



THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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Don Meichenbaum

Interviewed by Dan Short

Donald Meichenbaum, Ph.D., is Distinguished Professor Emeritus at the University of Waterloo in Ontario, Canada. Presently, he is Research Director of the Melissa Institute for Violence Prevention in Miami, Florida. He is one of the founders of cognitive behavior therapy and was voted “one of the ten most influential psychotherapists of the 20th century.” His most recent book is *Roadmap to Resilience* (www.roadmaptoresilience.org). Professor Meichenbaum will keynote the December, 2014 New Brief Therapy Conference in Anaheim, California, www.brieftherapyconference.com

Dan Short: It has been more than a decade since you were last interviewed for the Erickson Newsletter. In what ways have you evolved since then?

Don Meichenbaum: I sincerely



appreciate this invitation to share my story with your readership.

Over the last decade, my theoretical perspective, clinical research, and work have evolved in three important ways. First, I have come to appreciate the critical role of common psychotherapeutic factors that contribute to positive treatment outcomes, and have identified the core tasks that characterize “expert” psychotherapists. Second, I have focused my work on ways to bolster resilience in high-risk clinical populations. This work naturally follows all the work I’ve done on the development of cognitive behavioral treatment approaches, such as stress inoculation training. Third, I have embraced and advocate a constructive narrative perspective of psychopathology and psychotherapy, highlighting the role of the client as storyteller. This is evident in my recent presentation on ways to integrate spirituality and psychotherapy.

DS: What drew you to the subject of spirituality?

DM: My primary interest is in

studying violence as a landmark event that elucidates the central mechanisms of change. The notion that there can be a beneficial effect from violence was especially interesting to me.

The key question is: When a tragic event occurs, how do people cope? As it turns out, the majority of time, people cope through some form of spirituality.

When you look at spirituality from a global and historical perspective, it is essentially people telling stories. We are all storytellers. For those who are able to not only survive but also grow from a violent or tragic effect, a key part of their coping strategy is to have a spiritual story. This allows them to outsource social support, as they call upon Jesus, or God, or whoever their higher power may be.

DS: What do you mean when you say that we are all storytellers?

DM: In the later phase of my career, I embraced what I call a “constructive narrative perspective.” I believe we are not just Homo sapiens, we are “Homo narrans,” the species who tell stories.

If you study native healers, you will find that typically there is storytelling that takes place after someone has been victimized. This type of healing storytelling has been done for a long time, and it turns out to be remarkably therapeutic. This is similar to the use of yellow ribbons in contemporary culture. Both are ritualistic healing processes that people engage in and use with storytelling. I believe that is part of the reason people use spirituality. Now I am asking: How do therapists incorporate this into therapy?

DS: What key elements distinguish your storytelling therapy from Michael White’s narrative therapy?

DM: Unfortunately, Michael White

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EDITOR'S COMMENTS

I am just beginning to recover from the 2013 Evolution of Psychotherapy Conference. It was five days of intensity, integration, and connection. Typically, we feature the highlights of the Conference in the Spring Newsletter. As is the custom, the reviews are spearheaded by our prolific review editors, Alex and Annellen Simpkins, and their team of dedicated reviewers will recount the highlights of Conference. At Evolution 2013, we had a wonderful problem: Each presentation, workshop, and demonstration was of such quality, that they were *all* highlights. Unfortunately, due to available space, we could not fit all the reviews in this issue, so we decided to print as many as possible in the next two issues.

For those who either missed the Evolution Conference, or want to connect with some of the presenters in a more intimate and focused gathering, several have been invited to present at The New Brief Therapy Conference in December, which also will be held in Anaheim.

Our first featured interview of 2014 is Donald Meichenbaum, interviewed by Dan Short. Meichenbaum's presentation at the Evolution Conference was so warm, clinically elegant, and engaging that I look forward to seeing him again at The New Brief Therapy Conference. You can find a review of one of Meichenbaum's clinical demonstrations in this issue.

John Lentz interviews Sue Johnson for his *In the Spirit of Therapy* column. Johnson is another double-hitter from the Evolution Conference who will be expanding her brief therapy focus at The New Brief Therapy Conference. In the interview, Johnson's warmth, depth, and gentle humor are evident.

For the Power of Two, Roxanna Erickson-Klein profiles Theiry and Bernadette Sevillat and The Milton H. Erickson Institute of Rezé, France -- a fascinating couple and a dynamic Institute. I anticipate hearing even more good things about this Institute in the coming years.

Eric Greenleaf, our Case Reports editor, lends an insightful commentary to Carrie Rehak's Case Report, "Sapphire Water on Fiery Red Flames." It features a classic pain management technique with a contextual twist.

Our media reviews were chosen to



reinforce the theme of the Evolution of Psychotherapy Conference, beginning with a selection of Erickson topics reviewed by John Lentz. The first is an Alexander Vesely film, *Wizard of the Desert*, co-reviewed by Annellen Simpkins and Alexander Simpkins. *Wizard of the Desert* is more than a film about the genius and humanity of Milton. Erickson, it's also a "kaleidoscope of multilevel communication." The films' content and cinematic development are brilliant.

For those who would like to explore further, Betty Alice and Allan Erickson and Louis Cauffman produced a fascinating DVD, *Ericksons on Erickson*, sharing tales and treasures of what it was like living with Milton Erickson. John Lentz' review brings the energy of this DVD to life. And finally, the triad is completed with *Milton H. Erickson, MD: In His Own Voice on Problem Drinkers*, a CD edited by the late Jay Haley and co-edited by Madeline Richeport-Haley. As Lentz says in the review, "Not only does this CD offer Erickson's views on problem drinkers, it provides a unique view into the relationship between Erickson and Haley."

Stephen Gilligan is another of our double-hitters, and Roxanna Erickson-Klein reviews his book, *Generative Trance: The Experience of Creative Flow*. The review demonstrates why Gilligan has been an easy choice to present at both the Evolution Conference and The New Brief Therapy Conference.

In the other reviews, the theme of

Evolution comes in many forms -- all personal. Our resident humanistic scientist, Rubin Battino, offers a peek into two very different journeys. The first is Bernie Siegel's book, *The Art of Healing: Uncovering Your Inner Wisdom and Potential for Self-Healing*. This is a spiritual journey that relies on metaphor and belief--a journey about what we can become. The second is *The Origins of NeuroLinguistic Programming*, edited by John Grinder and Frank Pucelik. Battino begins his review with, "Wonder, excitement, passion, fascination, discovery, creation, revelations..." and it moves forward from there.

Over the years, the understanding and treatment of attachment disorders has evolved exponentially. Maria Escalante de Smith brings her international perspective to a chapter-by-chapter detailed review of *The Attachment Therapy Companion: Key Practices for Treating Children & Families*, by Arthur Becker-Weidman, Lois Ehrmann, and Denise LeBow.

The perspectives in Maria Escalante de Smith's review integrate seamlessly with Kay Colbert's book review of Laurel Parnell's *Attachment-Focused EMDR: Healing Relational Trauma*. In this offering, many of the concepts described in *The Attachment Therapy Companion* are complemented by the healing framework of EMDR. The two books are excellent companions and I recommend them as a set.

John Lentz (Is his name starting to sound familiar?), our *In The Spirit of Therapy* columnist, reviews the carefully researched book, *Mindfulness, Acceptance, and Positive Psychology: The Seven Foundations of Well-Being*, edited by Todd Kashdan and Joseph Ciarrochi. Lentz is the ideal person for this review because he has a balance of heart, soul, and intellect, and this makes him the ideal reviewer for Victor Yalom's DVD, *Group Therapy: A Live Demonstration with Irvin Yalom, MD, and Moly Leszc*. As Lentz says in the review, it's "absolutely the training DVD that will help you learn,

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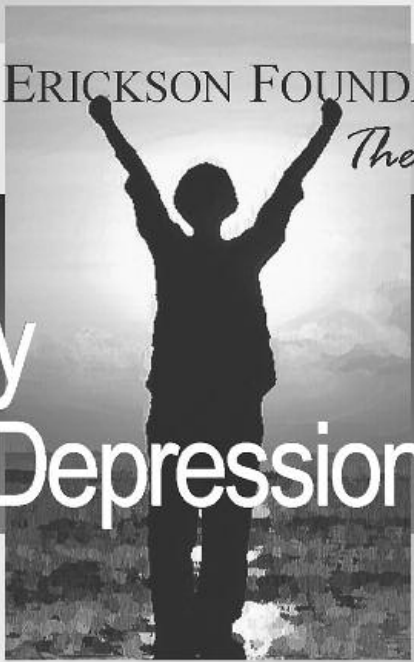
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IN THE SPIRIT OF THERAPY

Interview with Sue Johnson, PhD

By John D. Lentz, D. Min.

Sue Johnson is Director of the International Center for Excellence in Emotionally Focused Therapy and Distinguished Research Professor at Alliant University in San Diego, California, as well as Professor of Clinical Psychology at the University of Ottawa, Canada. She has received numerous honors for her work, including the Outstanding Contribution to the Field of Couple and Family Therapy Award from the American Association for Marriage and Family Therapy, and the Research in Family Therapy Award from the American Family Therapy Academy. She is a Fellow of the American Psychological Association. Dr. Johnson's best known professional books include, *The Practice of Emotionally Focused Couple Therapy: Creating Connection* (2004) and *Emotionally Focused Couple Therapy with Trauma Survivors* (2002). She trains counselors in EFT worldwide and consults with Veterans Affairs, the U.S. and Canadian military, and the New York City Fire Department. She lives in Ottawa with her husband, two children and dog. She adores Gilbert and Sullivan, Monty Python, Argentine tango, and kayaking on Canada's northern lakes.

John Lentz: A lot of people sense a deep spirituality in your work. Do you intentionally put it there, or is it by accident?

Sue Johnson: (Laughs) I think it depends upon what you mean by intentionally. A lot of EFT values certainly fit a lot of spiritual values. We don't talk about it much, but there is an implicit model. So I think it is not difficult to see spirituality in EFT. Years ago I gave a talk at the Mennonite University down near Washington. I spoke about how the soul is the vital force that comes forth in people. In EFT we talk about the life force being associated with the need for connection with others. When we have this connection with others it allows us to see the world in a less threatening way; it allows us



to be in the world in a less threatened way. All these things are similar, so it wouldn't be strange if a pastor stood up and used this kind of language. While I don't think we can deliberately put spirituality into EFT, it is implicit in the values of humanistic psychology, and in the ways in which we treat people in general.

JL: The purpose of this interview is to give the reader the opportunity to know you better from a spiritual standpoint. What was it you said about couples and religion?

SJ: I said that research shows that couples who share religious beliefs and faith find it easier and are less likely to get divorced. There is evidence that religion provides a structure for people and there are a lot of values in religion that support relationship stability. So I think it is no accident that in North America churches offer relationship education. Personally, I believe the government should do that, but it has mostly gone through the churches.

JL: I wish the government would offer some basic information when couples get a marriage license.

SJ: So do I, but they haven't yet figured out that it costs everyone in society a huge amount financially to have unstable families.

JL (Laughs) Yes, and because of the costs they are not likely to get it or do anything about it.

SJ: It would be the best dollars

they could spend. It would be an incredibly cost-effective mental health intervention. I can't think of a cheaper way to reduce anxiety, depression, and heart attacks than to give people a basic education on relationships.

JL: Your work has been wildly successful, not just because it works, but because of the timing and the hard work that you have done. Do you feel that it was divinely inspired, or do you just feel lucky?

SJ: I think it depends upon how you define "divine." My work may now look wildly successful but there were many years I felt very much an outsider -- that I didn't fit anywhere. EFT didn't fit with behavioral approaches, and there was a time where no one in the field of couples therapy would talk about anything but narrative. People didn't want to talk about emotion because they saw emotion as the enemy. Even now there are people who become very reactive and alarmed at the idea that adults need each other and have an attachment bond; which in many ways is the same bond that happens between an infant and parents. It took a while -- adult attachment theory and research came out about five or six years after EFT got started and I think it helped a lot.

JL: Do you see a connection between EFT and Ericksonian approaches?

SJ: I don't know because I don't enough about Ericksonian approaches. I believe Erickson was a genius. He tuned into people on a certain kind of level, and he would find a way to speak to the internal bind and internal realities. It is tricky to do that. In the modern world you need not only to be able to do it, you have to be able to systematize it and show it works. I am not sure about the connection between Ericksonian approaches and EFT, except that a lot of the people who are attached to humanistic psychology and that kind of connection to people are also connected to Erickson and all of his ideas.

JL: Sometimes when we watch you with couples with training tapes, it strikes us that your couples are in a trance.

SJ: You are holding them in a par-

ticular emotional space that is focused, and you are staying with them there.

JL: I have seen you do that. From my perspective, you are inducing a trance through walking with them, and responding, and respecting their emotions and the drama and experiences they are having. And you help them to have a new experience so that they can reshape their world.

SJ: I think of trance as how deeply engaged you are with your experience.

JL: Sue, it has been a pleasure to get to know you better. Thank you so much.

COMMENTS

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and/or teach the beauty, complexity, simplicity, and magic of group therapy." There is no higher praise.

My commute to work seems to take no time now that I am listening to the recordings of the Evolution Conference. I am catching up on so much that I missed, and at the same time realizing that there is even more in store at the upcoming The New Brief Therapy Conference. Richard Feynman, the first physicist from the U.S. to receive the Nobel Prize, once said that his greatest fear was waking up one day and discovering that he knew everything and there was nothing left to learn. The Evolution of Psychotherapy Conference and The New Brief Therapy Conference are a reassurance that *that* will never happen. There will *always* be something new to learn. Please join me at The New Brief Therapy Conference in December where the learning continues.

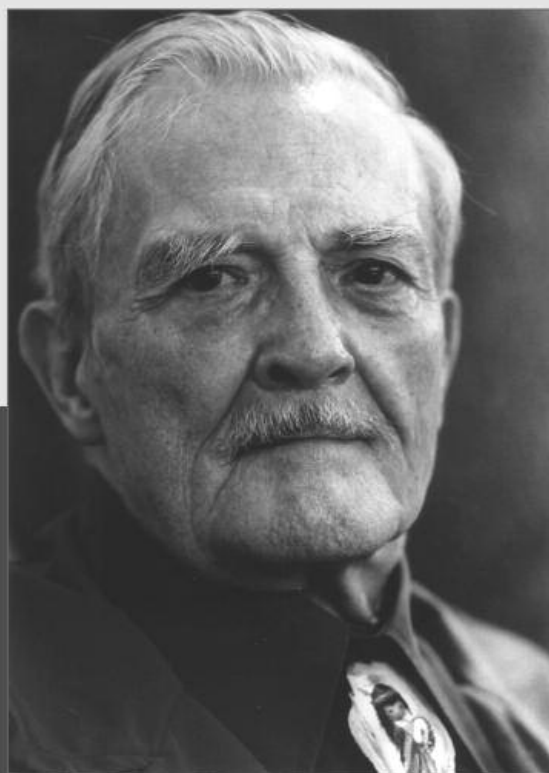
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INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute of Rezé, France

Written by Roxanna Erickson-Klein

Psychiatrist, Thierry Servillat, is the driving force behind the *Milton H. Erickson Institute of Rezé*, located in the small community of Rezé, in Nantes, in the west of France. This Institute had an energetic start with the promise of continuing quality and growth. The secret to its success is a dynamic engagement of others to share and build a vision. Along with Servillat, two other psychiatrists, Elise LeLarge and Isabel Stimec, serve on the Board of Directors and the training staff also includes psychotherapists, Bernadette Servillat, and Pierre-Henri Garnier, and Edith Bezard, a physician specializing in pain management.

Servillat was educated in the traditional psychoanalytic methodology, but sought a broader framework on which to develop his psychiatric style. In the early 1990s, he learned about the work of Milton Erickson from Jacques Antoine Malarawicz, who brought Ericksonian training to Nantes. The Ericksonian workshop was sold out prior to Servillat learning about it, and he had to wait a full year for another opportunity. Over the next decade, Ericksonian training proved a key factor that changed Servillat's perspective on how to help the patients he treated.

After that initial introduction, Servillat sought to learn more about Erickson's work from a variety of sources. The more he learned the more he recognized that Ericksonian methodology, with its forward thinking and creative approaches, was the right direction for him. By 2000, he had co-founded the *Erickson Institute of Nantes*, with a mission of bringing the concepts of brief therapy and hypnosis to the community. This Institute offered information to local professionals that focused on a modern appreciation for the use of hypnosis in clinical practice.

After a number of years working with the Institute of Nantes, Servillat wanted to explore the integration of a variety of approaches, and examine how hypnosis is relevant in a vast array of therapeutic directions. He developed a vision of ongoing research and training that explores the interface of Ericksonian hypnosis with a broad base of methodologies.

In 2012, Servillat joined with a group of like-minded professionals to found the *Erickson Institute of Rezé*. Institute goals include: exploration of a multitude of therapeutic directions for their utility in an integrated psychotherapy bringing high quality hypnosis education to the professional community; collaboration with institutes of higher education; and the nourishment of clinical research. The six faculty members represent many years of diverse clinical experience, including work

with children, kinetic approaches, and creative art using information technology.

Headquartered in the *Interdisciplinary Center for Integrative Therapy (CITI)* where some members hold their clinical practice, the group meets weekly to discuss cases, and plan and explore their future directions. A training program is in place, in which trainers do three-day workshops for the local professional community covering various therapeutic topics. The in-depth workshops, offered at 10-week intervals, bring new understandings about the broad use of therapeutic directions and how effective education can enhance resources brought together in clinical practice. This local training is complemented with training by experts from France and the international community. Recently, Roxanna Erickson-Klein and Kay Colbert from the U.S. presented a two-day program on the *Integration of Hypnosis with Mindfulness*. In concert with this latest workshop a documentary about the work of Milton H Erickson, *Wizard of the Desert*, was shown for the first time in France. The Institute sponsored the French subtitling and now holds the role of French distributor for this new film. Erickson-Klein was present for the premier and concluded the showing with an informal discussion with the large audience.

The Institute maintains a close relationship with the *Confederation French Speaking of Hypnosis and Brief Therapies (CFHTB)*. The CFHTB is a highly respected regional confederation of 32 institutes in France, Belgium, and Switzerland that work harmoniously to advance the study of hypnosis. The CFHTB is hosting the August 2015 *International Society of Hypnosis Congress* in Paris entitled the *Roots & Future of Consciousness*. A member of the organizational committee, Servillat, is also co-director of the scientific program.

Servillat is honored to have been bestowed the title of editor-in-chief of the French journal *Hypnose*. Now in its seventh year, the journal publishes articles regarding research and the practice of hypnosis. Based on Ericksonian values of creativity and ingenuity, *Hypnose* prints 4,000 copies, though it is not yet available online. The aesthetics of *Hypnose* are an integral part of the publication and it is designed so that readers will want to keep it in their libraries.

Research is another arm of interest for the Institute. At this time there is a collaborative with the University of Nantes in a study that uses a qualitative research design to better understand the role of therapists in psychotherapeutic intervention. This project seeks to delineate the nature of the relationship between therapist and patient, and to contribute to the understanding of how hypnosis affects the therapeutic relationship.

Servillat believes the *Milton H. Erickson Institute of Rezé* is a place that stimulates creative thinking. He describes hypnosis as a cauldron wherein a broad array of approaches can be introduced to training groups and investigated for their utility. The work done in the two short years of the Institute speaks for itself—it is the work of a dedicated group of health care providers in a stimulating environment, sharing their insights in a most generous way.



The Milton H Erickson Institute of Rezé: Pierre-Henri Garnier, Thierry Servillat, Elise LeLarge, Isabel Stimec, Bernadette Servillat, and Edith Bezard

THE POWER OF TWO

Thierry and Bernadette Sevilat

By Roxanna Erickson-Klein

Thierry and Bernadette Sevilat of Nantes, France bring together an intense respect for one another with a passion for advancing the professional work they share. Both active in the *Milton H. Erickson Institute of Rezé*, and they have sustained a common interest in supporting their psychotherapeutic practices with a broad foundation of knowledge. Practicing independently --

Thierry a psychiatrist and Bernadette a psychotherapist -- at the *Interdisciplinary Center for integrative Therapy (CITI)*, they share an office suite, which is relatively new and all part of a natural progression that began many years ago.



Thierry and Bernadette Sevilat

When their relationship first began, Bernadette was an opera singer interested in psychotherapy, and Thierry was a psychiatrist interested in music. The harmony of their personal and professional interests interlocked and led to a long and happy marriage, blessed with two young adult sons. From the earliest times in their relationship, Thierry appreciated Bernadette's natural instinct about his professional work. Their personal journey as a married couple with a family led to a deeper understanding of working together and learning in times of happiness and times of struggle.

Early in his career, as Thierry became interested in the horizons beyond psychoanalysis, Bernadette encouraged his exploration into the direction that now fully defines his practice -- an integrative perspective embracing a critical examination and exploration of a multitude of tools. When Thierry took an interest in the work of Milton Erickson, he and Bernadette studied the literature together, sharing observations, understandings, and insights. As Bernadette's interest grew she returned to school for a degree in psychology. Never fully leaving music behind, it now is a shared pastime. The couple's home and office have a fresh, welcoming ambiance that creates an atmosphere for generative reflection, relaxation, and deep thought. Small origami sculptures handmade by Bernadette create an understatement of the detail in the surrounding beauty; the richness of their lives together at home enhances their work in the office. They each freely admit that initially they questioned whether or not spending both their professional lives and personal time together would work smoothly. Now in their third year with this arrangement they both express that it came together even more delightfully than anticipated.

Both are aware of one another's strengths: Thierry is phenomenal at networking, while Bernadette is gifted with insight as to the deeper nature of problems. Together they share a rich interest in hypnosis and its expansive potential for creative thinking in the treatment of physical and mental health problems. This mutual direction as a psychotherapeutic instrument led to the establishment of the *Milton H. Erickson Institute of Rezé* where they both hold leadership roles. With the energy that each contributes, and enthusiasm for ongoing learning, they are able to attract other resources to carry their work together even further.

CASE REPORT

Sapphire Water on Fiery Red Flames

By Carrie Rehak, PhD

I did not know what time it was when I came downstairs to finish our winter display -- images and symbols communicating the holiday season, as observed and celebrated by various sacred traditions in anticipation of the coming of light. All I knew was that it was cold and dark outside, and I was ready to head home.

Just as I was hanging one of the last ornaments, I caught a glimpse of her in the corner of my eye -- a student of mine, who I knew had an extremely long commute. And, I also knew she had cancer, as she asked our community to remember her in our prayers at a service she could not attend last year.

"It's beautiful," she said, referring to our twinkling display.

"It really is," I agreed. "A student worker put it up. I just came down to hang these last few pieces."

I asked how she was doing.

She pointed to an area under her left arm, saying, "I am in a lot of pain -- scar tissue. It's unbearable." She said the pain was so distracting she was uncertain if she would be able to finish her program.

I asked what time she had to be at class. She had an hour. I asked if she would like to take 15 minutes for a meditation that might help with the pain. She agreed, even though she just finished a nearly two-hour drive.

We found an empty classroom. I adjusted the lighting so that it was neither too dark nor too bright.

I invited her to get comfortable in her chair, and then listened as she described her pain.

"Does it have a color?" I asked.

"Yes," she said, "it's red, fiery red. Like flames."

I asked if she had a place of health or strength -- physical, mental, or emotional.

She said she was emotionally strong.

I asked what that place of strength looked like.

She said it was blue.

"Light blue or dark blue?"

"It is sapphire, she replied.

"Sapphire blue... Does it have a shape?" "No," she said, "it's like water."

I asked if she could bring it to her place of pain.

Then I queried, "Is the water cool?"

"It's getting warm," she answered. "It's putting the pain out."

"How is it feeling now?" I asked, after a long pause.

"The pain is gone. It feels tender."

"Does it want anything?" I inquired.

"It wants ointment," she said.

"OK. Can we apply some ointment, so it's just right?" "Yes," she said, "I am applying it now and it feels good."

"Take as much time as you need," I said.

"I am covering it with gauze now," she said.

"That's right," I said. "It will protect it, while allowing it to breathe and the tissue can stretch."

"It feels good," she said, dreamily, after another long pause. Then, opening her eyes widely, she said, "It's cool!"

"It's cool?"

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

Evolution of Psychotherapy

Anaheim, California

December 11-16, 2013

Full Congress Audio and Slides DVD-ROM

Includes Pre-Conference Law & Ethics and Post Conference Master Class

INTRODUCTION

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

The 2013 Evolution of Psychotherapy Conference carried forth a tradition launched in 1985 -- a year that marked the 100th anniversary of psychotherapy. In 1885, Sigmund Freud opened a window into the mind and developed a method to heal it. Through the years, the field has flourished. As a people science, psychotherapy is best learned like Zen -- through direct transmission, mind to mind. The first Evolution Conference extended to attendees the privilege of being in the presence of great therapy masters. More than 7,200 practitioners gathered together and were inspired. The event made history, and was covered by *The New York Times* and *Los Angeles Times*. *TIME* gave it an entire page! The attention the first Evolution Conference generated is a testament to the importance of this conference and the value our culture places on psychotherapy. The Evolution tradition has continued every four to five years since, drawing large crowds of enthusiastic psychotherapists from all around the world who soak up the electric atmosphere garnered by great masters.

The 2013 Evolution Conference amplified the momentum, with a larger, more diverse faculty and more than 8,000 attendees from across the globe. Original Evolution Conference faculty interfaced with rising new stars, weaving the thread of tradition within the fabric of contemporary practice. And as our field broadens, the Evolution Conference has evolved to reflect the union of diverse disciplines. Attendees enjoy a wide range of presentation formats offered by poets, inspirational speakers, filmmakers, entertainers, neuroscientists, researchers, and founders of modern schools of therapy.

1. Our review team brings myriad reflections that will give readers a firsthand peek into one of the most important conferences. And, you can partake for yourself with audio recordings of the entire conference on DVD-ROM, available at the Foundation's online store. (erickson-foundation.org/store/)

OVERVIEW

Reviewed by Roxanna Erickson-Klein, PhD, LPC, Dallas, Texas

Similar to previous years, polls at the opening ceremonies showed that the audience was comprised of individuals who appreciated the experience of earlier Evolution Conferences, and had returned for more. Evolution Conferences are truly extraordinary in that they bring together people from around the world in all stages of learning and professional development. Within the theme of commonalities and differences, an underlying understanding prevailed -- that no single approach overrides all others. A spirit of shared learning and interchange of knowledge permeated the large halls. Jeff Zeig's choice of keynotes ranged from Gerald Edelman, who researches the physiology of neuroscience, to Alanis Morissette, an award-winning singer/songwriter, and it mirrored the countless possibilities available to explore one's own view of psychotherapy. Overall, the variety of offerings, the opportunity to explore one's own horizons, and the buoyant atmosphere made Evolution 2013 a rich professional adventure.

KEYNOTES

Keynote 1: Gerald Edelman MD, PhD

From Brain Dynamics to Consciousness, How Matter Becomes Imagination

Reviewed by Roxanna Erickson-Klein, PhD, LPC

Gerald Edelman opened the Conference with his address to a large audience in the convention center. While technical difficulties made hearing his words challenging, especially in some areas of the large arena, the Foundation made up for the lapse by offering each participant a free downloadable MP3 of the event. Using language that was simple to understand, yet profound in depth of understanding, Edelman clarified the extent to which life experience becomes encoded within our consciousness and affects our perceptions. While the overarching concept is somewhat within reach of the average educated individual, Edelman's explanations brought out an awareness of how much remains to be known. His explanations fostered appreciation for the extent to which researchers, each contributing a small piece of understanding, can collectively advance knowledge far beyond the possibilities of any single individual. As such, these openings promote the sense of interconnectedness for the benefit of humankind. It was truly a privilege to be in the presence of Edelman, whose work has been so pivotal to what is known today.

Keynote 2: Salvador Minuchin, MD

The Craft of Family Therapy -- interviewed by Jeffrey Zeig, PhD
Reviewed by Marilia Baker, MSW, Scottsdale, Arizona

What an honor and privilege to have been a witness to this masterstroke by a grand master of family therapy. Salvador Minuchin, in gentle, straightforward, brilliantly delivered conversation with Jeff Zeig, led 7,000-plus professionals and me through a rich journey, where identity, uncertainty, self-discovery, perplexity, achievement, and paradox abounded. Beginning with his first identity as a Jew living in an anti-Semitic village in rural Argentina, Minuchin described other identities that shaped his personal and professional pathways through life. In his youth he then became a medical student, a liberal, and a rebel imprisoned for having opposed a dictator. Later, he developed as a physician in the Israeli Army, widening his sense of identity and purpose. As an immigrant ("either you are resilient or you die") in the U.S., he comprehended the ineffectiveness of "language" and embraced metaphor. As a married man of 62 years, he learned how language changes, and complementarity presides the many phases of marriage within married life. For six decades, Minuchin has incorporated his experiences and identities as guideposts to his practice with families, challenging them at each step, introducing uncertainty, confusion, curiosity, hope, and complexity, so that they could change.

As an immigrant myself, I was fully immersed and enraptured by Minuchin's narrative, traversing with him his labyrinth of complexity and transcendence. As a family therapist, I recognize the many voices that influenced his work (Satir, Bowen, Whitaker). Of greatest significance and impact, is the voice of his parents: "my father who spoke of ethics and ethical behavior, and my mother who taught me to care."

Dr. Minuchin, I hope and trust the conversation with us was not your malkosh, Hebrew for the last rain of the season, as Jeff mentioned. I sincerely hope to hear your voice once again.

Invited Keynote 5: Diane Ackerman, PhD

Love in a Time of Illness
Reviewed by: Rubin Battino, MS, Yellow Springs, OH

The most moving and personally significant experience I had at the Evolution Conference was the keynote address by Diane Ackerman. She spoke openly and with great feeling about the importance of love in a time of illness. One day, her 74-year old husband had a massive stroke that resulted in global aphasia. He was (and is) a writer who lived enraptured by an intense involvement and passion with words and language, and immediately following the stroke he could not speak or write.

Ackerman described how with patience, love, caregiving, and speech thera-

See CONFERENCE on next page

pists, her husband was able to recover much of his lost abilities. He was, in fact, guided so successfully back to the world of words that, even with continuing limitations, he was able to write again.

This was an incredible and even miraculous feat for the couple. Ackerman has chronicled this in her book, *One Hundred Names for Love*. And, I wonder, how many names for love do you have in your life?

WORKSHOPS

Workshop 8: Jean Houston PhD

The Wizard of Us and the Mything Links

Reviewed by Rubin Battino, MS, Yellow Springs, OH

This performance by Jean Houston was for me one of the highlights of the Evolution Conference. She is a talented actress, as well as philosopher and humanitarian, who travels the world doing good. She has known and worked with an incredible number of gifted and important people, including Joseph Campbell.

The leitmotif of her presentation was “The Wizard of Oz,” connecting its myths and myth-making to the audience. We all know the movie and the Frank Baum book, yet the journey through this book showed how much myth and magic was in it -- a veritable mine of experience that universally connects us all. There is the ordinariness of the wizard (once exposed) and his common-sense messages to the travelers on this hero’s journey that unites with what psychotherapy can be. That is, do we really need all of those fancy interventions and evidence-based prescriptions to be able to help our clients change in ways they need and desire?

The audience was led through several exercises wherein we partnered with someone and talked to each other about significant things in our lives. Wow!

Houston’s impromptu delivery of one of Hamlet’s soliloquies, in what scholars believe to be the way that this was done in Shakespeare’s time, was a crowning moment.

Workshop 17: Erving Polster, PhD

Heightened Attention: Elixir of Therapeutic Growth

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

Erving Polster demonstrated the power of heightened attention. Working with two volunteers, he clearly showed the benefits of effective concentration, fascination, and curiosity. In the first demonstration, I was amazed by how he sidestepped the obvious issues many therapists would have followed, and instead steered toward things that brought out the volunteer’s own strengths and abilities. Because of his expert handling, the volunteer solved the dilemma herself. Seeing the intensity of Polster’s attention was magical. Due to his innate belief in people and the process, he was able to quickly and respectfully help a woman with issues that she didn’t even discuss, but it was obvious she dealt with because of the solution she discovered. Polster was so masterful in the second demonstration in dealing with a difficult subject that most participants had to have been impressed and amazed at his wisdom, effectiveness, and clinical astuteness. This workshop was a wonderful experience that I will be processing for some time. If it had been scripted, it couldn’t have been better arranged to demonstrate Polster’s unique style and skill. It was perfect.

POINT/COUNTERPOINT

Presenter: Jean Houston PhD, Discussant Ernest Rossi, PhD

Moderator Camillo Lorio, MD, PhD

The Psychology of Purpose

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

Jean Houston was provocative, inspiring, and informative. Her vast background and ability to utilize words to challenge, encourage, and galvanize your thinking is legendary. Whether she proves to be right about her predictions about the future or not isn’t the point. Her enthusiasm and her interpretation of events is how she sees it, and from that perspective, of course, she is right. She sees us on the edge

of a glorious age where changes are going to be powerful. Her declaration makes it so for many reasons, and as such, invites us to share in the new ways of thinking about purpose, change, and the current state of things.

Ernest Rossi’s discussion of her words was also inspiring and affirming. He and Katherine Rossi agreed with Houston’s perspective, and then the couple spun off to into their unique way of thinking about a subject. Camillo Lorio was a great choice as moderator. He added just the right touch.

TOPICAL PANELS

Topical Panel 8: Nicolas Cummings, PhD, Otto Kernberg, MD, and Irving Yalom, MD Moderated by Dan Short PhD

History of Psychotherapy

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

During the panel discussion attendees were riveted by the different styles of these pioneers. After the panel discussion, you would have thought the men were rock stars. They are, of course. When Cummings told two brief stories, it was like witnessing someone who helped shape the course of psychotherapy. As always, Cummings stories were memorable, insightful, and instructive. He is absolutely amazing. When Kernberg gave his rendition of the history, I sat marveling at his ability to keep so many facts and thoughts and moments present in his mind at one time. Yalom was his extraordinary self. By discussing some of the events he participated in that became a part of the history of group psychotherapy, you knew you were observing a giant in the field being modest, offering a unique perspective. Dan Short’s question to Cummings helped make the event even better because it prompted Cummings to disclose additional fascinating recollections.

CLINICAL DEMONSTRATIONS

Clinical Demonstration 5: Marsha Linehan, PhD

Chain Analysis of Dysfunctional Behaviors

Reviewed by Roxanna Erickson-Klein, PhD, LPC

In Marsha Linehan’s stellar presentation she demonstrated how clients come in with problems that are often not nearly as simple or linear as initially expressed. At first, the problem seemed straightforward, but as the questions pertaining to the analysis proceeded, the concerns revealed a multitude of ways it was tied to other aspects of the patient’s life. Though the demonstration may have intended to illustrate simple sequencing, it evolved into management of nebulous concerns, not unlike those that clinicians are likely to see in the office. Linehan’s response of maintaining focus and direction was a powerful view of what is needed to keep a session on task, moving in a therapeutic direction.

Clinical Demonstration 15: Donald Meichenbaum, PhD

*Treatment of a Suicidal Patient with a History of Victimization:
A Constructive Narrative Perspective (Video)*

Reviewed by Rubin Battino, MS, Yellow Springs, OH

Meichenbaum does this demonstration via a video of a session with a suicidal patient. He pauses frequently to comment on what is happening during the session. The young woman is depressed and has attempted suicide seven times. Meichenbaum elicits her amazing story, which unfolds with surprising revelations through a masterful Rogerian fascination and involvement with the patient’s narrative.

This intense, compassionate, and nonjudgmental focus on the client’s narrative is reminiscent of Milton Erickson’s intensity and way of being with a patient. To my mind, what evolves is a product of this “therapeutic alliance” (which Meichenbaum comments on), and is not the result of the application of some “evidence-based” set of psychotherapeutic steps.

The patient obviously draws strength from Meichenbaum’s attention, and this leads to her talking about how she is going to take care of herself. This demonstration was an artful work from which we can all learn.

F I L M R E V I E W

Wizard of the Desert

An Alexander Vesely Film
 Executive Producer: Roxanna Erickson-Klein
 Produced by: Mary Cimiluca
 Directed by: Alexander Vesely
 Editors: Alexander Vesely & Jon Brian Mead
 Colorist: Sam Olugach
 Original Music Composed by: Gerrit Wunder
 Sound: Christoph Burgstaller

Noetic Films, Inc.
 2013
 ISBN 978-0-615-46806-8
 100 minutes
wizardofthedesertmovie.com

A Joint Review by John D. Lentz, D.Min., Shepherdsville, KY and
 Annellen M. Simpkins, Ph.D. & C. Alexander Simpkins, Ph.D., San Diego, CA

Wizard of the Desert is about the genius and humanity of Milton H. Erickson, MD, but it is also more. In keeping with the multilevel communication that made Erickson famous, this film speaks to the viewer on more than one level. (We counted at least five.) In his seminars, Erickson often spoke directly to the unconscious of his students, believing that would accelerate learning. This movie continues in that vein. Filmmaker, Alexander Vesely, masterfully weaves together footage of family, friends, students, and neighbors who knew Erickson, the man, as well as Erickson the doctor, teacher, and extraordinary model healer. We loved the way the film smoothly flows from one person to another, and then back again. The hours of editing paid off, because the effect is multifaceted communication that invites you to stay interested, intrigued, and enchanted. What you get is an amazing glimpse into the thought, talent, and personhood of Milton H. Erickson.

The eight chapters open a panorama of commentary on Erickson's life, interwoven with his lessons, revealing the development of his individualized solutions starting at an early age. He believed that adversity was his teacher, and he always found creative ways to turn things around. From the first chapter's "blinding flash of light," we see how Erickson's disabilities spurred him toward creative understandings that would rock the world of psychotherapy. This movie shows how Erickson lived this wisdom, sensitively chronicled through the eyes of the many people he knew, taught, and inspired.

The understandings shared in this film will give you numerous Zen moments to stimulate your own sense of possibilities. You will be touched hearing so many top therapists saying such loving and genuinely appreciative things about what they learned and how Erickson taught them. Seeing their positive emotions in response to how they experienced Erickson is especially moving. By weaving together the thoughts of Erickson family members and students who are now renowned therapists, you get a special flavor of this amazing man and the family that continues to impact the world of psychotherapy in such a powerful way. There should be CEUs offered with this 100-minute film. It deserves it.

We are certain that Vesely and producer, Mary Cimiluca, drew from some of the best artists in the film business to create the music, enhance color, and coordinate the overall effects. The film is so compelling that you could almost miss the subtle use of color synchronized with sounds, in perfect harmony with the insightful message. The viewing experience is amplified by beautiful music, fascinating historical pictures, and insightful film clips of Erickson in action.

The kaleidoscope of multilevel communication happens just outside of your conscious awareness, and may culminate when you realize that not only are you inspired to be a better therapist, you also feel compelled to be a better person because of the wizardly way the film touches your heart. We highly recommend this great work, as an opportunity to share intimate time with the spirit of Milton Erickson and to be transformed by the deep learning.



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"Yes!" she said, "the area -- it's cool! And what we just did -- it's cool!"

"Yeah, it is cool," I agreed.

When I got home, I called my mom who is in severe pain after a terrible fall that resulted in a broken hand and fractured knee. By the time we got off the phone, she said she could no longer feel the pain -- pain that had made it nearly impossible for her to sleep.

But, that's a story for another time.

Commentary By Eric Greenleaf, PhD

Student work is often more impactful and immediate than other work. It carries authority because it is relational, not technical. And it is also fresh, taking the essence of teaching to heart. Carrie Rehak, a student of mine who is studying Ericksonian approaches, has years of experience in spiritual direction and pastoral care. This example of her work with imagery was spontaneous and effective, and utilized the spirit of a class exercise we had done, called "A Pain Map." This consists of drawing one's physical and emotional pains on the outline of a body; drawing one's strengths and resources on a second map; and, in trance, placing a particular strength on a pain and then taking note of what happens. In, Carrie's example, the exercise is focused, empathic, and succinct.

I N M E M O R I A M**Robert E. Pearson, MD**

By Roxanna Erickson-Klein

Robert Pearson passed away on August 11, 2013. A physician and educator, he made significant contributions to the advancement of clinical hypnosis. Pearson was a physician in a small town in Michigan where he once commented that the most pressing community health care need was attending to fractured bones resulting from ski accidents. In the early '60s, he became deeply interested in Milton Erickson's teachings of hypnosis, so much so that it altered his career path.

After approximately 10 years in general practice, Pearson took a psychiatric residency and developed expertise in pain management and self-hypnosis. Over the years his relationship with Erickson grew from that of mentee to one of friend and colleague. Hand-chosen by Erickson to carry on the legacy of introducing clinical hypnosis to professionals, Pearson began a long and influential career teaching many other health care providers the power of clinical hypnosis.

To illustrate the power of the unconscious to preserve life and health, Pearson often began his teaching with the story of his own injury. He was once hit by a falling brick from a construction site and suffered a depressed skull. Quickly assessing that he was the only physician in town, and by far

the most qualified to treat his injury. Pearson became his own healer. He recalled the historical account of Phineas Gage who had survived a traumatic head injury. Inspired, Pearson treated himself by calling forth unconscious resources. His story of personal injury and healing, annotated with the dent on his head, became his trademark opening in teaching.

Pearson and a dentist colleague, Kay Thompson, were the "younger" group that rose up to steer the helm of the fledgling American Society of Clinical Hypnosis during an interval of organizational transition. As the original founders of this professional group began to retire or step down, the goal was to facilitate a structure of self-renewing energy in which professionals could grow and develop. The times were tumultuous, as they often can be in that stage of organizational development, and Pearson was instrumental in ensuring ongoing stability and growth. For decades, the American Society of Clinical Hypnosis has thrived, and today remains at the forefront of hypnosis education.

Pre-deceased by a daughter, Barbara, Pearson was survived by his beloved wife, Karen, four sons, and a daughter. He died in Grand Rapids, Michigan at age 90. Those of us who had the privilege and pleasure to know him and be inspired by him mourn his passing. We all have been enriched with his contributions, both personally and professionally.

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UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
5/14-18	Ericksonian Brief Therapy / Beijing, China / Jeffrey K. Zeig, Ph.D.	1.
5/21-25	Ericksonian Brief Therapy / Guangzhou, China / Zeig	2.
6/12-15	Fifth European Erickson Congress / Krakow, Poland / Invited Faculty	3.
6/14-15	Experiential Approaches to Psychotherapy / Montecatini Terme, Italy / Zeig	4.
6/17-20	The Growth and Development of the Clinician/Coach / Istanbul, Turkey / Zeig	5.
7/4-6	Brief Therapy / Mexico City, Mexico / Zeig	6.
7/8	The Art and Science of Impact / La Paz, Mexico / Zeig	7.
7/14-18	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent B. Geary, Ph.D., Zeig, Lilian Borges M.A., LPC	8.
7/21-25	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges	8.
7/28-8/1	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Zeig, Borges	8.
8/4-7	Master Class in Brief Psychotherapy / Phoenix, Ariz. / Zeig	8.
9/2-3	Experiential Approaches to Therapy / Cologne, Germany / Zeig	9.
9/4-7	Master Class in Brief Psychotherapy / Denmark / Zeig	10.
9/9-16	Resilience & Master Class in Brief Psychotherapy / Graz, Austria / Zeig	11.
9/13-20	Mindfulness, Meditation and Neuroscience for Clinicians: Activate Pathways for Therapeutic Change (12 CE) / Alaskan Cruise / Annellen Simpkins, Ph.D. and C. Alexander Simpkins, Ph.D.	12.
10/6-10	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Zeig, Borges	8.
10/13-17	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges	8.
12/11-14	Brief Therapy Conference / Garden Grove, Calif. / Invited Faculty	13

CONTACT INFORMATION

- 1) Email, wangyaning@yahoo.com.cn
- 2) Email, gracenlp@yahoo.com.cn
- 3) Polish Milton H. Erickson Institute 94-036 Łódź, ul. Wioślarska 27 POLAND; Fax, 0048-42/689-00-47; E-mail: info@p-i-e.pl; Web, www.p-i-e.pl Congress Website, <http://www.congress2014.p-i-e.pl/welcome/>

- 4) Email, psicodoctor@tin.it
- 5) Email, tamerdvc@yahoo.com
- 6) Email, sandrafreedom_3000@icloud.com
- 7) Email, venydescubre@hotmail.com
- 8) 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
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CONFERENCE NOTES

The Fifth European Congress of Ericksonian Hypnosis and Psychotherapy, *Creativity and Hypnosis*, will be held June 12-15, 2014 in Krakow, Poland. The congress features a large international faculty and also will celebrate the 20th anniversary of the opening of the Polish Erickson Institute. For more information visit the congress website: <http://www.congress2014.p-i-e.pl/welcome/> or contact the organizers: Polish Milton H. Erickson Institute 94-036 Łódź, ul. Wioślarska 27 POLAND; Fax, 0048-42/689-00-47; E-mail: info@p-i-e.pl; Web, www.p-i-e.pl

The American Psychological Association (APA) Annual Convention will be held in Washington, D.C. August 7-10, 2014. Registration begins April 15th. For information about the convention visit the website at www.APA.org/convention or contact the main office: American Psychological Association, 750 First Street NE, Washington, D.C. 20002-4242; Email, convention@apa.org; Tel, 800-374-2721 (outside the U.S. 202-336-5500); TDD/TTY: 202-336-6123.

The 65th Annual Workshops and Scientific Session of the Society of Clinical and Experimental Hypnosis (SCEH) will be held October 8-12, 2014 at The St. Anthony Riverwalk – A Wyndam Hotel, in downtown San Antonio, Texas. The meeting is entitled, *Hypnosis in the Era of Evidence-Based Medicine and Psychosocial Treatments*. For information contact SCEH: PO Box 252 Southborough, MA 01772; Tel, 508-598-5553; Fax, 866-397-1839; Email, info@sceh.us; Web, <http://www.sceh.us/2014-san-antonio>.

The American Association for Marriage and Family Therapy (AAMFT) Annual Conference will be held October 16-19, 2014 in Milwaukee, Wisconsin. Keynote presenters include Michele Weiner-Davis, Michael Durrant, Frank N. Thomas, and Cynthia K. Hansen. On Friday of the conference AAMFT will host a Tribute to Steve de Shazer, Insoo Kim Berg and the Brief Family Therapy Center. For information visit the website: www.aamft.org or contact AAMFT, 112 South Alfred Street, Alexandria, VA 22314-3061; Tel, 703-838-9808; Fax, 703-838-9805; Email, Central@aamft.org

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

The new *Brief Therapy Conference: Treating Anxiety, Depression and Trauma*, sponsored by The Milton H. Erickson Foundation will be held December 11-14, 2014 at the Hyatt Regency Orange County, near Anaheim, California. Keynote faculty include Burns, Johnson, Meichenbaum, Shapiro, van der Kolk, and Zimbardo; Primary faculty include Andreas, Frankel, Gilligan, Love, Lyons, Miller, O'Hanlon, Padesky, Rossi, Siegel, Wilson, Yapko, and Zeig. For information visit the conference website at www.BriefTherapyConference.com or contact the Erickson Foundation: Email, office@erickson-foundation.org; Tel, 602-956-6196; Fax, 602-956-0519.

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

Dr. Reid Wilson Receives National Award

March 28, 2014, Dr. Reid Wilson was presented with the Jerilyn Ross Clinician Advocate Award (the second person to receive this award) at the Anxiety and Depression Association of America's (ADAA) annual conference. This prestigious award is bestowed upon those who exemplify excellence and outstanding advocacy for patient education and care, training, and research.

Wilson has dedicated his 30-year career to helping those with anxiety. He is the author or co-author of *Don't Panic: Taking Control of Anxiety Attacks*; *Stop Obsessing!: How to Overcome Your Obsessions and Compulsions*; and his most recent, *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children*.

Wilson offers free self-help on www.anxieties.com, which serves 500,000 visitors per year. He is Associate Clinical Professor of Psychiatry at the UNC School of Medicine and directs the Anxiety Disorders Treatment Center in Durham and Chapel Hill, NC.

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C D R E V I E W

Milton H. Erickson, MD: In His Own Voice on Problem Drinkers

Edited by Jay Haley and Co-edited by
Madeline Richeport-Haley

Crown House Publishing
Copyright, 1991
63 minutes
ISBN 978-1935810179

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

Milton H. Erickson, MD: In His Own Voice on Problem Drinkers packs in so much clinical wisdom that it is easy to gush about how positive the experience was when listening to it. Hearing Erickson's views on problem drinkers, in his own voice with his unique inflections, made the stories much more understandable and helpful, not just for dealing with problem drinkers, but for working with all clients. Erickson used many different avenues to assist positive change, and, one can see how deeply he cared. He helped patients find the power within themselves and in their relationships to alter their lives.

Each story is unique and offers a glimpse into how Erickson thought, expanding your thinking about how to intervene with problems. Not only does this CD offer Erickson's views on problem drinkers, it provides a unique view into the relationship between Erickson and Haley. I found it priceless to hear Haley laugh in surprise to the interventions that Erickson used -- a rare insight into their interactions, as well as into Haley.

Each of the five cases that Erickson reviews are dealt with entirely differently, with the solution coming from patient's relationships, background, and circumstances. And yet, there is greater understanding of how Erickson worked -- utilizing the resources of couples and families and taking natural circumstances in stride. For instance, one case became part of the recording because during the discussion with Haley, Erickson got a phone call from a man who he was treating for alcoholism. It seemed that Erickson

had proscribed an ordeal. If the man drank, and it seemed he had imbibed, the wife was to carry out the assignment. Even so, the man complained that his wife had done what she was instructed to do, and Erickson reminded him that he had agreed to the punishment.

Because this was recorded as research and not in a studio, you hear the background noise of the Erickson household, which makes the whole experience even richer. This CD wasn't scripted, but simply captures the conversation between two great men discussing how to treat problem drinkers. Bateson and others may also have been recorded on this CD, but distinguishing the other voices would be difficult.

Although recorded in the 1950s with opening music that wonderfully dates it, this CD offers timeless information about the human condition, which includes problem drinking. Even though I had read several of these cases, the written transcripts don't convey the same information as the recordings. I learned many important lessons from this CD that I will promptly be using with clients. Not only do I recommend it, but I applaud Madeline Richeport-Haley for making this CD possible. We owe her and all concerned a debt of gratitude for these intimate recordings that will continue to teach and instruct clinicians now and in the future.

D V D R E V I E W

Ericksons on Erickson

Produced by Louis Cauffman, Betty Alice Erickson, and Allan Erickson

Published by Louis Cauffman
Genk, Belgium
Copyright 2013

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

To view this DVD please visit:
<http://youtu.be/71GMGH70e8Q>

Or, you can purchase it at:
www.louiscauffman.com

What a wonderful gift Betty Alice and Allan Erickson have given you! They have shared memories of their father as a young and vibrant man, as only a child of a parent can do. They have included stories about the family that have been handed down, or that their father, Milton H. Erickson, personally told them about his growing up. If you have ever wanted to know the more complex and complete picture of Milton Erickson, this DVD will help you grasp it and understand him better as a person.

This DVD is a small portion of a three-day workshop where Betty Alice and her brother Allan discussed various aspects of their father's life, and how they experienced him. Through skillful editing, music, chapter labels, and family pictures, you get a glimpse

of Erickson's entire life, beginning with his birth in Nevada, growing up on a Wisconsin farm, and major life events. This DVD captures a younger Erickson, when he was a more vibrant man -- an image that has been left out of many discussions about him. Betty Alice and Allan knew their father as alive and capable; neither of them even knew he was handicapped until late in their lives. His intensity of life and involvement with living it simply didn't involve his handicap in any obvious way. So, they didn't even think about it until they witnessed an event that opened their eyes. For each of them it was a different event. Understanding that alone and the way it was revealed to them is well worth this DVD. You get an incredible wealth of insight, information, family joy, and wisdom.

Beautifully filmed in front of a small select group of professionals and lovingly edited, this DVD will have you eager for more. Betty Alice and Allan tell stories with such enthusiasm and joy in remembering, that you may find yourself laughing right along with them even as you learn important aspects of Erickson's life and therapy that will help you be a better therapist. Music has been added to the chapter designations and life stages they are discussing. Transitions are so well done that they provoke your curiosity and draw you in for the next surprise and insight. Early on, a story about the young Erickson is illustrated with a short film of a young boy so that you have a visual that illustrates the lesson even more powerfully. And pictures of Erickson's life and family are woven into the content throughout the DVD.

Even if you have seen some of these family pictures before, the way they are cast in a different context with others you probably have not seen, offers a brand new perspective. Part of the value of this DVD isn't just that it gives wonderful new insights about Milton Erickson and his work; it is also in the universal messages for which his life and his family stand: The amazing story of Erickson's transformation through hardship and handicap that spread to his family, friends, patients, and students. *Ericksons on Erickson* is the story of a real person facing real obstacles. Creatively accepting his situation he transformed it, helping and inspiring others.



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BOOK REVIEW

Generative Trance: The Experience of Creative Flow

By Stephen Gilligan

Crownhouse Publishers
2012
260 pages

Reviewed by Roxanna Erickson-Klein,
Ph.D., LPC
Dallas, Texas

Stephen Gilligan has a well-established, well-deserved reputation as one of Milton Erickson's most adept students. *Generative Trance* demonstrates Gilligan's exceptional ability to carry Erickson's pioneering ideas forward, and further define possibilities within the territory of unconscious hypnotic work. In the preface, Gilligan explains his view of using trance to "elevate consciousness to a higher level of creativity" (page ix). The meaning of this concept is illustrated with his own autobiographical tale of transformation.

Generative Trance differs from

Gilligan's earlier books in that it is a more formal text. With outline clarity, the table of contents prepares readers for his direction and intention. Each of the nine chapters begins with a quotation providing a thoughtful prelude that orient readers to the unfolding richness to come. The first part of the book describes the framework, while the latter part offers somatic methods for developing generative trance. Each construct is logically explained in detail using a variety of teaching techniques. Readers will proceed with a sense of accomplishment, as the construction of skill building is promoted through experiential exercises. An illusion of simplicity guides readers through complex territory, inviting the engagement of unconscious capacities.

I initially read this book on a Kindle, and while it may be my own lagging skill set, I found my lack of ease to return to earlier chapters to be limiting. In reading the hardback version, I found it much more gratifying to go back and forth, repeatedly identifying reference points by reexamining earlier

The narrative generates an experience of participation -- as if one is sitting, listening to a timeless master patiently guiding a student along a learning journey.

chapters. That process in and of itself underscores the complexity of a volume that initially seems easy to read.

The work is an invitation to embark on one's own unique journey. Gilligan's trademark intellectual querying, bridges information balanced with personal examples. The narrative generates an experience of participation -- as if one is sitting, listening to a timeless master patiently guiding a student along a learning journey. In its own way, reading this book actually constructs a generative trance, a holographic touchstone for Gilligan's process.

Gilligan's own rare depth of human sensitivity, combined with his training

under Erickson gives him an extraordinary launching point. With artistic precision, Gilligan does what Erickson taught, carrying ideas beyond the parameters of consciousness into the individual and the changing circumstances of the world today.

Gilligan's commitment to bring his own awareness forward is reflected in the opening of the book: "May this work help you make creative use of each moment of your life, no matter who or where you are"(page xi). Carried throughout the work, this idea is expressed in the epilogue as a parting gift: "May you awaken each day more fully into your deepest life path" (page 271).

GENERATIVE TRANCE

Summer Intensive 2014 - San Diego, CA

Stephen Gilligan Ph.D.

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BOOK REVIEW

The Art of Healing: Uncovering Your Inner Wisdom and Potential for Self-Healing

Bernie S. Siegel

New World Library

2013

227 pages

ISBN 978-1-60868-185-3

Reviewed by Rubín Battino, M.S.

Yellow Springs, OH

Bernie Siegel's most recent book accomplishes just what it states in the title, and is filled with his loving, gentle, healing wisdom. When I read his books, I always have the sense that he is hovering nearby, radiating peace, love, and healing. This book is more like listening to him in person, than reading words on a page.

There are 13 chapters with titles such as: "The Doctor's Awakening"; "Drawings: When Conscious and Unconscious Disagree"; "Animals, Psychics, and Intuitives"; "Laugh Out Loud"; "Words Can Kill or Cure"; and "End-of-Life Transitions." The chapters end with useful prescriptions and exercises, which allow you to experience the material.

Siegel has long been helping people by having them compose drawings of themselves and their circumstances. Indeed, about one-quarter of the book is devoted to drawings and their usefulness and interpretation in a variety of circumstances. In fact, 70 color drawings are included. Although there are books that find universal symbols and meanings in drawings, Siegel correctly cautions that interpretations need to come from the person making the drawing. He expresses open-ended curiosity about parts of the drawings, such as the use of color and the number and position of components. This curiosity must be presented tentatively recognizing that each interpretation is unique.

Some readers will be skeptical about the many anecdotes and stories Siegel relates, which have to do with communication at a distance. These accounts not only include being able to send and receive messages from other people, but also from animals. As a "hard" scientist (I am a Professor Emeritus of Chemistry) I have much doubt about this claim. Yet, Siegel writes believably about so many of these experiences, and he is such a sensitive and sensible man that I question my misgivings. The world is surprising and fascinating, is it not?

On page 2 Siegel writes what he means by "important questions":

The questions we must ask are: How does the invisible become visible? What part of our being still sees when we leave our physical body in a near-death experience? How do we intuitively know what plans our unconscious mind is creating? How do clairvoyants and psychics communicate with people and animals, whether distant or dead? How does the community of cells in our body speak to the conscious mind about its needs and health? And what is the language of creation and the soul?

These are questions whose impact goes beyond what we usually think about, and Siegel delves deeply into them with story after story from his personal life and those from his patients and communicants. The cumulative effect of reading this book and its wide-ranging scope is to connect us with our human, humane, and spiritual sides. We become immersed in Siegel's life, along with all of the people whose drawings and stories he presents. By visiting with Siegel, walls disappear and horizons expand. And by joining him on his journey, your life will be enriched. Mine certainly was.

"We are human beings, not human doings. So don't identify yourself by a role you fulfill; be aware that your divinity defines who you are" (p. 196).

BOOK REVIEW

The Origins of Neuro Linguistic Programming

Grinder, J., & Pucelik, R. F. (Eds.)

Prologue and Epilogue by

C. Bostic-St. Clair

Crown House Publishing Ltd.

2013

285 pages

ISBN 978-184590858-4

Reviewed by Rubín Battino, M.S.

Yellow Springs, OH

Wonder, excitement, passion, fascination, discovery, creation, and revelations -- some 40 years after the origins of Neuro Linguistic Programming (NLP), two of the three originators and seven of the early contributors write about the beginnings of a method of offering psychotherapy and modeling behavior. I must admit that I read this book in just a few days, because the saga of this seminal approach kept me riveted. Most people (including me) believed that John Grinder and Richard Bandler developed NLP. It turns out that Bandler and Pucelik, who were students at the innovative Kresge College of the University of California at Santa Cruz, became fascinated by Fritz Perls's Gestalt Therapy, and started running groups based on it. Bandler invited Grinder, a faculty member specializing in linguistics and someone he personally knew, to sit in on a group session and use his linguistic knowledge to model and make sense out of what was occurring in the group. In the first group he attended, Grinder was "hooked." This collaboration marked the beginning of a systematic study of communication and modeling of human behavior in which all three were major contributors.

In addition to those cited earlier, the other chapter contributors are: Terry McClendon, Judith deLozier, David R. Wick, Byron Lewis, Joyce Michaelson, Stephen Gilligan, James Eicher, and Robert Dilts. Since memory is malleable and not perfect, we are treated to differing perspectives on the origins of NLP and the contributions of

all of those involved. There is general agreement on the basic story. During the ferment at Kresge College in the late '60s and early '70s, creativity and experimentation were in the forefront. The word "experimentation" needs to be emphasized for they were endlessly experimenting with procedures and models, refining them, and debating what they were doing. Contributions were also made by dozens of group members.

The most significant contributor, mentor, and guide was Gregory Bateson, whose ideas and encouragement permeated the work of the three founders. Initially, the work of Fritz Perls and Virginia Satir were modeled. The third genius whose work influenced NLP was Milton Erickson. Bateson's introduction of Erickson's work to the Santa Cruz group moved them onto another, seemingly contradictory avenue. Their original Meta Model was linguistically based and quite structured. However, they found that Erickson was getting remarkable results by "violating" most of the Meta Model's precepts! Thus, two books introducing the "patterns" of Erickson's work followed the two "Structure of Magic" books on the Meta Model. The originators were able to integrate these two apparently opposing approaches.

Grinder added several informative commentaries on specific contributors, and also gave an excellent summarizing commentary. The prologue, and especially the epilogue by Bostic-St. Clair, provides a most useful perspective on the origins of NLP. The dedication by the editors of the book is to Richard Bandler, who chose not to contribute to it. Although it is perfectly clear that the genius of Perls, Satir, and Erickson inspired and contributed to what became NLP, it is also apparent that the three originators and their many and diverse colleagues added their own genius to NLP, which permanently changed psychotherapy. I know that it had an effect on me.

This book entrances, intrigues, fascinates, and illuminates. Read it!

The Attachment Therapy Companion: Key Practices for Treating Children & Families

A. Becker-Weidman, L. Ehrmann, and D. H. LeBow

W. W., Norton & Company
New York
2012

ISBN: 978-0-393-70748-9 (pbk.)

Reviewed by Maria Escalante de Smith, M.A.
Cedar Rapids, IA

The Attachment Therapy Companion: Key Practices for Treating Children & Families is an interesting book that addresses the foundational principles and treatment guidelines for conducting attachment therapy. The text begins by explaining, "Attachment-focused therapy is based on improving the relationship between child and caregiver so that the caregiver can be a resource and a source of safety, comfort and security to the child" (p. 1).

Another sentence included in Chapter 1, "Terminology & Diagnosis," caught my attention: "Children who have experienced loss of an attachment figure or trauma within the context of the caregiving relationship in the first years of life are seriously damaged by that experience" (p 17).

"Overview of Attachment Theory: Synopsis of Key Concepts," addressed in Chapter 2, is a good reminder of John Bowlby's development of the theory of attachment where four patterns are identified: secure pattern, two insecure patterns (ambivalent and avoidant), and the disorganized pattern.

Chapter 3, "Overview of Attachment-Focused Therapy," describes the core be-

Assumptions like the idea of attachment as a fundamental building block of development, and the importance of sensitivity and compassion, are highlighted.

liefs and practice guidelines for attachment-focused therapy. Assumptions like the idea of attachment as a fundamental building block of development, and the importance of sensitivity and compassion, are highlighted.

Chapter 4, "Core Concepts of Trauma & Trauma-Focused Therapy," includes valuable information regarding how to handle resistance in children, and how they use ego defenses or other maneuvers to protect themselves from their traumatic memories and experiences. We can find ways to address this problem, such as using the goal sequence or a phase approach for processing trauma, so that the child can develop coping skills.

Establishing differential diagnosis is addressed in Chapter 5, "Assessing Children With Attachment Issues." It helps clinicians with decision-making issues, such as outpatient counseling, cost of services, and consent for treatment. This chapter includes a useful section that addresses standardized instruments, such as the Conners' Rating scales revised for assessing ADHD.

See COMPANION on page 24



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ISBN 978-1-934442-47-0 / \$22.95

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BOOK REVIEW

Attachment-Focused EMDR: Healing Relational Trauma

Laurel Parnell, PhD

Foreword by Daniel J. Siegel

W.W. Norton

2013

978-0-393-70745-8

paperback, 397 pages

www.wwnorton.com

Kay Colbert, LCSW, Dallas, Texas

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful and effective therapy tool for trauma treatment. Laura Parnell is a clinical psychologist and author of four previous books on EMDR. She teaches workshops and has been training therapists in EMDR since 1995.

This book is written for clinicians who already have a solid working knowledge of EMDR theory and technique, but would like to expand their skills with clients who have relational trauma. Parnell combines the healing framework of EMDR with what we know about early attachment difficulties. She presents an adaptive model of EMDR that she says promotes secure attachment and well-being after developmental trauma. Parnell says that use of Attachment-Focused EMDR (AF-EMDR) will help severely traumatized clients mend inner wounds and develop new skills for healthy interpersonal connections.

Parnell's book is well organized, easy to read, and gives clear examples of what the therapeutic process looks like when using AF-EMDR. She explains how childhood traumas can impact a child's sense of safety, as well as the capacity to form close emotional relationships. Children's bonds with their parental figures influence the developing neural circuitry in the brain and affect how they see themselves and the world even as adults. Parnell includes in her definition of "traumas," physical abuse, sexual abuse, neglect, loss, birth trauma, medical trauma, parental substance abuse, lack of attunement to caregiver and "vicarious trauma," that the child takes from the parents. Parnell says that therapists who treat clients with these sorts of relational traumas must incorporate an attach-repair orientation to all phases of the EMDR work.

The book is divided into four sections. Section One is a brief overview of AF-EMDR and the skills needed to do competent attachment repair. Section Two provides many "healing resources" that are ways to help a client develop a calm, peaceful place for grounding, with techniques to increase stabilization, and additional methods to install resources in traumatized individuals. Clinicians who work with clients with complex trauma will welcome these suggestions given the difficulties often encountered with self-soothing and developing "calm, safe place" scripts.

Section Three explores the preparation phase of EMDR, including developing a therapeutic container, creating targets and modifying protocols, how to evaluate the appropriate pace of treatment, and using interweaves. Interweaves, an advanced EMDR technique, are explained in detail. Parnell gives specific instructions on how to unblock processing, how to work through looping or stuck memories, and how to facilitate integration of the adult with the child's perspective. Parnell includes multiple case examples to demonstrate both the preparation phase and different types of interweaves.

Section Four is made up of case studies from other clinicians who have used Attachment-Focused EMDR successfully to treat depression, anxiety, eating disorders, and panic attacks. The cases include actual scripts from the sessions and show the strategies each therapist used with their various clients.

This highly accessible book is a welcome addition to the EMDR library and will enrich and inform the skills of mental health professionals who work with relational traumas.

DVD REVIEW

Group Therapy: A Live Demonstration with Irvin Yalom, MD, and Molyn Leszcz, MD

Psychotherapy.net

Mill Valley California

2011

2 DVDs: 1 hour 50 minutes & 1 hour 30 minutes

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

Shepherdsville

Victor Yalom may have outdone himself with this 2-DVD training opportunity about group therapy that he produced, showcasing his father, Irvin Yalom's ideas and approach. *Group Therapy: A Live Demonstration* is absolutely *the* training DVD that will help you teach or learn the beauty, complexity, simplicity, and magic of group therapy. It shows you how through an expertly produced, live demonstration. The DVD is easy to follow and actually has memorable scenes that are powerful teaching elements. It is incredible. I kept wondering where they got therapists who knew so much about the roles they were playing during the live demonstration. At the end of the second DVD, Yalom is discussing the work and how it felt to watch his ideas come to life on stage and film with Victor. Here you get an-

... if you are teaching how to lead groups, this demonstration will be helpful because it is so well done and offers such rich live examples of "how-to".

other shock. I won't spoil the surprise because that will and does add to the magic of these DVD's.

Everyone knows that Irvin Yalom wrote the definitive book on group therapy years ago and it is still a staple because it was based upon sound, well-done research. However, the group demonstration is inspired by Yalom's novel, *The Schopenhauer Cure*. The demonstration is so well presented here that I wanted to read the book. Irvin Yalom's ideas from the novel presented and his approach to leading groups was expertly demonstrated. These DVDs showcase Yalom's work with its effects on others at multiple levels.

The first disk is one hour, and fifty minutes in length. The situation is set up and explained with Yalom being interviewed by Victor. A session of group therapy expertly led by Moly Leszcz on stage in front of therapists is presented. You will see him keep the pace of the group going, while maintaining clear therapeutic goals with individual members. It is a beautiful example of a clear master at leading groups, making it look easy.

The second disc is one hour and thirty minutes in length. It picks up the group four sessions later, shows the changes, and develops the themes, as well as some therapeutic moments that were well designed and showcased by Leszcz. If anything you get to observe Leszcz demonstrate his mastery even more.

Anyone who is going to be leading groups wants to have seen this DVD. And if you are teaching how to lead groups, this demonstration will be helpful because it is so well done and offers such rich live examples of "how-to".

The demonstration comes with an instructor's manual written by Ali Miller and Moly Leszcz. You get summaries, discussion questions, and even role-plays, as well as websites for further study. You can earn CEU's with this DVD package, as well you should.

Irvin Yalom must be very proud, and you may see why only the Yalom family could have produced this training demonstration. I liked the Yaloms before, but now even more so, because of their obvious display of talent and having produced such a teaching tool. I not only recommend this DVD; I would require it for any student. It is that good!

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This richly illustrated book is a brilliant extension of what it means to be a psychotherapist who creates new consciousness, with profound implications for understanding the struggles and positive possibilities of the human condition during war, work, peace, and enlightenment.

2012 / 455 pages / 6.25 x 9.25 / Hardbound / Illustrated / ISBN 978-1-932248-58-6 / \$49.95

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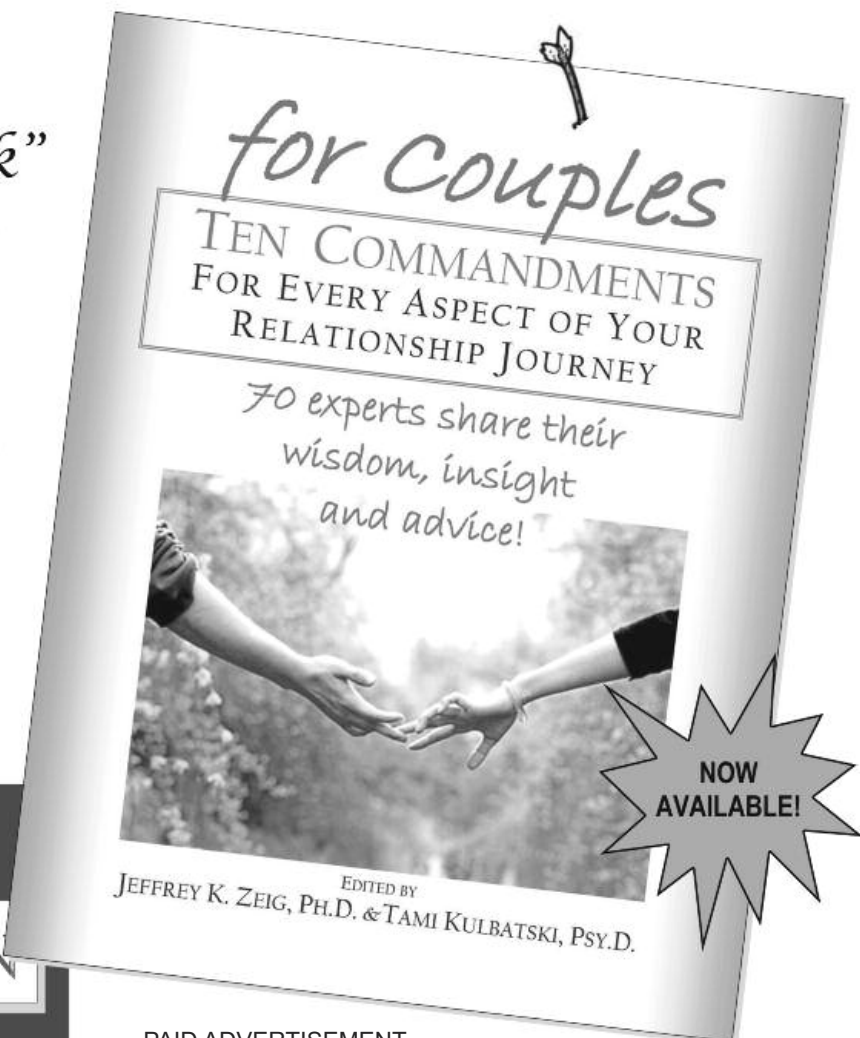
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BOOK REVIEW

Mindfulness, Acceptance, and Positive Psychology: The Seven Foundations of Well-Being

Edited by Todd B Kashdan, PhD and Joseph Ciarrochi, PhD

Context Press
Oakland California
323 pages
2013

ISBN 978-1-60882-337-6

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

The Seven Foundations of Well-Being combine the techniques of mindfulness with positive psychology, and offers more than you may have thought possible. Yes, mindfulness practice and positive psychology fit well together, but readers will appreciate some of the revelations this book offers, including the many highlighted techniques and common pitfalls. For example, you will learn ways to use writing to enhance positive feelings and learn the downside of gratitude exercises. It seems that when depression is interpersonally related, gratitude exercises may not be helpful.

I loved how research is mixed with clinical applications and philosophical cautions elucidating the ways mindfulness can help. The reader also receives cautionary notes regarding philosophical thinking, also tested with research. These approaches have been verified in the real world without some of the usual biases

What I found powerfully useful was research support about mindfulness. It validated things I had intuited, but previously didn't have the data to substantiate.

for or against one method or another. The emphasis is on science, not on promoting a particular approach.

A few of the chapter titles intrigued me: "Mindfulness Broadens Awareness and Builds Meaning at the Attention – Emotion Interface" and "On Making People More Positive and Rational: The Potential Downsides of Positive Psychology Interventions." These chapter titles validated my intuition about the positives and negatives of both subjects.

Only a scientist could have written many of the chapters, such as, "Using the Science of Meaning to Invigorate Values-Congruent, Purpose-Driven Action" and "Microculture as a Contextual Positive Psychology Intervention." Yet, I found myself deeply appreciating the information and the people who attend to such subjects to give us such golden gems of useful research and practical tools.

The editors address the seven foundations of well-being they list as: beliefs, mindfulness, perspective, values, acceptance, behavior control, and cognitive skills. These issues are covered precisely and fluidly.

What I found powerfully useful was research support about mindfulness. It validated things I had intuited, but previously didn't have the data to substantiate. I loved the positive and negative aspects of positive psychology. I especially recommend this book to seasoned practitioners, who might appreciate it the most. However, people new to the field can shorten their learning curve greatly by reading this text.

In short, the editors have put together a reference and research book that will be useful for a long time. Because of the book's practical nature and content, it broadly informs through many different clinical cases and methods that touch on the mindfulness and positive psychology of everyday living.

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is no longer with us. But, during previous Evolution conferences, I was able to have discussions with him about his ideas. I believe there is more overlap than differences in our approach to therapy. I think he deserves credit for highlighting the central role of narrative in therapy.

As one of the founders of cognitive-behavioral modification, my addition to narrative therapy can be seen in the modification of beliefs and accompanying behaviors. After hearing a story, I act as a Socratic prober, to get clients to attend to data that they would otherwise ignore and overlook. I want to help them move from the mindset of being a stubborn victim, to that of a tenacious survivor. So I ask questions that encourage clients to attend to signs of resiliency, strength, and survival -- behavior they have already engaged in. This data is then used as evidence to unfreeze counter-productive beliefs.

My strategy is to use the art of questioning to get to the healing narrative. This is achieved using "how" and "what" questions, as I ask clients to give me examples. For instance, I might ask, "In spite of _____, how did you do that?" and "What does that say about you and others?" Well-being does not depend on whether or not bad things happen. Bad things happen to a lot of people. Future well-being depends more so on the stories people create as a result of what has occurred; what conclusions they draw about themselves and others, and the future.

In addition to having healing stories, I believe people need to have the coping skills that go along with the stories. Some people need intrapersonal coping skills, such as emotion regulation, or learning how to communicate their needs. Even more importantly, I want to help make the skills-training effective by building in generalization. I had discussions with White on this component. Listening to people's stories, validating them, giving people credit for their accomplishments, and getting them to see the interconnection for how they appraise their thoughts, feelings, and behaviors, is all-important. But, there is a sizeable portion of the population who need something more. For these clients, I try to increase the likelihood of generalization through collaborative goal-setting, practicing skills using behavioral re-

hearsal, and by putting them in a consultative mode whereby they have to describe and demonstrate what they have learned in therapy. Most importantly, I have clients offer reasons why they would engage in these newly acquired behaviors.

DS: Do you believe *why* questions are helpful?

DM: I do not ask *why* questions. For instance, I would not ask someone who is experiencing a dangerous degree of hopelessness, "Why do you want to live?" Instead, I would ask, "What prevents you from taking your life?" *Why* questions are challenging. If someone were to ask me, "Why do you study this or that," well, I don't know why I study it. The only way to answer the question is to create a story in retrospect. *Why* questions pin the person down. But if I talk about *what* this person wants, then I start to get more information about hopefulness and reasons for living. I can then follow up with the question, "How does that work for you?" *What* and *how* questions are more likely to pull for procedural resilience, and signs of coping, much more than asking *why*.

Also, *why* questions can trigger an unpleasant transference or evoke an unsympathetic response. If the therapist were to ask, "Why did you take all of those pills?" The wife might respond, "Because my husband is an asshole. That's why I did it! Did you meet him? Now you know why I am so depressed!" After therapy is over, what effect do you think that conversation will have on the relationship? From my perspective, it is not a good idea to box people in with the use of asking *why*.

DS: Salvador Minuchin said, "Certainty is the enemy of change." Do you agree?

DM: Yes. Salvador Minuchin is not only a good therapist but also a wise man. He speaks from personal experience when he says that uncertainty is the mode of change. I believe that uncertainty plus curiosity leads to change. The role of the therapist is to be curious, to be a Colombo-type figure who is eagerly trying to understand. Once I get people feeling curious and uncertain, then there is a better chance they will open up.

It is the people who are curious

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who generate social change. This is true not only in therapy but also at the level of government and society. In regard to world leaders, I would like to have had the opportunity to ask, "Do you think we really should invade Iraq?" "Is there some kind of doubt that you might have?" "How will we know whether or not the invasion is working?" If there were more "what" and "how" questions about political decisions, I am certain we would have better outcomes. In therapy, it is necessary to have uncertainty, curiosity, and hope. That is the formula for behavior change.

DS: Milton Erickson once said that it is dangerous to argue with people's beliefs, because in some instances they defend them more adamantly than they defend their life. Do you agree?

DM: Yes, that is correct. Milton Er-

ickson also had this metaphor of a log jam -- if you hit the right log, then they all flow with the process. That is why I invite people to explain their beliefs and in the process, something that was stuck, often becomes dislodged. This is true for whatever the belief set may be: Everything from strong beliefs about "the right to bear arms" all the way to the beliefs of a psychotic patient or a religious fanatic. People have a right to hold their beliefs, but if as the therapist you can see that their belief is hurting others, then you need to get them unstuck from that part of the process, when they are open to perspective taking and counter-arguments.

I am impressed with how people can convince themselves. For example, "I am doing God's work if I kill this doctor who performs abortions." And, it's not only fanatics. A military commander can orchestrate drone attacks

that will kill women and children, and tell himself, "This is just the price of war: collateral damage." My question is, "How do people convince themselves of that?" If we can find the answer to that question, and help people get unstuck, I think it would go a long way toward reducing violence.

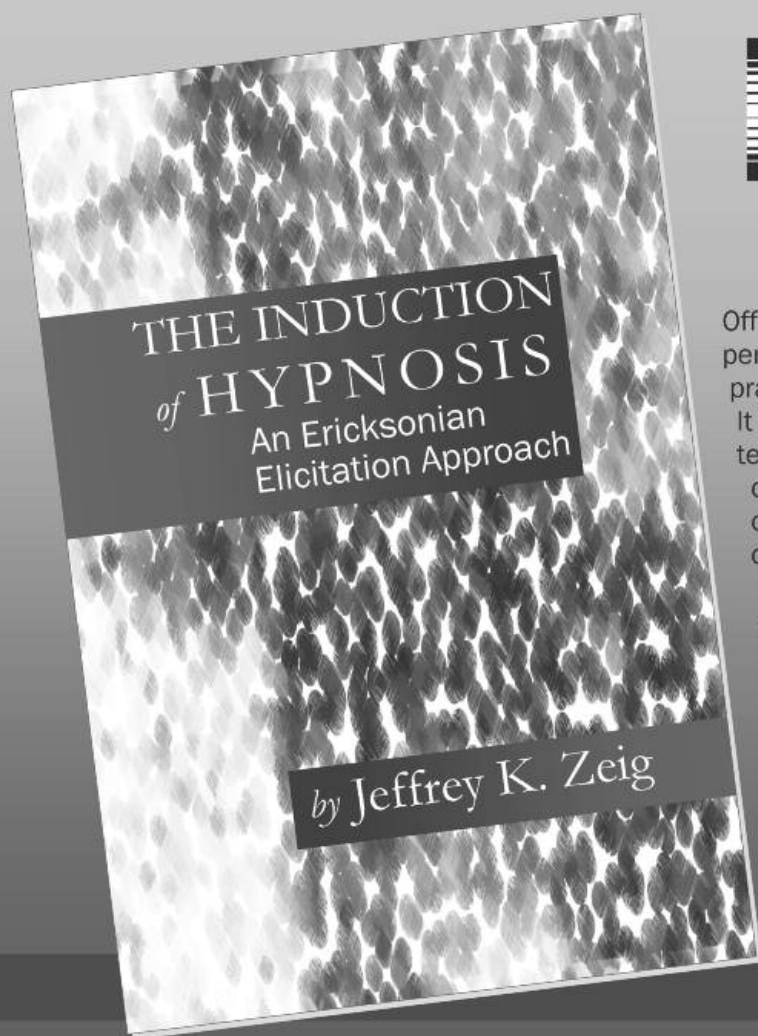
At the same time, I think it is important to recognize that people have a code of honor, or spiritual beliefs, or moral imperatives, or sacred values that you are not going to budge. This is especially true if you try to change them. You only get a "hardening of the categories." Any argument will only make them become more belligerent in holding that particular perspective. So what you have to do is understand and walk through their sacred values, their code of conduct. Then you have to have the curiosity to ask, "What else does your moral code or religious beliefs say about this?" "Help me understand, how do those two things go

together?" Playing the role of detective, in a Colombo-type manner, becomes a useful way to nudge them along the process of change, using Socratic discovery-oriented questioning.

DS: Tell us about your work with the military.

DM: I have spent a great amount of time over the last two years with returning service members, especially National Guardsmen, listening to the impact that combat has had. I have the highest regard for the personal sacrifices and commitment that these soldiers have made. I have listened to a lot of stories from people who evidence resilience. And you can start to see the impact of violence. This work has resulted in me putting together a book called, *Road Map to Resilience*. I invite your readers to go to the website (www.roadmaptoresilience.org) where they can find materials on how to bolster resilience and read testimonials

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people submit about their stories of resilience.

If you look at any kind of traumatic event, whether it is combat, or tragedy at a school, or victimization in one form or another, you will find that it is usually a landmark event to which people have to adjust. One of the interesting things is that of the people who are impacted by violence, 75 % evidence resilience, in spite of what occurred. It is only 25 % who show chronic problems of PTSD or other adjustment issues. So my concern has been: "What distinguishes the 25 % from the 75 %?" I believe it is the nature of the story that people tell themselves and others that makes the difference.

DS: What is the Melissa Institute?

DM: In 1995, Melissa Aptman was carjacked and murdered while attending college in St. Louis. She was just two weeks away from graduation. After consulting with me by phone, her

parents decided to transform their pain by having a workshop for doctors on domestic violence. They asked if I would come to Miami and present, in honor of Melissa. The workshop was well received and that is when the Aptmans decided to create an institute in their daughter's name.

After inviting a remarkable group of highly influential people to serve on the honorary board, the Aptmans asked me to put together a scientific board. I went to some of my friends who are into violence prevention, and said, "If money were no object, what would you do? How would you reach out? How can we give science away? How can we elevate various kinds of clinical expertise? How can we have an impact on schools and on doctors who are the frontline gatekeepers?" Out of those discussions came the Melissa Institute. That was 18 years ago. We are now hosting our 18th conference. Everything we put online is free. Our website: (www.melissainstitute.org) is up

to two million hits per year.

The work I do at the Institute is my means of giving back. I don't get paid, yet it is really rewarding. So I encourage your readership to capitalize on all of the materials that have been collected there. They range from ways to prevent school violence and domestic violence, to ways to boost resiliency and how to combat bullying and cyber bullying and they are all free. I now spend my winters in Florida, like most good Canadians, and help run the Melissa Institute.

DS: What do you wish to have as your legacy?

DM: At age 73, I have entered into Erik Erikson's generativity phase. Even though I am retired, there is a passion I still have for producing work that is valuable to others. I have been on this personal journey to see if I can reduce the likelihood of violence and help victims of violence. Furthermore, I have seven grandchildren. So I want

to do my part to help make the world a safer place for them.

DS: Don, I appreciate this opportunity to speak with you. It has been a real pleasure to learn more about you.

About the Interviewer: Dan Short, Ph.D., has been involved with the work of the Erickson Foundation since 1995, serving as the Editor of the Foundation Newsletter for five years and as the Foundation's Associate Director for two years. After years of study and research in the Erickson audio archives, Short wrote a book about Milton Erickson's psychotherapeutic strategies, Hope & Resiliency, which was co-authored with Roxanna Erickson-Klein and Betty Alice Erickson. Short continues to teach, write, and practice in Scottsdale, Arizona.

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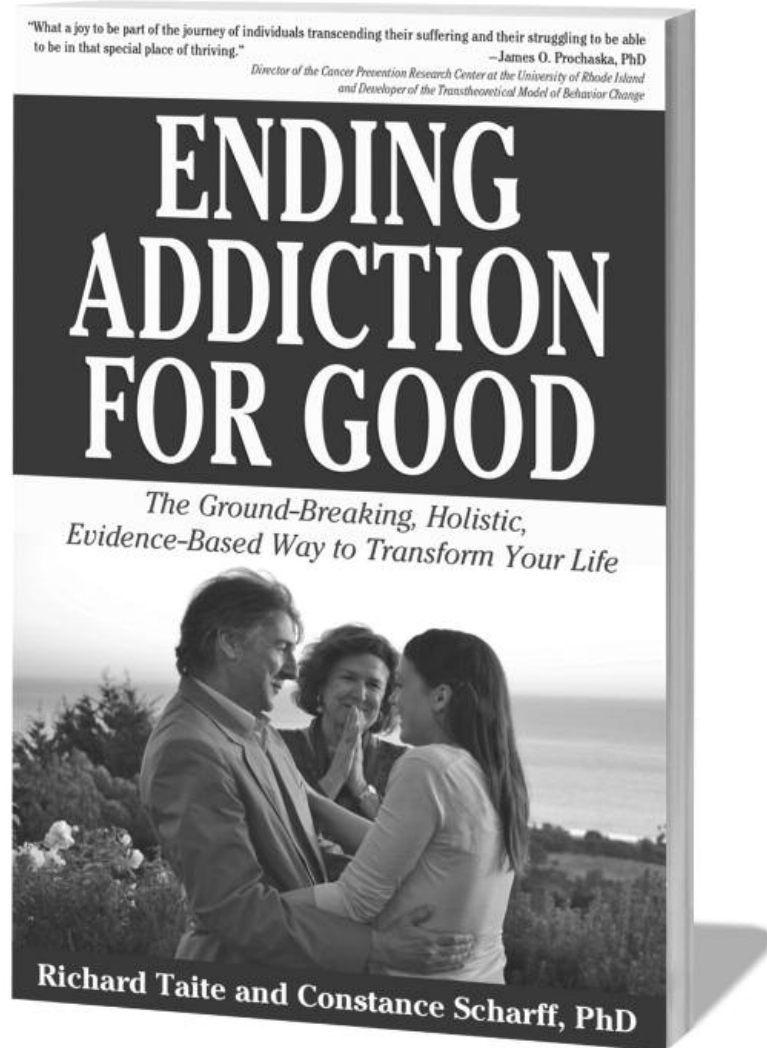
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COMPANION

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Chapter 6, "Treatment Planning," highlights the importance of setting goals that result from a collaboration between the clinician, caregiver, and child. The authors also show why therapists need strategies for obtaining goals and objectives, as well as time frames for monitoring progress.

"Special Considerations in Behavior Management," Chapter 7, caught my attention from the beginning when I read, "Children with a history of attachment-related trauma come to therapy with the knowledge that some adult failed to protect them and care for them in the past" (p.122). The client needs to be protected and limits need to be set. Oftentimes, since children have been through traumatizing experiences, punitive interventions are contraindicated.

Chapter 8, "Training, Consultation & Competency," stresses the importance of specialized attachment-focused therapy with children. Supervision is also fundamental because this approach can elicit strong feelings in the therapist.

Chapter 9, "Ethical Considerations," covers ethical practice in interventions that are focused on enhancing attachment and resolving trauma. This section is valuable because it has many references about various professional codes of ethics (e. g. American Counseling Association), and covers topics such as competence and informed consent.

We need to become aware of our countertransference in response to issues emerging for treatment, such as the impact of hearing stories of loss, maltreatment, and trauma. Chapter 10, "Vicarious Trauma & Clinician Self-Care," discusses therapist symptoms of distress and how to alleviate them.

I highly recommend this book. Every psychotherapist or counselor should have it.

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