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THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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I N T E R V I E W

Alanis Morissette

By Jeffrey Zeig

Jeff Zeig: Alanis Morissette, so nice of you to interview for the Milton Erickson Foundation Newsletter. You've won 16 Juno Awards, seven Grammy Awards, were nominated for two Golden Globes, given the UN Global Tolerance Award, and sold 60 million albums, and after countless interviews here you are interviewing for the Erickson Foundation.

Alanis Morissette: It's an honor. Trust me.

Jeff Zeig: Do you want to say something about how we met?

Alanis Morissette: We met through the Relationships First organization.

We're part of a movement--a group of us coming together with the intention of communicating first with the therapeutic community, then slowly segueing into communicating with the larger community, or mainstream cul-



Alanis Morissette: That title felt appropriate because whether it's in the financial realm, the business realm, or entertainment, all of these different communities and professional contexts, the big question is, "What would our planet look like if we put our relationships first?" What would we be doing differently? How would our commitment to healthy con-

sistent connection shift our priorities, our personal and global goals, and our outcomes? What healing would that afford? And what might come of that healing?

The primary focus is on couplehood and offering resources and exclusive interviews, and video, songs, art, articles, commentary, and research findings--offering the whole spectrum from art through science and back. This is really vital content to keep the conversation alive and deepen the work that couples are already engaged in; to serve as a community of people who care to evolve their relationships and create deep intimacy and healing; and to have the interactivity that this movement will foster evolve the larger social conversation. And also, introduce some new and updated models or introduce people to more teachings and teachers with the thought that whoever is coming here for whatever itch they have about relationships, there's a very learned and knowledgeable body of work to scratch it.

Jeff Zeig: This was a group that was spearheaded by Harville Hendrix and his wife Helen Lakelly Hunt, and it brought together both people who are experts at couples therapy, and also those who have expertise in other areas -- business, art, entertainment, philosophy. The idea was to spearhead a movement that would put relationships first, hence the title of the organization.

sistent connection shift our priorities, our personal and global goals, and our outcomes? What healing would that afford? And what might come of that healing?

Jeff Zeig: I'm so glad you're interested in that topic and championing that cause. We're excited about having you speak at the Evolution of Psychotherapy Conference. What would motivate you, and why would it be interesting to you to lecture to a group of psychotherapists?

Alanis Morissette: Well, first and foremost it's with the intention of expressing a deep gratitude to this community of people who facilitate healing and growth and corrective experience tirelessly and generously. I feel like I'm in a unique position to express this. I was interested for a few reasons, one being that the psychotherapeutic orientation permeates through everything that I care about and write about. I think psychotherapy and the understanding of our psyches, and particularly the developmental stages and how they affect us in later relationships, is the heartbeat of what can support a more conscious and humane world. There is such simple yet profoundly important knowledge that if we were to

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EDITOR'S COMMENTS

Summer 2013

This coming December, The Milton H. Erickson Foundation is sponsoring the *Evolution of Psychotherapy Conference* in Anaheim, California. Time magazine once called this event "The largest gathering ever devoted to the practice of psychotherapy." And that is an understatement. We are continuing to dedicate this year's Newsletters to past and present themes that represent this evolution through Ericksonian eyes.

The center of Ericksonian perspective is the continued exploration of what it means to be human. Erickson's passion and genius involved observing others, with all of their individual characteristics and expressions for the purpose of using the information to increase the quality of a person's life.

Jeff Zeig's *Featured Interview* with Alanis Morissette, a keynote speaker at *Evolution*, is a beautiful example of two people coming together to discuss one of humanity's central qualities: the ability to build relationships. In the interview, Morissette presents the question, "What would our planet look like if we put our relationships first?" One answer to this worldview question is addressed in John Lentz's *In The Spirit of Therapy* column in which he interviews Francine Shapiro, a primary faculty member at the *Evolution Conference*. Shapiro, the originator and developer of EMDR therapy, talks about how she sees her work as a means of instilling peace and connectedness throughout the world.

This worldview of relationships is also picked up in Kay Colbert's book review of *Helping Beyond the 50-Minute Hour: Therapists Involved in Meaningful Social Action*, edited by Jeffery Kottler, Matt Englar-Carlson and Jon Carlson. (Jon is a presenter at *Evolution*.) Rubin Battino's book review of Lawrence LeShan's *Landscapes of the Mind* points out LeShan's use of world pictures to study the age-old question: What is consciousness? Le Shan attempts to formulate common bonds within international dialogue to find solutions to what is often thought to be unsolvable.

Opening one's compassion for one's self expands the nature of rela-



tionships in John Lentz's book review of *Therapists Stories of Inspiration, Passion and Renewal: What's Love Got to Do With It?* This is a series of personal stories of transformational experiences edited by Michael Hoyt. Alexander Simpkins and Annellen Simpkins' recent book, *The Tao of Bipolar: Using Meditation and Mindfulness to Find Balance and Peace*, reviewed by Consuelo Casula, offers bipolar patients ways to develop self-compassion and balance by harmoniously intertwining Eastern meditation practices with Western medicine and recent discoveries in neuroscience and psychology.

Compassion for others is a necessity in nurturing the therapeutic relationship. Roxanna Erickson Klein reviews John Lentz's work with prison inmates in his book *Compassionate Healing of Sex Addicts: and Those Who Love Them*. Compassion is further extended to an overlooked population in Kay Colbert's book review of *Out of the Mainstream: Helping the Children of Parents with a Mental Illness*, edited by Rosemary Loshak.

Alexander Simpkins and Annellen Simpkins pull the theme of relationships together with their wonderful review of *The Couples Conference* held in Manhattan Beach, California this past April. They magically organized the entire conference into interesting patterns of themes and discoveries.

Completing our issue's theme, Maria Escalante de Smith offers a comprehensive review of Eia Asen and Michael Scholz's *Multi-Family Ther-*

apy: Concepts and Techniques, which gives us an interface between the present and past. This is an update of an interesting treatment modality that has its roots in the 1940s. Another interface is found in Rob McNeilly's *Doing Change: Conversations for Moving On*, reviewed by John Lentz. Lentz points out "McNeilly is building on the work of other therapists such as Erickson, O'Hanlon (a presenter at this year's *Evolution Conference*), and de Shazer, but he is doing it with a hypnotic understanding that revolutionizes the way we can offer brief interventions." Lentz then pays homage to the contributions of Object Relations in his DVD review of *Psychoanalytic Psychotherapy for Personality Disorders: An Interview with Otto Kernberg, MD* (another primary faculty at *Evolution*). Finally, we honor our living past with Isabelle Stimec and Thierry Servillat's

review of the international French language journal *Hypnose & Thérapies Brèves: Erickson and Inventiveness* and its special March 2012 issue dedicated to Milton Erickson.

As I am looking over this issue, I am getting more excited in anticipation of the *Evolution of Psychotherapy Conference*. Altogether, this is a fantastic issue filled with so many perspectives. I can hardly wait to reconnect with some of the faculty from previous *Evolution* conferences and to meet recent inductees to this prestigious conference. Please join me this December in this unique cross section of history.

Rick Landis
Orange, California

The Milton H. Erickson Foundation NEWSLETTER

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Gerald Edelman
Alanis Morissette
Martin Seligman
Irvin Yalom

INVITED KEYNOTES

Diane Ackerman
Daniel Amen
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Michael Gazzaniga

SPECIAL GUEST

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2013



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**3 WAYS TO SAVE ON
EVOLUTION 2013**

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

Interview with Francine Shapiro, Ph.D.

By John D. Lentz, D. Min

Dr. Francine Shapiro is the originator and developer of EMDR therapy, which has been designated as an effective trauma treatment by a wide range of organizations, including the American Psychiatric Association and the Department of Defense. She is a Senior Research Fellow Emeritus at the Mental Research Institute in Palo Alto, California, Director of the EMDR Institute, and founder of the non-profit EMDR Humanitarian Assistance Programs, which provides pro bono training and treatment to underserved populations worldwide. The organization received an award for Clinical Excellence from the International Society for Traumatic Stress Studies. Dr. Shapiro is a recipient of the International Sigmund Freud Award for Psychotherapy of the City of Vienna; the American Psychological Association Trauma Psychology Division Award for Outstanding Contributions to Practice in Trauma Psychology; and the Distinguished Scientific Achievement in Psychology Award from the California Psychological Association. She is an invited speaker at psychology conferences and universities worldwide, and has authored numerous articles, chapters, and books about EMDR therapy, including the primary text for clinicians, *Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols and Procedures*. Her most recent book for both laypeople and clinicians is called *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy*.

John Lentz: You say in *Getting Past Your Past* that a person's spirituality is either blocked by unprocessed memories, or helped by their being free of past issues. I am intrigued by this.

Francine Shapiro: Over the years, helping people process earlier negative life events, whether full trauma or not, has resulted in their positive movement toward health. This includes taking personal responsibility, even when



someone might be guilty of being a perpetrator. EMDR processing enables people to release traumas and move toward a sense of health and redemption and connection. Even those people who are guilty of really negative things have moved into a sense of connection and empathy, and attained those things we love to see as part of a posttraumatic growth experience. It is wonderful. And the integration of the individual at the end of therapy has been beautiful to behold.

JL: I was impressed with how you don't put spirituality into a hierarchical status but treat it as a reflection of the person's ability to change and grow.

FS: Yes, integration is spontaneous when you are working with EMDR, so you don't concentrate on any one domain. You don't use Socratic questions or anything else to change beliefs; you don't use body posture to change the somatic response; and you don't use specific things to change aspects of the person. Rather through memory processing what you see is the automatic spontaneous shift in all of those domains. What we would look at as the spiritual aspect of the individual is part of the spontaneous shift that occurs. It's part of the overall movement that takes place.

JL: I love how you say it is not about blame but about understanding, and then you give examples of both yourself and others making mistakes. You say family dysfunction can result from a host of things, but healing comes when folks can clearly

We want to be able to do our best to eliminate all of those wounds caused by traumatic experiences and to strengthen the individual, the community, and the possibilities for worldwide peace.

and honestly address what is instead of what it should be.

FS: It is when individuals take responsibility for not being who they want to be and choose to be different. It is also when we recognize that things have happened in the past and we do have choices now, and it is never too late. For instance, an 80-year-old woman said after processing that she felt alive for the first time in her life which touched me deeply. It really doesn't matter how long the dysfunction has been there. It is simply caused by the way these negative memories have been stored in our brain. Therefore, if we prepare the client in a certain way and directly process the memory, it becomes a learning experience. Those women who have been raped are able to move from shame and thinking of themselves as defective, to thinking of themselves as strong resilient women who can do things to help others. It's inspiring hearing from perpetrators whose processing got them in touch with what set them on that path, recognizing the pain they caused, and then moving to a sense of responsibility so they can work with police and organizations to make sure what they have done doesn't happen to anyone else. That happens when people make the choice to heal now.

JL: I am excited more people will be able to know this side of you. Do you view what you are doing as spiritual?

FS: Yes, I view it as a means of peace and connectedness. I see EMDR therapy as a way of being able to bring people together and being able to eliminate those negative boundaries that keep people apart. That is a part of the reason we have the EMDR Humanitarian Assistance Programs. We have people on both sides of the political divide working together. We are able to bring clinicians together to bridge the divides and help those individuals who have been hurt. Colleagues working with either the Palestinian or Israeli population tell the same stories. The

pain of the mothers and fathers looking through rubble in search of their children was the same. The loss of their children was the same. Throughout the world, trauma and the reflexive violence, which goes from one generation to the next, is the same. When we worked in Northern Ireland it was the same thing. Historical traumas live from one generation to the next, through stories told to the children. When healing happens they get to a place of We, I, and Thou, when previously it was of Me and Other.

JL: You must be very proud and possibly humbled by the way your organization has helped in conflict areas, and in disaster relief.

FS: The overwhelming feeling is of gratitude that the work can be done. There is also the knowledge of all that we need to do. We do the best we can--to bring EMDR therapy wherever we can--especially to places where there is little or no help available. Seeing a videotape of clinicians in an African village using the EMDR group protocol with women who have been raped and powerfully helping them, makes it all worthwhile. In just two sessions women reported they were no longer experiencing the effects of the trauma, including the back pain they had since the rape. We want to be able to do our best to eliminate all of those wounds caused by traumatic experiences and to strengthen the individual, the community, and the possibilities for worldwide peace.

JL: I can hear the genuineness of your clinical resolve and only someone who has worked with a lot of perpetrators and victims can say some of the things you have said. And I love how refreshing your approach is where it is clear you hold both sides accountable for their healing.

FS: Thank you. It is a wonderful feeling when someone resonates with what can be accomplished.

C O N F E R E N C E R E V I E W

The Couples Conference

April 19-21, 2013

Manhattan Beach, CA

Sponsored by The Milton H. Erickson Foundation
www.erickson-foundation.org
www.couplesconference.com

And The Couples Institute
www.couplesinstitute.com

Couples Conference Audio CD

The Milton H. Erickson Foundation

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

Gather together approximately 500 therapists who all have experience and interest in working with couples; bring them to an oasis with a picturesque golf course, tucked away in the center of metropolitan Manhattan Beach (Even some of the hotel staff didn't

know its hidden beauty existed until they started working there.); and cradle them in comfort to share three days with a small group of select faculty, all of whom have made a significant contribution to the field of human relationships. The result of this amalgamation is an intimate conference where enthusiastic exchanges abound, as everyone delves deeply together into a range of topics of interest to couples therapists, ranging from neuroscience to sexuality to spirituality.

The faculty included noted couples therapists Ellyn Bader, Lonnie Barrach, Stephanie Brown, Marty Klein, Harriet Lerner, Bill O'Hanlon, Peter Pearson, Terry Real, Janis Abrahms Spring, and Michele Weiner-Davis. Adding a new neuroscience perspective, Paul Ekman and Stephen Porges presented relevant research about how our nervous systems respond interpersonally. And, Steven Frankel gave the legal perspective in his entertaining and informative daylong law and ethics

pre-conference workshop. State-of-the-art topics were presented to give therapists new ways to work with couples. Here are some selected highlights from each of the faculty.

Creative Approaches

Anyone who treats couples has undoubtedly felt the discomfort of being in a room with two angry, defensive, and traumatized individuals at war with each other. Peter Pearson, presenting with humor and the wisdom garnered from more than 30 years of experience, offered a gentler way to resolve issues while avoiding the pitfalls of toxic interactions. His methods skillfully taught how to foster self-awareness and increase the willingness of each party to work together as a team.

With charm and wit, Michele Weiner-Davis invited the audience to try a novel approach to couples therapy by working with just one of the partners in a troubled relationship. Without

both people present in the session, therapy avoids the bickering and negativity and promotes solutions. She persuasively showed how one motivated person could become a window into couplehood and bring about a profound change individually and in the relationship. She also showed ways to elicit hope out of hopelessness, even in the darkest hour.

Men's Issues

Several presenters addressed male concerns from a new angle. People often think that finding your voice is just a women's issue, but Harriet Lerner speaking to a large crowd in a gentle, charming voice, showed her sympathetic sentiment for how it troubles men too. Finding your voice involves two conversations: 1) listening fully and 2) differentiating yourself from your partner. When both people in a couple can find and truly know

See COUPLES on page 6

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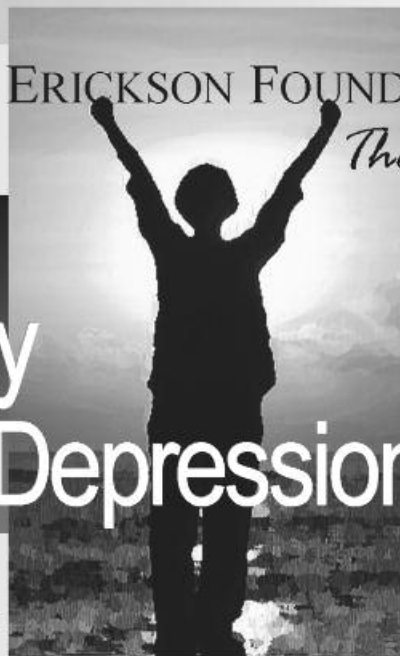
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COUPLES *continued from page 5*

their own voices, they sense what is essential. Then, each can speak to what is most important and begin to work out differences.

We often think of depression as a female problem while men are stereotyped as aggressive, arrogant, and angry. Terry Real gave an original and insightful interpretation of men as often suffering from hidden and yet very real depression. He explained men often have “double depression” where they are embarrassed about being depressed or even depressed about their depression. Male depression lies at the core of men’s “bad behaviors.” Real’s compassionate approach showed how to heal by helping men reconnect as a father, son, husband, and/or brother and utilize their resources to discover wholeness and happiness.

Neuroscience and Trauma

Couples therapists can benefit from understanding the neuroscience of interpersonal interactions because research has shown we are wired for relationships. Stephen Porges identified *neuroception* as the capacity of our nervous system to detect risk versus safety with others. When neuroception is faulty, following trauma, for example, it distorts awareness and shifts away from the natural physiological tendency for closeness. As a self-confessed hugger, Porges proposed bottom-up therapeutic strategies to help couples feel safe so their nervous systems could embrace intimacy as nature intended.

Paul Ekman has spent decades researching emotions and how they are expressed in the human face and in nonverbal behavior. He brought his findings to the therapy room by introducing ways for therapists to help couples reconcile their differing anger experiences and styles. He offered a helpful anger profile and taught therapists how they could read clients’ lies by recognizing facial micro-expressions.

How We Talk to Each Other: Deception and Lies

Lonnie Barbach addressed an important component of relationships: language. She showed how the charac-

teristic ways of how people use language speaks volumes about deeper feelings. Sessions help clients to distinguish between thoughts and feelings, and think about what they say with more awareness of meanings and effects on the other. She gave specific techniques most therapists can immediately use to help clients change their language to better express what they truly mean by such methods as rephrasing sweeping negative accusations into specific, constructive requests and descriptions. Changing a couples’ language can lead to resolution and solutions, and Barbach showed how to catalyze this process.

Lying can be highly corrosive in relationships. Elyn Bader provided therapeutic strategies every therapist can use for guiding couples out of deceptions. The kinds of lies people tell each other and themselves vary, such as self-deception, a wish to avoid conflict, or serious breaches of trust. Using videos of clinical cases, Bader demonstrated as she taught how to identify the different kinds of lying, and skillfully showed ways to move couples out of deception and back to healthy differentiation and connection.

Sexuality and Its Perversions

Marty Klein addressed the sexual aspect of relationships, dispelling myths about what people want out of sex, because these myths stand in the way of true satisfaction and closeness. He delved into power and control issues and ways for people to mature so that sex can be meaningful and exciting. In another workshop, Klein taught how to help couples when pornography is involved. With frank talk about the underlying role porn plays in the individual’s motivations and in the relationship, this workshop was helpful for clarifying the issues and offering strategies.

Janis Abrahms Spring examined infidelity in several different workshops. She explored affairs in cyberspace, questioning the very definition of sexual intercourse. After all, is cybersex intercourse? Is it a form of sexual addiction? She also coached on forgiveness after an affair, to help couples heal after infidelity. Infidelity and sex therapy also were addressed in topical panels and dialogues.

Stephanie Brown has studied addiction at many levels and encouraged everyone to think of addiction as a broader paradigm for modern culture with its mad push toward money, power, and an ever-faster pace of life. She showed how these general qualities share the earmarks of addiction. In the workshop, Brown taught family recovery principles drawn from her research design of the Family Recovery Research Project to heal addiction even in the midst of our out-of-control culture.

Solution Focus

Many of the presenters provided valuable ways to focus therapy on solutions rather than problems. The quintessential Solution Focused therapist Bill O’Hanlon offered gold nuggets for couples, such as deep listening beyond

an agenda and action talk: Tell me what it looks like and sounds like, not just what you think about it. Instead of action complaints, turn it around to action requests and action appreciations. Seeing the cup as half full rather than half empty, O’Hanlon offered tangible ways to discover and encourage solution patterns among couples. In another workshop, he showed how to bring a spiritual dimension into therapy, even with non-religious couples.

Conclusion

The Couples Conference was inspiring and informative. We highly recommend the Couples Conference Audio CD, available through the Erickson Foundation, which contains the entire conference, expertly organized and presented for convenient listening.

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JOURNAL REVIEW

Hypnose & Thérapies Brèves: Erickson and Inventiveness

Special Issue about Milton Erickson

March, 2012

www.revue-hypnose-therapies-breves.com/

Reviewed by Isabelle Stimec, MD
and Thierry Servillat, MD

In March 2012, the international French language journal, *Hypnose & Thérapies Brèves*, devoted a special edition to Milton H. Erickson, entitled “Erickson and Inventiveness.” The journal has been in existence since 2006, offering innovative articles on hypnotic psychotherapies.

This special issue portrays a subtle and enthusiastic Erickson in whom we see an incredible modernity of his therapeutic approach as well as the great freedom he passed along to his successors. He made it possible for current therapists to enrich their practices with their personality and their strength, because as Erickson himself said, “*Don't try to be Erickson, be yourself.*” Many extraordinary things have been and continue to be written about this man. It is never superfluous to recall to what extent Erickson was inspirational. The

issue explores several themes, how Erickson was:

- Human, like an attentive father (Roxanna Erickson Klein, in *My Father*), therapist and trainer (J. Zeig in *The A to Z of Changing Therapeutic Postures*), attentive, close to others, interested in the human side (Van Dyck in Erickson's *Touch*). Human also because of his experiences of the realities of human suffering and materials contingences well anchored in the concrete realities of our humanity (D. Megglé in *Milton Hyland Erickson*).
- Alive, impassioned about life, with a capacity for joy, and for remaining joyful (T. Servillat, in *The Art of the Joy*), for seizing everything that life can offer, for cultivating life like his garden (P. Bellet in *The Vegetal Nature of Hypnosis*).
- Artistic, inventive, creative with a gift for using and locating the resources of patients (M. Kerouac in *An Artist Rescuer*), trainees, and his family; also a revolutionary artist, breathing new life into how we see therapy and relation with the others.

With Erickson, and after his passing, it is a wind of freedom, a breath of joy, an invigorating energy which rises and offers to us, as therapists, a way forward, felt with joy, discovery, and constantly renewed autonomy.

Foundation Store Offers More eBooks

Just as readers are receiving the summer Newsletter, the Foundation Store will be offering a handful of new eBooks. The new Foundation eBooks include Ernest Rossi's *Breakout Heuristic*, a compilation of 40 years of his selected papers detailing his research in the area of neuroscience; and the Rossi's *Creating Consciousness*, which offers tools for therapists to create a new consciousness. The Foundation also offers new eBooks through Zeig, Tucker & Theisen Press including both Keeney books from this year and last – *Circular Therapeutics* (2012) which connects modern day therapy with collective wisdom in traditional healing; and *Creative Therapeutic Techniques*, which provides therapists with fresh, innovative ways to get unstuck in dead-end sessions. Zeig, Tucker Press also offers Jan Crawford's recollections and recovery from her past trauma with her most recent book, *The Disorderly Soul*, Crawford's spiritual journey to heal childhood wounds through systemic family constellation work. To order please visit: <http://erickson-foundation.org/store/> and <http://www.zeigtucker.com/>.

By Marnie McGann

The Milton H. Erickson Foundation -
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TOP 10 REASONS TO ATTEND THE EVOLUTION CONFERENCE

10. There won't be another Evolution Conference until 2017. That's four years away!
9. Your choice of pre-conference all-day workshops: “Law & Ethics” with Steve Frankel or “What Do Therapists Need to Know about the Brain” with Daniel Amen. The pre-conference includes a buffet lunch. (So have nothing but desserts!)
8. Cutting-edge information and face-to-face contact with the greatest minds in psychotherapy—and our director won't make you listen to him sing!
7. Rare treat: post-conference master class in brief therapy will be conducted by Jeffrey Zeig and Erving Polster.
6. We're right next door to Disneyland. And they've got deals for you!
5. Earn more than 50 CEs while experiencing a professionally rewarding and personally enriching experience. And you can get Mickey Mouse ears, too!
4. There are special discounts for registering as soon as possible—plus, you can add more discounts with group registrations. (Group registrants should all drive to the Conference together in the same 1965 VW bus. Just to get into the whole “Woodstock of Psychotherapy” feeling.)
3. All the hotels surrounding the Anaheim Convention Center are offering special room rates for Evolution attendees. Tell them you're attending the conference, get the great rate, and spend all five days on the beach. We won't tell.
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EvolutionofPsychotherapy.com

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2013		
8/25-9/7	Masterclass: Advanced Techniques of Therapy / Sydney, Brisbane, Melbourne - Australia / Jeffrey K. Zeig, Ph.D. (limited to 35 participants)	1.
9/25	Neuroscience for Clinicians: Brain Change for Stress, Anxiety, Trauma, Moods, and Substance Abuse / Timonium, MD / C. Alexander Simpkins, Ph.D. & Annellen M. Simpkins, Ph.D.	2.
9/25-29	Psychotherapy Conference / Rome, Italy / Invited Faculty	3.
9/26	Neuroscience for Clinicians: Brain Change for Stress, Anxiety, Trauma, Moods, and Substance Abuse / Columbia, MD / C.A. Simpkins, A.M. Simpkins	2.
9/28-10/3	Resilience and Master Class / Graz, Austria / Zeig	4.
9/27	Neuroscience for Clinicians: Brain Change for Stress, Anxiety, Trauma, Moods, and Substance Abuse / Fairfax, VA (Webcast also available) / C.A. Simpkins, A.M. Simpkins	2.
10/4-6	Advanced Hypnosis / Vienna, Austria / Zeig	5.
10/7	Resilience / Vienna, Austria / Zeig	5.
10/7-11	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent Geary, Ph.D., Lilian Borges Zeig, M.A., LPC, Zeig	6.
10/14-18	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges Zeig	6.
11/14-17	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	7.
12/11-15	Evolution of Psychotherapy Conference / Anaheim, Calif. / Invited Faculty	8.
2014		
1/23-26	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	7.
1/30-2/2	Ericksonian Coaching / Sao Paulo, Brazil / Zeig	9.
3/10-14	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Zeig, Borges Zeig	6.
3/17-21	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges Zeig	6.
3/27-30	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	7.

Contact Information:

1. Web, www.psychotherapy.com.au ; Email, psychoz@psychotherapy.com.au
2. Workshops Sponsored by PESI/CMI (www.pesi.com). Course registration, Web: <https://www.pesi.com/search/detail/index.asp?eventid=18872> For webcasting information: www.shop.pesi.com or use short link: <http://bit.ly/12GAFj6>
3. Email, c.loriedo@agora.it
4. Email, dpst@ikjf.at
5. Email, office@hypno-mega.at
6. The Milton H. Erickson Foundation – Intensive Training Program and Master Class: Intensives: <https://erickson-foundation.org/training/intensives/> ; Master Class: <https://erickson-foundation.org/training/master-class/> ; Tel, 602-956-6196; Fax, 602-956-0519; Email, support@erickson-foundation.org
7. Stacey Moore; E-mail, sjmtjm@msn.com
8. 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
9. Web, www.elsever.org

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 Winter Issue (mailed December) is October 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 **Online Ad Rates/Specs, Reservations, and Payment at:** <http://erickson-foundation.org/newsletters/advertising/>

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Dr. Jeffrey Zeig Named “Distinguished Professor” by California Southern University

By Thomas Dellner

California Southern University has awarded Dr. Jeffrey Zeig the title of “Distinguished Professor” in honor of his decades of exceptional and influential work in the field, as well as for the inspiration and insight he has provided CalSouthern students as a regular guest lecturer and friend to the university. The ceremony preceded Dr. Zeig’s presentation titled “Exploring the Genius of Dr. Milton H. Erickson, Part II: The Utilization Approach,” given on July 19, 2013.

“In much of the world, the title of ‘professor’ is reserved only for the most senior academics at a university, or as an awarded chair bestowed upon an honored individual at the institution,” explains Dr. Barbara Grimes, Dean of the CalSouthern School of Behavioral Sciences. “‘Distinguished’ is a term that is used to describe something or someone made conspicuous by excellence—someone who has an air of distinction, dignity or eminence. When you stop to consider the strict meaning of the words, it’s clear that Dr. Zeig more than deserves this honorary title. He is brilliant and dedicated—a gifted educator and pioneer in the field, inspiring not only our learners but the professional world of psychology at large.”

More than 150 CalSouthern students from around the world attended the ceremony and lecture—both in person at the university’s Irvine, California campus and online via streaming webinar. It was Dr. Zeig’s fifth lecture as part of the university’s Master Lecture Series, and his presentations are consistently among the best attended in the series. His lectures can be viewed in CalSouthern’s Master Lecture Series archives at <http://web.calsouthern.edu/psy/>.

“I am both honored and humbled to be designated Distinguished Professor at California Southern University, a school I avidly support for its innovative approach to post-secondary education,” says Dr. Zeig, who also gave the keynote

address at the university’s 2012 commencement ceremony. “I very much enjoy interacting with the university’s bright, intellectually curious and dedicated students, and look forward to returning to CalSouthern for future lectures.”

Thomas Dellner is the publications director at California Southern University.

Foundation’s Intensives -- a Summer Sizzle

Despite the triple digits summer temperatures in Phoenix, the Foundation’s summer Intensives Training Program is the busiest session all year. It attracts attendees from all over the world and this summer was no exception. Attendees came from Australia, Brazil, Canada, France, Germany, and Hong Kong and spent three, even four weeks in Phoenix to receive the Foundation’s most advanced training in hypnosis.

Kaleigh Vaccaro, the Foundation’s sales and training specialist, oversees and organizes the program and works with attendees. “I think it’s great when so many people from around the world come together to participate in this training,” she says. “Since most attendees stay in the same hotel for the entire program, they become very close and stay in contact with each other long after the training has ended. The most satisfying part of my job is to witness the friendships that are built here and to be the one handed 30 cameras at the end of class to take group pictures for everyone.”

The Phoenix summer Intensives Training Program runs three consecutive weeks from July 15 through August 2nd with Fundamental, Intermediate, and Advanced training offered. The training can be taken separately or consecutively and is held in the Foundation’s meeting room at Foundation headquarters. Most attendees stay at a nearby hotel and many request tours of Dr. Erickson’s Hayward home, now the Erickson Museum. Visitors often comment that the tour is a rich and full experience and the perfect way to end their visit to Phoenix and the Intensives summer session.

By Marnie McGann

CONFERENCE NOTES

The Society of Clinical and Experimental Hypnosis (SCEH) 64th Annual Workshops and Scientific Program, *The Future of Professional Hypnosis: Practice, Process and Outcomes*, will be held October 2-6, 2013 at the Doubletree Hotel by Hilton Berkeley Marina in Berkeley, California. The meeting will include advanced workshops covering self hypnosis, ego-state therapy, breath training, skin disorders, pain management, CBT, mediation, hypnosis with children and young adults, hypnosis research and more. For information contact SCEH: Tel, 508-598-5553; Fax, 866-397-1839; Email, info@sceh.us; Web, 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 complete information and to register online 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 American Society of Hypnosis (ASCH) will hold their 56th Annual Scientific Meeting and Workshops, *Coping with the Hands You’re Dealt: Surviving and Thriving after Trauma with Resiliency, Mindfulness, and Resolve*, March 21-25, 2014 in San Diego, California. For complete information contact the Society: Tel, (630) 980-4740, Fax (630) 351-8490; or by Email: info@asch.net.

Information on the Call for Advanced Workshop Submissions is available on the Society’s website: www.ASCH.net. The deadline is August 26, 2013.

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

BOOK REVIEW

Landscapes of the Mind

Lawrence LeShan

Eirini Press

2012

paperback 213 pages
ISBN 978-0-9799989-8-0

Reviewed by Rubin Battino, MS
Yellow Springs, OH

What is consciousness? In the social sciences we have long been aware we desperately need a new conceptual viewpoint that would do for our time what Freud and John B. Watson's did for theirs. Each gave us a new set of concepts or tools that rewarded us a novel view of our major problems; brought us closer to some solutions; and, inevitably, led to other problems. This is what LeShan does in this book. By defining consciousness in a fresh way, he offers an incentive to under-

stand many of our observations anew. *Landscapes* may well be taught in universities by the students of our students.

So, what is consciousness? Great minds have attempted to answer this question, and there appears to be no consensus. As LeShan explains in the first chapter (p. 38): "When we try to look directly at our consciousness, we find that it is transparent to our gaze. When we try to do experiments with it, we find that it is never the same at any two moments." In his second chapter, he gives a brief history of what has been tried. LeShan pragmatically bypasses the question of consciousness by dealing with world pictures.

There are two Kingdoms and four Realms. Kingdom 1 is quantitative and is either discrete or continuous. Kingdom 2 is non-quantitative and is discrete or continuous. The four realms of experience are: (i) quantitative/dis-

crete; (ii) quantitative/continuous; (iii) non-quantitative/discrete; and (iv) non-quantitative/continuous. LeShan clarifies that since these distinctions are human inventions (p. 95), "It is important to be aware that none of these Realms rests in solid, absolute and unquestionable grounds." Also, at any given time we seem to primarily use a mix of world pictures, and rarely only one at a time.

The problem of fundamentalism: Since from Realm iii the enemy always lies and is evil, there is no negotiating with them. For example, in peacetime, Good and Evil have many shades of gray, while in wartime Good, Evil, "We," and "They" clearly exist. Perhaps the best example of Realms i and iii is the 1990 offer by Israeli Prime Minister, Ehud Barak, to essentially give the Palestinians almost everything they were asking for. This incredible offer was rejected out of hand from the Realm iii perspective: The enemy of the Palestinians was "evil" and not to

be trusted because they "always lied."

One way of getting around this apparently insuperable barrier is presented via a mythic speech by a leading figure from *either* side at the UN (pp. 124-125) who proposes a second-order change solution in terms of something *both* sides can agree upon. "Whatever our goal and God, whatever terrible political and personal injustices that have been done to us, we *must* first make certain that no child in the world is crying helplessly and in pain as he or she dies of starvation. Everything else can wait. We can only succeed together." The joint activities that can be agreed upon must transcend individual beliefs that all children grow up in peace, with adequate food, shelter, and education.

This remarkable book needs to be studied for the depth and extent of its scholarship and wisdom. The snippets would hopefully inspire you to delve deeply into this masterful essay on consciousness.

BOOK REVIEW

Therapists Stories of Inspiration, Passion and Renewal: What's Love Got to Do With It?

Edited by Michael F. Hoyt Ph.D.

Published by: Routledge Taylor and Francis Group
New York and London

2012

paperback 295 pages
ISBN: 078-0-415- 50083-8

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

This book made me laugh, cry, and feel inspired. In short, it is packed with spiritual, emotional, and human truths, and it taught me new perspectives. Even though the stories are difficult to arrange into a cohesive whole with so many voices of different writers, Hoyt has succeeded. In fact, he has done an amazing job of editing, soliciting, and arranging the chapters written by master therapists into a book that reads easily. I found myself wanting to read subsequent chapters, because the ones before them were so good.

I thought I knew many of the contributors well, only to be more impressed with their personal stories that were emotionally provocative and revealing, and which taught profound lessons. The unique stories of Greenleaf, Battino, and Cummings touched me deeply, and caused me to feel closer to them and more connected to everyone because of the universal themes they evoked. Also, reading Frykman, Goldfield, and Kottler brought me joy, insight, and a profound respect. The chapters by Meichenbaum, Robles, and Carlson summoned in me an even

deeper respect for them, as well as all the masters who contributed to this book. Their struggles and journeys helped me to see everyone's struggles and journeys differently.

In the chapter by Judith Mazza, she gives the best definition of life meaning I've ever heard. And that is the issue with this book: It offers so many different perspectives -- life lessons from masters with whom you can identify -- that it rewards readers with an abundance of inspiration, creativity, and spiritual growth. This book stays with you and strengthens the emotional connections between you and the writers. It also evokes your compassion in many ways and encourages your commitment to the profession in indirect ways. Best of all, it keeps the same depth of pace throughout. The last chapters with Dan Short, Michael White, Terry Soo-Hoo, and Michael F. Hoyt continue the powerful invitations to connect, learn, and grow.

Not only do beginners and seasoned therapists benefit from this wonderful book, so too do folks who are just on the peripheral of psychotherapy. To be inspired by people who love life and what they do is catching. To be offered so many golden gems in one 295-page book is amazing. This book made me glad that I am a therapist, and caused me to like other therapists even more. It also made me want to talk with the people I know who wrote chapters and ask questions, and get to know those who I don't know as well.

I not only recommend this book but I feel like a missionary to get others to appreciate its timeless message. But then, what do you expect, as this is a book written by 30 extremely bright, capable, and inspirational psychotherapy masters who are praised by Scott Miller and Bill O'Hanlon. It also has a foreword written by Stephen Gilligan.

BOOK REVIEW

Helping Beyond the 50-Minute Hour: Therapists Involved in Meaningful Social Action

Jeffery A. Kottler, Matt Englar-Carlson, and Jon Carlson, Editors

Routledge, New York
2013

978-0-415-89630-6
paperback, 294 pages
(also available as eBook)
www.routledge.com

Reviewed by Kay Colbert, LCSW
Dallas, Texas

Can we make the world a better place one client at a time? Are we ethically responsible as therapists to move beyond our own practices and improve social rights and opportunities? This book is a call to action to clinicians and counselors to become actively engaged in creating meaningful change in our own neighborhoods, and in the larger world. If you are a counselor who is facing malaise, burnout, or career dissatisfaction, *Beyond the 50-Minute Hour* will dispel your cynicism and renew your vision and commitment to help others. The energy displayed in these pages is contagious.

This compilation is made up of chapters that are actually personal stories from 25 contributors. The editors describe these individual authors as “heroes” for the work they do. Each story explores the satisfaction, challenges, and realities of being a social activist. These narratives are intended to be an inspiration to mental health counselors to become more involved in social justice projects. The material is organized into five parts. Part I offers suggestions on how to broaden our clinical perspective and how to be a “citizen-therapist.” Part II covers what action can look like. Part III discusses locally-based efforts, and Part IV addresses international outreach. Part V considers the connections in these stories and the messages we can take from them.

The authors have been encouraged to write in an informal, first-person style and the pieces are accessible and

engaging. Jeffrey Kottler, for example, was appalled to learn 12,000 Nepali girls are abducted annually and sold into sex trafficking. He describes starting a successful nonprofit to give lower-caste Nepali girls scholarships that enable them to stay in school and, in some cases, go to university. He outlines the rewards of such work, as well as the frustrations of dealing with local governments and the inevitable cultural misunderstandings.

Dallas and Debbie Stout are advocates for at-risk youth in Southern California. They write about their transformational journey towards community involvement. They also developed the Violence Prevention Coalition of Orange County and along the way they have had a significant impact on reducing family violence.

Fred Bemak details how he founded Counselors without Borders after Hurricane Katrina. Bemak saw a pressing need for mental health services and a lack of coordinated assistance from both the federal government and professional helpers. Now, CWB provides culturally responsive humanitarian counseling in post-disaster emergency situations globally.

The editors point out that, as clinicians, our education and professional training makes us particularly qualified to facilitate constructive change with marginalized and neglected groups in society. Therapists, however, rarely have visibility in their communities. Perhaps we are isolated in our private practices, or become so overwhelmed with day-to-day needs of individual patients that we lose sight of the bigger picture. Whatever the reasons, this book inspires us to change now. And not just to volunteer at a charity walk or donate some money, but to make a significant commitment over time: to cultivate relationships, provide support services, to follow through and to evaluate programs and outcomes to make them more effective.

There is a quote attributed to Buddha: “Compassion is that which makes the heart of the good move at the pain of others.” This book is a testament to compassion and to those good people whose hearts were moved.

Still Openings for Fall!

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- Habit Control

Intermediate Training
Oct 14, 2013 - Oct 18, 2013
Location: Phoenix, Arizona
Topics:

- Pain Management
- Anxiety & Depression
- Individualizing Treatment
- Utilization
- Metaphors
- Treatment Planning
- Sequencing



Brent Geary, PhD



Lilian Borges, MA, LPC



Jeffrey Zeig, PhD

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BOOK REVIEW

Out of the Mainstream: Helping the Children of Parents with a Mental Illness

Rosemary Loshak, Editor

Routledge, New York

2013

978-0-415-68270-1

paperback, 206 pages

(also available as eBook)

www.routledge.com

Reviewed by Kay Colbert, LCSW
Dallas, Texas

Parenting children who have mental illness is a subject more recently in the news. To be a child of a parent with mental illness, however, is a topic that receives less professional attention. Rosemary Loshak is a social worker and psychoanalytic therapist in the United Kingdom. Here in the U.S., Loshak is the editor of a compilation of a dozen authors who report on the needs of children living with parents who suffer from significant mental health issues.

Some background information is helpful to understand this book. All facts presented in this book are based on social service programs in the United Kingdom provided under the National Health Service (NHS). Specifically, much of the research came from a project called Children and Adults Mental Health Project (CHAMP). The CHAMP project, which ran from 2002-2012, provided support for families with adult mental illness in a borough of northeast London called Tower Hamlets. This part of London has approximately 254,000 residents and a diverse minority population. At no cost to consumers, CHAMP's Children's Specialist workers provided a broad range of services, including early intervention for children, group outings, activities, and coordination of services with other agencies. Some of the details presented in the book are applicable only to the UK and its NHS agencies. The broader issues of how we, as a society, can best help children and families is universal.

The macro and systems theory approaches outlined can give us a new perspective on working with agencies and communities to provide good quality and comprehensive mental health services.

Loshak divides the book into three parts. Part I gives the general theme; Part II presents the specific details of the CHAMP initiative; and Part III looks at the wider context of providing integrated services.

In the first part of this text we hear from the children themselves, verbatim, in interviews providing poignant examples of the challenges they face. Young people describe many stressors, such as having to parent their mentally ill parents, and being bullied by their peers. But if there are consistent sources of community support, the youngsters develop amazing resourcefulness, adaptive coping, and positive relationships.

Although some of the fine points in Loshak's material only apply to the UK system, there are still some good messages for Americans who work in the mental health field. Providing family therapy will help children who live with mentally ill caregivers to process their often frightening reality. Guiding these young people in forming a coherent narrative of their lives can strengthen their coping skills and their resilience to manage future disruptions. Community mental health teams that can work collaboratively with other agencies and the volunteer sector are crucial. Early intervention, targeting the most vulnerable families, systematic interventions with teams, cross-agency partnerships, and in-home services are just some of the components that made the CHAMP interventions successful, and improved outcomes.

In our current climate of government cut backs and reduced services, it seems that quality, affordable mental health services are difficult to obtain or even nonexistent in some areas. Too often we wait for a crisis, and only then try to repair the damage. This book provides a compelling case for providing a thorough range of preventative mental health services at the neighborhood level that are both accessible and free of charge.

BOOK REVIEW

Doing Change: Conversations for Moving On

By Robert B. McNeilly

Published by: St. Luke's Innovative Resource

Victoria, Australia

2011

paperback 210 pages

ISBN 9781 920945 626 9

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

Robert McNeilly has written a jewel of a book. I am not sure he even realizes how valuable and creative his work is, because he doesn't call attention to his creativity, rather he treats his innovative interventions as almost commonplace. They are not. Bill O'Hanlon, who wrote the foreword, recognizes the creative and comprehensive changes McNeilly is inviting us to make, and, in so many words, O'Hanlon lets you know. McNeilly is too humble to suggest anything of the sort, even though he offers a clear new way to think about inducing trance without induction or even acknowledging that there has been a hypnotic intervention. It is nothing short of genius.

This book is a reprint of *Healing the Whole Person: A Solution-Focused Approach to Language, Emotion, and Action in Therapy* (Wiley, 2000). Since learning of McNeilly's story of healing a woman with bulimia, I have used it on numerous occasions to teach the profoundness of a couple of sentences. When you read the story it's clear the woman isn't going to purge anymore, and readers now have a schema for helping others. Throughout the book, over and over, McNeilly gives tools that will revolutionize a therapist's work.

Yes, he is building on the work of other therapists such as Erickson, O'Hanlon, and de Shazer, but he is doing it with a hypnotic understanding that advances the way we can offer brief interventions. The work he has done that he gleaned from Milton H. Erickson is evident, as he smoothly weaves words that combine constructionist thinking with solution-focused approaches--an approach delivered by a master hypnotist. Many of the interventions are similar to those of Milton

Erickson--teaching indirectly and directly at the same time. Readers may or may not see how many different layers there are to his work because he makes it look simple, and it is for him. But this is like saying painting was easy for Picasso.

The book includes seven chapters and covers language, emotions in counseling, emotional and body interventions, strategies, declaration as pathways to solutions, and the evolution of ethics. In each chapter McNeilly offers useful tools with explicit instructions for how to initiate genuine change. In addition, blocks strewn throughout the book offer questions and bits of wisdoms which are quite helpful. Every point is punctuated by client stories of profound change that happened in moments. If you were reading the book only for those stories it would be worth it. McNeilly's way of thinking about words, interventions, and solutions is a unique synthesis. But the instruction is even more valuable than the stories because it teaches you how to fish, instead of just giving you a fish.

While reading this book I was so inspired I found myself commenting to colleagues about the book, and how useful it is. McNeilly's well written, clear and straightforward book also has such depth that both beginner and experienced therapist can read the same book and get some of the same ideas, but understand completely different concepts.



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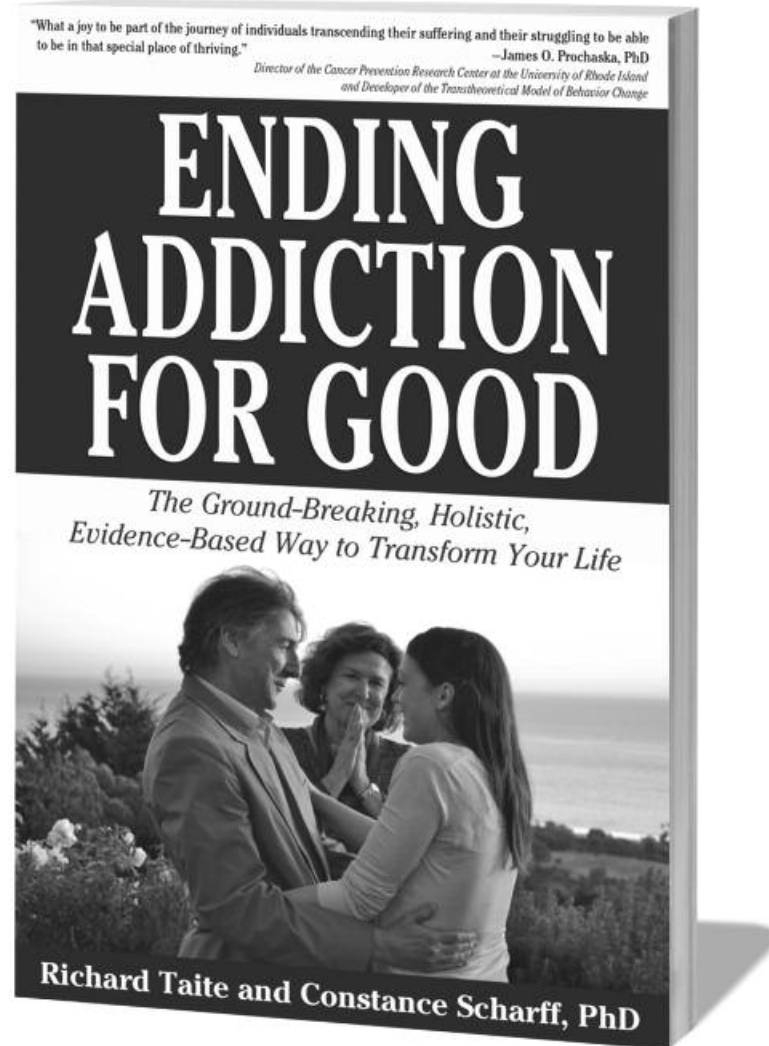
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BOOK REVIEW

Multi-Family Therapy: Concepts and Techniques

Eia Asen and Michael Scholz

Routledge
2009
168 pp.

ISBN 978-0-415-55780-1 (hbk)
ISBN 978-0-415-55780-8 (pbk)

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

Multi-Family Therapy is an extremely useful book about simultaneously treating several families that experience similar difficulties. Family members can provide ideas, share experiences, and help others, thereby increasing their feelings of self-worth.

I enjoyed reading "The Development of MFT," about the history of working with a number of families in the same room. This approach was developed in the U.S. during the '40s and '50s when "teams experimented with using large group work in the treatment of chronic psychotic patients and their families" (p.1).

Chapter 2, "Basic Techniques," offers useful diagrams for explaining concepts such as connecting, stimulating, intensifying, and retreating. These diagrams can help readers understand, for example, how to intensify the interaction by saying: "Talk to each other, please ignore me..."

Chapter 3, "Setting the Scene--MFT Group Exercises," describes playful activities to establish a safe and creative context. The authors divide the exercises into three categories: G-group issues, F-Family issues, and P-Specific problems. I especially liked the exercise, "Connecting Families," where during the first MFT family meeting all family members sit in a circle and throw a ball from person to person. The catcher responds with, for example, a question about her hobbies. This type of activity can be an excellent icebreaker.

Chapter 4, "Family Oriented Exercises" is aimed at addressing intra-family issues and relationship problems. In this chapter, each family designs its own coat of arms for describing strengths and characteristics.

The idea is "to make overt hidden thoughts, feelings, and values" (p. 45). As I was reading about this exercise I also thought this technique could help families to remember forgotten qualities.

Chapter 5, "Problem-focused Exercises," includes exercises aimed at specific problems and disorders. I enjoyed learning about "the remote control" that shows how family members can control each other. In a playful way, the therapist gives the child the remote to control his parents' behaviors.

Chapter 6, "Working with Multi-problem Families," is excellent because it introduces a number of different projects that have been developed by different teams, such as the Marlborough Family Service in London. As the authors explain, they put six seemingly "impossible" families together under one roof where they met every day, for months, "as a kind of therapeutic community of dysfunctional families" (p. 92). Families were allowed to undertake much of the work themselves, thereby becoming more responsible. By exposing people to built-in controlled situations, they were forced to address daily living in a therapeutic context.

In "Working with and in Schools," Chapter 7, readers learn how the Marlborough System focused on the relationship between pupil, school, and family. This is an interesting approach because it encourages families to "educate" each other. I really enjoyed the concept of "parental presence" (p. 107) whereby parents are allowed to witness their children's difficulties "in vivo." This may be an excellent way for parents to get more involved in their children's education.

Chapter 8, "Eating Disorders, Psychosis, and Mood Disorders," pays tribute to Salvador Minuchin's structural approach for working with anorexia nervosa. This chapter includes lists of MFT related goals, for example, "to improve intra-familial conflict management" (p. 122). There is also reference to childhood obesity and MFT for mood disorders that highlights the use of psycho-education during treatment.

This book is excellent, and I very much recommend it.

BOOK REVIEW

Compassionate Healing of Sex Addicts: and Those Who Love Them

By John Lentz

Healing Press Works
2012
paperback, 111 pages

Reviewed by
Roxanna Erickson Klein, RN, Ph.D.,
Dallas Texas

John Lentz's years in prison ministry and the plethora of cases he's experienced has given him a gift of insight. His work with a hard to reach, underserved population facilitated his use of cases to illustrate clinical impressions and strategies. Lentz shares his understandings through short, readable books. *Compassionate Healing* is his seventh book, and like his others it's written in a conversational style that leaves readers with a sense of witness to the healing process. Lessons are expressed as compelling narratives through individual stories and illuminate shifts in thinking, as those with whom Lentz speaks open up to consider alternate life possibilities.

Speaking in a strong but gentle voice that conveys acceptance and compassion, Lentz gives readers a feeling of "listening in" on healing conversations between chaplain and inmate. His approach is intensely personal, yet simultaneously respectful of the "arms-length" distance prisoners often require. Personal privacy and space is neither breached nor threatened, while Lentz demonstrates a skill of evoking desire for change from within. Subtle movements of unburdening difficult experiences or thoughts develop into opportunities for inmates to leave a troublesome lifestyle behind, and the door then opens for them to become better people.

The logical, sequential stories come across as friendly conversations, but the impact of the narratives goes well beyond. Self-acceptance, self-responsibility, and even self-direction are revealed as the women with whom Lentz works begin to explore future di-

rections. Fostering self-respect, Lentz's work nurtures the willingness to self-start, to self-monitor, and to move beyond life circumstances over which many inmates feel little choice or sense of control. A change in attitudes and behaviors begins to evolve and find its own momentum. With changing perspectives, immobility that entraps individuals can be released, sometimes altering the course of their life. Freedom through the relief of burdens is tangible in its own way.

Lentz comments on his own techniques in neuro-linguistic programming to facilitate connections with clients. While his style of working is more directive than that of Carl Rogers, his ability to show unconditional positive regard brings Rogers to mind. Yet, it is another mentor whose Lentz's work provides testimony. In analyzing Lentz's ability to evoke change, readers with clinical backgrounds in addictions will recognize an underlying paradigm shift from traditional approaches to one that is lenient, yet paradoxically closely reigned in. The influence of Milton Erickson is evident in Lentz's direction of clients to inner resources and self-evaluation of automatic trance states--a central element of self-awareness. The addict, as well as the enabler, are entrusted with discovering and accepting themselves, recognizing the iterative elements of compulsive behaviors, and finding their own path to extricate themselves from embedded patterns.

Written in a refreshing, straightforward style that is as effective for the readers as well as those with whom he works, Lentz states that the brevity of this work is intentional to ensure it is more accessible. He explains presenting difficult materials by creating a quick, easy read, enhances the probability that clinicians will pick up the work, and retain sufficient information to make a change in the way they look at, or work with, difficult cases. The artistic eloquence of Lentz's style is expressed clearly and succinctly in his own words (p111):

"Amplify your strengths and watch yourself change.

Amplify other's strengths and watch your world change"

The Tao of Bipolar: Using Meditation and Mindfulness to Find Balance and Peace

C. Alexander Simpkins, Ph.D. & Annellen M. Simpkins, Ph.D.

New Harbinger
2013

paperback 182 pages
ISBN: 978-1-60882-292-8

Reviewed by
Consuelo Casula, Lic.Psych.,
Milan, Italy

A man, C. Alexander, and a woman, Annellen, husband and wife, parents, grandparents, and colleagues know how to harmonize the opposites in their personal and professional life. For this reason it is congruent for them to show how to reconcile the oxymoron of the title of this book: While "Tao" evokes harmony of one's own will with nature, "bipolar" indicates the contrast of two polarities of a mood

disorder, manic and depressive.

Tao is a spring of harmony between humanity and Universe, where Yin and Yang regulate with systemic circularity. Usually the Western attitude wants to bend its nature to its own will, fighting to conquer and break the cosmic harmony in order to enforce order. Eastern philosophy is just the opposite: It teaches to accept uncertainty and unpredictability with equanimity, and to follow the law of the unity of opposites, because nothing is ever all Yin, and nothing is ever all Yang. According to Tao, happiness is reached through the practice of the acceptance without judgment of what is happening moment-by-moment.

Therapists treating bipolar patients know full well how hard it is to calm them down; to help them to balance the storm of their sensations; to soothe their swinging emotions; and to govern their tumultuous thoughts. That's why *The Tao of Bipolar* gives more than helpful tools to treat bipolar patients: It offers knowledge, meditations, inspiration, hope, and optimism. The optimism of the authors is based on their

experience of meditation in Buddhism, Yoga, Zen, and Taoism, intertwined with Western medicine and recent discoveries in neuroscience and psychology.

Since bipolar disorder is a mind-body problem, this book offers meditation for both, proposing exercises to elicit the dual effect of enhancing brain-mind-body alertness and relaxation. Practicing the meditations, readers learn how to calm the nervous system with mindful awareness, and find a healthy balance in the manic/depressive cycle.

The book is divided into three parts: Part I provides the fundamentals of Taoism and its use; the latest psychological and neuroscience findings about bipolar disorder; and how meditation changes the bipolar brain. Part II teaches three forms of meditation: focus, open-focus mindfulness, and no-focus. Part III gives specific meditation protocols for stress, depression, mania, relationships, and nurturing potential.

There are meditations to enhance the vitality quotient, helpful during daytime, and meditations to calm the energy to prepare body and mind for a night of good rest and sleep. By doing

frequent meditation, the person with a bipolar disorder learns how to shift a reaction from the short path to the long path of neural interception or mediating process, moderating energy, and balancing impulsiveness with spontaneity.

The many meditations proposed in the Simpkins' book aim at realigning the flow of energy and reaching harmony, finding hidden strength when a bipolar person suffers a low mood, and containing the excessive mood when she or he are in the manic state.

Even the professional reader will benefit by reading this book; studying the many inspiring meditations; and learning how to help bipolar patients to enter a functional mental state of relaxation or alertness, which is so helpful in harnessing their own harmony and happiness.

The Simpkins once again hit the target through harmonious integration of Oriental and Occidental knowledge, a competent combination of theory, anecdotes, and their practical wisdom.

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

Coaching for Solutions (74 pages)

***Listening for Solutions in Hypnosis:
Utilisation after Erickson*** (28 pages)

***The Poetry of Therapy: Creating effectiveness
after Erickson*** (58 pages)

***Hypnosis in psychosomatics: Utilisation
after Erickson*** (42 pages)

***Utilising Hypnosis with Children:
A girl returns from a dog phobia*** (23 pages)

By Robert McNeilly

Publisher: Robert McNeilly
2013

Available at Amazon Kindle

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

Robert McNeilly has created a group of concise, insightful eBooks that modernize the wisdom of Milton Erickson for 21st century applications. The ideas come alive through McNeilly's fascinating text and multimedia videos so that readers can receive the information on many levels. Here we review a selection of McNeilly's eBooks, each with innovative ways to foster the potential that resides in every person.

McNeilly's book dedications speak to the tremendous importance of Milton Erickson: "A humble gesture of appreciation of the continuation of Milton Erickson's heritage into the future." And this is exactly what McNeilly provides as he masterfully transports Erickson's creative hypnotic approach into a solutions-focused orientation. He teaches how to understand Erickson anew, and move from problem-solving to solution-finding; to climb outside the therapeutic prison of diagnosis and sickness and redirect our gaze toward well-being and inner strengths. Drawing on rich philosophical traditions from Taoism to Heidegger, fascinating literature, and case examples, McNeilly offers deep understandings from the view of a skilled and sensitive thinker/practitioner.

Coaching for Solutions explains this new field, which McNeilly demystifies and clearly defines in a way that harmonizes beautifully with Erickson's way of creating an individualized utilization of the client's current resources. In this sense, McNeilly explains how Erickson was the first modern coach. This book is a handbook for honing coaching skills with techniques to facilitate clients to do their own learning. Readers are given a method of coaching toward solutions by engaging the client in an empathic, respectful, and caring way. The book also demonstrates how to transcend the coach's moods, taboos, and prejudices that might interfere.

Listening is an important component in many of the eBooks, and in *Listening for Solutions in Hypnosis*, McNeilly sharpens the focus on this vital therapeutic skill. Heidegger aptly defined people as, "The always already listening that we are" (p. 2). McNeilly points out that the automatic, transparent place we listen from can malfunction when there are problems. By clearing the way for open listening, options appear. He teaches how to listen for solutions through acceptance, and offers ways to use your head, heart, and gut, in fact, all of you to listen fully. This gem of a book delves deeply into the nature of listening itself, and then provides an illustration with a client that can be read as a dialogue text and viewed as a video.

The Poetry of Therapy is a guide to being a therapist; inviting clinicians to dare to be themselves and create helpful expectancy as "a lively attentiveness to the smallest sign of possibility" (p. 10). McNeilly's views are the same as Lao-Tzu in that we find wisdom in not knowing, that encourages our curiosity. Other topics

covered are the relationship beliefs, intimacy, and trust, followed by a video session.

Several of the eBooks are devoted to case presentations including *Hypnosis in Psychosomatics*, and *Utilising Hypnosis with Children*, which also offers a brief introduction and written transcript of the session along with the video.

We find McNeilly's intellectual grasp, combined with sound theory and therapeutic acumen, to be a rare gift he freely shares, to inspire solutions for therapeutic success! We highly recommend these eBooks.

D V D R E V I E W

***Psychoanalytic Psychotherapy for
Personality Disorders:
An Interview with Otto Kernberg, M.D.***

Psychotherapy.net
Mill Valley, CA
2010
96 minutes

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

Even if you're not a fan of Psychoanalytic Theory or Object Relations you will want to see *Psychoanalytic Psychotherapy for Personality Disorders*. It is a classic piece of history because of how clearly the psychoanalytic perspectives are offered through the lens of Object Relations. It also is a handy reference for comparing other approaches.

This 96-min DVD features Kernberg explaining his theory and approach to working with Borderline Personality Disorder (BPD). While he remains loyal to analytic theory, Kernberg is also innovative, and his creativity is evident as he weaves into the discussion how he trains therapists to recognize and work with borderlines. Viewers will be exposed to a legendary leader in the field, his kind and gentle eyes twinkling as he makes a point using stories from his own difficult cases which showcase how to work with patients with personality disorders. The story he tells of an angry patient who brought a pair of scissors to a session and cut off all the stems of his office plants is typical of the self-revealing nature of the interview. In addition to having the opportunity to hear Kernberg's perspective on borderlines, viewers will also sense his serious dedication in looking for ways to assist those with BPD. Kernberg offers key principles of Object Relations theory and then shows how those key principles apply in his structured interview process, which is part of his treatment protocol. Having watched this interview three times, I have a deep appreciation for how dedicated and passionate Kernberg is about sharing his ideas. I also value his way of thinking, and how convinced he is that his approach will help borderlines.

Terrence Owens, Ph.D. interviews Kernberg and his questions offer Kernberg the opportunity to explain his theory and treatment approaches. Owens is clearly knowledgeable about Kernberg's theory and approach, and he wisely uses his questions to stimulate the discussion.

This DVD comes with an instructor's manual co-authored by Kernberg and Ali Miller, MFT. It includes strategies for doing Transference Focused Psychotherapy, Web-based resources, role-playing scenarios, guided discussion questions for reflection on the DVD, and a transcript of the interview. I found the transcript especially helpful. Like so many other DVDs produced by Psychotherapy.Net, *Psychoanalytic Psychotherapy for Personality Disorders* offers CE credits to those watching the interview and answering questions. It is another important perspective to teach and inform future generations of therapists, and I recommend it.

Foundation's Meeting Room Proves Convenient for Classes

Currently, as this Newsletter is taking shape, the Foundation is holding the Summer Training Programs in its on-site meeting facility. The facility, located downstairs in the Erickson Building at Foundation headquarters, is approximately 2,000 square feet and offers more convenience and better technology than previous off-site locations. Schoolroom tables and chairs and a podium provide a professional set-up; there's convenient access to a kitchen; lunch is delivered daily; attendees are welcome to visit the Foundation during breaks; the interactivity of

PowerPower and related technology better facilitates the learning process; and there's on-site technical support. Travel is also convenient as most attendees stay within less than a mile from the facility. The Foundation also offers the meeting room to other professionals or organizations. If you are interested in renting the facility please contact Marnie at the Foundation (602) 956-6196.

By Marnie McGann



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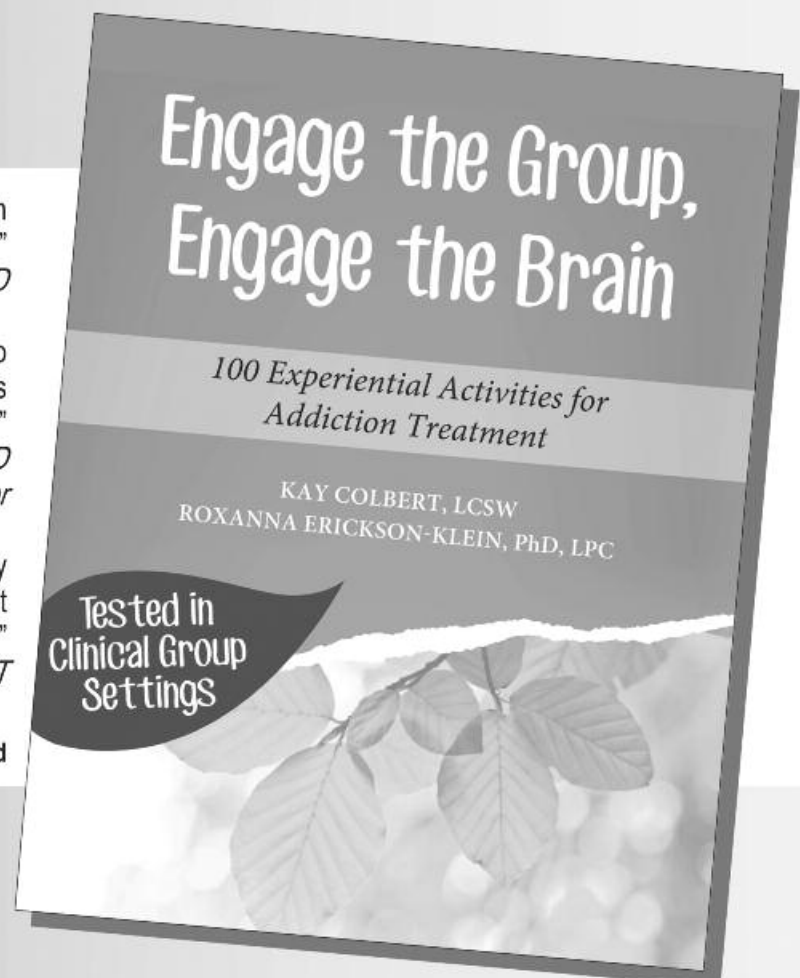
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BOOK REVIEW

Anxious in Love

By Carolyn Daitch, Ph.D and Lissah Lorberbaum, MA

New Harbinger Publications, 2012
ISBN: 978-1-60882-231-7
185 pages

Reviewed by Susan H Dowell, LCSW,
New York, New York

Psychologist Carolyn Daitch, Ph.D., an esteemed clinician and specialist in anxiety disorders, has done it again! Daitch, along with her coauthor, Lissah Lorberbaum, MA, have surmounted the formidable challenge of taking the topic of anxiety and turning it into a couples' workbook that greatly enhances self-understanding, self-assessment, and self-efficacy. In *Anxious in Love* Daitch and Lorberbaum provide simple-to-understand examples and powerful and satisfying tools for couples to grow and deepen their relationship and compassion for each other.

Beginning with an overview of the various characteristics of chronic anxiety and anxiety disorders, the authors provide the reader with tools to recognize triggers that signal an increase in anxiety. Then they offer them effective exercises to de-escalate anxiety rather than fall victim to it.

With compassion, the authors next spotlight the relationship itself with special emphasis on the neurobiology of connection. The easy-to-understand information puts science squarely behind the teachings of Daitch and Lorberbaum. From this lens, readers are

led through exercises that help them examine their interaction styles, and gain insight into their partner's perspective as well. With special emphasis on differentiating between reacting and responding, the authors offer exercises for putting conflict on hold in order to gain perspective and grounding. Next, they provide simple exercises for both identifying and meeting unmet needs. They subsequently present strategies partners can use to validate one another, increase flexibility, and deepen compassion, empathy, and connection.

The closing emphasis is on the "Wise Relationship," a focus that is essential in reinforcing the grounding couples build as they work through the exercises and thought-provoking concepts of this book. Throughout, the authors emphasize the importance of practice, and with the underpinnings of the wisdom of neurobiology to support them, they remind the reader "practice makes permanent."

This has wisdom that can be used by many far and beyond the anxious patients who cross our threshold. I wholeheartedly encourage you to recommend it your patients. Furthermore, although it was designed for the layperson, I strongly recommend clinicians keep it handy in their clinical library. You will find it to be an invaluable reference to translate your clinical understanding into the authors' user-friendly language, a language that will effortlessly engage and empower patients.

And now I find myself becoming more public about my findings and experiences by extolling the virtues of taking responsibility and doing the kind of inner work that allows you to heal back toward your birthright wholeness; to be a unique and socially functional human being in the world and in the important relationships that create our culture and create our whole planetary climate.

For me, the micro is the macro. So rather than singularly focusing on how to address the macro---the planet, the social, cultural, political and economic issues in the world--my favorite way of doing this is handling it in a very personal real-time intimate way in my own relationships. Then, having that serve as a commentary by extrapolating into what the planet looks like, with the theory being the healthy micro-world creates a healthy macro-world. I'm in a privileged position to be able to connect with a lot of people around the planet in different cultures. And the universal language of music allows me to communicate even beyond language with so many people on somatic, energetic, sensual, spiritual, and musical levels. It's just the perfect convergence of my passion for the healing of any sensed ruptures or traumas that have occurred in my/our human condition and this desire to comment on the healing journey and the process that I personally have gone through. I want to share it so that if there's anything within my own personal story that can support someone's journey, then that could be a great service.

Jeff Zeig: Well, you'll simply continue to be of great service. When I talk to some of my patients, or when I talk to my daughter, Nicole, about what you have meant in their lives and in hers, it's as if you're a therapist to culture because you've been helping people to clarify emotions--to be able to express emotions, and understand some of the intricacies of their own struggle. And, you've done a wonderful job.

Alanis Morissette: Thank you so much. And it's to the degree that performing on stage or writing songs can help heal shame and help articulate things for people and put emotions and some of the more complex inner landscapes into words--to clarify, to distill, to really empower people to shift and transform and render their interactions with other people, with their God, and with themselves as healthier. Being able to contribute to that in my own

way...that would be a life well lived, in my opinion.

Jeff Zeig: Well, you do that. Sigmund Freud said wherever he had been, the poet had already been there before him. And you certainly are a wonderful poet.

Alanis Morissette: What a wonderful quote. Thank you.

Jeff Zeig: Now this is something current for you because you've been speaking to other psychological groups too. You came to Marion Solomon's conference on couples at UCLA and you did a dialogue with Dan Siegel. You are speaking at the upcoming Emerging Women Conference in Boulder in October where you are dialoguing with Margaret Atwood, and co-leading a workshop with Cheryl Richardson at Miraval next spring, among other involvements.

Alanis Morissette: Yes, I have been a devoted and committed student to many teachers and teachings over the years, with models ranging from gestalt to imago to shadow work, cognitive therapy, recovery work, somatic work, dance, neurobiology, and many others. I have been doing clinical trainings and reading nonstop about current and exciting research spanning from the academic to the esoteric to the poetic and philosophical. I've spent so many years in therapy and workshops that I find myself naturally integrating all this work and passionately taking part in the continuing conversation. A lot of my mentors have encouraged me to step up and take a seat with them as a fellow teacher; to be their compatriot and their colleague as well as their champion and their supporter. They want to support me in being audacious enough to comment on models, not only to bow down to them, but to have the audacity to update them and evolve them and further flesh them out. It's a lovely era for my generation, to be totally frank, where we're learned and we're educated and we're also being supported by the truly masterful teachers in stepping up and adding to the conversation.

Jeff Zeig: How lovely. Is there a message you can summarize and distill a bit and say what it is you think psychotherapists can really learn from art and from music?

Alanis Morissette: For me, it's

See INTERVIEW on next page

INTERVIEW

continued from page 1

educate ourselves and others we'd have it in our pocket and use it to serve us when we're navigating the wild waters of committed, romantic partnership, and relationships in general. I write about that all the time and I sing about many flavors of it in almost every song, including experiences of recovery from love addiction and work addiction--it is very transparent in my work. Typically, these were things that I only felt comfortable sharing within my lyrics, while privately being in-

formed and supported and encouraged and illuminated by many different therapists and teachers throughout my life. My goal was to take this same courage that I apply to writing, and evidence it in my day-to-day life so that I wasn't just singing about this yearning, but having tastes of it in my friendships and my now-marriage and long-term professional relationships. Being obsessed with what can make relationships functional and feel connected made me become a closet academic.

INTERVIEW*continued from page 18*

about the integration of a holistic approach and for the therapists themselves to step into areas that may scare them in order to create an opening for their patients...because therapists, among many things, offer what is possible for their patients or clients. They hold up the possibilities that are often outside of their patient's limited thoughts, fears, and wheelhouses. So the therapist has a tall order in terms of being "big" enough to hold these infinite possibilities for their patients; a powerful and sacred role, to be sure. Art and music can integrate the vision they hold; it can communicate it in a different way than words can; it can summarize, concretize, even catalyze it; and can also blow the ceiling higher for both therapist and patient.

Jeff Zeig: *As an artist, you have a tendency to explore some of the stratosphere of your discipline. You express it not just with poetic words and stories, but with tone and rhythm and tempo and timbre. And you experiment, and I believe you have seen firsthand that the sharing of this expression can have such a resonance, and impact, and can make a difference in someone's life. Psychotherapists sometimes are more scientifically-based and more cautious, and they don't tend to go outside of their own box. So perhaps what could be accomplished is to inspire people to be a little bit more experimental and a little bit more expressive in their communication.*

Alanis Morissette: Yes, and not just think of it as an either/or situation. You take this wealth of knowledge and this academic background and tons of information yielded from research and training and science, and you bring that with you. It's more of an expansion into including other and new models and ideas into one's work; to include both sides of the brain and the body teachings into our repertoires as therapists would require us on an egoic level to bring in that humility--to maybe peek into other teachers' and other models' worlds, and take in other fellow colleagues' teachings. I saw it firsthand so beautifully at UCLA with Dan and Marion--this open-heartedness--while so many of these really well-known teachers and researchers and scientists have built an incredible reputation for what they've conjured

up and what they teach. And yet, perhaps speaking to the fact that evolution is such an existential imperative and that we're constantly being pulled forward; everyone was invited straight into what might feel dangerous for those of us who stay in a compartmentalized area or jurisdiction of knowledge. Even though it can feel pretty dangerous in the intellectual world for some to explore other ways and modes of supporting their patients with events like your conference, it can feel like you're among friends--all of whom have the same vision, each with their unique way of getting there that could inspire others to integrate something new into their practice. There is an invitation at your conference, a space to evolve your own model, and it's space to poke holes in your own approach while being surrounded by such brilliance, passion, and compassion. It's a space to investigate it in real-time, and to expand it. Kudos to you and your colleagues for bringing together all these people of intelligence and service.

It's the idea in this new wholeness-aspiring era, this new paradigm of being able to be masterful and be an incredible teacher and also have the kind of humility and well-placed vulnerability and openness in order to be able to evolve the conversation and the content. It is the delicate blending of our masculine and feminine qualities, and the empowerment of both.

Jeff Zeig: *You've been a champion of feminine causes. Do you want to say something about that?*

Alanis Morissette: Yes. I was born in an interesting, burgeoning generation. There's been a lot spoken about 2013 being the year of the resurrection of the divine feminine in the hearts of men and women alike. And it's showing up in businesses and marriages and in all the very important roles we all play. And some of what that looks like is there's been a development of more of a win-win mindset. Hierarchy is still in place to the degree that it can to help an organization stay organized. But hierarchy in terms of ascribing more or less VALUE to each role is slowly going the way of all things. That is to say each role plays a pivotal part, but more importantly, each PERSON within each of these roles is of the same value. Therefore, there are also

more partnerships emerging, mutually gratifying partnerships. These are great days for thousands of people like you and everyone who comes to your conference. Every day the planet is more and more open to the consciousness evolution conversation-- to the idea of actively returning to our wholeness, to this interdependence, to this healthy union and connection; to one day stepping out of ego into our spirituality while tenderly addressing our stories and ego-traumas, one valuable session at a time. This support--offered by therapists across the planet to their clients as they often painstakingly go about embracing their wholeness, in the unique ways that each therapist is doing it is deeply merciful, and allowing us to be more "total." It shows us what grace there can be in being here; in being spirit in complex and precious human form. All in all, it is a deep kindness.

So to speak directly to your question in terms of the tangible -- of showing up on behalf of the feminine -- it's hard not to because I'm a female and I feel I have always been very passionate and outspoken about all things. I've contributed to many organizations over the years that focus on political, physical, emotional healing, and empowerment. I ran a marathon to raise money for the National Eating Disorder Association. I have worked with Equality Now. I have performed at the Voter's For Choice event and RAWA that supports women's rights in Afghanistan. I've also written many articles and spoken publicly about recovery from eating disorders and body dysmorphia, touching on the codependency recovery journey, love and work addiction recovery, and the empowerment of females and the feminine within the context of a patriarchal business model.

My deep joy includes being able to express and clarify things that are more often just felt as overwhelming or confusing. I feel compelled to find words to describe them so people can rest, so I can rest. It is my favorite agenda--to help people find sweet glimpses or full lifestyles of peace. Our job for this entire organization that you and I are in, or even the wider psychotherapeutic planetary community at large, is to take the complicated and render it understandable and applicable; to offer comfort, to support empowerment, and to support people in coming back to their real selves.

Jeff Zeig: *Sometimes as a psychotherapist it's my job to say things, or try to say things that people might not even dare to think; to help them to understand this is part of the subtext, part of the understructure of what their emotions and their relationships are about. You do that superbly. In the music you've composed you really help people to bring out some of the subtext in their life. I know you've got a book coming out. Do you want to say something about that?*

Alanis Morissette: Yes, this book is really touching on some of the main issues that I feel I have enough experience with to be able to comment on. I'm using myself as the ongoing case study, and so far, the book covers many topics through storytelling -- everything from spirituality, to psychotherapy, art, travel, temperament, fame, recovery, physical care and sexual healing, to relationships; from dating, to breakups, to creating committed partnership and creating a platform upon which you have the kind of marriage that allows for the intimacy and growth and healing that I'd only intellectually understood, and only now am beginning to have direct experience with.

A lot of people asked me why I would read these books and why I would go to these trainings and workshops and why I would continue to be educated about these topics. I simply answered that I have a low tolerance for pain. I don't like chronic pain. So I was constantly seeking answers to some of the more complicated painful questions and wound up dwelling in these libraries, and in these schools, and in these books, and in these programs, just because I was learning that which could not only affect me personally and soothe my ailing heart, but could also help me support other people.

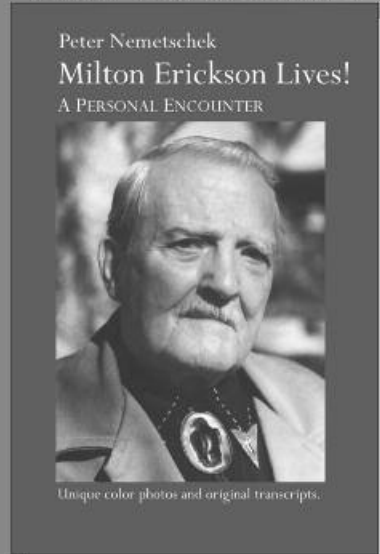
Jeff Zeig: *Well, you've been great at doing that and are so generous with your time and your energy. We really look forward to your keynote. It'll be a great pleasure to have you grace our podium in December at the Evolution of Psychotherapy Conference.*

Alanis Morissette: I feel honored to be there, and be included by you. Thanks Jeff.

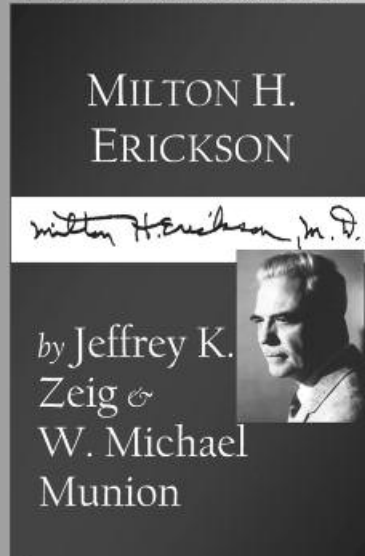
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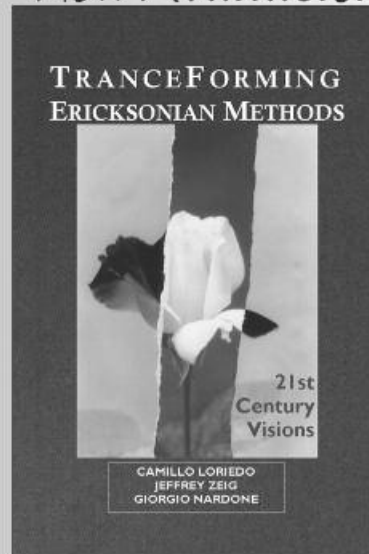
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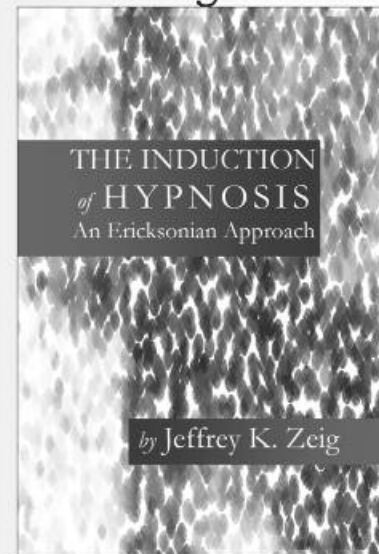
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