW

Time Cure: Overcoming PTSD with the New Psychology of Time Perspective Therapy

Philip Zimbardo, Ph.D., Richard Sword, Ph.D., Rosemary Sword

Jossey Bass - John Wiley & Sons
2012

978-1-118-20567-9
hardback, 310 pages (also available as ebook)

www.josseybass.com

Reviewed by Kay Colbert, LCSW, Dallas, TX

Philip Zimbardo is Professor Emeritus of Psychology at Stanford University, and a recognized scholar, educator, researcher, and author. He previously developed Temporal Theory, which works with how we perceive our past, present, and future. Richard Sword, a psychologist in Maui, and his wife and colleague, Rosemary Sword, a therapist, were using methods related to Temporal Theory for treating war veterans with post-traumatic stress disorder (PTSD). After meeting Zimbardo at a conference, the three began a collaboration. Together, they wrote *Time Cure*, a book on Time Perspective Therapy (TPT), which they describe as the most effective current practical treatment for relieving the symptoms associated with PTSD.

This book, aimed at anyone who treats those with PTSD, claims that TPT treatment is effective, quick (approximately four to eight sessions), and cost-effective; it can be used by masters-level practitioners, nurses, or committed caregivers. The narrative is clearly written and well organized, and is accessible to consumers, as well as professionals.

The book is divided into two parts and six chapters. Part I begins with a primer on PTSD, case studies, and an explanation of the theory of TPT. Part II discusses how TPT therapy can be applied to war veterans, everyday trauma victims, and women with PTSD. Each part features engaging first-person narratives from actual patients.

The authors credit CBT and positive psychology as influences on the development of their approach, but state that TPT is unique in the language it uses and the way it views trauma. The key is for the client to view PTSD as a mental *injury*, not a mental *illness*, and to identify past-positive experiences, not dwell on the negatives. It is a forward leaning, future-oriented therapy that provides a degree of relief for people caught in the loop of past trauma. TPT aims to teach clients how to refocus their time perspective, from negative thoughts about the past, into more productive, positive pathways for the future.

As part of the TPT process, the authors encourage the development of healthy, pro-social activities. They teach self-soothing behaviors, such as breathing, meditation, and visualization. Some easy-to-follow exercises also are given. The authors provide an inventory (Zimbardo Time Perspective Inventory), and explain how to score it. The descriptions of TPT are interspersed with many case histories of patients demonstrating how they responded to traditional therapy (mainly CBT or exposure therapy), and then how TPT was implemented, giving the reader a specific understanding of the techniques involved.

This book includes results from an ongoing clinical trial of TPT being conducted with 28 male veterans with PTSD. Zimbardo and Sword conducted pre- and post-treatment tests, and the data suggests positive effects for at least three years following. The authors have recently applied for a military grant to conduct further studies.

The authors claim that TPT succeeds where all other trauma interventions have failed, making a significant improvement in mental functioning and quality of life. An ambitious claim, certainly, but with a growing number of veterans with PTSD, this introduction to TPT may offer therapists a promising option with unresponsive clients.

Of special note, is the availability of a free, downloadable guide, *A Therapist's Guide to The Time Cure: Time Perspective Therapy in Six Sessions*, available at www.josseybass.com/go/timecure

Milton H. Erickson Foundation Newsletter

ADVERTISING RATES

<i>Full Page</i>	•	9 1/4"w x 11 1/4"h	•	\$1095
<i>1/2 Page/Vert.</i>	•	4 1/2"w x 11 1/4"h	•	\$675
<i>1/2 Page/Horiz.</i>	•	9 1/4"w x 5 1/2"h	•	\$675
<i>1/4 Page</i>	•	4 1/2"w x 5 1/2"h	•	\$450
<i>1/8 Page</i>	•	4 1/2"w x 2 5/8"h	•	\$275

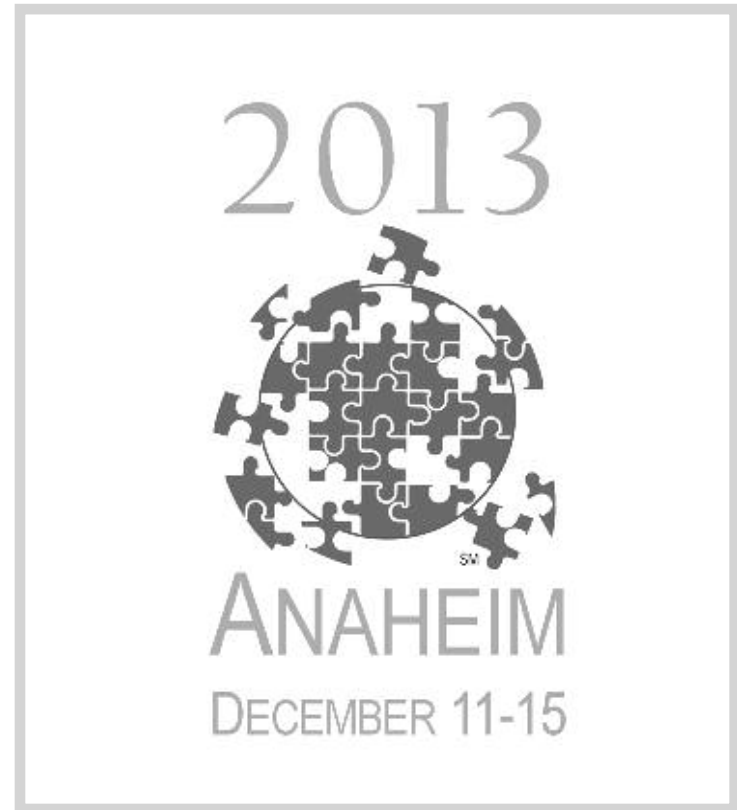
Frequency discounts available!

Circulation: 10,500 U.S. (mailed)
 & *Online: www.erickson-foundation.org*

Space Reserve / Art Deadline for the Summer/Fall 2013 issue:
June 1, 2013 (mail date: August)

Rate Card, Specs and Insertion form available Online:
erickson-foundation.org

or contact: The Milton H. Erickson Foundation
 2632 E. Thomas Road, Ste. 200, Phoenix, AZ 85016
Fax, 602/956-0519 • Tel, 602/956-6196
Email, karen@erickson-foundation.org



NEW from **Hillary & Bradford Keeney**

The Keeney's heretical perspective holds that professionals can fill up on theory—indeed, on many theories—at the expense of developing the performance skills that are the foundation of effective therapy. They argue that creative performance technique, rather than theory, is primary. Thus this new book is appropriate for any practitioner no matter what school of therapy they belong to.

"A book you can't put down! I don't know how to adequately convey that the Keeney's are true to the work of Milton H. Erickson..."

—Betty Alice Erickson, M.S., LMFT

"If you are looking for new inspiration to enliven your clinical practice, this is the book to read..."

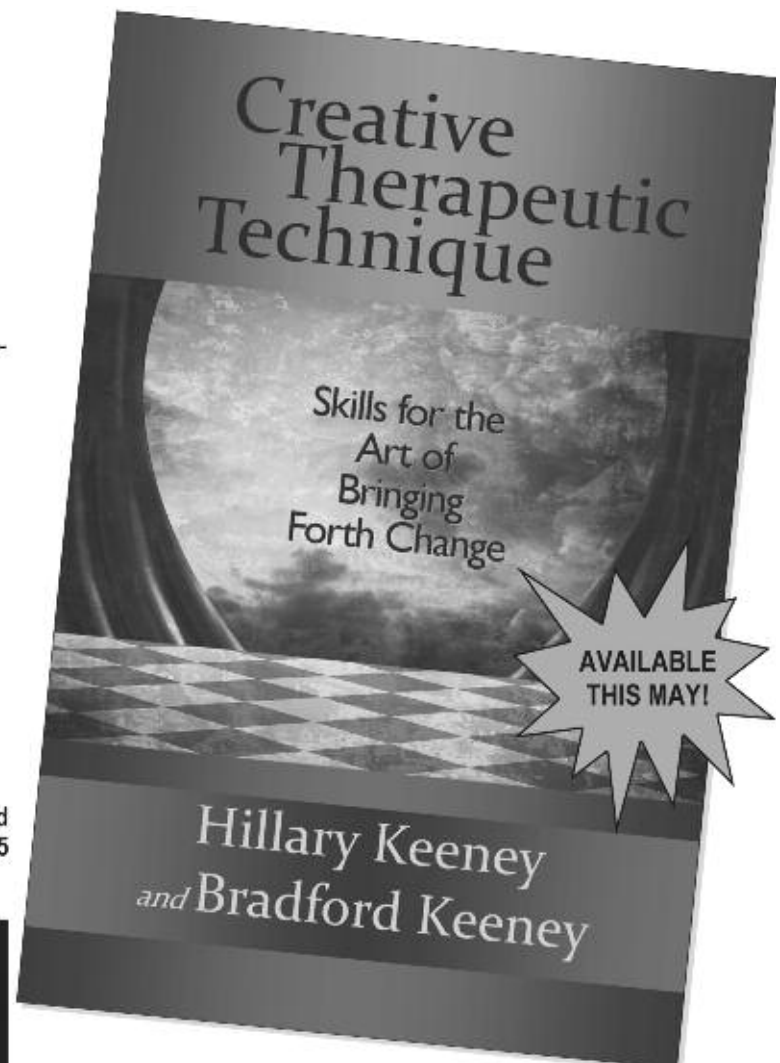
—Peggy Papp, LCSW

"If you try to get nothing from this book, happily, you will fail: It is a page-packed monument to unscripted change!"

—Stephen Lankton, MSW, LCSW, DAHB

6 x 9 • 215 pages • Paperbound • Illustrated
 ISBN: 978-1-934442-45-6 • \$27.95

ZEIG, TUCKER & THEISEN
www.ZeigTucker.com



B O O K R E V I E W

Roadmap to Resilience: A Guide for Military Trauma Victims and Their Families

Donald Meichenbaum

Clearwater, FL: Institute Press
2012ISBN 9780969884026 (softcover)
224 pages, U.S. \$41 (\$35 for book plus \$6 S & H)Reviewed by Michael F. Hoyt, Ph.D. (DrMHoyt@comcast.net)
Mill Valley, California, USA

Don Meichenbaum, one of the founders of Cognitive Behavior Therapy, has distilled his intelligence and encyclopedic research knowledge, wisdom and passion, and 40 years of experience working with trauma victims, to assemble this extraordinary, user-friendly guidebook. Meichenbaum was voted one of the 10 most influential psychotherapists of the 20th century and is a perennial top-rated presenter at the Evolution of Psychotherapy conferences. He also serves as director of the Melissa Institute for Violence Prevention and Treatment (www.melissainstitute.org).

In *Roadmap to Resilience*, Meichenbaum defines *resilience* as “the capacity to adapt successfully in the presence of risk and adversity” (p. 3). Although the focus of the book is on military personnel, it is widely applicable to the wide range of human tragedy—natural disasters, interpersonal violence, accidents, illness, and loss. As Meichenbaum notes, over the course of a lifetime, approximately 60% of people will experience traumatic events. Acknowledging the pain of such events and the fact that some will develop problems such as PTSD, depression, and substance abuse, he observes that after trauma most can cope and many will eventually experience *Post Traumatic Growth*: “Resilience is more accessible and available to some people than for others, but *everyone* can strengthen their resilience” (p. 5). This book identifies what those people do (and don’t do) and offers a *Resilience Reintegration Program* divided into six sections: 1. Physical Fitness, 2. Interpersonal Fitness, 3. Emotional Fitness, 4. Thinking (or Cognitive) Fitness, 5. Behavioral Fitness, and 6. Spiritual Fitness.

Each section is multifaceted, offering specific actions to be taken, with useful information and inspiring Quotable Quotes to support each action. Brief references also are provided, and website resources are listed for the technologically savvy. (Start with www.roadmaptoresilience.com.) The language of this book is direct, pragmatic, encouraging, and down-to-earth. The actions offered are suggestions and invitations, a compendium of specific “How To” ways to improve one’s resilience and fitness. They are current, practical, optimistic, respectful, and sensitive to cultural nuance, and there are “Hinge Questions” to help swing open the doors of possibility. The book also has brief appendices to help readers develop their personal resilience plan and to locate pages with specific steps (e.g., Control My Anger, Create a Healing Story, Create a Resilient Mindset, Use My Faith, Improve Conflict Management Skills, Stay Connected and Reintegrate).

The strategies, all supported by experience and research, are drawn from different theories and approaches. Consistent with Meichenbaum’s Constructive Narrative Perspective, which highlights meaning-making and telling “the rest of the story,” the sections on Thinking (or Cognitive), Fitness, and Spiritual Fitness are especially rich.

Although written as a self-help *Roadmap*, therapists (including Ericksonians) will find much in this book to use with their clients, and there is vital information to help persons who have suffered trauma (and their friends and family) to cope, recover, and move forward in their lives.

This book is a “must-read.” I enthusiastically recommend it!

B O O K R E V I E W

Narrative Mediation: A New Approach to Conflict Resolution

John Winslade, Gerald Monk

JOSSEY-BASS
A Wiley Imprint
First Edition
2000

ISBN 0-7879-4192-1 (alk.paper)

Maria Escalante de Smith, MA, Cedar Rapids, IA

Narrative Mediation: A New Approach to Conflict Resolution provides readers with tools for dealing with, and preventing conflicts that may occur in different life endeavors. As the authors state (on the inner flap), “People are motivated by a desire to fulfill their personal interests.”

Chapter One, “Narrative Mediation: What Is It?” is quite interesting because it offers an overview of the narrative approach to mediation by taking you step-by-step through an actual mediation. Chapter Two provides theoretical issues of narrative mediation, and Chapter Three details the model used.

Chapter Four, “Entitlement,” examines its effects, and the effects of exaggerated entitlement in the creation of conflicts. Here we learn how some people believe that others should treat them well and look after their needs. Conflict occurs when there is discrepancy between one’s expectations and what one actually receives. This same chapter provides interesting diagrams that can help readers understand four types of relationships: equal, roommate, the traditional relationship, and the emergent relationship. Deconstructing the Dominant Discourse also is addressed in this chapter.

In Chapter Five, “The Relational Context of Narrative Mediation,” we learn that one of the first requirements for a successful meeting with the mediator is “to establish a relationship of trust and respect with the parties” (p. 116).

“Disarming the Conflict,” Chapter Six, explains how the authors’ first step in the mediation process is to meet with each of the parties separately. In other cases, when both parties are disposed to talk freely together, it may be better to meet with both from the beginning. This chapter is also a good reminder of the importance of the “Externalizing Conversation,” developed by the late Michael White and David Epston, where “The person is not the problem, the problem is the problem” (p. 143). By speaking in an externalizing way, people can refer to the conflict as if it were separate from the two parties. Examples of how to ask questions that help people externalize the problem also are presented in this chapter.

In Chapter Seven, “Opening Space,” parties are invited to judge the problem in order to develop a subjective position. I have seen how this approach can help people regain a sense of mastery and power when facing problems.

How to create stories is addressed in Chapter Eight, “Building Momentum.” In this chapter, readers are reminded of the importance of hope, and locating the problem in a historical context.

Chapter Nine, “Getting Unstuck,” is about the most difficult aspects of mediation, such as violence and harassment. The authors narrate what happens when couples are separating with an “Absence of Goodwill” and are intensely defensive of their positions. Blame and resentment also are present when they focus their attention on the internal characteristics of each other. Here we learn how Michael White “describes an innovative way of interrupting this kind of exchange and externalizing conversation to make room for good will to come back into the room” (p. 207).

Chapter Ten, “Documenting Progress,” covers the use and creation of forms of documentation of the new story. These documents include written agreements and letters from the mediators to the parties. I like using letters because they can serve as a means to end a cycle, similar to a ritual.

I found Narrative Mediation to be a useful book, and recommend it to both mediators and counselors.

D V D R E V I E W

Assessment and Psychological Treatment of Bipolar Disorder

With Kay Jamison, Ph.D.

55 minutes, English subtitles

www.Psychotherapy.net

Institutional/Instructors version

Contains a 48-page *Instructors Manual*

By Ali Miller, MFT

Reviewed by Roxanna Erickson Klein, Ph.D., LPC

Assessment and Psychological Treatment of Bipolar Disorder is an interview with Kay Redfield Jamison Ph.D. by Victor Yalom Ph.D., recorded in December 2010 and distributed on DVD. The subject matter of the interview addresses both assessment and treatment of bipolar disorder. The presentation reaches out to a broad group, from professional physicians and psychiatrists, to students of counseling and psychotherapy. Yalom is effectively unobtrusive as an interviewer, leading Jamison to cover salient points, without annotating or questioning her viewpoints. Jamison's considerable knowledge of this disorder gives the interview quality and depth.

A fan of Jamison, I have read most of her books; among them is her bestselling *An Unquiet Mind*, about the nature of bipolar disorder. Even with this familiarity, I found this video extremely informative. By the end of the hour, I was left with an appreciation for how efficiently the material was covered, while keenly aware of how much remains, yet to say. Jamison's ongoing contributions in the direction of professional/public education and in research at John Hopkins, have justly earned her a reputation as a leading expert in bipolar disorder.

Jamison takes a strong position in support of the medical model, emphasizing that both medications and psychotherapy are central and literally lifesaving. She clearly describes bipolar disorder as a devastating illness with serious risks and ramifications for individuals, as well as family members. Her viewpoint on the necessity of including family in the diagnostic, assessment, and educational components of treatment is well supported.

Jamison repeatedly emphasizes several key points, including the lifelong prognosis of the condition, the costs to the individual and family, and the lethality of the disorder. Her attention to the risk for suicide was accompanied by useful guidelines for communication between therapists, the individual, and families. The interview was replete with practical information, including distinctions between Bipolar 1 and Bipolar 2, and a description of genetic components. Of particular value to clinicians, is the information she gives about the necessity of medication, problematic side effects, cognitive disturbances associated with the disorder, the evaluation of symptom triggers for episodes of mania or depression, and the relationship between sleep disturbances, energy, and mood.

This video will be of value to all clinicians, but especially to those in an educational setting. The enclosed *Instructor's Manual* takes it a helpful step further by offering diagnostic criteria and classroom activities that can enhance the learning process. The manual additionally details the process of obtaining CEU credits, offers recommended readings and web sources, and provides a transcript of the interview.

Jamison concludes on a hopeful note concerning the development of a National Network of Depression Centers (<http://www.nndc.org>). This network strives to promote quality of care for individuals who suffer from depression. Newly formed by a group of medical schools and hospitals, the network will facilitate the development of treatment standards and research.

Jamison repeatedly emphasizes two conspicuous points: the lethality and life-long nature of the disease. These sobering points are balanced with the value of education and support. She comes across as sensitive and serious; a professional with a mission to bridge existent gaps of knowledge. *Assessment and Psychological Treatment of Bipolar Disorder* will help educate professionals to minimize the complex sequelae of bipolar disorder, and to enhance quality of care.

MASTER CLASS *in BRIEF* PSYCHOTHERAPY *"In the home and office of the Master"*



MENTAL HEALTH PROFESSIONALS: Only one opportunity left this year!

This course is designed to improve your clinical skills through direct experience. During the four-day course you will be exposed to an abundance of clinical practice that will take you to next level in terms of your own personal and professional development.

There will be very little didactic teaching. This Class is structured so each member participates in four roles: therapist, supervisor and client (twice). You will be a client for one session with Dr. Jeffrey Zeig and one session with a peer therapist. You will be able to see others practicing in front of the group in a very safe environment. The unique format of this group will help you integrate learnings in powerful ways. This program is held at the actual Erickson home. Half of registration fees go to maintaining this historic site.



THE ENVIRONMENT IS INTIMATE AND SUPPORTIVE.

THE LEARNING EXPERIENCE IS RICH AND FERTILE.

THIS PROGRAM IS AN OPPORTUNITY TO ADVANCE
CLINICAL SKILLS NO MATTER WHAT YOUR
PROFESSIONAL ORIENTATION.

MASTER CLASS SESSIONS & FEES

August 3, 2013 - August 6, 2013

\$800

Register Online at
Erickson-Foundation.org

CONFERENCE NOTES

The Milton H. Erickson Institute of Belo Horizonte, Brazil, with the Brazilian Association of Hypnosis, and the Federal University of Minas Gerais (UFMG), in co-sponsorship with the MHE Foundation, is holding a Brazilian Congress on *Clinical Hypnosis in the 21st Century - Challenges and Possibilities* (A Hipnose Clínica no Século XXI. Desafios e Possibilidades). May 17-19, 2013 - in Belo Horizonte, Brazil. For further information & registration please go to: www.ericksonbh.com.br/congresso2013

The American Psychological Association (APA) will hold the 121st APA Annual Convention July 31-August 4, 2013 in Honolulu, Hawaii. For more information contact the APA, 750 First Street NE, Washington, D.C. 20002-4242; Tel, 800-374-2721; 202-336-5500. TDD/TTY: 202-336-6123; Web, www.apa.org

The Society of Clinical and Experimental Hypnosis (SCEH) is holding the 64th Annual Workshops and Scientific Program, *The Future of Professional Hypnosis: Practice, Process and Outcomes*, October 2-6, 2013. The meeting will be held at the Doubletree Hotel by Hilton Berkeley Marina in Berkeley, California. The deadline for the Call for Papers/Proposals is April 15, 2013. For information contact SCEH at 508-598-5553 or online at www.SCEH.us

The Evolution of Psychotherapy Conference sponsored by The Milton H. Erickson Foundation, Inc., will be held December 11-15, 2013 in Anaheim, California. For more information visit the Conference web site: www.evolutionofpsychotherapy.com or contact the Erickson Foundation, 2632 E. Thomas Road, Suite 200, Phoenix, AZ 85016; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org

The European Society of Hypnosis (ESH) in collaboration with the Italian Society of Hypnosis (SII) will hold the 13th International Congress entitled, *Hypnosis and Resilience: From Trauma and Stress to Resources and Healing*, October 22-25, 2014 in Sorrento, Italy (Amalfi Coast). For more information contact Societa Italiana di Ipnosi, Viale Regina Margherita, 296, 00198 Rome, Italy; Tel and Fax: +39.06.8548205; Email: ipnosii@libero.it; Web, <http://esh-hypnosis.eu>

CALL FOR PAPERS: If you would like to present a Paper in the Congress Scientific Program, please submit the CALL FOR PAPERS FORM including your Abstract, together with your completed Registration Form, by April 30. Information and forms available at: <http://esh-hypnosis.eu>

The International Society of Hypnosis (ISH) and the Confédération Francophone d'Hypnose et Thérapies Brèves (CFHTB) will hold the 20th International Congress, Hypnosis: Roots and Future of Consciousness, August 26-29, 2015, in Paris, France. For information visit their website: www.CFHTB.org

GENERATIVE TRANCE

Summer Intensive 2013 - San Diego, CA

Stephen Gilligan Ph.D.

July 6 - 11 Basic

July 13 - 18 Advanced

July 20 - 24 Supervision

CEUs Available - For more details, visit us at:

www.StephenGilligan.com

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2013		
5/1-12	Brief Ericksonian Hypnotherapy / Russia / Jeffrey K. Zeig, Ph.D.	1.
5/18-19	The Erickson Way: Telling Stories Where They Belong / SF Theological Seminary / San Anselmo {Marin County}, Calif. / Betty Alice Erickson, Ph.D., LPC, MFT, Eric Greenleaf, Ph.D., John Dyckman, Ph.D.	2.
5/24-27	Master Class in Brief Psychotherapy / Phoenix, Ariz. / Zeig	3.
6/1-5	Hypnotic Patterns / Guangzhou, China / Zeig	4.
6/8-12	Hypnotic Patterns / Beijing, China / Zeig	5.
6/17-8/23	The Cape Cod Institute / Cape Cod, Mass. / Invited Presenters	6.
7/15-19	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent Geary, Ph.D., Zeig, Lilian Borges Zeig, M.A., LPC	3.
7/22-26	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, J. Zeig, L. Zeig	3.
7/29-8/2	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Zeig	3.
8/3-6	Master Class in Brief Psychotherapy / Phoenix, Ariz. / Zeig	3.
8/12-16	Advanced Techniques of Therapy - Cape Cod Institute / Cape Cod, Mass. / Zeig	6.
8/29-9/3	Brief Therapy: Key Concepts in the Ericksonian Approach / Sydney (8/29-30) & Melbourne (9/2-3), Australia / Zeig	7.
9/5-6	Masterclass: Advanced Technique of Therapy / Melbourne, Australia / Zeig (limited to 35 participants)	7.
9/26-10/3	Resilience and Master Class / Graz, Austria / Zeig	8.
10/7-11	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, J. Zeig, L. Zeig	3.
10/14-18	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, J. Zeig, L. Zeig	3.
11/14-17	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	9.
12/11-15	Evolution of Psychotherapy Conference / Anaheim, Calif. / Invited Faculty	10.

Contact Information:

1. Email, psyinst@psyinst.ru
2. Eric Greenleaf: Email, training.MHEIBA@gmail.com; Web, www.miltonherickson.com
3. The Milton H. Erickson Foundation – Intensive Training Program and Master Class: Web, <https://erickson-foundation.org/training/intensives/>; Master Class: <https://erickson-foundation.org/training/master-class/>; Tel, 602-956-6196; Fax, 602-956-0519; Email, registration@erickson-foundation.org
4. Email, gracenlp@yahoo.com.cn
5. Email, wangyaning@yahoo.com.cn

6. The Cape Cod Institute, Tel, 888-394-9293 (toll-free) or 203-422-0535; Fax: 203-629-6048; E-mail: Institute@cape.org; Web, www.cape.org
7. Web, www.psychotherapy.com.au; Email, psychoz@psychotherapy.com.au
8. Email, dpst@ikjf.at
9. Stacey Moore; E-mail, sjmtjm@msn.com
10. 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; Web, www.erickson-foundation.org; Evolution Conference: www.evolutionofpsychotherapy.com

To submit a listing for Upcoming Trainings, please send dates, title of workshop, venue (city/state/country), list of presenters, and complete contact information ONLY. Information must be sent in the format above. A \$25 fee per listing is required. Deadline for the 2013 Summer/Fall Issue (mailed August) is June 1, 2013. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact Karen Haviley – karen@erickson-foundation.org or mhreg@aol.com

Rates, Ad Spec, and online insertion available at:
<http://erickson-foundation.org/newsletters/advertising/>

Join our Email Mailing List!
www.erickson-foundation.org

EUROPEAN SOCIETY OF HYPNOSIS (ESH) XIII International Congress

22-25 October 2014

Sorrento (Amalfi Coast), ITALY

**Organized in collaboration with the
Italian Society of Hypnosis (SII)**

HYPNOSIS AND RESILIENCE

**From Trauma and Stress
to Resources and Healing**

**Emphasizing the importance of resilience
in a world in crisis and the role played
by hypnosis in activating and developing
inner forces and resources**

SOCIETÀ ITALIANA DI IPNOSI
Viale Regina Margherita, 296 – 00198, Rome, Italy
PHONE AND FAX: (039) 06 8548205; EMAIL:
IPNOSII@LIBERO.IT - WWW.SOCIETÀIPNOSI.IT

CONFERENCE REVIEWS

Brief Therapy Conference: Lasting Solutions

December 5-10, 2012

San Francisco, CA

Introduction

C. Alexander Simpkins, Ph.D.

Annelen M. Simpkins, Ph.D.

San Diego, CA

Professional conferences give us the opportunity to develop our skills and broaden our areas of proficiency. Jeffrey Zeig, along with the expert staff at the Milton H. Erickson Foundation, provided all of this and more with their well-organized and inspirational Brief Therapy Conference, which gathered a diverse group of respected innovators in the field of short-term psychotherapy. For those who attended, the setting in cosmopolitan San Francisco was a welcoming beacon for our colleagues from around the world. And, the seamless organization of a manifold of presentations gave meaningful experiences to stimulate growth on numerous levels. The 1,050 participants from 22 countries and 45 U.S. states covered the spectrum of professional training, and included psychologists, psychiatrists, educators, physicians, nurses, social workers, and counselors. This enriching mixture of perspectives further enhanced the fascinating presentations with provocative questions and discussions. The presenters were diverse as well, representing multiple approaches covering most of the important branches of brief therapy. In addition, key researchers showed findings that provided a scientific basis. The conference also provided intensive training in hypnosis with the five-part hypnosis track, along with something new—a day of “Super Courses.”

With so much content and limited space to print, we offer you a brief taste of the Brief to whet your palate. Please savor this sampling from our insightful reviewers.

And for the complete menu, enjoy at your leisure with the full conference recordings available from the Foundation. Bon appetit!

Overview

Consuelo Casula, Lic. Psych.

Milan, Italy

Once again, Jeffrey Zeig, with the help of Roxanna Erickson Klein, succeeded in surprising the audience of the Brief Therapy Conference by inviting keynotes of exceptional quality, and those outside the usual. Keynote speaker Paul Ekman challenged the complacency of the audience by showing how difficult it is to recognize the macro, micro, mini, and false facial expressions of basic emotions. Robert Greenberg, telling anecdotes from Beethoven's life, changed our way of listening to the master's music, to better understand the suffering man behind the successful composer. Harriet Lerner presented 10 bold steps in promoting change, from “say what you feel and think,” to “refrain from being compelled to share anything.” She counseled to “calm yourself,” and “clarify limits of what you can do or give.” Patrick Carnes helped the audience to see the difference between sex addiction and other addictions, presenting his PATHOS model—the acronym of Preoccupied, Ashamed, Treatment, Hurt others, Out of Control, and Sad. The conference was further enriched by the inspiring and moving film, “Viktor & I,” directed by Alexander Vesely, about Viktor Frankl, his grandfather.

Overview: Arrival

Nicole Ruysschaert, M.D.

Antwerp, Belgium

San Francisco—in Europe people describe it as the “most European city.” I wonder why? Will it make me feel as if I am coming home? What will be similar or different than Europe; what will surprise me?

For my first days in SF, I put on the hat of tourist so that I might be surprised. Now I am walking, climbing a steep street, and spotting other tourists on the tram. Aha, that's what I saw on the postcard friends sent me years ago! As I join the other tourists to reach Fisherman's Wharf all my senses are stimulated by the smell of the sea, the fresh cooked crabs swimming in their stock, the cry of the sea lions, the taste of ice cream, and I am engulfed by the warmth of the sun. Strolling around, I join a group of noisy children to walk between the wonderful aquariums and

admire the fish in their artificially-created “natural” biotope. I observe the gentle, slow, elegantly moving medusa and the cute, intelligent octopus, particularly talented as he coordinates all his tentacles to make himself so small he can enter a tiny cave to capture prey. Walking further, I spot a hop-on hop-off tourist bus and start my two-day tour with entertaining guides and audio recordings telling me of the pivotal history of San Francisco—the earthquakes, the burning city, and the resilience of the inhabitants to recover from all of these disasters. In a well-organized track, I have the opportunity to visit many places of interest, from the Golden Gate Bridge to China Town; from the Painted Ladies to the California Academy of Sciences building; from the Japanese Tea Garden to the shopping area. And, I even have time to be in wonder of, and admire the Museum of Modern Art. Now, after all that stimulation of my senses, I am feeling open for new inspiration as I begin the Brief Therapy Conference!

Short Courses

SC 12: Nicole Ruysschaert, M.D.

Flourish or The Petals of Satisfaction in Life and Work

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

Nicole Ruysschaert beautifully presented the petals of satisfaction using a well-designed PowerPoint presentation. She effectively invited the attendees to have a happier and healthier life by recognizing what is really important, and offered ways to achieve this. With her characteristic gentle way, she encouraged us to consider what really is important, and did so with beautiful slides and a well thought out presentation. It was an emotional message with meaning and purpose, and inspiring and engaging to all who were lucky enough to attend.

SC 20: Consuelo Casula, Ph.D.

Transforming Patient's Vulnerability into Identity Strength

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

Consuelo Casula was delightful as she invited attendees to consider the

system she calls “The Identity Strength Focused Approach,” which looks at the five components of identity: the Body, Social, Professional, Spiritual, and Secret Identity. She made a case for examining ways of discovering and helping clients to find their strengths in different areas of their lives by looking at the strength that comes from mind-body coherence and empathy with others, as well as engagement in their professional work. Part of what makes Casula so interesting as a presenter, is how she is willing to say things that are socially challenging in nice ways that leave an impression and a lasting hold on your psyche.

SC 36: John Lentz, D. Min.

New Perspectives and Healing for Borderlines: A Brief Therapy Intervention for Lasting Change

Reviewed by C. Alexander Simpkins,
Ph.D. and Annelen M. Simpkins, Ph.D.,
San Diego, CA

John Lentz is a highly skilled and captivating presenter who brings 22 years of experience in working with borderlines in his position as sole counselor and chaplain at a women's correctional facility in Kentucky. Many of the borderline inmates had suffered serious abuse, experienced profound poverty, and committed dangerous crimes, including murder—an intractable client pool! And yet, Lentz's beautifully simple and deeply effective approach brought profound and measurable change to these women. His premise is that borderlines develop their condition through an internal negative trance, which limits their perceptions, leads to poor decisions, and results in redundant self-defeating patterns. Lentz's intervention begins by putting himself in a positive trance, indirectly expressing caring and faith in the client's capabilities. His trance offers borderlines a radically new way to understand themselves. Lentz postulates that the communication may work through their mirror neuron system, bottom-up. Since borderlines are resistant to receiving positive input, Lentz shows how to alter their negative trance through such inventive techniques as indirect double-positive binds, gentle shocks, humor, the therapist's trance, and symbolism. He offers valuable insights you can use with this difficult population, and most importantly, hope for fostering lasting transformation. Based on his success-

See CONFERENCE on page 17

ful experience and thoughtful gatherings of what he has learned, Lentz gave a remarkable and extremely helpful workshop!

SC45: Dale Bertram, Ph.D. and Michael Rankin, MA

Principles for Helping Stepfamilies Blend

Reviewed by John D. Lentz, D. Min.

Dale Bertram and Michael Rankin devised one of the most innovative workshops for dealing with stepfamilies by emphasizing the Ericksonian principle of utilization. I found myself thinking, "Why hasn't anyone thought of this before?" It makes so much sense, and it's so easy to help stepfamilies with this approach. I left the workshop wishing everyone knew about it.

Rankin and Bertram taught stepfamilies how to easily and effectively alter the negative trance they often become stuck in, by utilizing what they offer as the blocks to their blending together. Because I know these presenters, I was proud they came up with this approach, and couldn't wait to tell others about how useful their workshop was.

Keynotes

Keynote 1: Paul Ekman, Ph.D.

Behavior Clues to Deceit

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

Paul Ekman offered a keynote that makes you think and causes you to grow. To demonstrate his observations and theory, Ekman used videos of people from the news media who clearly lied on camera. The videos were memorable, and the points he made were clear. Attendees could see how people demonstrate their dishonesty in their micro-actions and body movements. It made me wonder how many hours of watching the news Ekman had endured to be able to select the memorable clips showing people being dishonest! This presentation raised important questions for all of us to answer about our relationships, both in and out of therapy. It was a brilliant move on the Foundation's part to invite Ekman to present because, whether you agree with him or not, the questions he brought up are ones we all have to answer. For instance, when you notice your client lying, if and when is the right time to confront them about their dishonesty?

It isn't just as simple as it might seem at first glance, and this keynote pointed out ways to hone your advanced ability for noticing body language.

Keynote 2: Robert Greenberg, Ph.D.

Beethoven: Revolution, Reinvention, and Innovation with Attitude

Reviewed by John D. Lentz D. Min.

Greenberg was amazing. Even after a long day, his keynote on Beethoven was well received and brought the genius of Beethoven to the forefront. I loved how Greenberg explained what he was going to show us, and then played it so we could hear what he had just explained. He helped us to viscerally understand how Beethoven used his music as a therapist's couch and showed remarkable insight into the composer, and also the human condition. Greenberg taught with energy and enthusiasm. Since I love Beethoven and have listened to many hours of his work, it was a wonderful way to help me to better understand Beethoven and his music better. What a great addition to the conference. I love how cross fertilization among disciplines occurs when keynotes like this are offered.

Keynote 4: Patrick Carnes, Ph.D.

Bargains with Chaos: Challenges and Choices

Reviewed by John D. Lentz D. Min.

This keynote began in a special way and continued in that vein. Roxanna Erickson Klein introduced Patrick Carnes because she knows him and his family. The introduction was warm and personal, and let you know she believes in this man. Carnes showed you why she and others value him. He began by telling us how he is still reeling from and struggling with the recent death of his wife. You could sense the grief around him as almost palpable. Even so, he was incisive as he talked about the epidemic of pornography and its insidious impact on people around the world. You could feel his dedication and enthusiasm for helping people overcome the grips of sexual addiction, in whatever form it takes. You probably would have been surprised by some of the statistics he offered, including that the porn business is no longer making as much money as it once did. This is not because there is less interest or better filters on the internet, but because



**Now You Wanted
A Trance Demonstrated Today**

by Milton H. Erickson, M.D.

Teaching Video Tape/DVD

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

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

Accompanying Annotated Transcript contains:

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

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

www.SCSEPH.org

SCSEPH accepts Visa, MasterCard, Discover and PayPal®

The Southern California Society for Ericksonian Psychotherapy & Hypnosis

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

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

PAID ADVERTISEMENT

so many folks are willing to post pornographic material for free. I found Carnes keynote to be informative, personal, and extremely well done.

Workshops

WS 1: Paul Ekman, Ph.D.

Microexpressions

Reviewed by Consulo Casula,
Lic. Psych.

Paul Ekman challenged the pride and the presumption of his audience by providing experiential proof that we therapists are not good at recognizing other people's expressions of basic emotions, such as fear, sadness, joy, contempt, anger, and disgust. During his keynote, Ekman showed many photos with different facial expressions and asked the audience to identify the corresponding emotion. The result was, surprisingly, rather poor, and many of us had to accept our own limitation with humility. During his workshop, Ekman trained participants to learn how to carefully observe micro, mini, false, and macro expressions by slowing down the images in order to

show the correspondence between a particular emotion and specific movements of eyebrows, eyes, forehead, nose, cheeks and lips. Ekman gave us the opportunity to understand which emotions were most easily recognized, and which ones we tend to confuse with another. He also taught us to carefully observe hand movements and incongruence between words and body language. Despite the efficacy of his method, many of the participants made only small improvements. The lesson is: We need to sharpen our ability to observe facial expressions to catch small hints or details that make a difference.

WS 4: Reid Wilson, Ph.D.

Anxiety Be Gone! Treatment Strategies for Worries

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

Reid Wilson presented an outstanding workshop that can help therapists working with clients who continuously scan the world for poten-

See CONFERENCE on page 18

CONFERENCE *continued from page 17*

tial catastrophes. He began by explaining that worry exists in all anxiety. Sometimes people are like “worry-making machines.” Oftentimes, they have been traumatized in the past and feel they have lost adequate control. He encouraged people to distinguish whether a worry is a noise that is a repetitive, unproductive thought, or a signal there is something to respond to; in other words, a useful thought. Wilson gave learners constructive strategies for altering perception by challenging the thought, using phrases such as, “Maybe it is this and not this.” or “Maybe I am reacting this way because of my past.” (A good example of an intervention used in psychodynamic psychotherapy.) Also, we learned about the importance of taking clients to a place where they can alter their perception. During this workshop, I enjoyed how Wilson skillfully used his sense of humor while addressing the dynamics of worrying. With many strategies and case examples, this workshop was full of useful information. I very much recommend it. It was excellent!

WS6: Jeffery Zeig, Ph.D.***Advanced Techniques of Therapy I: Resilience, and Experiential Approach***

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

Jeffrey Zeig was impressive as always, but there was something even more remarkable about how he led this workshop. The workshop offered experiential ways to assist traumatized individuals to regain their resilience, which got my attention. It was powerfully done and evoked further thinking. While I have heard him say countless times that Erickson used experiences instead of didactic information, this time I heard it in a totally different way, and walked away with the ability to actually do it. In fact, I have since been able to apply what I learned on several occasions. Before, I would always agree and even think, ‘Okay, how do we do it?’ But soon after, I would get lost, because it is complicated when all we have is an intellectual understanding. This time, by experiencing the methods, I felt the difference, and it has had a huge impact on me. Perhaps it wasn’t just Zeig being even more brilliant, but also how he presented the material. Thanks to this workshop,

I finally got it!

WS17: Jeffery Zeig Ph.D.***Advanced Techniques of Therapy II: Creating Emotional Impact***

Reviewed by John D. Lentz D. Min.

In this new workshop, Jeffrey Zeig again offered attendees the chance to help him improve his workshop by how we responded. Creating emotional impact as a workshop was emotionally impactful! From the exercises and weave of stories, didactic material, and catchy PowerPoint explanations, you came away with a very real new tool-- ways to emotionally impact your clients--an addition to what you are already doing. These techniques work no matter what the underlying theory for your work, because they are simply about us as human beings. They utilize communication skills that are mostly non-verbal, or at least non-linguistic. I was impressed and am looking forward to utilizing some of these methods in different ways with clients. I have already used them on my family, especially my dog. Both my family and dog responded well. If it works that well with them, I am excited to use with clients. And no, I didn’t tell my family I was using these techniques with them, but they responded. I think that is the ultimate test of effectiveness.

WS 28: Janis Abrahams Spring, Ph.D.***Don’t Ask Me to Forgive You! A Radical Approach to Healing Interpersonal Wounds***

Reviewed by Consuelo Casula,
Lic. Psych.

The radical approach of Janis Spring investigates the different meaning and implications of genuine and authentic forgiveness, as compared to cheap forgiveness. Cheap forgiveness is the shortcut utilized by the damaged person to avoid confrontation and conflict with the offender. But it is useless, merely covering suffering under ashes so that a simple puff is enough to stir up the fire of anger, disappointment, and resentment, even stronger than before. Instead, authentic forgiveness is a healthy way to recognize what really hurts, even if we understand and justify the offender. Authentic forgiveness is freedom from being held hostage to the past, and to the pain provoked by the offender. It also provides the free-

dom to move forward with a new awareness of one’s own limits of acceptance. Authentic forgiveness is the free choice to start a healing process by letting go of resentment and rancor. Dr. Spring asserts that no one is obliged to forgive the offender, especially when the offender does not take responsibility for the damage caused, and does not give any sign of repentance. When offenders do not openly seek forgiveness, they do not merit such a gift from a generous and comprehending person because they cannot understand its value.

WS 27: Ernest Rossi, Ph.D.***Creating Consciousness: Facilitating Wonder, Wisdom, Beauty, Truth, and Self-Care***

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

Being with Ernest Rossi is always a delight. His enthusiasm, intensity of focus, and absolute belief in how resourceful people can be is so invigorating that I always look forward to listening to him. Not only had I read *Creating Consciousness*, the book he and his wife Kathryn wrote, but also many of his papers and other books. Also, I’ve attended a number of his previous workshops. As always, it was an absolute joy to see him discuss novelty, environmental enrichment, and mental and physical exercise that can optimize gene expression and brain plasticity. Rossi’s style of being so engrossed in what he has to offer and in eliciting in you the resources to heal, grow, and become more creative, is a joy and an honor to behold. It also causes me to think more creatively. I am always inspired in Ernest Rossi’s presence and his workshop was satisfying, informative, and helpful.

WS 43: John Norcross, Ph.D.***Stages of Change: Tailoring the Treatment Method and the Therapy Relationship to the Individual Client***

Reviewed by John D. Lentz D. Min.

Norcross is wonderful. He believes in the research he offers and demonstrates how using it will help clients. And, he comes across as caring about his audience. He shows it in how he relates in the workshop, and in how much enthusiasm he has for you becoming as good as you can be. He explains how doing the right thing at the right time is the key to change. His enthusiasm invigorated me, leading me to encourage my students to read his book. I had forgotten how much I re-

lied on his work and the research that he offers, until seeing him again in person. Norcross tailors the work in therapy to the person, taking into consideration where he or she is at the time. His book has long been a fixture in my mind, as if what he says is gospel. It might as well be, because his methods work and help people make changes

Super Courses**C3: Ronald Siegel, Ph.D.*****Harnessing Mindfulness: Tailoring the Practice to the Problem***

Reviewed by Consuelo Casula,
Lic. Psych.

Participating in Siegel’s workshop helped me to better understand the reason for the success of mindfulness. As a meditation practice based on Buddhism, mindfulness neither creates a blank mind, nor does it invite people to become emotionless, or withdraw from life and escape from pain. On the contrary, mindfulness practice offers the opportunity to gain flexibility, awareness, and alertness--as if meditating on the edge of a cliff. The subject who practices mindfulness becomes a source of calm and balance, reduces the intensity of adversities, and increases the capacity to bear pain. Mindfulness can be utilized within any form of psychotherapy, by offering concentration and focused attention with increased awareness. Mindfulness monitors the flow of thoughts and feelings, and gives acceptance, wisdom, and compassion. Acceptance is a precondition of change, wisdom is accepting what cannot be changed, and compassion is developing an attitude of loving kindness toward us and others. If we want to improve our ability to be mindful and gain awareness of our own emotions and thoughts, we need to practice every day. We can begin by meditating on daily activities, such as taking a shower, being in traffic, walking, or waiting in line; concentrating our attention on the present moment.

Dialogues**D4: Ernie Rossi, Ph.D. and Robert Dilts*****The Creative Unconscious in Intuition and Healing***

Reviewed by Nicole Ruysschaert, M.D.
Antwerp, Belgium

As promised in the introduction,
See CONFERENCE on page 23

Live The Life You Were Always Meant To Live!

“What a joy to be a part of the journey of individuals transcending their suffering and struggling to be able to be in that special place of thriving.”

- James O. Prochaska, PhD

Director of the Cancer Prevention Research Center at the University of Rhode Island, and Developer of the Transtheoretical Model of Behavioral Change

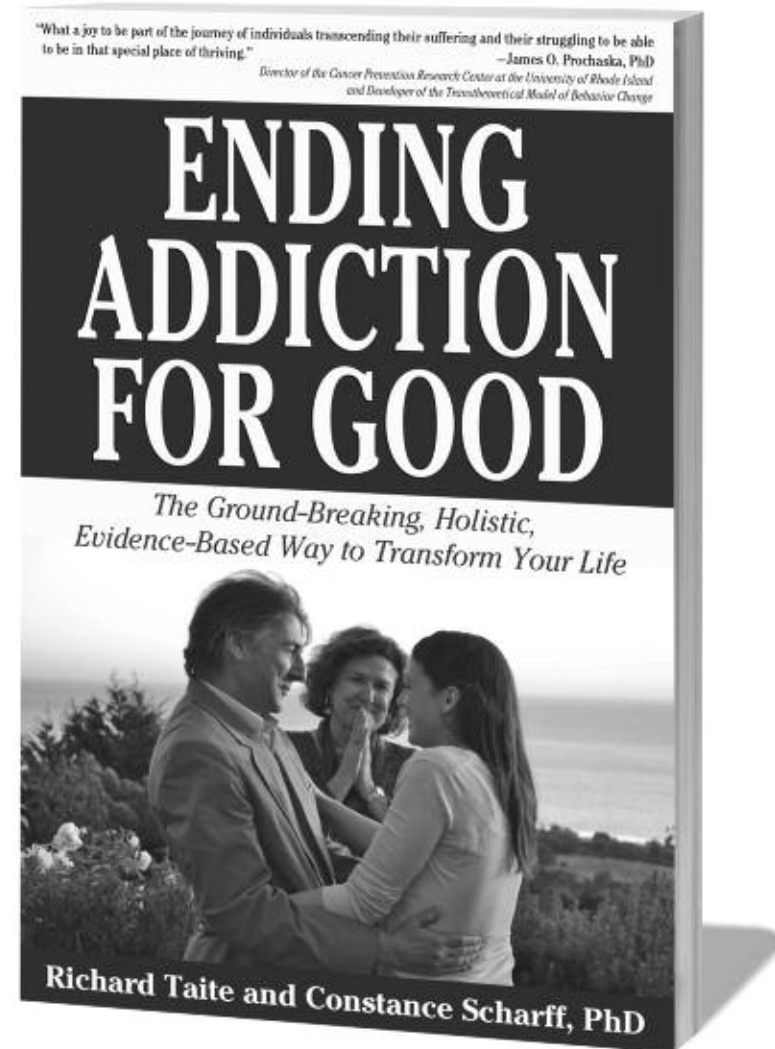
“Ending Addiction for Good is designed to bring addicts healing, restoration, and hope. Take the first step toward a new life by reading this book.”

- Mark Jaffe, MD

Psychiatrist and Faculty at USC's Keck School of Medicine

Available November 7 from amazon.com and all major book retailers.

www.EndingAddictionForGood.com



Ending Addiction for Good may well be the most important book dealing with alcoholism and drug addiction to come along in years. Drawing on their own histories of addiction recovery, authors Richard Taite and Constance Scharff, Ph.D. examine the unique and highly successful treatment protocol practiced at the Cliffside Malibu Treatment Center.

The Stages of Change approach to psychotherapy combined with holistic, integrated, evidence-based treatment works to create the foundation for lasting recovery from addiction. If you are a mental health professional dealing with the varied and complex issues and co-occurring disorders that affect addicts, you will want to read this book. Your clients and their families will be glad you did.

800-501-1988


**CLIFFSIDE
MALIBU**

www.cliffsidemalibu.com

JCAHO ACCREDITED
The Highest Treatment Standard



INTERVIEW *continued from page 1*

- with all its discussions and meetings, often around projects and issues--changes their former relationship. So now they continue to dance and sing but it's to build up spirit for what they're intending to do -- to improve the sanitation, the school, and the lives of the men, many of whom are in Nairobi looking for work, but more often than not, drunk on palm wine.

The women have taken over the leadership role, and as they are cooking and singing they are remaking virtually every aspect of their society. As the women lead me around the village, I notice all kinds of things that reflect astonishing changes. The flies don't cluster over the children's eyes anymore, and those eyes, unlike the impassive eyes of children that I've seen in villages without hope, are thinking and darting and filled with laughter and curiosity. Even the dogs look well fed. And the beggars have vanished; and well irrigated gardens flourish everywhere; and pipes have been laid down for sewage and drainage; and the streets are swept; and the school is transformed into a merry place with paint, and children's drawings, and giraffes and elephants.

One picture stands out: It is a crude but powerful rendering of an old woman; her hair is a kind of halo of white. She's sitting up in what looks like some kind of bed and I say 'Who is that?' And they say, 'That is the one we call... and they were trying to figure out...and finally a teacher says, 'That is the one we call grandmother, would you like to meet her?' So we walk to the little house and I see her. She's clearly the wisdom lady, the good witch, the mistress of herbs, the speaker for nature, the knower of the heart, the prophetess, the pragmatic genius grandmother herself. And she beckons us toward her and she talks to us, but sometimes she addresses something over our shoulder, the spirits, invisible but evidently available, and her conversation moves between two worlds. She said, 'Listen, I don't have much more time here before I too become an ancestor, so listen. The world has gone too crazy; it's time for the women's ways to return. I talk to the ancestors, they advise me, and then I advise the women and you see what has happened here.' And she looks past me to someone who's not there and says, 'Yes, grandmother I will tell them

that.'

And I remember, Cloe, she took my hand and she brushed and brushed the skin as if to try to find some real color under all that paleness, and she said, 'You all have new duties on this earth, you women. You have the responsibility to make the world work. The men here are growing weak and you are growing strong. Soon there will balance, soon the men will look to you as equals and together you will grow a new nest, and the nest of nests, and the spirits will help you, especially the grandmother spirits, and they've become very tough and powerful, but now you must support each other and work and pray and dance together. You must remember what the men have forgotten, you must remember how to have a society without war and palm wine. And you women of this village, you must stop cutting the rosebud.' Well, the African women are tremendously shocked by this. She goes on to explain, and, of course, she means the genital circumcision. She says, 'That belongs to the old ways that are dying, old ways that hurt women. And you white women, you must stop cutting yourself off from your souls. I see your souls standing off in the corner like children who have lost their mamas. Take your souls back.' So that is really one of my most memorable experiences.

CM: That is amazing. What joy it must have given you to see all those changes in that village.

JH: Well, that is a good part of my work. I work with United Nations, the UNDP, UNICEF or other international agencies, going into societies and working with them in terms of human possibilities; working from inside out rather than just trying to do human development by building things. I find that if the world is going to survive, then we really have to access these extraordinary inner capacities that give us new mind and new courage to deal with the enormous complexity of our time.

I just finished a new book that's doing pretty well called *The Wizard of Us*.

CM: I prepared for this interview and I just read it. Yes, it's a beautiful book. So you are not only out there in the field doing amazingly important work, you're an intellectual writing all these books.

JH: Well, the interesting thing is I don't like to write. I'm actually phobic about writing, but I have 27 books and 130,000 pages of unpublished material because in my schools I write a small book every month. But by the time it's delivered in a weekend, it's about 400 pages. And that was in my mystery school and my social artistry schools.

As I said, I'm a very good cook and what I do, in order to write--because I really hate to--is that I change persona and I bring the cook to the front stage. I stir in a mélange of ideas and I add the different kinds of sauces of association and seasonings of brand new senses of what's trying to happen in the world. Thinking as a cook is the only thing that allows me to write.

CM: That is so wonderful. What a beautiful metaphor for writing. I also hate to write. I don't have as many books as you do, but I have seven, and they were very difficult to write.

JH: But your books, Cloé, are luminous. They speak so deeply not just to the heart of the human, but to the heart of the changing situation in the world today. You really are a writer for the ages. I've read all your books.

CM: Oh, thank you so much. I haven't read all of your books, but I've read several of them. One thing that really interested me was about Dorothy. You're right; Dorothy in The Wizard of Oz is the prototypical American folk hero, only she's a girl, she's a heroine. Are there other women that are American folk heroes like Dorothy?

JH: Well, you have so many. I'm thinking of someone that I once knew very well whose name was Eleanor Roosevelt. I was 16 years old and president of my high school, and Eleanor Roosevelt was gathering all of these young high school presidents to get us interested in the United Nations. It was really quite fascinating because she would talk to us in words that were wands. I mean just pungent, powerful, evocative speech to essentially get us interested in working with the United Nations and also working internationally. And she really encouraged us to go out into the world and to make a difference. One of the things that happened was that she looked at me and said, 'My dear, I rather suspect you're going to have a most interesting career. But remember, that the woman in our time can expect to be trashed.' She didn't use the word "trashed," but it was something like that. Then she said,

'Remember too, my dear, that a woman is just like a tea bag--you put her in hot water and she just gets stronger.' And I remember her talking about the great task of our time was making human rights matter. And she said, 'We have to face the fact that either all of us are going to die together, or we're going to have to live together. And if we're going to live together, we have to talk.' She said--and this is it something that really got to me-- 'What you don't do can be a destructive force.' She warned us that if you get involved with the UN, the work would be hard and thankless, and sometimes we would wonder if it was ever worth the effort. But then when we whined and said, 'Well, we don't like the idea of being unappreciated,' she said, 'No one can make you feel inferior without your consent.'

CM: Wow, wonderful.

JH: 'Grow so tender that we will act to prevent human misery rather than to avenge it.' So you know, there are so many great, great, great women heroines, both in story and in myth, and in human possibility.

Let me tell you a story. I was in India, some years ago, and I was in a small village in the south, and there was one television set in the village and it was hanging up in the trees, and the people would come in and everybody wanted to watch the Ramayana. You know, the great story of Rama and Shiva and Seeta and how he betrayed, and then she is abducted by Ravana, and then he gets the army of monkeys and he rescues her after horrible battles. So everybody is sitting down under the tree, and I'm sitting next to the old Brahmin woman who owns the one television, and as this magnificent, beautiful story is unfolding with majesty and color and brilliant, beautiful dances and speech, the old lady turns to me and says, 'Oh, I don't like Princess Seeta, she is much too passive.' I said, 'What?' and she said, 'Yes, she is too passive. We women in India, we are much stronger than that. We have to change the story.' I said, 'But madam, the story is at least 4,000 years old.' She says, 'That's right. It's too old-fashioned. We have to change it. We are stronger. It's a terrible example. We're much stronger, change the story.' And then she says, 'My husband's name is Rama, my name is Seeta; very common in India. He is a lazy bum. Anything happened, I'd have to rescue him.'

See INTERVIEW on page 21

And then after this extraordinary story what shows up next on this television that 300 million people are watching, but Dynasty. I am so embarrassed. The woman says, 'Don't be embarrassed, can you not see it is the same story?' I said, 'How can you say this?' She says, 'You've got the good lady, got the bad lady, the good man, the bad man, you've got beautiful clothes, you've got good versus evil. Yes indeed it is the same story.' We were seeing the mythic download. Everybody's culturally deep; thousands-of-years-old stories being exchanged as we are clearly in our time.

Cloé, wouldn't you agree, that moving to a new story--one in which women and men are partners and there are different people of all ages and cultures, partnering in what is the ultimate story--would be the saving of the planet?

CM: But one thing that worries me is how can we help the men? The young men especially seem so lost. It's like they don't know how to be masculine anymore; they don't know what masculine is. They are so confused and young women can't find love like it was generations ago; it seemed so easy then. What do you think of the situation with the men?

JH: I think it is the rising of women. Whenever you have one different arena of group or experience rising there tends to be a diminishing period of time for the other, until they can come together as equals. That's what I think is going on. Women all over the world now, and in even unlikely countries like Kuwait, are the ones who are the college graduates—70% of them And it's getting pretty close to that in postgraduate degrees. This is the rising of women to full partnership with men in the whole domain of human affairs, which I think, Cloe, is perhaps the single most important happening in the last 5,000 years.

CM: I think so too.

JH: With transcendental thumbs on their smartphones and 5,000 messages a day, there is that attempt, in a kind of strange technological way, which as we both know, high-tech invariably leads to high touch. Don't you think? I think what we're seeing now is expanding, at least with middle-aged men, into men's groups, and men's groups are redefining what it is to be masculine, as women are exploring the new form of the emerging feminine.

CM: Yes, I never thought that I

would see in my lifetime so many Latin American countries that have female presidents.

JH: That's right, and African countries are coming along too. Now are you originally from Buenos Aires?

CM: I'm from Buenos Aires, Argentina, and we have a female president.

JH: Well, you had a female spirit before that...Evita.

CM: Yes, in Evita.

JH: Who was far better known and appreciated than Juan Peron.

CM: Absolutely.

JH: So was it as if she was predictive of what was going to happen there?

CM: Totally prophetic. She was ahead of her time and a huge influence on me because I was 10 years old when she died. For my entire childhood I listened to her speeches.

JH: Yes. Well, she was sort identified with Mary.

CM: Totally. And to this day, many, many people in Argentina still have her picture with a candle lighted to her image, like they would for a saint, and they think of her as a saint.

JH: I think she was a goddess figure. And there was that tremendous musical with "Don't cry for me Argentina, I never really left you." And it's true, she never really has.

CM: No. And as a tribute, I saw on television that speech where she announces she's going to die, and it was a huge, terrible moment.

JH: She dies the same age as Jesus; doesn't she?—at 33 or 34?

CM: Exactly. Yes, 33. Yes. One other question that interests me is I know you're hugely knowledgeable about religion and a movement I see happening in this country and probably many places in the world, and that is that the agnostics and atheists are trying to gain recognition of their moral point of view and to have the same status as a religion, not just a philosophy. With the idea being, if you don't believe in God, then you're even more morally obligated to help one another, because nothing is ordained by a god-like figure. What do you think of this?

JH: Well, I've been on programs with atheists or agnostics...Sam Harris, and people like him. Let's go back

a little further to B. F. Skinner, the great behavioral psychologist. Who, by the way, gave me the nicest compliment I ever got in my life. We were to debate together at Harvard--this was many years ago--and he sent me a telegram saying, 'Dear Jean, I don't want to debate with you, I wouldn't find it reinforcing,' which I thought was very sweet. He read Dante, he played Bach on the harpsichord, and he was a highly civilized man, but he fell into great moroseness over where civilization was going because he had been through all these wars and things. He thought that if we could just reinforce certain kinds of behavior...but the problem is we're not mice and it never works. It doesn't stay very well because we always have the spirit rising.

So what I think this is, is ultimately not a bad thing. I think it is a deconstruction of being under priests and bishops and higher-ups while we begin to explore rising depths. I personally think that we're in a second axial age; the first axial age being within a few several hundred years. Look who you have--you have Lao Tzu, you have Buddha, you have Pythagoras, Parmenides, you have Confucius. All these sort of the spiritual and knowledgeable people who are rising, but now it's all over the world and you have the Dalai Lama as symbolic of perhaps the finest moral sensibility in the world, and the rising of women. I mean, Sister Joan Chittister facing down the Pope and everything.

CM: Yes. Yes.

JH: You have the dying of the old patriarchal religions. I think what they're doing is just saying, 'All right, in this great lacunae, in this great parenthesis between the old religions and the emerging spirituality, can we have a morality that is not based on the old form?' I think they're mostly complaining about the old forms, but they become blind about the emerging spiritual forms which are, frankly, so overwhelming and are happening literally Pangaea, all over the world, that they have not really paid attention to what is, in fact, emerging. Their complaint is about religion that has kept people in what I would call a 'traumatized situation.' God is trauma.

CM: Even the Dalai Lama is very sensitive to this and in the book *Beyond Religion* he proposes the world will never come together and agree upon a religion, so it's best to

set it aside and find a universal morality that is not based on religion.

JH: But also, I think, perhaps, a new spirituality is rising.

CM: What state do you think that will be?

JH: Oh my, let me think about that because people ask me and the answer is, 'I don't know.' Part of it is the sensibility that we do not just live in the universe, but that the universe lives in us. When you take the form of what I would call a 'partnership spirituality,' in which we begin to become co-creative with a whole new sensibility of a how we really think about our relationship to the larger reality, it becomes partnership spirituality, and that is what really interests me.

CM: Yes. I was thinking when I was reading the Dalai Lama's book...actually, I was listening to it...and he makes a good argument about the difficulty of uniting religions, but it left me wanting more... about what is to come. He doesn't really propose a way.

JH: What does he say about what's to come?

CM: An agreement that there should be peace. That we should live together in harmony; that human rights should be respected--the basic principles of all religions but without the costume of religion, without the total religious ritual, without any ritual, is basically what he's proposing. It's a very active idea, but I think there has to be more.

JH: Yes, because ritual is the word that comes from ritus, and ritus means art, discipline, the dance which illumines our transition. I find that all over the world, ritual allows you to move from one reality to the next. This is so important. I mean, our world is going through a time of fundamental change, transforming how we see ourselves, our universal human journey. I think we are coming to learn to live at home in the universe, and beginning to understand the true extent of that universe, to the degree that we're able, all manner of capacities become ignited. I think of my dear friend Duane Elgin who says that when we really look at the living universal, we discover, for example, that we are just the right size to contemplate the universe; if we were any smaller, we couldn't do it; any larger things will go, too...

See INTERVIEW on page 22

INTERVIEW *continued from page 21*

The other thing is, that matter, as we know it, is only a tiny ripple on a vast sea of energy--meaning dark matter is 96% of the universe. So the question is, if we're only 4% visible, how much of ourselves is part of that invisible or transparent domain? And because we are an integral part of the living universe, then we're deeply connected to, and operating in, the invisible realms as well.

Now cosmologists are also assuming there are many dimensions as well, and that some of these dimensions are invitations to a larger existence. What had been taken for granted in Buddhist and Sufi writings, and in Jewish mysticism among indigenous people, what had been the stuff of science fiction, is now moving to scientific fact; they live in parallel universes.

So when I talk about co-creation, we only appear to be separate from the infinite universe; that beneath this seeming separateness there is a deeper unity. This is part of the new spirituality, a non-local connectivity. We live in a holographic universe where everything is connected with everything else. In my years as a student of spiritual traditions and psychologies, we find in virtually every tradition, especially the mystical forms, when we enter into the deep of ourselves, we always find that we are connecting into the flow that sustains the entire universe. And therefore, I believe--and I found this true in my work--we have access to the wisdom, and the knowing, and the skill, and transformative power that it contains so that the wisdom of creation is directly accessible to us in our ordinary life experience. Jesus said, 'The kingdom of God is within you.' We are capable of entering a much larger universe to learn the skills of living in eternity and becoming consciously intimate friends with ourselves. We are directly participating in the lifestream of the universe, and consciously cultivating the body of knowing that is our vehicle through eternity.

In this new world of co-creation, how do we make it a dominant and deeply engaging force in our life so that it overrides the old habits, the old ways of being, so one is no longer submissive to the old ways that kept us in this soup of resentment and a place of un-visioning? How do we open our aspiration, which may, in fact, be the

entry point of the divine plan, to even greater intentions that surround us? I would have to say the highest god and the innermost god is one god and that the core of each human being is the original creative genius of the universe. We are the lensing of God's stuff on earth; we are the focalization of eternity and time. We might say that the selfing game is what infinity does for fun.

We have tremendous power, but this seems to make some of us monkeys with mega-powers. And that's why I think the training in so many spiritual traditions is the training in the power of self-orchestrated thought. I mean, so much of our ordinary thinking lapses into habituated patterns with little variations, and we then live and fall into serial monotony interrupted by episodes of trouble, panic, and loss. We live in limited, crippled versions of who and what we are; thus, the emotional plagues, the toxic thoughts which the world reflects tragically. I think what you do, what I do, what some of your friends and our friends do, is that we go into the exam in life, and we keep our minds constantly in a stream of compassion and insight; thus, we enter into mind training, to meditation, to spiritual practice. That's why we have to take seriously the dictum of being renewed through the renewing of our minds; and not just our minds, but our bodies and souls and the powers of second genesis lie within us. But this means we have to agree to orchestrate our thought and emotion towards these higher intentions, the higher purposes, the creative ends which are really already there, latent in us, because the universe is in us.

I think this is where we are going. We've been limited by dysfunctional theism that puts God up there in the clouds, ruling over us in a rather nasty and autocratic way. We're under the thumb of what we can call 'metaphysical sadomasochism.' What this spiritual direction can do, is give us a passion for a new possibility, with direction for building a new matrix of mind and manifestation.

CM: Let me tell you something interesting I've been doing in the last three years. I have an online training program, and at this point, we have more than 3,000 students all over the world. And one of the things that make it so interesting is because it's

online and on the phone, we don't see each other. It feels so much more of a connection between minds and spirits because we're not connecting with our bodies at all.

JH: Well, that is certainly true. I'm doing the same thing with the Awakening to Your Life's Purpose course. We now have about 8,000 students and people are waking up to a kind of spiritual connectivity in these tele-seminars that you're doing, and I'm doing, we're all doing.

CM: Isn't that amazing?

JH: It's because we enter through the empathy of spirit.

CM: We have a group of people from all over the world, thousands of people who are not just a school, they're like a movement. They all have the same ideology. It doesn't matter from what culture they are from, what part of the world; this is a new phenomenon.

JH: Yes it is. I have found it really quite interesting. You have to shift your usual way of thinking or teaching in order to be part of this kind of new renaissance of spirit; a renaissance of spirit that's happening through new technology.

CM: Yes. And so many prejudices just fall away because you're not seeing the people, so you can't have preconceptions about them.

JH: You can't project onto them. Are you doing this yourself? Are you doing this with Tony Robbins?

CM: I'm doing this with Tony, and with my daughter and son-in-law. It's wonderful. It really is wonderful.

JH: I'm doing it through the Evolving Wisdom group.

CM: Oh, I'm going to look into that. That's fantastic.

JH: They're very good. But I find that because I have to do outreach programs, I talk regularly to well over a million people a year. But it's working, isn't it?

CM: Yes, actually Tony was asking me to do this for about 10 years and I was saying, 'I'm never going to do that, I have to see the people, I can't work that way.' Finally I did it, and I love it.

So let me take you back to the beginning of our conversation because you said something that interests me; you said you connect with animals well. Do you have any thoughts

on the connection between human beings and animals?

JH: I have some...I wrote a whole book on it called *Mystical Dogs*.

CM: Oh yes, I have seen it, but I haven't read it. I'm going to order it.

JH: It's my favorite book. The book is about how I was led to the spiritual dimensions of myself through my friendship with dogs. We err greatly when we think of animals as lesser than ourselves. They're not; they're other tribes, other nations. They have very different ways of knowing and of being. That to me is something so important because they have unconditional love. I have always found they are among our greatest teachers. That has been my experience all my life. Do you find that to be true? Are you close to dogs?

CM: Totally!--dogs, cats and other creatures--very close to them. I'm exactly like you. Right now I'm waiting to get a puppy. All my life I've had dogs and cats, and it's amazing what one can learn from them. I don't know if I remember his name correctly...the author, Gary Zukav

JH: He's my neighbor and he lives over the hill from me in Ashland, Oregon.

CM: I had heard that he lives there. He says human beings have individual souls and animals have the soul of the species.

JH: I don't know about that. I think they're unique. You look at animals--they teach us, they love us, they care for us, even when we're uncaring. They feed our souls, even when we've forgotten to feed them. And they always give us the benefit of the doubt. They give us insight into the nature of the good and they often provide us with the mirror of our better nature or better selves; also with a remembrance of our once and future possibilities. That's why I say we foolishly regard them as inferior, as our poorer much-loved relation. We're wrong. Harry Beston once said, we cannot just patronize them for what we think of as their incompleteness because the animal should not be measured by the human. They are complete, and they're gifted with extensions of the senses that we've lost or never attained. They're living by voices we shall never hear. They are other nations. They are caught up in a different form of the net of life. If you ask me about animals I

See INTERVIEW on page 23

INTERVIEW *continued from page 22*

have a lot to say about how splendid they are...how absolutely splendid.

I was one of the last people to go through Lascaux before they closed it down. The great paintings there, done 20,000, 30,000 years ago, and what we see is they painted the perfect portrait of these incredible beasts. Captured on the rock are forms in flight, and mammoth and bison and the full magnificence of the mystery of their power. And there, in the corner, is a little stick figure of a human, bereft of magic--the poor relation, un-hoofed, un-toothed, un-tailed--a disenchanted lump. But you descend into this sacred darkness, and there in this underworld temple of rock is the truth of what animals are.

CM: Beautiful. You are such an amazing speaker, Jean. I could hear you talk for hours. Is there anything more you would like to say for the Erickson Foundation Newsletter?

JH: Well, I once met Erickson, a very long time ago and my husband was a student of his. So we are very, very, very much in debt to Erickson's extraordinary knowing and way of being. It was almost like he was a kind of presence from both the deepest part of our humanity, and at the same time, a kind of overriding spirit that saw the who and what we are, yet how we can emerge because of his deep intimacy with the creative unconscious and the depth of our reality. I owe a debt of gratitude to Milton Erickson.

CM: Yes.

JH: Did you know him? Did you ever meet him in the old days?

CM: I was an individual patient of his.

JH: Oh, you were...how wonderful.

CM: I was probably one of the last people that he saw individually because afterwards he began to see only groups. It was quite an experience. I went to see him because my father had died suddenly in a car accident and I could not overcome it. I went to see Erickson for that reason and he said he wanted to see me every day for several hours for almost a week. He had other patients in between, so he would send me either to the kitchen to speak to his wife or to the living room. And when he sent me to the living room he would give me a book that I had to read. The book was the biography of

Margaret Mead.

JH: Oh, for goodness sakes. *Black-berry Winter*.

CM: And I said, 'Why do I have to read this?' And he would just say, 'Well one day you'll understand. Just read it.'

JH: They were close friends, you know--Margaret Mead and Milton Erickson.

CM: I know, and you were also close with her.

JH: Yes, I was very close. She actually lived with us off and on the last six years of her life.

CM: So the meaning that it had for me to read the life of Margaret Mead was that I was very conflicted when I saw Erickson. I was in the middle of divorcing, and my father had just died, and I was full of grief and I just wanted to talk about all this and he focused me completely on my career. He was just interested in what I was going to accomplish. In that way he got me completely out of my grief.

JH: Isn't that wonderful?

CM: Yes. Margaret Mead was the inspiration for that.

JH: Was she? Did you know her?

CM: No, I heard her speak very briefly at a conference, that was all, but I never met her personally.

JH: Well, we're on a heroic journey, being human. Many of the great spiritual teachers have likened our lives to being asleep and forgetting. I think that your work, my work, Tony's work, others' work, is really predicated on awakening, of going off of robot, of abandoning lackluster passivity to engage this co-creation with vigor, and attention, and focus, and radiance--the kind of thing we might find in our animal friends who already seem to be very much on the higher path.

CM: Absolutely. Let me tell you a little anecdote you probably don't know. At this conference, Margaret Mead was actually sitting in the audience. She didn't really speak; it was in New York and Gregory Bateson was the speaker.

JH: She used to say, 'My favorite husband.'

CM: Yes. He began to talk, and completely out of the blue, he began to say there is no divorce. There's no such thing as divorce. Marriage is

forever. When spirits are united they're forever together, looking at her [Margaret Mead], and the audience was spellbound.

JH: She actually said that?

CM: He said that; Gregory Bateson said that, and the audience, knew that they had been married. He kept saying divorce doesn't exist. It doesn't exist. We're together forever, looking at her.

JH: Well, that was true. In her last years she would just go there and be with him. She loved him very, very deeply. Do you know their daughter, Mary Catherine Bateson?

CM: Yes, I've met her.

JH: She's been very ill this past year.

CM: I'm sorry.

JH: In many ways she has the best of both their qualities, and none of their shadows. She's truly a great human being.

CM: Well, it was wonderful talking with you.

JH: It's lovely talking to you Cloé. Please give my warm regards to Tony. I'm sorry we've never really gotten to know each other.

CM: I've got to get you together. He's going to fall in love with you. Okay, you take care, Jean.

JH: You too.

Cloé Madanes is a world-renowned innovator and teacher of family and brief therapy and one of the originators of the strategic approach to family therapy. She has authored seven books that are classics in the field: Strategic Family Therapy; Behind the One-Way Mirror; Sex, Love, and Violence; The Secret Meaning of Money; The Violence of Men; The Therapist as Humanist, Social Activist, and Systemic Thinker; and Relationship Breakthrough.

CONFERENCE

continued from page 18

we enjoyed an inspiring, creative, and entertaining dialogue between Ernie Rossi and Robert Dilts. Dilts explained the major influences on his work in the area of belief and expectation. His first step was doing placebo research under

his teachers, Bandler and Grinder, and what he found was that placebos worked as well as real drugs, one-third of the time! For pain control, placebos worked as well as morphine in 30% of subjects. Even more surprising: one-third of the women who received placebo chemotherapy lost all of their hair! Comparing response to placebos with hypnosis, highly-hypnotizable subjects were found to better respond to hypnosis, while low-hypnotizable subjects responded better to placebos. Through the placebo effect, we gain access to the unconscious and discover its true impact. Also, Rossi highlighted the exciting field of epigenetics and how genes aren't static, but can be turned on and off as a function of life experiences. Mind can literally turn on matter. In mirror neurons, thoughts are converted into RNA making messenger RNA and proteins that stimulate brain plasticity--new neurons. Brains can grow! And in the further development of this dialogue, other inspiring ideas were generated. The audience could observe the activity of the mirror neurons of our presenters when speaking together--how Rossi's plans for future research activated the mirror neuron system of Dilts with more RNA, new proteins, ideas, and curiosity to continue research. And, upon hearing the electromagnetic field of the heart is 5,000 times greater than the electromagnetic field of the brain, we can begin to understand the importance and effect of this other form of transmission, not just brain to brain, but also heart to heart!

Conversation Hours**CH 8: Ron Siegel, Ph.D.****Developments in Positive Psychology**

Reviewed by Nicole Ruysschaert M.D.

We all are seeking happiness, and our presenter looks happy, enthusiastic, and open to share his knowledge. Will he show us the way to being more positive? Happiness and well-being improve health and promote longevity. We could wonder why there is no public health program for happiness, like there is in Bhutan, which has a Ministry of Happiness that calculates "Gross National Happiness." Reviewing happiness determinants we see a "set point," genetically determined and having a 50% impact; life circumstances with a minor 10% impact; and attitudes, what really can be influenced

See CONFERENCE on page 24

CONFERENCE *continued from page 23*

by psychological methods, making up the last 40% of the pie.

The story of "Lucy" our progenitor shows how she needed to be constantly alert, and only the happy few or rather the unhappy ancestors who were hypervigilant would survive. Lucy needed to remind herself of danger, threat, and negative experiences in order to stay alive. Evolution and survival needs are responsible for our cognitive negative bias, whereas bad events stick like Velcro and good ones slip away like Teflon. And within this biological heritage, people are still in search of happiness, trying many things to promote happiness. But are they trying the right things? No, most things don't work because they put us on a hedonic treadmill with risk of habituation, a human tendency to get accustomed to anything. We also are terrible in predicting what will make us happy. Even such things as getting your degree and winning the lottery only temporarily increase your level of happiness.

Could we find some switch to positive affective states as a building

block? Research has been done in the field by Barbara Frederickson, and she has come up with a "Broaden and Build" theory of positive affective states, making people more flexible, open, creative, playful, and interactive with the world. It also could promote connection to other human beings and create more opportunities for well-being.

So, what is the way to happiness? According to Siegel, things that work are not subject to the hedonic treadmill, and all of them require "being present." A landmark study involving telephoning participants, asked them, "What are you feeling? What are you doing? Where is your attention?" Having a mind focused on what you are doing tends to make you happier than having a fancy meal or even sex. In addition, researchers learned the mind wanders 47% of the time!

To increase your level of happiness some basic principles are recommended: mindfulness and awareness of the present experience with acceptance. Expressing gratitude gives a greater sense of well-being, and this

feeling can last for months! And last, but not least, finding meaning and connection. If you want to make others happy, be compassionate, and if you want to make yourself happy, be compassionate toward other people! Here you find a win-win situation! The inspiring environment of this workshop offers plenty of opportunities for doing just that!

CH 9: Jeffrey Kottler Ph.D.

Relationships in the Therapist's Life

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

Kottler was his usual provocative, evocative self, enticing attendees to look at the relationships in the therapist's life in a different way. He invited folks to consider relationships that had been altered forever, and how the therapist thinks or views the world. Kottler was personable and open about how he had been touched by people he had worked with, and asked attendees to reflect similarly. It worked, and people remembered unique ways in which their clients, supervisors, and others had had powerful effects on them. I love the way Kottler thinks, and how he invites us to think as well.

CH 11: Wendel Ray, Ph.D.

1956 Flashback: Hypnosis, Paradox, Metaphorical Tasks and the Invention of Brief Couples Therapy

Reviewed by John D. Lentz, D. Min.

With Wendel Ray's colorful background of working at the MRI and being the archivist for old tapes of the '50s era, he was able to select particular ones that showed the origins of brief couples therapy and the brilliance of some of the early leaders in the field. Listening to Haley, Jackson, Bateson and others discussing cases and working with clients was a wonderful reminder of just how creative, intelligent, and therapeutic those leaders were. I found it left me with even more of a sense of awe and appreciation for all the MRI folks, as well as their willingness to learn and continue growing by dialoging and studying with Milton Erickson. It made me proud of our profession—one that continues to learn and grow. I want to thank Ray for the tapes he chose to share. He knew that inviting us to experience the pioneers as willing to learn and grow would have a similar effect. It did!

www.erickson-foundation.org

Newsletter Subscription and Donation Form

PLEASE MAKE YOUR SELECTION(S) BELOW:

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

*PLEASE NOTE: The Milton H. Erickson Foundation Newsletter is no longer mailed outside of the United States.

Please view the Online Newsletter at: erickson-foundation.org

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

Please accept my donation of: \$ _____

VISA MasterCard AMEX DISCOVER

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

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

PLEASE PRINT CLEARLY:

Name: _____ Highest Degree: _____

University where highest degree earned: _____ Major: _____

Street Address: _____

City _____ State: _____ Zip/Postal Code: _____

Phone: _____ Fax: _____ E-Mail: _____

RETURN COMPLETED FORM TO:

The Milton H. Erickson Foundation, Inc., 2632 E. Thomas Road, Ste. 200, Phoenix, AZ 85016-6500

Phone, 602/956-6196 ♦ Fax, 602/956-0519 ♦ E-Mail, office@erickson-foundation.org