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# THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

VOL. 35, NO. 1

SPRING 2015

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### C. Alexander Simpkins and Annellen M. Simpkins

Interviewed by Richard Landis, Ph.D.

C. Alexander Simpkins, Ph.D., and Annellen M. Simpkins, Ph.D., are most familiar to Newsletter readers as the Review Editors who, since 2004, have led an impressive team of skilled reviewers of current books, CDs, and DVDs. Their polymath status makes them the perfect editors for the diverse content of these reviews.

Simpkins and Simpkins are psychologist researchers, practitioners, authors, and speakers, specializing in meditation, hypnotherapy, and neuroscience. They have written 28 books, many of them best-sellers and award winners, with more than 20 foreign



translations. Their most recent book is, *The Yoga and Mindfulness Therapy Workbook* (PESI, 2014). They are also the authors of *Neuro-Hypnosis* (Norton, 2010), and *Neuroscience for Clinicians* (Springer, 2011). Forthcoming books are *Resistance, Rebellion, and Growth* (Springer, 2015), and a multimedia book/CD/DVD combination: *Core Principles of Meditation for Therapy* (Wiley, 2015).

Around the world, the Simpkins present continuing education seminars and workshops to professional audiences on the topics of neuroscience, yoga, mindfulness, and hypnosis. Their collective genius clearly lies in their ability to take up-to-date scientific findings, and translate these results into effective clinical techniques. They are invited speakers at professional conferences, mental hospitals, and university campuses. They also teach *Tae Chun Do*, a martial art to address mind, body, and spirit that includes yoga, mindfulness, meditation, and breathing.

The Simpkins have been practicing psychotherapy for four decades and

have been involved in neuroscience for 20 years. Currently, they are researching conscious and unconscious movement in hypnosis, visual representations of EEG signatures in neuro-feedback for meditation, and interactions with control theory.

The Simpkins' Eastern philosophy influence, along with their commitment to continued learning and therapeutic effectiveness, has enabled them to see things through a unique lens -- a vision which they offer in their books and seminars with warmth and clarity.

**Richard Landis: When I read your neuroscience books, I can feel the passion and enthusiasm that you have about the topic. What attracted you to neuroscience?**

**C. Alexander Simpkins and Annellen Simpkins:** Part of why we love neuroscience so much is that it offers scientific evidence for insights that we as clinicians have known to be true, and yet could not prove. For example, we have all said to our clients at one time or another, "Turn your attention inwards," asking "What do you experience?"

**RL: Sure. Often!**

**AS/AS:** We expect that this will help them to get in touch with themselves and to heal. In the past, scientists would turn up their noses and say, "You can't measure that. It's just touchy-feely stuff."

Now, thanks to neuroscience, we have scientific evidence for this clinical truth. In fact, they even have a name for it: *interoception*. The anterior part of the insula, a part of cortex folded deep within the sulcus separating the frontal, parietal, and temporal lobes, has a map of our internal body organs on it. And when you turn your attention inwards regularly, as in meditation for example, this area grows thicker. The insula becomes activated

INTERVIEW continued on page 24

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## EDITOR'S COMMENTS

This issue is dedicated to the contributors who generously volunteer their time and talent, and support making the Newsletter what it is today. A former contributor myself, in 2002, I was asked to serve as Executive Editor. At that time, the position seemed daunting, given the scope of articles and multiple activities of the Foundation, and I wondered if I could fill the shoes of past editors. However, I soon discovered it was not an isolated job of sole responsibility, as I originally feared, but rather a family of dedicated, professionals who did the lion's share of the work. My job was to simply coordinate and gather the combined creativity of the Newsletter "family" members. Along with the delightfully quirky and brilliant then Managing Editor, Sharon McLaughton we provided the venue for our contributors to shine. (FYI, Managing Editor is the official title for someone who does all the work to make the Executive Editor look good.)

After juggling her personal and professional life, Sharon moved on, and Foundation staff member, Karen Haviley, assumed the coordination of the Newsletter. Since 2012, Marnie McGann, also a Foundation staff member, (and an ardent spelling and grammar proofreader, in contrast to my cavalier and creative approach to the English language) took over final editing duties.

Many more behind-the-scenes people come together to create and produce the Newsletter that is truly a work of love and "family" devotion.

In that spirit, instead of highlighting the contributors in this column, they will instead appear throughout this issue with a brief bio and a photo, so that you can put a face to the name. Also, I invite you to meet them in person at the 12th International Congress on Ericksonian Approaches to Psychotherapy, held December 10-13, in Phoenix, at the Hyatt Regency. You can then see why I am so proud of them all.

Contributors of Excellence: A Heartfelt Thank You!

This issue would not be complete without acknowledging the contributions and talents of Roxanna Erickson-Klein and Betty Alice Erickson, who have continually supported and pro-



motored the Newsletter, both in spirit and substance. Without their friendship, support, and encouragement, I would not have been considered 12 ago to be the Executive Editor. For that alone I am greatly indebted. Both seem unaware of the high standard they have set for themselves, just as their father did with himself. And, as was the case when I was in Dr. Erickson's presence, both Roxanna and Betty Alice, by the faith they had in me, always encouraged me to aim beyond my reach.

So in the spirit of this issue's acknowledgement of the generosity, dedication, and brilliance of our contributors, I gratefully include Roxanna Erickson-Klein and Betty Alice Erickson.



**Roxanna Erickson Klein RN, LPC, PhD**

Roxanna Erickson Klein is one of several Erickson family members who volunteer time to Foundation activities. Along with Betty Alice, she joined the Newsletter staff nearly two decades ago and continues to make regular contributions. A Foundation Board of Directors member, Roxanna works with

her sister, Kristina, dedicating a great deal of energy to overseeing the Milton and Elizabeth Erickson Museum. She also puts her efforts toward making Dr. Erickson's original works more widely available. Working with Ernest and Kathryn Rossi, the trio is now completing the editing and updating of 16th volume of *The Collected Works of Milton H. Erickson*. Another accomplishment is her support of *Wizard of the Desert*, Alex Veseley's documentary about Milton Erickson.

Roxanna's background in nursing offers her insight into treatment of physiological problems, including chronic pain and addiction. She has a special interest in group work and is active in the north Texas chapter of the ASCH.

Roxanna maintains a private counseling practice in Dallas, Texas, and does extensive international teaching. (For more information, please visit: [www.Erickson-Klein.org](http://www.Erickson-Klein.org).)



**Betty Alice Erickson, LPC, LMFT**

Betty Alice Erickson is a licensed professional counselor and marriage and family therapist who has been in private practice in Dallas for more than 25 years. Frequently traveling to exotic locations, Betty Alice is an international teacher of Ericksonian psychotherapy and hypnosis. She is the author of *New Lessons in Hypnosis*, published in Russia, co-editor of *Milton H. Erickson, MD, An American*

*COMMENTS continued on page 5*

## THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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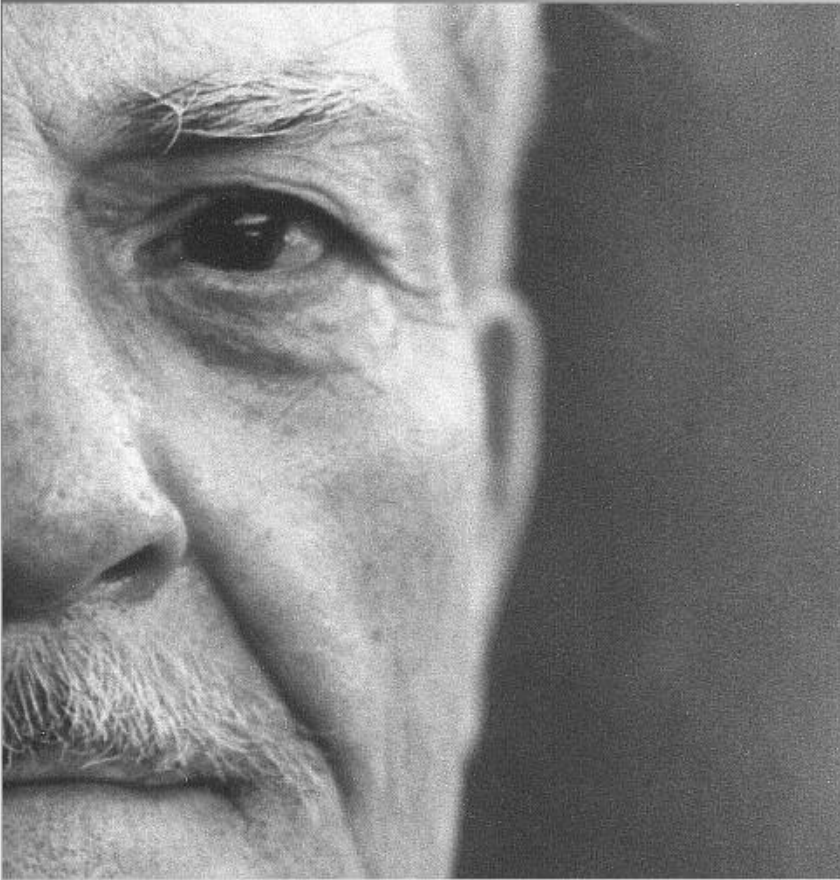
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# One Hundred Years of Remembrance: Elizabeth Moore Erickson April 22, 1915- April 22, 2015

By Marilia Baker



*Elizabeth Moore Erickson*

This is a brief tribute in celebration of an exceptional woman who was Milton Hyland Erickson's wife and lifelong colleague. She was a partner in his writings, experiments, and scientific pursuits, and together they raised a family of eight children. If she had lived longer, Elizabeth Moore Erickson would have been 100 years old on April 22, 2015. She passed away at 93, on December 26, 2008, having lived a full life, making throughout relevant contributions to the knowledge, advancement, and applications of hypnosis to medicine.

By temperament and choice, she worked "behind the scenes," but her *influence* as Dr. Erickson's lifetime collaborator extends into therapeutic hypnosis, psychotherapy, and family therapy. In the private domain, her life-cycle was enriched by a wisely blended family, and by an immense, lively, transgenerational family. At time of her death, Elizabeth had eight children, 33 grandchildren, 55 great-grandchildren, and nine great-great-grandchildren. The seasons of her life were many and fruitful.

**The Foundation:** The foundation of Elizabeth's early family life was the pursuit of knowledge through higher education and lifelong learning. Her father, Guy Walter Moore,

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*This centennial year marking her birth in 1915, will be honored by approximately 70 of her descendants: children, grandchildren, great-grandchildren, and great-great-grandchildren.*

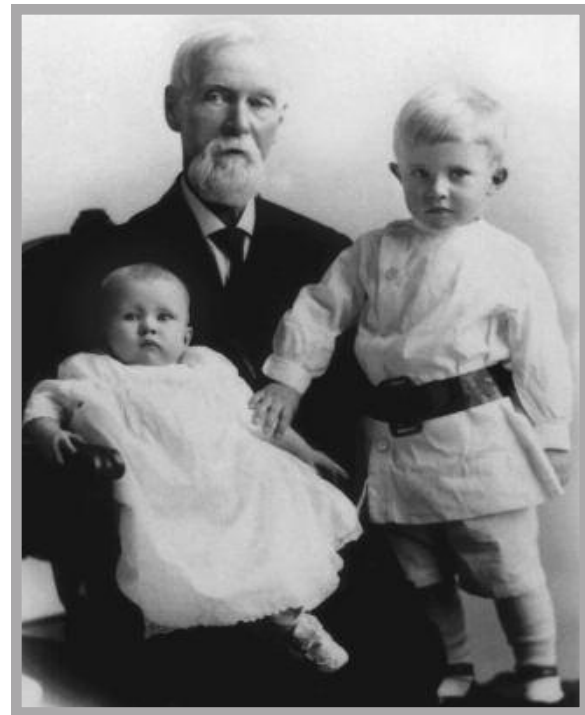
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was a well-respected lawyer in Detroit, Michigan; her mother, Lillie Blondin Moore, had been a special education teacher for deaf children. Additional elements of that foundation were the pursuit of truth and beauty in their highest sense, through an enduring appreciation of nature, the arts, and the cultivation of kindness to all living beings<sup>1</sup>.

Elizabeth was of superior intelligence and radiant beauty. Intellectually curious, she was a voracious reader, gifted with an extraordinary memory. These attributes, plus rigorous training as an experimental psychologist, provided the qualities Dr. Erickson, the researcher and later medical hypnotist, needed to further his explorations. Elizabeth's scientific knowledge and in-depth insights into the hypnotic process proved to be an invaluable asset. She was Dr. Erickson's favorite demonstration subject. Her daughter, Roxanna Erickson-Klein, recalls: "She fondly recalled viewing films of Balinese trance rituals made by Gregory Bateson and Margaret Mead, and by allowing herself to drift into a hypnotic state, she was able to explain details of trance depth to Mead."<sup>2</sup>

She authored and coauthored with Dr. Erickson numerous professional articles on hypnosis, and was editorial assistant, editor, and co-editor of the *American Journal of Clinical Hypnosis* (1958-1969).

**Love's alchemy:** While nurturing their love for each other and their eight children, Milton and Elizabeth found creative solutions for the challenges of everyday family life. As a



*Elizabeth, aged 8 months, in the arms of her maternal grandfather, Moïse Blondin, who lived with the Moore family. Guy Water Moore, her older brother.*



*The Erickson Family at 32 West Cypress Street, January 1952, Phoenix.*

*From left to right: Grandparents Clara and Albert Erickson; Allan, Lance, Betty Alice, Bert, Mrs. Erickson, Kristina, Robert, Carol, Roxanna, Dr. Erickson.*

synergistic dyad, their love gave them the strength to face the vicissitudes placed upon Elizabeth's shoulders throughout the many years Dr. Erickson suffered with severe physical illness and chronic pain.

**Leaving a trail of happiness:** Elizabeth left pathways filled with joy and happiness to all who came to know her, whether professionally or socially. She was both gracious and friendly. By her own account, she had a long life, well-examined and well-lived, with multiple adventures and travels around the world. Elizabeth had a peaceful death at home, in the arms of her youngest daughter, Kristina, a physician. She was surrounded by Kristina's daughter, Joya, and Kathy Renée, Elizabeth's great-granddaughter by Albert (Bert), Dr. Erickson's eldest son.

Just as the Erickson descendants have done every five years for 35 years, there will be a gathering this summer, organized by family members. The family reunion will be in Arkansas, where Bert and his wife, Lillian, live. When Elizabeth, the family's matriarch was

*ELIZABETH continued on next page*

## ELIZABETH

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alive, she presided over several of the gatherings. This centennial year marking her birth in 1915, will be honored by approximately 70 of her descendants: children, grandchildren, great-grandchildren, and great-great-grandchildren.

<sup>1</sup> Baker, M. (2004) *A Tribute to Elizabeth Moore Erickson: Colleague Extraordinaire, Wife, Mother, and Companion*. Mexico City: Alom Editores.

<sup>2</sup> Erickson-Klein, R. "Elizabeth Moore Erickson, April 22, 1915- December 26, 2008". An eulogy in: *American Journal of Clinical Hypnosis (AJCH)*, Vol.51, n. 4 April 2009; Anniversary Volume

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### Marilia Baker, MSW



Marilia Baker, MSW, is a multicultural Licensed Marriage and Family Therapist based in Scottsdale, Arizona. She is Board member of the *Phoenix Institute of Ericksonian Therapy*, International Advisor and Consultant to *Centro Ericksoniano de México*, and Advisory Board member to *Phoenix Friends of C.G. Jung*. Since 2001, she has been Institutes Editor for *The Milton H. Erickson Foundation Newsletter*. Ms. Baker conducts workshops locally and internationally. She is the author of *A Tribute to Elizabeth Moore Erickson: Colleague Extraordinaire, Wife, Mother and Companion*, also published in Spanish, Portuguese and French. Like Elizabeth Erickson, what Marilia cherishes most in life is her family: daughter, Arusha, and husband, Michael. They are her treasure.

## COMMENTS

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Healer, and coauthor of *Hope and Resiliency: Understanding the psychotherapeutic strategies of Milton H. Erickson, M.D.* Betty Alice has also had numerous book chapters published.

In 2012, she was awarded an honorary Ph.D. from the Republic of Armenia Ministry of Education and Science. Betty Alice is also an honorary member of the Swedish Society for Clinical Hypnosis and the Milton Erickson Gesellschaft of Germany (MEG). Over the decades, she has contributed to the Foundation Newsletter, and for 10 years she served as Editor, including Executive Editor and Editor-

in-Chief. .

Along with her brother, Allan, Betty Alice produced a 60-minute video: Ericksons on Erickson, available on YouTube. She maintains a busy teaching schedule and has written a chapter on Ericksonian hypnosis in a forthcoming book: *Clinician's Guide to Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues*. Betty Alice's subtle use of stories and metaphor carries forward the spirit of her father.

Richard Landis  
Orange, California

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# CASE REPORT

## "I can use my computer again." Brief Hypnotherapy with Super Anxiety

by Angela Wu, LMFT

Sean was in front of me, looking down at the carpet. "I am afraid that I cannot use my computer anymore. Last night I spent almost four hours downloading all kinds of antivirus software, and when I got up in the morning, I was worried the software could bring more viruses to my computer. I reformatted my computer and worried that I erased my data, which I did not back up." As an engineer, Sean knew his data was safe, but could not help worrying about it.

As he talked about his worries and fears, I had him describe a typical day, so that I could have a sequence of common events. I also obtained information on his background. He has a loving and academically-oriented Chinese family and he had not experienced major trauma in childhood. Yet, I agreed with him that our world is not a safe one. There are hackers and viruses everywhere. I told him that he was being extremely careful, and that his goal would be to regulate his worry by spending 30 minutes a day worrying about random things.

So he set aside two hours in the morning to worry, two hours in the afternoon, and four hours every night. I asked him if he could find a safe place to visit. He went into trance. His safe place is a quiet lawn with a pond, a bench, and the warmth of the sun. I told him his thoughts would affect his body.

The following week, Sean said he was spending less time worrying about his computer, but more time fretting about his health. He washed his clothes several times a day. The safe place seems to help him calm down. I told him any change is good. I asked him in trance to envision a favorite face; he saw his parents comforting him, assuring him that he is safe. Over the next few sessions he reported that he was sleeping better, no longer washing his clothes repeatedly, and started to go to church to meet people. I encouraged him to walk during his lunch hour. He said that he was talking more to his friends in China and noticed that the worries randomly come and go, about four hours a day. I told him change is good and that things may get worse again before they get better.

By session six, he did not notice the morning worry and used deep breathing and his safe place to handle random worries. I suggested he might want to schedule a time for worry to visit, and to send worry home when the visit is over. I told him that if relapse happens, it is normal, and he said that he invited the worry to come, but his mind was distracted by plans for dinner, taking a walk, and playing video games with friends.

By session eight he happily said, "There is a big improvement." He travelled with a friend and had a good trip. I initiated a deep trance, just for fun. I asked him to come back every other week and reminded him that a relapse can happen any time. When he reported random worries I said that he was a very responsible person and needed his work to be perfect, and that he should take advantage of being perfect and avoid getting caught in too much work.

After 11 sessions, feeling much more relaxed with his life, Sean can handle little worries with deep breathing and a safe place. He decided to discontinue ses-

*I suggested he might want to schedule a time for worry to visit, and to send worry home when the visit is over. I told him that if relapse happens, it is normal, and he said that he invited the worry to come, but his mind was distracted by plans for dinner, taking a walk, and playing video games with friends.*

sions, as he is feeling normal and relaxed, accepting himself as a very detailed and responsible person, and is making travel plans.

### Commentary

by Eric Greenleaf, PhD

Angela Wu demonstrates the best of brief, strategic, MRI-inspired hypnotic psychotherapy. She preempts relapse by predicting it, and reframes anxiety to its other human meaning of responsibility in living among others. Her hypnotic work is straightforward, and rests on her client's discovery of the characteristics of a safe place and supportive relationships. That both safety and support can be imagined fully in trance, is an elegant counterpoint to the imagined worries that brought her client to her in the first place.



**Angela Zhe Wu, LMFT**

*Angela Wu is in private practice at MRI, in Palo Alto, CA, where she provides psychotherapy to individuals, couples, and families of diverse, cultural backgrounds. She speaks English and Mandarin, and is skilled in crisis counseling, family therapy, gestalt, EMDR, hypnotherapy, and art therapy.*



**Eric Greenleaf, PhD**

*Eric practices in Albany, CA, and has seen patients for 50 years. He directs the Milton H. Erickson Institute of the Bay Area and teaches internationally. Since 1988, he has studied trance rituals and healing in Bali. Dr. Greenleaf serves on the Board of the New Bridge Foundation, a comprehensive substance abuse treatment center in Berkeley, CA. Milton H. Erickson, MD, chose Greenleaf to receive the first Milton H. Erickson Award of Scientific Excellence for Writing in Hypnosis from the American Journal of Clinical Hypnosis.*



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# IN THE SPIRIT OF THERAPY

## Pat Love

Interviewed by John Lentz

*Dr. Pat Love is a distinguished professor, certified love educator, and marriage and family therapist supervisor, and perhaps one of the nicest people you could meet. She is also a well-respected and requested speaker on the circuit. Not only is she entertaining, but her presentations are chock full of useful information for therapists to use with their clients. Love is known for her extensive knowledge of relevant research, and her speaking style is honest and open. Drawing on her vast clinical experience, she presents herself as authentic -- someone who wants to continually learn. As a result, she makes learning fun. Her books, Hot Monogamy and The Truth About Love are popular and relevant. How to Improve Your Marriage: Without Talking About it illustrates her creative, yet practical side to improving relationships. She is continually writing, studying, and presenting the latest useful research and clinical ideas.*

**JL: How do you see spirituality being a part of your work with couples?**

**PL:** My definition of spirituality is anything that connects you to your higher, better, or truer self. It is your authenticity, and the person you were designed to be. Whatever calls or challenges you, and inspires you to be your best self and to do what you came here to do -- to live out your core values -- is spiritual. Relationships certainly afford that possibility.

**JL: Absolutely.**

**PL:** I love a quote by the late Frank Pitman: "Marriage is your last best chance to grow up." I often chuckle when people say, "I am going to work on myself so that I can be my better self in a relationship." I say, "Good luck with that," because I have experienced it myself. You can do all the personal work, and then you get into a relationship and you are still challenged, because a relationship is an attachment experience, and any threat to that evokes strong feelings.

**JL: Of course.**

**PL:** A relationship requires the ability to manage your core values,



which is why it is a spiritual journey. From my religious and spiritual practices, a relationship is the most difficult path. A monk can sit on a mountain top and be assured, because he knows that at the bottom of the mountain a relationship is waiting. That is where you learn and live out your core values, not just speak to them.

**JL: You show that concept in your book, How to Improve Your Marriage Without Talking. You are transformational and invite others to switch from feelings to motivations. That is a brilliant way of sidestepping the usual ways we get stuck. Would you speak to the spiritual dimension of that?**

**PL:** All feelings are rooted in history. When you have an experience that is important, your brain marks it with a chemical marker and with emotion. Emotion comes from the Latin root "to move." So for most of our history we've had motivational feelings. What I say is 'feel the feeling, but do the right thing.' The right thing is what your core value is telling you to do. I ask couples and individuals to give me at least three of their core values. These are the guiding values and principles that are about their spiritual commitment. Mine are: to be constructive, supportive, and kind. Your strongest feelings are reminders to go to your core values. Because if you follow that feeling, it will ultimately take you to your core values, since that is what strong feelings do.

**JL: Your willingness to admit to your own past mistakes is refreshing**

**and inspiring. I find it to be deeply spiritual.**

**PL:** Well, I have often said, that my whole career is based upon remorse. [Laughter] I don't relate to people who say they have no regrets. I understand that all the things that I did, brought me to who I am today. But who is to say that I wouldn't be better if I hadn't made so many mistakes? I am a person who would go back and do things differently. It is what I *do* with regret or remorse. What I've come up with is: you apologize, you promise to do better, and you do better, and you pay for your kid's therapy, and then you help other people to be a better person. [More laughter]

**PL:** It hasn't been an easy path. It's funny, as a divorced person working in the field of marriage and family therapy I have certainly had my share of denigration and have had speakers refuse to be on the same platform with me.

**JL: What?!**

**PL:** Oh yes, and it is people who you would know. It certainly hasn't been easy. However, now, when well-known folks either go through divorce or contemplate divorce, they call me because they know I have been there and they say, "How did you do this? How did you survive?" There is freedom in truth. Most spiritual paths start with rigorous honesty, and some of it is being honest with yourself. Honesty doesn't mean telling everything.

**JL: The irony is that I have had therapists treat me as if I were odd because I haven't been divorced.**

**PL:** [Laughter] I understand that. I even understand people thinking in those ways. I have spent a lifetime finding out who I am. I can't tell you how naive I was growing up. I grew up in such a small town in rural West Virginia. I now realize *rural west virginal* is a redundancy in terms. [Laughter]

**JL: What else would you like to say about spirituality?**

**PL:** I think that spirituality and contentment are very much related. It may not be for everyone, but what we know that makes people happy, is using your one particular talent, whatever that is for a noble cause, or to somehow make someone else's life better. That to me is the simple yet ul-

imate spiritual act, regardless of your religion or your job, or economic status. What touches me are scenes of spontaneous compassion, or an act of kindness toward an animal or a person. That moves me to be my best self.

**JL: There are lots of people, including me, who have experienced you living those core values.**

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**John D. Lentz, D. Min**

*John D. Lentz, D. Min, was the Chief Chaplain at the women's prison in Kentucky for more than 23 years, where he perfected the art of indirect hypnosis. During this period, he taught the clinical aspects of psychotherapy at the local seminary. He has written books on how to heal anxiety, utilize double binds, assist sex addicts, create new ways of thinking by "aha!" epiphanies, reduce miscommunication, and generate new and effective ways of dealing with manipulation. He has also written about how the Judeo-Christian Bible has hypnotic devices throughout the text, and he has produced a daily meditation book. Lentz has a number of helpful hypnosis CDs, which work indirectly to gently guide listeners toward transformation -- the result of his study of Ericksonian approaches that began in 1982.*

*Today, Lentz directs the Ericksonian Institute of Jeffersonville, Indiana, offering ongoing training at fundamental, intermediate, and advanced levels. Lentz practices marriage and family therapy and is also the pastor of Radcliff Presbyterian Church where his sermons are as hypnotic as he can make them. Lentz' skillful weaving together of spirituality and Ericksonian hypnosis offers a uniquely deep perspective, which fosters multilevel personal growth. He has been a dedicated and prolific book, CD, and DVD reviewer for many years.*

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# INTERNATIONAL COMMUNITY

## Presenting the Institut Milton H. Erickson Île-de-France Inaugural Symposium: *Restoring the Human Touch to Patient Care*

By Christine Guilloux  
Institut MHE Île-de-France

To commemorate its launching on December 6, 2014, in Paris, the MHE Institut Île-de-France organized a symposium around the theme “Restoring Human Touch to Patient Care” (*Réhumaniser le soin*). This concept emerged from evidence showing that although there have been gains in fields of science and technology, these advancements have been offset by pressures for productivity and immediate profit. This downward pressure can expose clinicians and patients, making them vulnerable.

The new Institute invited prominent experts in medical care, narrative medicine, and Ericksonian hypnosis to focus on the *caring relationship*, and its concomitant humanity. What place is there for compassion, for empathy and, ultimately, for a humane relationship between doctor and patient? What postures do healers need to take? How is hypnosis redefined in the care relationship?

As symposium chairperson and presenter, I introduced the paradox that already exists in the expression “patient care.” I stressed the importance of a humane relationship, using a patient-centered approach, with attention to the health and well-being of the patient. I also described the historic evolution of the patient-physician collaboration, emphasizing that this partnership is still a fundamental integration between art and science.

Narrative medicine recognizes *the value of clients’ narratives* in clinical practice. It can be a first step for medical students to access their own humanity. They can learn how to relate to patients with empathy, and how to be fully present. In this manner they develop a true collaboration with the patient, establishing a human partnership. Narrative medicine, the work of Rita Charon, MD<sup>1</sup>, Columbia University, is being implemented by Professor François Goupy at the University of Paris Descartes.

Ericksonian hypnosis can be understood as a therapy and as an eco-philosophy of life. Professor Antoine Bioy, of the University of Bourgogne, considers hypnosis as a posture of humbleness, “one down,” and “not knowing.” It is a collaboration, as well as a creative flow for the therapist. In practice, hypnosis is an invitation to live in the moment with openness and no intentions.

Likewise, Irene Bouaziz, MD, of Paradoxes<sup>2</sup>, a student of the late Jean Godin, MD, magnificently demonstrated how hypnosis has evolved, matured, and continues to evolve with tools or without tools through the patient-therapist relationship. She suggested carrying with us our humanness, which she defines as respect and intersubjectivity, along with humility.

Eric Cristante, MD, living proof of a humane healer, offered his own experience as a physician and as a cancer survivor (twice): “...words uttered by the physician can harm and traumatize as they also can empower and enlighten.” Dr. Cristante explained how he worked with one of his patients, the world-renowned ballet dancer, Patrick Dupond<sup>3</sup> who after a near fatal car accident in 2000, was told by the attending physicians that he “might walk someday, but will never be able to dance again.” Dr. Cristante, on the other hand, who has actively worked with Dupond, said at the symposium, “I don’t know what I have done... but *we* did it!” Monsieur Dupond stated: “I will take a new step each time a flower will bloom...” Today Patrick Dupond is back on the ballet scene, dancing!

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<sup>1</sup> See: Rita Charon, MD, Columbia University at [www.narrativemedicine.org](http://www.narrativemedicine.org)

<sup>2</sup> See: [www.ecoleduparadoxe.com](http://www.ecoleduparadoxe.com)

<sup>3</sup> Patrick Dupond is the star dancer, *National Ballet de l’Opera de Paris*.

*Narrative medicine recognizes the value of clients’ narratives in clinical practice. It can be a first step for medical students to access their own humanity.*

*They can learn how to relate to patients with empathy, and how to be fully present.*

Psychotherapist, Laurent Gross, through his experience and expertise, invited the audience to go back to their fundamental values, to the basics, and to their senses, to rediscover the world and to relate *humanely* to others.

Enthusiasm, involvement, empathy, and passion in patient care was also shared by Drs. Jean Becchio, MD, in “Ericksonian Palliative Care,” Rémi Garcia, MD, in “Bringing Back the Patient to the Center of the Therapeutic Alliance,” and Charles Jousselin, MD, in “Exploring the Humanness Factor in the Pain Complaint.”

Drs. Christian Martens, MD, Vice-president of the MHE Institut Ile-de-France, contributed with “A Phenomenological Analysis of *A Clinical Lesson at the Salpêtrière*”, and Thierry Servillat, MD, President, the MHE Institute of Rezé presented “The Key Points of Milton Erickson’s Ethics.” I thank all of them for their relevant and brilliant contributions to our evolution as clinicians.

Christine Guilloux, President, the Institut Milton H. Erickson Île-de-France

For further information: <https://imheidf.wordpress.com/>

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<sup>4</sup>Refers to the group tableau portrait (1887) by artist André Brouillet, which depicts the eminent French neurologist Jean-Martin Charcot (1825-1893) delivering a clinical lecture and demonstration.

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### Christine Guilloux



*Christine Guilloux is Founder-President of the Institut Milton H. Erickson Île-de-France and Vice-President of the French Society of Hypnosis. She is a psychologist/psychotherapist in private practice in Paris, France. Ms. Guilloux is a contributor to the journal, Revue Hypnose & Thérapies Brèves, and the MHE Foundation Newsletter. Currently, she conducts Narrative Medicine with medical students at University René Descartes, Paris. A renowned author in prose and poetry, translator, and consultant, Guilloux is a facilitator of multidisciplinary approaches linking hypnosis and the arts. She aims to live every day as a “weaver of the human web,” to elicit full human potential in her patients and students. Toward this vision, Guilloux has created and established a vibrant center for creativity and human expression at La Maison des Ormes in Les Ormes, approximately 100 miles south of Paris. (MHE Foundation Newsletter, Vol. 33, n. 3, Winter 2013; pp. 11-12)*

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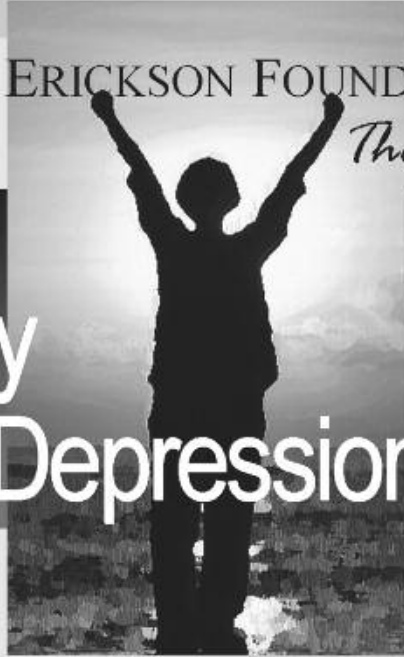
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# FACETS AND REFLECTIONS

## Norma and Phil Barretta

It's been more than 35 years since we last sat with Milton Erickson in his living room. That's a long time ago, and yet we both still feel his strong influence.

During one of those "after-hours" sessions following the group session, Phil was rubbing his fingers, the beginning symptoms of arthritis. Obviously feeling some discomfort, he said to Dr. Erickson, "You probably have serious pain issues." And then he asked, "How do you handle that?" With his intense blue eyes and that right-into-your-soul gaze, Dr. Erickson said, "Phil, every morning I take a long, hot shower," and then he looked down at Phil's hands.

We realize he was delivering a powerful suggestion, which worked. So, from that point on, Phil took a long, hot shower every morning and his arthritis pain has been manageable.

From his own experience, Phil recognized how useful trance is, and he became a fabulous hypnotic subject. A family joke is that he never goes to our dentist (Dr. Ashley Goodman, a skilled hypnotist who uses hypnosis in his practice). Instead, Phil goes to Acapulco, or Maui, or somewhere nice!

Recently, Phil had a hernia operation. The highly recommended surgeon we first consulted with told us that because Phil could not have a general anesthetic, she would not do the surgery. We assured her that Phil would be hypnotically prepared, and therefore she could do it with a local anesthetic. She still did not agree to do the surgery, and instead referred us to the Lichtenstein Clinic at UCLA.

We met Dr. Chen, the surgeon at UCLA, and he was enthusiastic. He said he does this surgery with sedation and a

*When we arrived at the hospital, we discovered that everyone on the unit knew about Phil, the "hypnotized guy." While we waited for the surgery, several nurses, three different anesthesiologists, and Dr. Chen came by to see what we were doing. Phil graciously gave them quite a show. He manifested every hypnotic response Dr. Erickson had ever described to us!*



local anesthetic. When we told him that Phil would be hypnotically prepped and would *not* need any sedation, he really became interested, and agreed to do the surgery.

Phil needed to have the surgery immediately because we were scheduled to teach in Madrid and in Sorrento in five weeks. Dr. Chen arranged to do the procedure three days later, despite the usual wait time of several weeks.

When we arrived at the hospital, we discovered that everyone on the unit knew about Phil,

the "hypnotized guy." While we waited for the surgery, several nurses, three different anesthesiologists, and Dr. Chen came by to see what we were doing. Phil graciously gave them quite a show. He manifested every hypnotic response Dr. Erickson had ever described to us!

The surgery went well. Dr. Chen told us Phil "didn't even flinch" when the scalpel was inserted, and added, "even highly sedated patients flinch!"

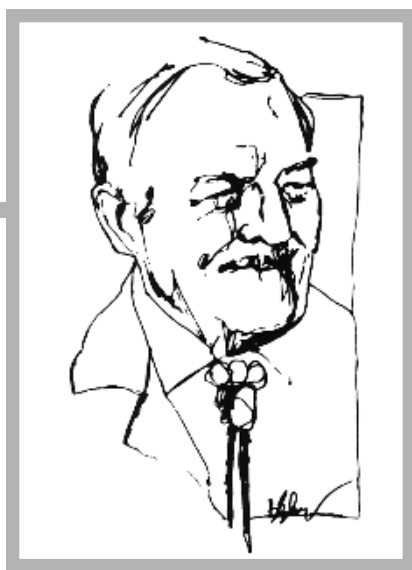
To everyone's amazement and delight, Phil got off the surgery table, put on his clothes, and we drove home. Several weeks later, we taught at the Erickson Institute in Madrid.

Milton Erickson would have been proud!

Norma and Philip Barretta received a Lifetime Achievement Award at the 56th Annual Meeting of ASCH, the organization founded by Milton Erickson 56 years ago. It was presented in grateful recognition and appreciation for their professional lifetime contributions to the field of hypnosis, and for their deep, abiding interest in promoting hypnosis.

This year, the couple will celebrate 67 years of marriage! They still talk to each other, and teach, laugh, and enjoy their family together, and plan on doing this until Norma's century birthday -- only 11 and a half years to go. Their youngest child has already bought birthday cards for the Big 100 and has extracted promises from her parents that they will stick around so she won't have wasted her money.

The Barrettas will be doing a workshop for couples in May in the Los Angeles area. Also in Los Angeles, the LA/Madrid Erickson Institute plans to present Spanish language hypnosis classes taught by Teresa Garcia.



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## CONFERENCE NOTES

The Milton H. Erickson Foundation and The Couples Institute will sponsor the next *Couples Conference*, April 24-26, 2015 at the Manhattan Beach Marriott, Manhattan Beach, California. Confirmed faculty include Elyn Bader, William Doherty, Harville Hendrix, Alexandra Katehakis, Pat Love, Bill O'Hanlon, Peter Pearson, Esther Perel, Stan Tatkin, and Jeffrey Zeig. For more information visit [www.CouplesConference.com](http://www.CouplesConference.com) or contact The Milton H. Erickson Foundation, 2632 E. Thomas Road, Ste. 200, Phoenix, AZ 85016; Tel, 602-956-6196; Fax, 602-956-0519; Email, [office@erickson-foundation.org](mailto:office@erickson-foundation.org) Special Early Bird registration discount by December 31st, 2014.

The American Psychiatric Association will hold the 168th Annual Meeting, *Psychiatry: Integrating Body and Mind, Heart and Soul*, May 16-20, 2015 in Toronto, Ontario Canada. For information contact the American Psychiatric Association, 1000 Wilson Boulevard, Suite 1825, Arlington, VA 22209-3901; Tel, 703-907-7300; Email, [apa@psych.org](mailto:apa@psych.org) ; Web, <http://annualmeeting.psychiatry.org/>

The American Psychological Association (APA) will hold their annual convention August 6-9, 2015 at the Metro Toronto Convention Centre in Toronto, Ontario Canada. For information contact the APA, 750 First St. NE, Washington, D.C. 20002-4242; Tel, 800-374-2721 or 202-336-5500; TDD/TTY: 202-336-6123; Web, [www.APA.org](http://www.APA.org)

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 the website: [www.CFHTB.org](http://www.CFHTB.org)

The *3rd International Training Program in Non Violent Resistance and New Authority* will be held October 6-12, 2015 in Israel. Basic and Advanced Modules will be offered. The International Training Program in Non Violent Resistance and New Authority, is a systematic, authoritative introduction to the world of NVR. For more information visit [www.nvrschool.com](http://www.nvrschool.com) or email [education@nvrschool.com](mailto:education@nvrschool.com)

The *12th International Congress on Ericksonian Approaches to Psychotherapy*, sponsored by The Milton H. Erickson Foundation, Inc., will be held December 10-13, 2015 at the Hyatt Regency, Phoenix, Arizona. The Congress features workshops, special tracks, short courses and more. For the complete list of faculty presenting at this year's International Congress visit [www.EricksonCongress.com](http://www.EricksonCongress.com) Online registration opens April 24. For more information visit the website or email the Foundation: [office@erickson-foundation.org](mailto:office@erickson-foundation.org)

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## UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
<b>2015</b>		
4/24-26	Couples Conference / Manhattan Beach, Calif. / Invited Faculty	1.
5/6-10	Coaching / Beijing, CHINA / Jeffrey K. Zeig, Ph.D.	2.
5/13-17	Coaching / Guangzhou, CHINA / Zeig	3.
5/29	Resilience & Master Class in Brief Psychotherapy / Graz, AUSTRIA / Zeig	4.
6/1-4	Ericksonian Master Class / Vienna, AUSTRIA / Zeig	5.
6/22-25	Master Class in Brief Psychotherapy / Mexico City, Mexico / Zeig	6.
6/26-28	Advanced Techniques and Art in Therapy Workshop / Mexico City, Mexico / Zeig	6.
7/6-10	Ericksonian Hypnosis: Advanced Techniques for Beginners – Cape Cod Institute / Eastham, Mass. / Zeig	7.
7/13-17	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	1.
7/20-24	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
7/27-31	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
8/3-6	Phoenix Master Class / Phoenix, Ariz. / Zeig	1.
8/21-23	Self-Hypnosis for Natural Mind-Brain Transformation: Ericksonian Hypnosis Seminars / Esalen Institute, Big Sur, Calif. / C. Alexander Simpkins, Ph.D.; Annellen M. Simpkins, Ph.D.	8.
8/26-29	20th International Congress ISH, CFHTB / Paris, FRANCE / Invited Faculty	9.
8/31-9/5	Resilience & Master Class in Brief Psychotherapy / Graz, AUSTRIA / Zeig	4.
10/5-9	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
10/6-12	3rd International Training Program in Non Violent Resistance and New Authority / ISRAEL / Invited Faculty	10.
10/12-16	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
11/12-15	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	11.
11/21-22	World Master Class 2015: Business Revolution / Milan, ITALY / Renée Mauborgne, Tony Buzan, Jeffrey Liker, Zeig	12.
12/10-13	12th International Congress on Ericksonian Approaches to Psychotherapy / Phoenix, Ariz. / Invited Faculty	1.

## CONTACT INFORMATION:

- The Milton H. Erickson Foundation: 2632 E Thomas Rd, Ste 200, Phoenix, AZ 85016 6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, [office@erickson-foundation.org](mailto:office@erickson-foundation.org) ; Web, [www.erickson-foundation.org](http://www.erickson-foundation.org);  
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## NEWS & AWARDS

### SPS Receives Achievement Award

Milton H. Erickson, MD, a lifetime fellow of the American Psychiatric Association, received an honorable mention in the APA's online psychiatric journal. On October 30, 2014, APA awarded LifeWorks Shared Psychiatric Services (SPS) with the 2014 Bronze Achievement Award. The journal credited Dr. Erickson in the following way: *"Approaches have been tailored to each individual family, following concepts introduced by Milton H. Erickson, M.D., to maximize results and engage families rapidly and effectively."* APA recognized the Austin, Texas-based SPS for its innovative, family-focused approach to creating a pathway to stable, long-term care for hard-to-reach families. The program concepts were developed and implemented by Anita Jung, LPC, FAPA, who trains professionals internationally on Ericksonian approaches. APA further describes the program as such: *"The model at its core is based on a*

*motivational, collaborative, client-driven aspirational approach, as articulated by Hubble, Duncan, and Miller."*

Extensive training for the program and its collaborators has been provided by Anita Jung, Jeffrey Zeig, Stephen Gilligan, and Bill O'Hanlon. The program aims to enhance and maximize the services for families. SPS was developed to integrate behavioral health services for families with complex needs that cannot readily be addressed by typical integrated programs because it was commonly understood that brief psychiatric assessment or consultation would not be enough. The primary treatment approach includes engaging and stabilizing children and their families, while building rapport quickly and seeding hope and positive expectations. SPS program recognized that child and adolescent well-being is inexorably linked to the well-being of the parent or caretaker, therefore the program is not limited to office locations and can expand to community and home, as needed.

SPS was created in January 2011 and involves three collaborating agen-

cies: Communities in Schools of Central Texas, SafePlace, and LifeWorks, the lead agency. LifeWorks SPS uses a strengths-based, family-focused approach to promote self-sufficiency and empower children and families to take charge of their treatment. Services are free-of-charge, and critical resources, such as prescriptions, taxi vouchers, bus passes, supplements, and medical laboratory tests, are provided.

SPS has built a multiagency, multidisciplinary collaboration -- including psychiatrists, public school staff, primary care physicians, therapists, and case managers -- all focused on supporting youth and families. The program employs a motivational interview-style readiness assessment to allow for better identification of target clients. The program also involves clients in aerial dancing, summer camps, drumming, and the arts. APA states: *"LifeWorks SPS has succeeded in enhancing the positive effects of the collaborative care model, harnessing the resources, energies, and commitment of community agencies to help high-risk children and families achieve greater stability, the foundation for*

*healthy development and healing."*

LifeWorks is an Austin-based nonprofit organization that was founded in 1998 as a result of a merger of four nonprofit organizations. LifeWorks provides a safety net infrastructure to ensure that basic needs are met, including food, clothing, health, shelter, and behavioral health care. LifeWorks serves more than 6,000 area families annually through a network of 20 housing, counseling, education and workforce, and youth development programs.

*For more information on program design, implementation, and evaluation, contact: LifeWorks Division Director, Anita Jung, L.P.C., F.A.P.A. (anita.jung@lifeworksaustin.org). For more information on SPS operations, contact: Clinical Care Director, Julie Speir, L.C.S.W. (julie.speir@lifeworksaustin.org). To learn more about LifeWorks, visit: [www.lifeworksaustin.org](http://www.lifeworksaustin.org).*

2014 APA Bronze Achievement Award:  
A Family-Focused Partnership to Engage High-Risk Children and Adolescents in Services. *Psychiatric Services*, 65(11), pp. e15-e16

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## NEWS & AWARDS

### Jeff Zeig Receives Award

Jeffrey K. Zeig, PhD, was the recipient of the Milton Erickson Award 2015 from the Milton Erickson Society for Clinical Hypnosis in Germany. The award was in recognition of his achievements in the field of hypnosis and psychotherapy.



*Pictured are Burkhard Peter, Jeffrey Zeig, Elsbeth Freudenfeld, Dirk Revenstorf, and Bernhard Trenkle.*

### California Psychological Association Awards Steven Frankel

The Foundation wishes to congratulate Steven Frankel, PhD, JD, ABPP, who greatly contributes to the Foundation's conferences by offering his popular course on Law and Ethics. On Friday, April 25, 2015 in San Diego, Dr. Frankel will receive the California Psychological Association's Distinguished Contribution to Psychology as a Profession Award.

### Couples Conference Coming Up

By Marnie McGann

Manhattan Beach, California is once again the beautiful, laid-back site location the 2015 Couples Conference, April 24-26, and the line-up for faculty is outstanding. It includes Elyn Bader, William Dougherty, Harville Hendrix, Alexandra Katehakis, Pat Love, Bill O'Hanlon, Peter Pearson, Esther Perel, Stan Tatkin and Jeffrey Zeig.

"Few challenges are more daunting than working with highly estranged, disengaged couples," says Bader. "They make unrelenting and often impossible demands on each other and on you – their therapist. We created the Couples Conference to do our best to bring you new learning from master presenters, to give you the opportunity to ask your difficult questions, and to inspire you to become excellent at transforming troubled relationships."

Newsletter readers will most likely have already registered for Couples, but, if not, last-minute registration is open both on-line and on site. For more information, please visit: [www.couplesconference.com](http://www.couplesconference.com). Hope to see you there.

### Foundation's Staff Changes

Recently, there have been some changes at the Foundation. Chandra Lakin and Kayleigh Vaccaro have moved on to new positions. Both served as Meeting and Facility Coordinator. Chandra served as the Foundation Archivist and Kayleigh as the Institutes Coordinator. Their dedication and hard work has been greatly appreciated.

The Foundation welcomes Cindy Goodman McGee, the new Meeting and Facility Coordinator. An identical twin, (her mother and father are also



*Aubrey Lincoln*

about Milton Erickson and his work for some time. I am glad to learn more."

Aubrey Lincoln started at the Foundation as Assistant Archivist, but now serves as Archivist, CE Coordinator, and Volunteer Director. As the youngest member of the Foundation, Aubrey recently moved back from Santa Barbara, CA to Arizona. In California, she played basketball at Westmont College. She also spent time backpacking in South America, living in an orphanage with children rescued from physical abuse, abandonment, and human trafficking. Aubrey has worked with the elderly in health and wellness, and has obtained a yoga teaching certificate in Vinyasa Power Yoga and Partner Yoga. She offers, "Working at the Foundation has encouraged me to expand my horizons as a yoga teacher by studying how yoga can be used as a form of therapy for healing with trauma."



*Cindy Goodman McGee*

both twins!) Cindy was born in San Pedro, CA, and grew up in Memphis, TN. She moved to Seattle, WA while in high school and lived there the following 17 years. A graduate from Cornish College of the Arts, she is now attending Fuller Theological Seminary to obtain a master's degree in marriage and family therapy. "This was one of my big motivations for accepting this job," Cindy says. "I've also known

### Foundation Celebrates 35 Years since the First Congress

By Marnie McGann

If Newsletter readers haven't already, now is the time to register and reserve a hotel room for the 12th International Congress, December 10-13, 2015 at the Hyatt Regency in downtown Phoenix. It's been 35 years since the first International Congress in Phoenix, which was (and still is) a ground breaking event.

Confirmed speakers for the Congress include Betty Alice Erickson, Steven Frankel, Brent Geary, Stephen Gilligan, Eric Greenleaf, Joyce Mills, Bill O'Hanlon, Reid Wilson, Michael Yapko, and Jeffrey Zeig.

For attendees to receive the Early Bird discount (\$324 for U.S. professionals; \$224 for foreign, students, seniors, and military) they must register before May 1st. Other discounts follow throughout the summer and fall, but, of course, registering early saves money and secures a hotel room. For more information, please visit: [www.ericksoncongress.com](http://www.ericksoncongress.com).

Not only is Phoenix beautiful in December, but the International Congress draws in renowned experts and luminaries in the field of psychotherapy. Don't miss it!



## Spring Intensives

By Marnie McGann

The Foundation welcomed attendees from six countries, including Canada, Columbia, Germany, Hong Kong, Switzerland, and the U.S. for the spring Intensives. (In the summer, there are often more than two dozen countries represented.) The training began with dark Phoenix skies, but the storm clouds quickly lifted, and the more typical sunny, warm days were appreciated, especially by those from the northern latitudes.

There are two weeks of training in the spring, one week of Fundamentals, followed by one week of Intermediate. Three faculty members teach the Intensives – Lilian Borges, Brent Geary, and Jeff Zeig. Dr. Geary shares more of the teaching load. He has been teaching for the Foundation for 28 years. His father was a student of Dr. Erickson.

Robin Westmacott, PhD, from Canada, took both the Fundamentals and Intermediate classes and found her experience “illuminating.” “Jeff Zeig takes experiential approaches to another level. I liked that the instructors complement each other. It’s important to hear the same message from different people because you learn it better. Ericksonians are integrative -- not blind to other approaches. Learning what therapists can glean from art and film, in terms of improving how we can do therapy, is inspiring. I now have different way of interacting with patients, and can be more intentional with how I communicate.”

When Chris Cole, MD, another Canadian, attended a Brief Therapy Conference several years ago he was able to see some demonstrations, which piqued his interest in hypnosis and Dr. Erickson. “My experience at the Intensives has been wonderful, amazing, and rich. I’m very taken with Erickson --his life, process, and lovingness – which is central to bring to the doctor-patient relationship. I think the combination of didactic/structure and the opportunity to practice the roles of both



therapist and client have been extraordinary teaching tools.”

A number of students stay for both weeks of the Intensives, but some take the Fundamentals and return in subsequent years for additional instruction. Describing returnees, Brent Geary noted, “They were particularly excited and forthcoming about the successes they had after applying what they had learned. It was inspiring for everyone in the class.

Denise Trease, PhD, LCSW, from Reno, Nevada was one of those who returned to Phoenix for the intermediate training. “I continue to learn new things about doing hypnosis that allows me to get unstuck with patients,” Trease offered.

“Erickson’s approach to therapy, in particular hypnosis, is unique and it seems that each of the instructors have been able to develop their own approach. That fits with his [Dr. Erickson’s] philosophy of respecting the individual, whether it’s the therapist or client -- allowing them to develop in ways unique to them. It’s a more genuine approach, rather than a scripted approach. Since several of the instructors have had interaction with Dr. Erickson, they bring his depth and richness to their teaching.”

As the Intensives came to a close, several attendees made the trek up Piastewa Peak Mountain (formerly known as Squaw Peak) to experience the “task” Dr. Erickson had so often prescribed to patients and colleagues. The Phoenix skies had cleared and it was a beautiful way to end the training.

## Foundation Archives Update

Progress has been made in the Foundation Archives and the Foundation is getting closer making the Archives fully available to qualified professionals. There has been updating, sorting, and cataloging of donation materials and original documents and the Marion Moore archives are still in progress. The Foundation offers a viewing station at \$10 per hour and welcomes professionals and master-level students.

## ISH Elects President and Secretary-Treasurer for 2015-2018

After the polls closed on January 2, 2015 and votes were counted, ISH announced that Bernhard Trenkle, an Erickson Foundation Board Member, was the new President-Elect and Mark Jensen, who currently serves as Secretary-Treasurer, would serve again for a second term. Both candidates won by a wide margin and there were no “write in” candidates.

ISH congratulates the new ballot winners and thanks the non-winning candidates for their contribution to a fair and democratic contribution, for submitting CVs and programs, and for the support they gave and will continue to give to ISH.

## FORUM OF THE EXCELLENCES 2015

The Forum of the Excellences 2015 - Business R-evolution Edition - will take place in Milan on the 21st -22nd of November 2015 and in that event seven experts of international level will intervene to illustrate the best strategies to be implemented for corporate management to innovate your way of doing business in today's world.

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JEFFREY ZEIG • TONY BUZAN • RENÉE MAUBORGNE • JEFFREY LIKER

Three remaining speakers will be announced by the end of April 2015



## Erickson Museum Moves Forward

By Marnie McGann

2014 was a great year for advancements at the Milton and Elizabeth Erickson Museum and this year begun just as productively.

In the exhibits, a replica of a historical letter was made; Milton Erickson's briefcase and Civil Rights Movement tote bags were professionally preserved; and an easel, loaned by Kristina Erickson, displays a Milton Erickson painting from the 1950s, loaned by Roxanna Erickson Klein. New items on loan from the Erickson family and Jeffrey Zeig include jewelry, sculpture, artwork, old books, Dr. Erickson's ledgers and appointment books, photographs, kitchen and serving items, and vanity lamps.

Several household improvements have also been made. Books were preserved, a fence was repaired, plumbing worked on, water lines installed, trees maintained, and the gift shop's flooring was replaced. New additions to the museum include outdoor furniture and display cabinets.

In an effort to decrease water and maintenance costs, much progress on has been made on the museum landscaping. Roxanna Erickson-Klein, Kristina Erickson, and Ceil Gratz have worked tirelessly planning and obtaining estimates and Jeffrey Zeig and the Foundation have offered support.



Visitors revere the experiences they have at the Milton and Elizabeth Erickson Museum. Maintaining the Hayward property and cherished items is an ongoing project. The Foundation's and Erickson family's efforts, as well as the support of donors, has been worthwhile. The legacy of Milton and Elizabeth Erickson is preserved and honored.

## Brief Therapy Conference 2014 Proved a Success

by Marnie McGann

More than 1,000 attended the 12th Brief Therapy Conference held at the Hyatt Regency, Orange County. With a focus on treating anxiety, depression, and trauma, several of the keynote speakers were experts in these areas and offered effective treatment options. Also notable was Philip Zimbardo's engaging and entertaining two-hour keynote on the major research on time perspective and introduced his work on Time Perspective Therapy, a brief therapy intervention to treat PTSD. It was a successful, fitting end to the Conference.

Attendee feedback on venue/hotel

rooms, presenters, conference administration, subject matter presented, and opportunities to network has been overwhelmingly positive. Volunteer feedback has also been positive. The 2014 Brief Therapy Conference was the first year the Foundation solely handled meeting planning, registration, and volunteer coordination. The Foundation's small but dedicated staff rose to the occasion, despite the challenges. Kayleigh Vaccaro did an impressive job serving for her first time as the Foundation's Meeting and Faculty Coordinator.

In close proximity to Disneyland, the Hyatt Regency turned out to be a great venue with ample meeting space, comfortable hotel rooms, and a helpful staff. The Foundation is now organizing the Brief Therapy Conference to be held December 7-13, (tentatively) 2016 at the Town and Country Resort in San Diego, California.

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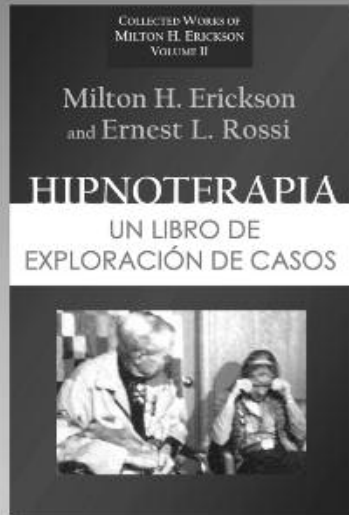
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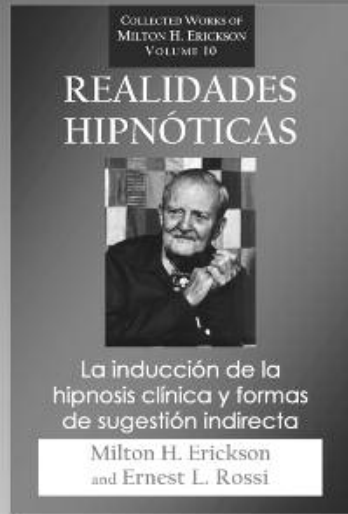




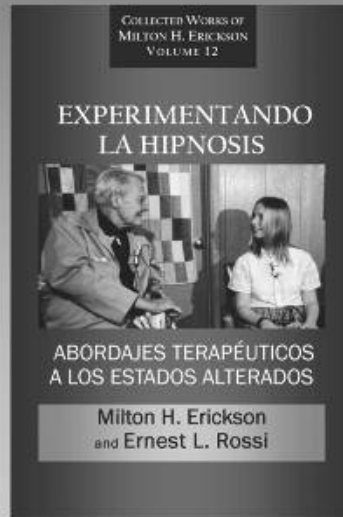
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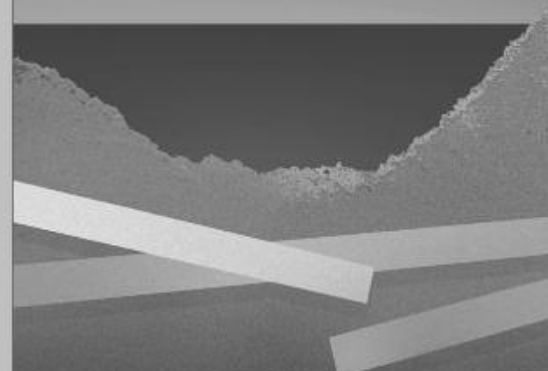
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## B O O K R E V I E W

### **More Transforming Negative Self-Talk**

Steve Andreas

Copyright 2014

ISBN: 978-0-393-70973-5

144 pages

Reviewed by Dan Short, Scottsdale, AZ

*More Transforming Negative Self-Talk* follows up on Andreas's 2012 book, *Transforming Negative Self-Talk*. Andreas distinguishes his approach on negative self-talk from traditional methods, by emphasizing the importance of seeking insight into the positive intent of an internal voice, even when at first it seems to be entirely negative. The result is a practical guide that shows the reader how to apply the skills of reframing, negotiation, and optimism for self-help, and for helping others.

While the first book outlines methods of internal sensory modification often used in the practice of Neuro Linguistic Programming (NLP), this companion text takes into account a greater number of contextual factors, such as childhood memories, personality dynamics, and immediate interpersonal experiences. NLP process work often involves intentional alterations to con-

scious sensory elements associated with internal events. In this case, negative self-talk is transformed by altering the volume, tempo, tonality, or location of an internalized voice. In the second book, these techniques are given greater contextual richness, for example, hearing the voice as lyrics to a favorite melody, changing it into the voice of a trusted friend, or that of a parent seeking to address profound life experiences.

In summation, this is a brief and easy to read text that demonstrates how to use distressing internal events to create emotionally relevant insights with meaningful implications for the future. Its methodology stands in contrast to the practice of symptom removal, which Andreas believes to be counterproductive. The path to transformation begins with the unique human capacity for self-relations. Though he does not mention the general concepts of externalization and personification, this seems to be the foundation on which Andreas' techniques are built. For example, he recommends asking "the voice" to state its positive intent, or in some cases it can be beneficial to ask "the voice" for help. Rather than increasing a person's internal conflict by arguing with the voice or seeking to eliminate it, Andreas points to the fun-

damental value of internal dialogue, suggesting that without it one would not be able to reminisce about the past or plan for the future. Although Andreas does not use the term "utilization," Ericksonians will see this core concept throughout the book. Accordingly, Andreas quotes Erickson at the beginning and end of this work: "Your task is that of altering, not abolishing." Andreas goes on to warn, "...if you try to abolish any part of [inner voices], you will only make your problem worse, not better; and if you were to succeed, you would become less human, not more." (p. 116)

I am glad to have read this book and recommend it to any therapist wishing to expand his or her repertoire of techniques. I also recommend it as a resource for clients seeking self-help information. Due to fortunate timing, I was able to speak with Andreas at a conference, just prior to writing this review. My comment to him was, "This book has been helpful, not only for my clients who complain of critical voices, but also for those who do not have words for their distress." Andreas agreed and elaborated on the value of using internal dialogue as a tool for transforming preconscious conflict into more organized and accessible conscious realities. Thus, we find broader

applications of this insightful little book.



**Dan Short, Ph.D.**

*Dr. Short is the current Director for the Milton H. Erickson Institute Phoenix. He is the former Executive Editor for the Milton H. Erickson Foundation Newsletter, and he has served as Assistant Director at the Milton H. Erickson Foundation. Short is the lead author of Hope and Resiliency, which was written with Betty Alice Erickson and Roxanne Erickson-Klein. He is also the author of Transformational Relationships and recently collaborated with Roxanne Erickson-Klein to define Ericksonian psychotherapy in an upcoming encyclopedia of counseling in theory.*

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

### **Therapeutic Hypnosis with Children and Adolescents, 2nd Edition**

Edited by Laurence I. Sugarman, MD and William C. Wester, II, E.dD

Crown House Publishing Limited, CT

Copyright 2014

ISBN 978-1845908737

560 pages

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

Imagine a book written by a Who's Who lineup of expert hypnotherapists working with children and adolescents and you have glimpse into the wonderful book, *Therapeutic Hypnosis with Children and Adolescents*.

In the 530 pages, which includes a subject and name index, readers are offered (with amazing clarity) practical help and informed clinical insights. In spite of having heard many of these people speak, reading this book was refreshing and incredibly informative. This is a resource of incredible depth, sure to become a

classic. It offers state-of-the-art techniques, tips, and how tos, presented in an easy to follow way. I was shocked at how much I was learning, but I probably shouldn't have been because the writers sharing their expertise are so talented. It is refreshing to see therapists who are so gifted in clinical settings also be able to teach those skills with such grace.

I loved how comprehensive this book was. There are chapters on preoperative hypnosis, as well as palliative care and behavioral disorders. The book also includes a chapter about family therapy, as well as information about depression, somatoform disorders, and trauma. The provided clinical examples help readers understand the presented principles. I also appreciated the editor's inclusion of ethical considerations – that are slightly different than what we might think of when working with adults.

The book's contributors offer a wealth of new ways to understand children and adolescents. Readers will learn new interventions for specific problems and straight forward, practical ideas for helping young people and their families.

I not only recommend this book, I have already sold several copies by recommending it to attendees at conferences.



# BOOK REVIEW

## ***When All Else Fails: Some New and Some Old Tools for Doing Brief Therapy***

Rubin Battino, MS

Crown House Publishing Limited  
2015

978-184590894-2  
paperback, 193 pages

[www.crownhousepublishing.com](http://www.crownhousepublishing.com)

Reviewed by Kay Colbert, LCSW, Dallas, Texas

For those of us who see clients on a daily basis, we understand that one therapy does not fit all. Furthermore, today's clients (and their insurance providers) do not want to engage in therapy that will take years to produce meaningful change.

Rubin Battino's new book offers welcome insight on how to do more effective brief therapy, regardless of one's clinical orientation. The book is organized into two main sections. Part 1 includes more traditional ideas, approaches, and concerns. Part 2 covers alternative approaches to therapy. Thirty succinct chapters dis-

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*Throughout this book, Battino frequently refers to Milton Erickson and his teachings. Battino stresses that the first essential element is rapport building with the client, forming a collaborative therapeutic alliance. He sees clients as their own agents of change and the therapist as a guide, not a director.*

---

cuss established methods, such as hypnosis, neurolinguistic programming, Gestalt, psychodrama, narrative therapy, bioenergetic analysis, encounter groups and group therapy, ideomotor signalling, solution-focused brief therapy, and provocative therapy. The "new" tools include using expectation, pauses, chatting, poetry, writing, touch, laughter, and eye-movement approaches to enhance the therapeutic process. He also discusses first- and second-order change and reframing, as well as narrative therapy to promote positive change.

Battino's book is quite readable. He describes techniques and gives specific suggestions that you can take right into your next session; he does not talk around his subject. Each chapter is brief (much like the techniques he advocates), self-contained, and can be read individually.

Battino is well known to those who follow Erickson Foundation Congresses; he has been instrumental in making Ericksonian literature more available to students. Battino is an author of eight professional books and is an adjunct professor at Wright State University. He teaches workshops to graduate students and budding professionals, and he observes that many in his audience have never heard of some of the well-established approaches in his book.

Throughout this book, Battino frequently refers to Milton Erickson and his teachings. Battino stresses that the first essential element is rapport building with the client, forming a collaborative therapeutic alliance. He sees clients as their own agents of change and the therapist as a guide, not a director. Battino also reminds us of the positive placebo effect in therapy, and challenges clinicians to consider

doing brief therapy with clients, even limiting treatment to one or two sessions.

The author, who is now 82 years old, has written a chapter called "Dreams, Hopes, and Unfulfilled Desires," which is both a poignant and a pointed discussion of end-of-life considerations. Battino suggests that as people face their final years, these things should be said: "Please forgive me;" "I forgive you;" "I love you;" "Thank you;" "Good-bye;" and "I forgive myself."

Throughout the book, Battino considers the effect of careful use of language, both verbal and written. Several chapters discuss the art of therapeutically using the spoken word. He discusses using the rhythm of poetry, using chatting to build the helping alliance, using laughter effectively, applying healing language, and changing a client's negative self-talk.

Battino's hope is that newer therapists will consult these techniques to creatively expand the ways they do counseling. This book offers professionals a multitude of choices that can complement their current methods, and help them find imaginative ways to do more effective work with their clients.

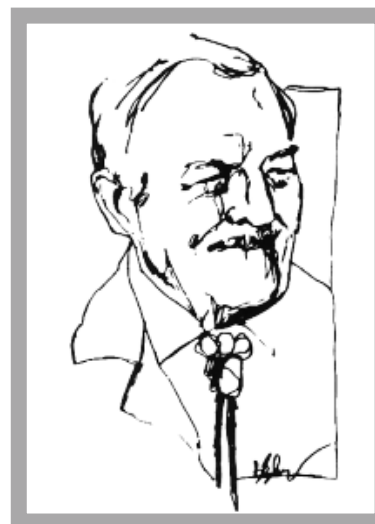
### **Kay Colbert, MS**



*Kay Colbert is a Licensed Clinical Social Worker in private practice. She is on the Board of Directors of the Magdalen House in Dallas, Texas, and Mental Health America of Greater Dallas. She also volunteers with several community mental health and drug prevention groups.*

*Colbert specializes in substance abuse and addictive behaviors, mental health issues, trauma, anxiety, and women's issues, and has extensive experience working with clients involved in the criminal justice system. She lectures and gives workshops nationally and internationally. Colbert teaches widely about mindfulness-based interventions and implementing creative methods into therapy. She is coauthor with Roxanna Erickson-Klein, of *Engage the Group, Engage the Brain: 100 Experiential Activities for Addiction Treatment* (Central Recovery Press, 2015). In this book, Colbert and Erickson-Klein provide hands-on techniques that are immediately useful to clinicians working with a wide range of psychological problems.*

*A native of London, England, Colbert lives in Dallas, Texas and Whitefish, Montana. She and her husband of 34 years have two adult children. Colbert has been with the Newsletter review team for a number of years, offering insightful perspectives with her clearly written reviews.*



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# D V D R E V I E W

## Solution-Focused Therapy

Insoo Kim Berg

Steve de Shazer

www.psychotherapy.net

ISBN 1-60124-125-9

Allyn & Bacon (1997)

2 hr.

Interviewers: Jon Carlson and Diane Kjos

Reviewed by Rubin Battino, MS,  
Yellow Springs, OH

*Solution-Focused Therapy* is a fascinating introduction to solution-focused brief therapy consisting of a videotaped interview by Insoo Kim Berg and commentary throughout, by Berg and Steve de Shazer. They both talk about how solution-focused therapy was done at the Brief Family Therapy Center (BFTC) of Milwaukee, WI.

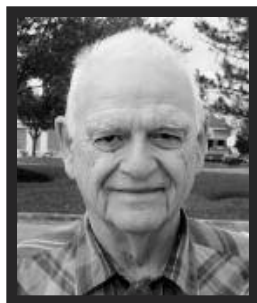
The DVD opens with 30 minutes of questions by the interviewers, Carlson and Kjos. Berg and De Shazer describe brief therapy as being as few sessions as possible. At the BFTC the average number was 3.2. Clients decide at the end of the session whether or not they would like to come back – and when. The sessions can be weekly or separated by many months. Not much time is spent on “problems,” because the solution is already there. Even homeless drug addicts have resources. The key is learning how to listen to a client, so that the interview itself becomes the intervention. Credence is not given to diagnostic categories. Instead, scaling, and miracle and exception questions are used. On the scale, 1 is where the client is currently, and 10 is when they have everything they want. Most clients start out as a 3. Elicited exceptions prompt clients to realize that they already have solutions. At the initial interview, clients are asked what useful changes occurred in their lives since they made their appointment and they often invariably describe some changes! Toward the end of a session, the therapist takes a five-minute timeout to either consult with staff observing the session, or to think about what to say next. Stepping back allows different perspectives to emerge.

The video of a 45-minute session

with a young woman begins with Berg’s question, “What do you suppose would be different in your life that would let you know it was a good thing to come in and talk to me today?” The presupposition is that the client will change and find useful differences during the session. Berg’s special word, “wow,” was followed by many solution-focused questions: “What would be different?” and “How did you do that?” Scaling was applied, and Berg discovered that 80 percent of the time the woman and her husband were okay together. After consulting with de Shazer, Berg then gave the client some homework. Homework is always presented as an “experiment,” to test new ways of thinking, behaving, and reacting. Compliments are also part of the end-of-session summary.

In the remainder of the DVD, the interviewers and audience members ask questions and make comments. The research orientation of the center means that clinicians think about what they have done and look for better approaches. Only minimal information is required, and primary are changes in behavior rather than emotions. Berg and de Shazer point out that their approach works quite well with mandated clients, since the focus is in getting authorities off the backs of the client as soon as possible.

In conclusion, this is a “Wow!” of a video as it contains much to learn by observing and listening to master therapists.



**Rubin Battino, MS**

*Rubin Battino received his master's degree in counseling in 1978, and ever since, has maintained a small private practice specializing in brief therapy and hypnosis. He is an adjunct professor at Wright State University,*

*teaching courses in Ericksonian hypnotherapy, solution-oriented approaches and other topics, such as metaphor, expectation, and imagery, as applied to therapy. He also serves as professor emeritus of chemistry at Wright State University.*

*Since retiring as a chemistry professor in 1995, Battino has published 10 books in the field of psychotherapy. The three that he is most proud of are: Ericksonian Approaches. A Comprehensive Manual with Tom South; That's Right, Is It Not? A Play About the Life of Milton H. Erickson, MD; and Meaning. A Play Based on the Life*

*of Viktor E. Frankl. He has showcased these two plays as powerful multimedia presentations at conferences to provide audiences with a rich experience of these great men. His books on Ericksonian methods are used to teach the subtle use of language and technique to both novice and advanced practitioners. Battino has been a dedicated Newsletter reviewer for many years. Now, 83 years old, he continues to offer creative solutions with his sharp perspectives and vast knowledge and experience.*

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# B O O K R E V I E W

## Capturing the Moment: Single session therapy and walk-in services

Edited by Michael F. Hoyt PhD and Moshe Talmon, PhD

Crown House Publishing Limited CT

Copyright 2014

ISBN 978-1845908935

544 pages

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

*Capturing the Moment* skillfully offers epiphanies about therapy that will help, whether or not you're doing single-session therapy. The editors provide solutions, without dogma. They discovered the usefulness of single-session therapy a long time ago and assembled an impressive list of contributors whose individual voices speak loud and clear. This book could set the standard for understanding single session therapy.

There is a variety of subjects covered in this 522-page book, which includes two appendices. In addition, there is a section on how to do single-session therapy, based upon the collaborators' own experience.

The book addresses how to handle emergency walk-ins, and shares cultural perspectives on single-session therapy, from Australian and Chinese perspectives. There are also chapters on single-session sex therapy, and equine assisted single-session therapy.

An impressive aspect of this book is the contributions of experts from around the world, well known for single-session therapy, including Steve Andreas, Rubin Battino, Michele Ritterman, Hillary and Bradford Keeney, and Ernest and Kathryn Rossi.

The editors' choice of contributors who share their sensibilities makes this a wonderful, refreshing, and encouraging book. I recommend it to both experienced and novice therapists, so that they can help their clients change in quick, enduring ways.



# BOOK REVIEW

## **Overcoming Masculine Depression The Pain Behind The Mask**

John R. Lynch and Christopher Kilmartin

Routledge

2013

ISBN 978-0-415-63752-7

Maria Escalante de Smith, MA, Psychotherapist, Cedar Rapids, IA

Overcoming Masculine Depression describes the “interaction of gendered forces and depressive experiences for men.” The Introduction explains how the book is organized to address the needs of three groups:

1. Men who are experiencing the symptoms that the book describes.
2. People dealing with someone who displays these symptoms, within the context of a close relationship.
3. Professionals who seek guidance in treating masculine depression.

The first chapter, “He Sure Doesn’t Look Depressed,” caught my attention with its diagram that distinguishes between conventional depression, with acting-in behaviors, such as crying and insomnia, versus masculine depression with dissociation from feelings and acting out behaviors, including heavy drinking.

In Chapter 2, “Family Influences,” the authors point out that “the roots of masculine depression style are in the man’s family of origin.” (p. 25) In the same family, what boys learn about relationships is often different from what girls learn, and the authors illustrate this distinction using genograms.

Chapter 3, “Inhumane Treatment Leads to Inhuman Behavior: The Socialization Process,” deals with several painful topics, such as messages adult males received in childhood about masculinity -- what to do and how to act. Many people see the world through “polarizing gender lens filters” (p.47), especially when it comes to the opposite sex.

In Chapter 4, “Impulsive Reactions (What Was I Thinking?),” is a reminder of how the primitive brain produces impulsive reactions, and what physical reactions appear when people feel threatened, for example, a dry mouth and increased heart rate. Triggers that alert us to possible danger, such as feeling ashamed, are included in this chapter. People cannot always control how they react when they encounter these triggers.

Chapter 5 is: “The Masculine Dilemma: Not Too Close, Not Too Far Away.” “Not too close” refers to how boys often have to defend themselves from over-protective mothers. If they remain too close to their mothers, boys are sometimes called names, such as mama’s boy or wimp. “Not too far away” refers to the opposite: abandonment, seen when “a strong successful man contemplates suicide after his wife leaves him.” (p. 81)

Chapter 6, “Balancing Career and Family,” provides readers with specific strategies for dealing with obstacles for achieving a balance. I enjoyed reading about these strategies, such as how household responsibilities can be distributed.

Chapters 7 and 8, “Relation to Other Men,” and “Relation to Women,” explore fascinating gender issues, including how men experience the need for friendship with other men. The authors’ systemic approach explores how masculine depression affects women.

Chapter 11, “Unlearning Helplessness: Lessons from Classic Depression Therapy,” is a reminder of Martin Seligman’s fundamental principles of depression: “Helplessness can be learned and it can be unlearned.” (p. 180) Readers can also reflect on habits of mind that affect mood and behavior, such as, all-or-nothing thinking and discounting the positive.

*Overcoming Masculine Depression* is an outstanding book. I highly recommend it.



### **Maria Consolacion Escalante Cortina AKA Maria Escalante de Smith, MA**

*Maria Escalante de Smith was born in Mexico City. Her exposure to foreign languages began early in childhood and reflects a lifelong awareness of multicultural issues.*

*Escalante de Smith became a dentist in 1988, but shortly after realized it was not the path she wanted to follow. Inspired by a lecture about Jungian psychotherapy, she decided to explore the world of psychology.*

*After her first encounter with Ericksonian psychotherapy in 1994, Escalante de Smith went on to receive further training in this approach. In 1999, she was awarded a “Training on Ericksonian Psychotherapy” certificate from the Instituto Milton H. Erickson de la Ciudad de Mexico. She then collaborated with the foundation of the Centro Ericksoniano de Mexico where she worked as a counselor, teacher, and supervisor.*

*Afterward, Escalante de Smith took up private practice in Mexico, but eventually moved to Iowa, where she is now working to become a licensed mental health counselor. She has pioneered the skillful use of singing trance, and has created innovative techniques in working with children using Ericksonian methods. Escalante de Smith has been a prodigious Newsletter reviewer for many years.*

# BOOK REVIEW

## **The Beginner’s Mind The Complete Works of Milton H. Erickson Volume 2 – Basic Hypnotic Induction and Suggestion**

Milton Erickson Foundation Press

Phoenix, Arizona

2008

ISBN: 978-1-932248-31-9

357 pages

Review by Richard Hill MA, MEd, MBMSc, DPC, Sidney, Australia

### **Stepping into the Process**

*Basic Hypnotic Induction and Suggestion*, like most things Ericksonian, is more than one would expect. “Basic” does not mean simplistic, limited, or only for beginners. The chapters of this book take us through foundational structures and processes. Many are based on presentations to professional meetings, and so, embrace the need for explanation to an unfamiliar and even sceptical audience. I suggest that “basic” is best defined as: to carefully educate and inform members of the medical fraternity, psychiatric practice, and others dealing with difficult mental issues. Erickson does this carefully, accurately and reliably.

The volume is divided into four parts: 1.) presentations to other professionals; 2.) conversations and commentary from colleagues; 3.) collaborations with Ernest

*BEGINNERS continued on page 22*

**BEGINNERS***continued from page 21*

Rossi and Erickson's wife, Elizabeth; and 4.) a review of the current knowledge and possibilities for the future.

We begin with Erickson speaking to medical professionals in 1944. He explains that therapeutic hypnosis is safe because "... the hypnotist-subject relationship is entirely one of voluntary cooperation." (p.23) Erickson suggests that therapeutic hypnosis can provide insights into the patient's emotional struggles and conflicts – something rarely possible in contemporary accelerated medical consultation. Erickson calls it the "art of medicine," (p.29) which emerges from the client-physician relationship. Experts such as Jerome D. Frank and Scott Miller have produced compelling research on the importance of the therapeutic relationship as a key determiner for therapeutic success.

The role of the practitioner is "... primarily the role of an instrument, merely guiding (p.40) ... giving the patient an opportunity to re-associate and re-organize the psychological complexities and disturbances in his psychic life." (p.41) More than a half century later, we see these ideas emerging in fields, such as interpersonal neurobiology, and in neuroscience discoveries about memory reconsolidation. Erickson's prescience is evident, as it is throughout the entire 16 volumes.

In 1948, Erickson described hypnosis in psychotherapy as "... still in its infancy." (p.44) The therapeutic value being that in "... a hypnotic state, the patient gains a more acute awareness of his needs and capabilities. He is freed from mistaken beliefs and false assumptions, self-doubts and fears ... of the conscious mind, which opens up a...responsiveness to treatment..." (p.57) by directly accessing the non-conscious.

As might be expected, there are many case studies. Three fascinating excursions into the mind are found in Chapter 6: Edward C. was locked in a catatonic schizophrenic state, unresponsive for three years. How did Erickson release his mind? -- Erickson created a positive rapport with Ann C. by being brutally honest. Just reading the transcript will raise your eyebrows. And, finally, Sandra W., who, under hypnosis, revealed a "sane" personality who "worked" with Erickson to help Sandra. This case is one of the most extraordinary I have ever read.

Some case studies force readers to grapple with the terrible things people can inflict upon each other. More importantly, these case studies can help one realize the extraordinary capacity of the mind to adapt in the service of protecting "victims" from the most unspeakable treatment. Mental illness is often the incongruity between coping mechanisms, created to survive a past event or time and the current experience, when the horror has passed. Memories can remain in the timeless world of the implicit, only finding expression through behavior, emotions, and unstable mental states. Erickson was a master of not only noticing these "voices" from the inner world, but also knowing how to utilize these as strengths or opportunities for therapy.

In 1966, at the 4th World Congress of Psychiatry, Erickson described an important aspect of mental disease as "... the breaking down of communication between people." (p.85) We are now realizing the importance of communication, at both the interpersonal and the intrapersonal level – down to the biochemical interplay at the synapse and to the activation (or deactivation) of gene expression. Ernest Rossi has done much to advance our understanding of this deeper microbiological activity in the new field of Psychosocial Genomics, which is the topic of Chapter 16 in Part IV.

Part II shifts focus to Erickson's "conversational approaches," and the editors have selected chapters that are rich in conversational text. Chapter 8 is a transcript of a discussion between Jay Haley, John Weakland, and Erickson about an induction. Haley and Weakland, giants in the field themselves, quizzed Erickson: Why did you do this? How do you do that? What are you doing there? All questions I too would have loved to ask. Following, there are chapters on varieties of the double bind, indirect suggestion, and indirect suggestion in hand levitation.

Conversations continue in Part III as Erickson and Rossi add their commentaries to deeper aspects of the double bind, indirect suggestion, and also the two-level communications that occupy the conscious and the non-conscious

*Memories can remain in the timeless world of the implicit, only finding expression through behavior, emotions, and unstable mental states. Erickson was a master of not only noticing these "voices" from the inner world, but also knowing how to utilize these as strengths or opportunities for therapy.*

simultaneously. In a short Foreword, Rossi describes some of the neuroscience that underlies therapeutic hypnosis and boldly states: "... therapeutic hypnosis could facilitate the essence of the act of creation ...." (p.222) Although this might sound grandiose, Rossi discusses the fundamental reality: that changes in behavior and mental states are also expressed in changes in tissue. Synaptogenesis occurs as we develop new paths in the brain and neurogenesis is the creation of new neurons. Gene expression creates the proteins that transform these changes into new tissue. Scientific advances continue into this unknown territory where we all possess a beginners' mind.

Part IV contains two chapters from Rossi that take us to and beyond the growing edge of his collaborations with Erickson. In Chapter 15, Rossi describes, discusses, and provides examples of the 4-stage creative cycle that underlies so many healing processes. He also introduces some of his own techniques. Erickson always insisted that students were not to just follow, but to create and inspire in their own way.

This volume ends as Volume 1 began – with the current science. Erickson's prescience has enabled us to feel he is still present, despite his passing more than 35 years ago. The Erickson Foundation continues to influence the world of therapy, introducing fresh and vibrant beginners' minds into the present frame. What will we discover? Who will put forward new ideas? Who will discover something novel, extraordinary, and tremendous? This possibility is the open doorway that invites us all to find "... an evocative and provocative approach ... that might even shock people into waking up." (p.222)

### **Richard Hill MA, MEd, MBMSc, DPC**



*Although new to the review team, Richard Hill has been under Ernest Rossi's wing for the past decade. He is reviewing The Complete Works of Milton H. Erickson, in the context of current neuroscience and psychosocial genomics. He considers the task both a privilege and an outlet for the "giddy learning curve that has been my life since being embraced by the Erickson 'family.' All this is more magical, since I live in Australia."*

*Hill's work as a therapist has become entwined with his studies of neuroscience and psychosocial genomics. He believes that the skill is to master the knowledge, but the art is to transform that knowledge into a better understanding of the human experience of each client. So much of what Erickson did is now better understood technically, but Hill maintains that we still need to be responsive to the client, utilizing the possibilities they present. His current work is in teasing out both the nature and neuroscience of curiosity, to enable a better utilization of utilization!*

*Hill just celebrated his 10th wedding anniversary. He and his wife both have children from previous marriages, but like the Brady Bunch, everyone gets along together wonderfully!*



# BOOK/DVD REVIEW

## **Psychotherapy Essentials to Go: (Six-Book Set)**

Multimedia package, including book and DVD

Edited by Paula Ravitz, MD and Robert Maunder, MD

W.W. Norton & Company  
2013

ISBN: 978-0-393-70824-0 (pbk.)

Each book is approximately 130 pages; DVDs, one hour.

Reviewed by David L. Hargis, PhD  
Farmers Branch, TX, USA

*Psychotherapy Essentials to Go* is a series of books (sold separately or in a set), each with a DVD, which many therapists will find quite useful. The authors state that the books are designed for both “new therapists and those who are more experienced but want to learn the core techniques of different types of psychotherapy.”

The first five books cover: motivational interviewing, cognitive behavioral therapy for anxiety, cognitive behavioral therapy for depression, dialectical behavior therapy, and interpersonal psychotherapy. There is a sixth book in the series (not reviewed) that addresses psychotherapy effectiveness across therapy modalities.

Each book provides a presentation of the therapy, a one-hour video demonstration, and a “Practice Reminder Card,” which is a well-designed reference card. Included in the presentation are case studies, diagrams, exercises, and quizzes.

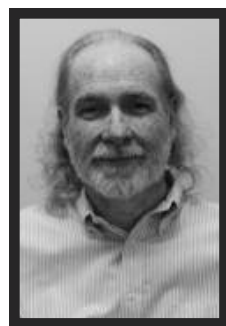
I enjoyed this series from two different perspectives: The first perspective is as a professor of counseling who occasionally teaches theory. Students using these books will find them readable, thorough, and applicable to the practice of therapy. New therapists will find them useful to consolidate their own use practice, and they will possibly be introduced to new material.

The second perspective is from the viewpoint of a practitioner who realizes there is always more to learn. Some therapists are trained in one particular theory, to the exclusion of others; some are merely taught an

overview of many theories. For the experienced practitioner who wants to expand into other modalities, these books introduce a new therapeutic approach. And for those who have only had a quick overview of many theories, this series offers another look, and possibly new material to add to what was already studied.

I was particularly interested in the book entitled, *Dialectical Behavior Therapy for Emotion Dysregulation*, written by Shelly McMain, PhD, and Carman Wiebe, PhD, both professors in the psychiatry department of the University of Toronto. Emotion dysregulation is a problem for many clients. I only knew a little about the theory for treating this condition. The book contains an excellent introduction to the theory and it offers basic knowledge on how it is applied. While the book’s authors are clear that DBT requires a significant amount of training to use competently, I gained a basic understanding of the theory, and also found tools to work with clients who are struggling with their emotions, even if I do not use the approach in its entirety.

I recommend this series and hope that it will be expanded to include other therapeutic approaches.



**David L. Hargis**

*David Hargis is Associate Professor and Chair of the Counseling Programs at Argosy University, Dallas. He has a PhD in counselor education and supervision, a MA in rehabilitation counseling, and a BA in psychology.*

*Hargis has been teaching full time for 15 years. Prior to this, he was in private practice in New Orleans where he specialized in working with those suffering chronic pain.*

*Hargis has long been involved in hypnosis, having started studying hypnosis/hypnotherapy more than 30 years ago. He is past president of The New Orleans Society of Clinical Hypnosis and currently serves on the board of the North Texas Society of Clinical Hypnosis.*

*During the past two years, Hargis has had the distinct pleasure of co-teaching beginning hypnosis work-*

*shops with Roxanna Erickson-Klein. Together, they reach out to mental health students and recent graduates to bring new practitioners into this wonderful area of practice.*

*Hargis, who has recently joined the review team, adds thoughtful and insightful perspectives with his rich background as both an experienced clinician and educator.*

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# BOOK REVIEW

## **Quick Steps to Resolving Trauma**

By Bill O’Hanlon

W. W. Norton and Company  
New York and London

Copyright 2011

ISBN 978-0-393-70651-2

130 pages

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

In this easy to read book, O’Hanlon has categorized with his characteristic clarity the methods of resolving trauma into four main avenues.

In the first of the four, O’Hanlon speaks of reclaiming devalued experiences, and presents approaches that reintegrate rejected or lost parts of the self from the past. In brief, trauma provokes a splitting off from some parts of the self. By allowing abilities back in, the trauma resolves itself.

The second avenue is “Future Pull.” The future is utilized to influence the present. This method is similar to the way in which Viktor Frankl kept his sanity while in a concentration camp. By dwelling upon the future when the war would be over and imagining teaching about what he had learned to audiences, Frankl was dissociated from the unpleasantness of his circumstances, and created a positive future. “Future Pull” enabled him to cope with the trauma while it occurred, and afterward as well.

The third avenue is changing the patterns that were shaped by trauma. In this approach, NLP, EMDR, and simi-

lar approaches, such as TFT and EFT, reshape the trauma in some way, tapping into a person’s resources, by disconnecting the habitual pattern that was first learned from the trauma.

The fourth avenue reconnects the traumatized person with his/her dissociated part, family member, ability, and future. It involves helping the person reconnect with the deeper self, their body, and interpersonal relationships, even draw on spirituality beyond the self. Any approach that helps someone reconnect to their body and community or to the things that offer more theological or personal meaning, offers the ability to overcome and to transcend the trauma.

Perhaps the most inspiring part of the book is the last chapter, “Post Traumatic Success: Thriving Through Crisis.” O’Hanlon shows how many people have not only overcome trauma, but also thrive because of it. It is more than just a change in attitude. The trauma becomes part of the treatment by helping trauma victims realize that they can transform what has been a terrible ordeal into something that continues to bless them, and perhaps others. Many become motivated to help others because of the trauma they experienced. And, healers may be even more successful, as a result of what they went through, becoming acutely sensitive to help others in almost miraculous ways.

I not only recommend this book, I believe it should be required reading in all therapy programs. It offers foundational methods and an easy to understand treatment for trauma. .

# D V D R E V I E W

## Now You Wanted a Trance Demonstrated Today

Milton Erickson, M.D.  
With Annotated Transcript

Produced by:  
Terry Argast, Ph.D.  
Richard Landis, Ph.D.  
Gary Ruelas, Ph.D., D.O.

The Southern California Society for Ericksonian Psychotherapy and Hypnosis ([www.scseph.org](http://www.scseph.org)) Annotated Transcript  
204 Pages  
Laguna Niguel, CA

Reviewed by Tom Payton, Ed.D. L.P.C.,  
C.G.P., A.C.C.H.  
Dallas, Texas

This opus is a symphony of collaborated insights and empirical achievements by the three authors. The genesis of this epistemological endeavor was the participation of the authors in a hypnosis study group, composed of trained and experienced practicing clinicians. Their investigations into the premises and paradigms of hypnosis fostered more queries than answers. This led to a concordant decision to travel to Phoenix, Arizona to study with and learn from the Wizard of the Desert himself, Milton H. Erickson. After their experiences with Erickson, they spent the next 10 years in weekly study meetings reviewing each element of the experience, attempting to subject it to the basics of empirical analysis. Out of the authors' joint efforts came a remarkable and useful tool for the study and learning of Ericksonian hypnosis and psychotherapy. Because this project does not limit itself to Ericksonian hypnosis, it is extremely functional and practical for learning and understanding the basis of any form of hypnosis. *Now You Wanted a Trance Demonstrated Today* shows Dr. Erickson demonstrating and describing his philosophy of psychotherapy as it applies to:

- Dissociation
- Direct and Indirect Inductions
- Age Regression
- Positive Hallucinations
- Negative Hallucinations
- Mind/Body Separation

- Arm Levitation
- Amnesia/Hypermnnesia
- Identification of Trance States

The authors share their perspectives to describe and explain the events of the three-day experience upon which this teaching DVD/transcript is based. In their attempt to understand Erickson, the explanations of the strategies refer to the page numbers of two books: *Hypnotherapy*, by Erickson and Rossi, and *Hypnotic Realities*, by Erickson, Rossi and Rossi. It helps to have the page numbers referenced for further study.

A division of each page into three columns facilitates the annotation of the DVD: Collective Analysis, Transcript, and Subject Observations. These columns provide a transcript of the demonstration, a description of the subject's nonverbal behavior, the subject's description of his experience, and an analysis of Erickson's strategy.

The totality of this project is greater than the sum of its parts. It is a treasure to be able to watch Dr. Erickson at work. Professionals worldwide have read and studied his methods, but this particular production, with its visual elements and analysis, make it one of the best. It is definitely worth the cost and the time taken to view the DVD and study the annotation. This is a must-have product -- a major asset in any professional library.



**Tom Payton, Ed.D.,  
L.P.C., C.G.P., A.C.C.H.**

*Dr. Tom Payton is a psychotherapist who has been in private practice in Dallas, Texas for more than 40 years. Since 2012, he has had his practice at Royal Creek Psychiatric Center. He specializes in individual and group*

*These columns provide a transcript of the demonstration, a description of the subject's nonverbal behavior, the subject's description of his experience, and an analysis of Erickson's strategy.*

*therapy for adults and adolescents. Payton is a licensed professional counselor with training in group psychotherapy and hypnosis and a certified group psychotherapist. He has made many presentations on the varied aspects of hypnosis, group therapy, and relationships. He is a prolific reader on many subjects.*

*Payton grew up in Norman, Oklahoma and moved to Dallas in 1969 to work on his doctorate at the University of North Texas. He studied for several*

*summers in Switzerland at the International Graduate School of Behavior Sciences through the Florida Institute of Technology. He also studied at the Fielding Graduate University in Santa Barbara, California.*

*Payton has been married to his wife, Pat, for 50 years and has two grown children and four grandchildren. His favorite activities are to spend time in his extensive library, and traveling, particularly when his whole family can travel together.*

## INTERVIEW

*continued from page 1*

when you make "gut" decisions, and there's now research to confirm that our intuitive decisions are often more grounded and accurate than decisions that are rational, calculated ones. It is these intuitive discoveries that clients make that foster transformation from pain and suffering to health and well-being.

Along with cognition, emotional regulation engages these intuitive brain areas. In fact, many of the interventions we do as therapists enhance regulation, by increasing connectivity between the thinking, frontal areas, and the emotional, limbic areas in measurable ways through the insula and another bridging area -- the cingulate gyrus. Science has become our ally, helping to explain why and how psychotherapy is so necessary and effective.

**RL: That's great. But does our understanding of neuroscience tell us anything about forms of therapy, such as hypnosis, meditation, and yoga that are becoming more popular these days?**

**AS/AS:** Neuroscience is showing us that therapy is effective with modalities, such as hypnosis, meditation, movement, art, and also electromedical devices like the Alpha-Stim®. Gradu-

ally, the mechanisms that produce the effects are being discovered. We have a mind-brain-body unity, and change can be stimulated in many creative ways.

**RL: Yes! I can see how that unity model fits comfortably in my own practice.**

**AS/AS:** We know in your own practice how you elicit change -- we would say, from the bottom up, without direction from the conscious mind, activating other intelligent networks in the brain. Each of these modalities promotes healing that helps the client rebalance the nervous system, which is out of balance from psychological disorders. We often say that there are many doorways in, and it's up to us as therapists to help clients discover their best entry point. Each of these modalities helps in different ways, offering multiple options.

Hypnosis and meditation engage different parts of the brain than traditional therapy, offering deep relaxation in the brainstem and lowering the highly intensified responses we often see in traumatized clients. At the same time, meditation fosters increased calm attention, whereas hypnosis allows for

*INTERVIEW continued on next page*



**INTERVIEW***continued from page 24*

more intuitive responsiveness to suggestions, imagination, and visualizations. Therefore, we use both of these methods in our work.

Movement is another new frontier. Typically, therapists sit still during a therapy session. But, movement engages many areas of the brain, all the way up to the motor cortex. We literally think as we move, so by adding some movement, such as yoga postures, Qigong, or the Alexander technique, you engage many new areas of the brain, opening different potential pathways for healing. Thus, movement can be a valuable dimension to incor-

porate into therapy.

how much someone has suffered, having a healing, plasticity-enhancing experience can bring about change -- even with the most stubborn problems.

**RL: That's exciting news! We have long known that our work is mind-expanding, but now we can see it as also brain changing. You are teaching and writing about many of these new modalities and showing people how to integrate neuroscience, yoga, mindfulness, meditation, and hypnosis into practice. How did you develop such a broad, yet deep knowledge of so many different aspects of therapy?**

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*When his group started their project back in the 1950s, they predicted that psychoanalytic therapy would be most effective, but what they discovered took them by surprise, and revolutionized psychotherapy.*

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porate into therapy.

**RL: How does giving a client new experiences, such as yoga, hypnosis, or meditation actually change the brain?**

**A & A:** In recent years, neuroscientists are coming to believe that the brain functions in networks of interactions, where neurons fire together in patterns. These networks tend to be stable, unless something changes. When our clients come to us with disorders, such as OCD, depression, anxiety, substance abuse, or other conditions, they have distinct patterns of over-activations and under-activations. Each disorder is a little different, suggesting different interventions for each.

One of the great modern breakthroughs is that the brain is more malleable than people previously believed. About 25 years ago, researchers discovered that our brains are always changing, even in the sick and elderly. It's now commonly accepted that neuroplasticity and neurogenesis are happening all throughout life! Experience can foster positive or negative plasticity, so it's never too late! No matter

**AS/AS:** When we were beginning our graduate studies, we decided to seek out masters in the field and study with them. Our passionate pursuit of learning took us all around the U.S. where we apprenticed with many fascinating teachers. One of our formative experiences was at Johns Hopkins, where we studied for a number of years with Jerome D. Frank, who was just finishing his 25-year follow-up study on what makes therapy effective. When his group started their project back in the 1950s, they predicted that psychoanalytic therapy would be most effective, but what they discovered took them by surprise, and revolutionized psychotherapy. The real determiners of therapeutic effectiveness were nonspecific factors common to all forms of good therapy, such as hope and faith, experiences of mastery, the therapeutic relationship, the therapeutic setting, and having a therapeutic rationale that you as a therapist know is scientifically supported and helpful. They also studied the power of expectancy and the placebo effect. Modern research is revealing just how

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THE MILTON H. ERICKSON FOUNDATION  
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**INTERVIEW***continued from page 25*

placebos change the neurochemistry of the brain in powerful, healing ways. So we encourage clinicians to enlist their power of the placebo, which we all carry as socially sanctioned healers.

We also found our first hypnosis teacher at Hopkins -- G. Wilson Shaffer, who had been practicing hypnosis for decades. At the time we studied with him, he had held the positions of Dean, Director of the Johns Hopkins Counseling Center, Director of Psychological Services at Sheppard Pratt Mental Hospital, and coach. He even had a building named after him while still alive! Dr. Shaffer was always available to help whenever anyone at the university had a problem. With affection, he was nicknamed "The Swami." Whenever a student would get in trouble, they would say, "Send him to The Swami. He will give him a few Zs and take care of him." Sure enough, he would. He mentored us in learning and practicing hypnotherapy.

Shaffer knew we were coming out west to work on our PhDs and he encouraged us to meet the legendary Milton H. Erickson, who he considered the greatest living hypnotist. We followed up on his suggestion and spent a number of years studying with Dr. Erickson in Phoenix.

**RL: Those of us who got to study with Erickson certainly had fascinating experiences. Tell us about yours.**

**AS/AS:** Our first appointment to see Erickson was set for 11 a.m., on a Monday, in the summer of 1976. Little did we suspect as we set out for Phoenix from San Diego that our scheduled one-hour appointment would be such an expanding experience!

The first thing Erickson said as we were welcomed by Mrs. Erickson and ushered into to his peaceful and charming office was, "How long are you staying -- a week, a month?" We ended up staying for a week that first time and we learned from day one to expect the unexpected with Erickson. Our discussions were not limited to hypnosis and hypnotherapy. For example, we told him that we both enjoyed the practice of magic and misdirection. He said that he loved magic and asked us to

show him some. We performed an old favorite -- a heads and tails guessing game, where the coin is placed under a cup. On the third try, the cup is removed, revealing not the expected coin, but a large red rubber ball. Erickson laughed in enjoyment of the illusion. Then, he turned it into a teaching situation. "Direction of attention is one of the fundamentals in hypnosis. I like to direct attention inward, to an object of imagination rather than to the outer surroundings. This sets the patient on the path to trance."

We asked him the question we asked all our teachers -- whether he believed human nature is good or not. He responded, "I believe there is something of value in people that needs to be expressed. Through hypnosis people can learn to do that." We returned regularly to see Erickson until close to his passing. His warmth, kindness, and creative perspectives taught us to search for new possibilities and a different pathway. And, also, to always look for the potential in each individual client. Even the seemingly hopeless person has a talent just waiting to be expressed. His brilliant utilization technique was based on this important principle. And he intuited the idea of neuroplasticity with his absolute faith in each and every person. We have carried this faith into our own practice and are always delighted when our clients prove Erickson right.

**RL: I'm curious about your research. Can you tell us a little about it?**

**AS/AS:** We did some early research on expectancy with the "Acceptance Set" when we were grad students studying with Rossi. We found that creating an acceptance set enhances the quality and depth of the therapeutic relationship, one of the key factors in therapeutic effectiveness.

In another project, we compared cognitive/dynamic therapy with hypnotherapy. All subjects identified a target complaint and did pre-tests, six sessions of therapy, and post-tests. With the dynamic therapy group we talked about the problem, feeling things through, and offered new perspectives and interpretations. With the hypnosis group, we worked only indi-

*His warmth, kindness, and creative perspectives taught us to search for new possibilities and a different pathway. And, also, to always look for the potential in each individual client.*

rectly, using Ericksonian hypnosis. We never mentioned the problem again until the post-test assessment. We found that both groups resolved their target problems equally well, but they felt differently about how the therapy helped. The cognitive group had a deeper understanding and better self-control, whereas the hypnosis group discovered an intuitive, unconscious resource within that helped them to overcome the problem, seemingly without effort. Based on these findings and others, we developed our work to trust the resources of the unconscious. Neuroscience research is revealing the existence of many intelligent, unconscious brain pathways, which can be used to foster healing, sometimes bypassing resistance and pain to make a profound change without the client ever having to be aware of just how or why.

We found the brain fascinating, so we also researched the effects of right and left hemisphere dominance, as they affected two forms of therapy: cognitive/dynamic and hypnotherapy. We went into it expecting that right hemisphere-dominant people would do better with hypnosis, while left hemisphere-dominant people would find cognitive methods more helpful. You'd think that too, right?

**RL: That is the standard wisdom.**

**AS/AS:** But what we found was the opposite, which surprised us. Surprise is often the mother of new paradigms! We postulated a deficit theory: that when clients come to therapy, they need to learn something new, not just continue along the same line of action. Since then, we have learned that you can do either method with either hemisphere dominance by adapting the method, and most importantly, teach something new—a different way to process, accessing novel pathways that activate that all-important plasticity to bring about change. This coordinates

with Ernest Rossi's brilliant, lifelong work with neurogenesis. He was our supervisor in the early stages of developing our approach. All of our work is based in research that others or we performed, including Erickson. And, we are still learning and growing, making new discoveries and engaging in ongoing research. These are exciting times.

**RL: I greatly respect how you have researched your ideas and then clinically developed them through your books, clinical work, and workshops. Your passion to integrate such a variety of different domains was the inspiration for me to expand many of my own models. Thank you so much, Annellen and Alex.**

**AS/AS:** We are inspired by you, Rick. Thanks to you too!

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**Richard Landis, Ph.D.**

*Richard Landis, Ph.D., is a clinical psychologist, international trainer, and author. He is the Executive Editor for the Milton H. Erickson Foundation Newsletter. Dr. Landis is also the Clinical Director of the Ericksonian Integrative Medical Institute of Orange, and Director of Training for the Southern California Society for Ericksonian Psychotherapy and Hypnosis. He is board certified in traumatology and holds diplomate status in the areas of integrated medicine, behavioral medicine, and psychopharmacology.*

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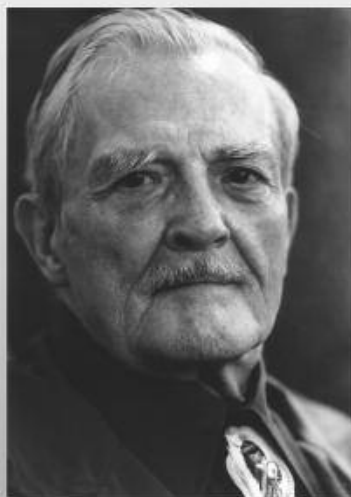
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