



THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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I N T E R V I E W

Herb Lustig

Interviewed by Alex Vesely

This interview between Herbert Lustig and Alex Vesely was part of the "Wizard of the Desert" project. "Wizard of the Desert," is a documentary about the life and work of Milton H. Erickson, MD. <http://www.erickson-foundation.org/product/wizard-of-the-desert-dvd/>

Special Note: Dr. Lustig has donated his copyright ownership of the documentary, "The Artistry of Milton H. Erickson, M.D.," in perpetuity to the Erickson Foundation. (See page 17)

Alex Vesely: How did you get to meet Dr. Erickson?

Herb Lustig: The first time I met Dr. Erickson was 41 years ago.

In the summer of 1973, I had just finished my training in child and adolescent psychiatry at the Philadelphia



Child Guidance Clinic, and had started a private psychiatric practice. That fall, I took a weekly course in hypnosis, sponsored by a local psychiatric hospital. One day, the focus was on Milton Erickson. Alexander Yanovsky, Jay Haley, and Kay Thompson all talked about Milton Erickson, and each of them described a totally different man.

after considering what I'd say, I phoned the Phoenix information operator, obtained Dr. Erickson's telephone number, and then called him. I explained who I was and what my credentials were, and then told him that I'd like to come to Phoenix to visit him. He agreed, and we planned that I would come out in the spring of 1974.

Upon hearing that I was going to visit Erickson, some of the people at the Child Guidance Clinic suggested that I videotape him. I thought, 'Why not?' At that time, Philadelphia Child Guidance Clinic was the bastion of Salvador Minuchin, Jay Haley, and Braulio Montalvo. There, it was standard practice for therapy sessions to be videotaped, studied, and then sometimes used for training. So it was not unusual for trainees to videotape and evaluate their therapy sessions, usually while having supervision.

In those days, the standard non-professional videotape equipment was a half-inch reel-to-reel machine that recorded and played in black-and-white. I didn't own one. Sony was the

Afterward, I realized that the therapeutic experience that had just been videotaped was too personal, and that I wouldn't be comfortable showing it to others.

At the Child Guidance Clinic we had had a seminar that highlighted Milton Erickson and his strategic therapy. But when that day's course was completed, I was perplexed. 'Who is the real Milton Erickson?' After having heard these three people, all of whom knew Milton well, describe three different Milton Ericksons, I decided to find out for myself who Milton Erickson was.

So I went back to my office, and

manufacturer of the popular model, so I called them and said that I wanted to videotape someone in Phoenix. They called me back a day or two later and referred me to a company in Phoenix that sold and rented their equipment.

I rented a half-inch reel-to-reel deck, two lapel microphones, a tripod, and a monitor. During that first visit,

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EDITOR'S COMMENTS

Ericksonian practitioners rely less on rigid diagnoses than they do on an understanding of the range of human behaviors and what it means to be human -- in all of its manifestations. This appreciation of, and for, the individual is a common theme in the upcoming *12th International Congress on Ericksonian Approaches to Psychotherapy*, held December 10-13, in Phoenix, Arizona.

I have never been to another major conference where beginners can comfortably mingle with established practitioners; both equals with mutual respect and appreciation for one another as they seek knowledge. The "grand old clinicians" provide the wisdom of multiple generations, and those relatively new to Ericksonian approaches can offer a fresh perspectives and understandings. This interaction of old and the new is the lifeblood of the Congress that keeps Ericksonian approaches both timeless and a central part of psychotherapy's dynamic future.

For many, the Congress is more than just a conference. *In the Spirit of Therapy*, John Lentz asks seasoned Erickson conference presenters -- Michael Hoyt, Carol Kershaw, Bill Wade, Norma Barretta, Gary Ruelas, and Marilia Baker -- how they see the Congress as being a spiritual experience. Their different perspectives create a beautiful mosaic.

In the *Feature Interview*, Alex Vesley talks with Herb Lustig about Lustig's first meeting with Erickson. This interview includes the story behind the creation of Erickson's and Lustig's classic video: *The Artistry of Milton H. Erickson, M.D.*

Erickson's influences can be seen worldwide, as evident when Marilia Baker interviews Thierry Servillat, Founder-President of the MHE Institute of Rezè, France, for the *International Community* column. Also in this issue and more evidence of Erickson's impact, Servillat presents an overview of the International Society of Hypnosis and the Confédération /Francophone d'Hypnosis et de Thérapies Brèves' 20th World Congress in Paris.

In *The Beginner's Mind*, Richard Hill continues reviewing *The Complete*



Works of Milton H. Erickson with a comprehensive review of Volume 4, *Advanced Approaches to Therapeutic Hypnosis*. This volume not only covers Erickson's understandings of "...what the mind is, what it can be, how it alters and shifts, and how it can be altered and shifted," it also introduces current knowledge of the deeper biological processes involved. *Case Report*, written by Betty Alice Erickson, demonstrates how the Erickson family interaction with Dr. Erickson set in motion learnings that have spanned generations. It is more than just technique; sometimes it is a blending of Erickson's vision with one's own heart.

The other reviews in this issue reflect the Congress theme of learning from each other -- the seasoned practitioner and the novice, the practical and sublime, and the theory and science. We begin with Ruben Battino's review of *The Therapist in the Real World: What You Never Learned in Graduate School (But Really Needed to Know)* by Jeffrey Kottler. This is a beautiful review showing the difference between the craft and the art of therapy. The next two reviews are part of the Keys series, each focused on a single mental health topic. The first review, by Maria Escalante de Smith, is of Mark Bowers,' *8 Keys to Raising the Quirky Child: How to Help a Kid Who Doesn't Quite Fit In*. This book is useful for parents and clinicians. The second Keys review by Kay Colbert is, *8 Keys to Practice Mindfulness: Practical Strategies for Emotional Health and*

Well-Being, by Manuela Mischke Reeds. This is an excellent primer for mindfulness practice. For those who have prior experience in mindfulness and are interested in facilitating mindfulness groups or classes, Kay Colbert also reviews Christiane Wolf's and Greg Serpa's, *A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers*. This is truly a practical tome.

Regarding theory, Alexander Simpkins and Annellen Simpkins review Emmy Van Deurzen's groundbreaking book, *Existential Counseling and Psychotherapy in Practice*. The Simpkins do an admirable job of writing about a complicated subject, where the resolution of practical matters is just the beginning of finding greater meaning in life. The Simpkins also review Efrat Ginot's *The Neuropsychology of the Unconscious: Integrating Brain and Mind in Psychotherapy*. This is a fascinating review of a "...contemporary, neuroscience informed perspective of

the unconscious from the modern attachment/psychodynamic point of view..." This review is complemented by John Lentz's review of *Why Therapy Works: Using Our Minds to Change Our Brains*, by Louis Cozolino. Lentz points out the unique and powerful ways in which Cozolino presents his material.

The first Congress, held in 1980, was designed to be a celebration of Dr. Erickson's life and his contributions to the field. This year's Congress includes the opportunity to visit The Milton and Elizabeth Erickson Museum, which will no doubt evoke wonderful memories for those who first met Dr. Erickson there. I hope all of you will join us at the museum so that you too can get a feel of Dr. Erickson, the man, and know what it's like to be sitting in his living room or office. I am certain this experience will round out the spiritual nature of the Congress.

Richard Landis, Ph.D.
Orange, California

THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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The Milton H. Erickson Foundation is calling for proposals for the 2016 Brief Therapy Conference, which will be held from December 8-11, 2016 in San Diego, California. Those interested in presenting a Solicited Short Course on the topic of short-term therapy methods (or closely related area), must submit (1) a 200-word presentation summary, (2) a 50 word abstract, (3) three educational objectives, (4) three true/false questions to be used for continuing education purposes and (5) curriculum vitae of all presenters in your program. Due to limited space in the program, please submit only one proposal per presenter.

There will be approximately 18 total Solicited Short Courses. One and a half hours allotted for each Short Course on Thursday, December 8, 2016 from 9:45-11:15 AM, 11:30 AM-1:00 PM, and 2:15-3:45 PM.

Short Course faculty receive complimentary registration for the Conference, but pay their own expenses for food, lodging, and travel.

All proposals must be submitted online at BriefTherapyConference.com.

We no longer accept hard copy submissions.

DEADLINE: Proposals must be submitted online by January 24, 2016.

Acceptance or rejection will be sent by March 17, 2016.

EricksonFoundation.org

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

By John D. Lentz, D.Min.

I asked several of the most popular speakers who will present at *The 12th International Congress on Ericksonian Approaches to Psychotherapy* this question: "How is attending the Congress a spiritual experience?" Here are their thoughts:

Michael F. Hoyt, Ph.D.

As noted in the book I edited entitled, *Therapist Stories of Inspiration, Passion, and Renewal: What's Love Got to Do with It?* (Routledge, 2012), the words "whole," "heal," "health," "hale," and "holy" all derive from the Anglo-Saxon and Middle English words, "hoole," and "hale." That's the reason why the Erickson Congress is spiritual for me. It embodies soulful caring and love, deep connections that go beyond what is visible, and the belief that inherent goodness can bring hope, joy, integration, and peace. Also, there's a dance party and a visit to the Heard Museum and Erickson's house, which is now a museum!

Michael F. Hoyt, is the author/editor of numerous volumes, including Some Stories are Better than Others; Brief Psychotherapies; and (with M. Talmon) Capturing the Moment: Single Session Therapy and Walk-In Services. Hoyt is a recipient of the prestigious APF Cummings Psyche Prize. He has also been honored as a Distinguished Continuing Education Speaker by both the American Psychological Association and the International Association of Marriage and Family Counselors, and as a Contributor of Note by the Milton H. Erickson Foundation.

At Congress, Hoyt will present the workshop: *Single Session Therapy*.

Carol Kershaw, Ed.D.

The Congress offers transformative cutting-edge information and provides experiences that not only facilitate personal change, but expand consciousness, which is in the realm of spirit. In studying Erickson, my unconscious developed this idea: Imagine you have jumped through a star gate and emerge 1,000 years from now. Your mind is so evolved you are more empathic, calm, compassionate, aware, and clear. Who do you want to speak to from this evolved state of mind? It could be the

movement toward more unity in relationship.

Bill Wade, Ph.D.

Milton Erickson's life and thus the Erickson Congress are focused on the multitude of ways we can alleviate pain and mental suffering. The religious and spiritual disciplines with which I am familiar, all focus much of their attention on alleviating pain and mental affliction. In addition, meditation and trance, which have been demonstrated to be effective healing agents, are a part of many, if not all, spiritual disciplines.

Carol Kershaw and Bill Wade are licensed psychologists in private practice in Houston, Texas. They specialize in translating the latest findings in the fields of neurobiology and epigenetics into simple, practical tools which people can apply to everyday situations – from personal success, to parenting techniques, to business achievement. Kershaw and Wade have been married to each other for 30 years.

At Congress, Kershaw and Wade will present the workshop: *Super Mind: Access the Neuro-Flow State for Achieving the Optimal Self*.

Norma P. Barretta, Ph.D.

I have recently experienced the loss of the love of my life -- my husband, Philip -- with whom I always shared attendance and participation at all international hypnosis meetings. There was a sense of spiritual connection at these meetings, and a wonderful feeling of togetherness, shared not only with my husband but with everyone with whom we interacted. All of us were part of the total experience. How do I know this? Because there is always a moment of recognition during the Congress when that sense of togetherness dominates and surpasses all other feelings and perceptions. This often occurs during an inspirational keynote or another important address. How lucky I have been to have been "spirited away" to that great state of hypnosis during all those remarkable moments.

Norma Barretta and her late husband, Philip, taught regularly in the United States, Italy, Poland, Spain, and occasionally other countries. Norma continues to see patients in her private practice. She and Philip were honored with a Lifetime Achievement Award for

their Contributions to Hypnosis and Hypnosis Education by the American Society of Clinical Hypnosis. Norma is regular faculty for the Southern California Society of Clinical Hypnosis and serves on the SCSCH Board.

At Congress, Barretta will present the workshop: *The St. Jude Dilemma: What to Do When the Case is "Hopeless."*

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

We make every reasonable attempt to understand our body and mind. With the body, we measure chemistry and electrical activity. With our mind, we assess reality, perception, quality of thought, and consciousness. However, what we can measure (matter) comprises only 4 percent of the universe; 96 percent is not visible. Perhaps our spiritual experience can be understood as that 96 percent.

This percentage belongs to a fabric that harmonizes within and between us; connects us to each other; is beyond time and space and is omnipresent; and holds positive and negative qualities that resonate. Some believe that love, compassion, and empathy glue us together with experiences that are non-verbal.

The Congress is part of the fabric that unites us as healers. It is a fabric that enriches learning; something that allows us to part of a greater whole in the field, which expands into that invisible realm, tapping into powers of a force that lies within us, and is empowered by those around us who seek it as well.

We come to be connected, and to give and receive, so that we can be of better service to those in need. Congress is that spiritual, magical place of the invisible.

Gary Ruelas is a physician and a clinical/neuro-psychologist. As the Medical Director and Founder of the Integrative Medical Institute of Orange, he uses a systemic health model, working with biological, psychological, and spiritual paths, helping each individual to transcend the connection of the mind, body, and spirit. He is the cofounder of the Southern California Society for Ericksonian Psychotherapy and Hypnosis and cofounder of the Erickson Integrative Medical Institute of Orange.

At Congress, Ruelas will present with Richard Landis, Ph.D., Editor of the Erickson Newsletter, the workshop: *A Look Behind the Curtain: Deeper Mechanisms of Change*.

Marilia Baker, MSW

This is indeed a relevant question since a gathering of this nature – like the Evolution of Psychotherapy – elicits in me heightened emotions. A great deal of inspiration, perseverance, and determination goes into my presentations. I also have an unwavering faith in myself to face obstacles, elation in listening to my colleagues' presentations, and extreme joy and delight by *just being there*. I resonate with the *high energy and enthusiasm* of everyone: the organizers who worked so hard the whole year; the participants; and the presenters. And, I experience pure joy in being with my friends from all over the world. *Enthusiasm* leads me to experience the closest contact with the spirit. The word "enthusiasm" comes from the ancient Greek word, *en théos*, or "moved by the gods within," which is most suitable to describe this amplified experience of being moved and inspired. To conclude, a fitting reminder, since we are in the healing professions: the root words for "therapy" and "therapist" are also *théos*: therapy for "the pathway back to the gods within," and therapist, for "the one who assists" in that endeavor.

Marilia Baker is a multicultural, multilingual licensed Marriage and Family Therapist based in Scottsdale, Arizona. She is a Board member of the Phoenix Institute of Ericksonian Therapy; member of the Advisory Board for Phoenix Friends of C. G. Jung; International Advisor and Consultant, Centro Ericksoniano de México, and Institutes Editor for the Milton H. Erickson Foundation Newsletter. She conducts presentations and workshops locally and internationally. Baker is the author of A Tribute to Elizabeth Moore Erickson: Colleague Extraordinaire, Wife, Mother, and Companion, also published in Spanish, Portuguese, and French.

At Congress, Baker will present the workshop: *A Young Man and His Canoe: The Life-Changing Journey that Paved the Way for MHE's Therapeutic Strategies*.

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After the 20th World Congress in Paris/2015:

The International Society of Hypnosis (ISH) and the Confédération Francophone d'Hypnose et de Thérapies Brèves (CFHTB)

An Appraisal by Thierry Servillat, MD

Co-Director, Paris/2015 Scientific Committee
Editor-in-Chief, Journal *Hypnose & Thérapies Brèves*
Founder-President, MHE Institute of Rezé, France

Thierry Servillat, MD, a psychiatrist and psychotherapist has been in clinical practice since 1990. He studied Ericksonian methods with Jacques-Antoine Malarewicz, Michel Kerouac, Jeff Zeig, and many others. He is also a writer, lecturer, teacher, and trainer. He was founder of the MHE Institute of Nantes (1995-2009), and since 2012, is Founder-President of the MHE Institute of Rezé. The Institute sponsored the French language subtitled of *Wizard of the Desert*, the documentary on the life and work of Dr. Erickson, and is in charge of its distribution throughout the French speaking countries.¹

Servillat was president (2007-2009) of the Confédération Francophone d'Hypnose et de Thérapies Brèves (CFHTB), an influential network of 34 Institutes in France, Belgium, and Switzerland, established in 1986 by Patrick Bellet, MD, and colleagues.² Since 2010, Servillat has been Editor-in-Chief of the prestigious journal, *Hypnose & Thérapies Brèves*. Along with his Paris colleagues, Servillat carried out major roles representing CFHTB at the 20th World Congress of the International Society of Hypnosis (ISH). This Congress was a 126-year voyage back to the birth place and the roots of hypnosis, when the First International Congress for Experimental and Therapeutic Hypnotism was held in Paris in 1889.³ Thus, I invited Dr. Servillat for an appraisal and reflections on his experience at the 20th World Congress.

Marilia Baker (MB): Thank you Thierry, for this tête-à-tête in cyberspace. Could you talk about the highlights of the gathering?

Thierry Servillat (TS): I am happy to. First, congratulations to Jeff Zeig for receiving the John and Helen Watkins Award for Excellence in Teaching. This award is given to individuals "whose lifetime of teaching experience and clinical work substantially promotes and advances the practice and applications of hypnosis." He has done all of this -- disseminating Ericksonian approaches worldwide by bridging cultures and backgrounds.

MB: Yes! We are grateful to Jeff for all his achievements, starting with the establishment of the Erickson Foundation in 1979.

TS: Also, Teresa Robles of Mexico received the Pierre Janet Award for Clinical Excellence. She is a major figure in contemporary hypnosis, renowned for creating a unique hypnotic language specifically tailored for the Latin languages⁴, and also known for her spiritualist approaches.

MB: True! We are happy for her, for Mexico, and for Latin America. Congratulations to all who received awards⁵. You have said that the energy of the Congress was magnetic. Could you elaborate on this?

TS: Yes, all four days at Paris/2015 were 'electric.' You could feel the joy and the excitement of the presenters and attendees. The ambiance was so magnetic it reminded me of Mesmer. It was, so to speak, as if Mesmer had been vindicated. We had 2,500 attendees from five continents, with a large representation from Russia, Germany, and France. In my view, there were eight themes of significance:

1. **Worldwide globalization of hypnosis:** Of historical importance, Professor Dr. Rashit Tukaev of the Moscow Research Institute of Psychiatry, delivered a rich keynote speech on the Russian model of an integrative theory of hypnosis and hypnotherapy. Professor Marie-Rose Moro, an ethnopsychiatrist at the University of Paris-Descartes, led a relevant symposium on multiculturalism and identity problems in children and adolescents.



Thierry Servillat, MD

2. **Thinking hypnosis:** A symposium bridging hypnosis and phenomenology was led by renowned French philosopher, Cynthia Fleury. Also, François Roustang, philosopher, psychoanalyst, hypnotherapist, and author of numerous books on hypnosis, led a symposium on innovative perspectives in hypnotherapy, receiving a standing ovation.

3. **Focus on research:** An inaugural colloquium of a network of researchers was led by M. E. Faymonville (Belgium) and Mark Jensen (USA). It bridged several studies and perspectives.

4. **Expanding Ericksonian hypnosis:** Workshops on Milton Erickson's strategies were led by Roxanna Erickson-Klein and Dan Short, and focused on "integrative hypnosis," which elicited much interest and enthusiasm.

5. **The relevance of integrating hypnosis into the new functional medicine:** A special symposium on Irritable Bowel Syndrome (IBS) and its treatment was presented.

6. **Hypnosis and artistic creativity:** A symposium on hypnosis, painting, and music was led by Professor Patrice Queneau of the French Academy of Medicine. There was also a lecture by Patrick Bellet, MD, on allying hypnosis and music, which was accompanied by a flute player.

7. **On becoming a therapist:** There were interesting interventions on this topic, emphasizing the usefulness of our errors. Of note: A presentation by Chantal Wood, MD, of the International Association for the Study of Pain, who is a pioneer on childhood pain assessment, pain management, and clinical hypnosis.

8. **Humanizing care in the healthcare system:** Patrick Bellet, MD, President of the CFHTB, and Founder-President of the MHE Institute of Avignon-Provence, lectured on how hypnosis can be implemented in the healthcare establishment (e.g. hospitals). Bellet has written a book on the subject: *L'hypnose pour humaniser le soin*, recently published by Odile Jacob Publishing.

MB: I hope ISH/CFHTB will make the Congress proceeds available to the clinical community. And last but not least, regarding your closing keynote: "Which hypnosis for the future? Hypnosis under the veranda," please offer us an idea of what you envision.

TS: I envision an evolving *biohypnology*, which encompasses three main domains of scientific knowledge: 1) comparative hypnology, which comprehends differences among different cultures; 2) evolutive hypnology, which offers studies in the various approaches to hypnosis according to historical eras; and 3) neurohypnology, as well as a cardiohypnology and endocrinohypnology. Thus, engendering an integrative *biohypnology*: in contact with the living environment,

COMMUNITY continued on next page

NEWS

ISH Bestows Awards at Paris Conference

This year, at the end of August, during the gala dinner of the ISH Congress in Paris held at the exquisite Hôtel de Ville, the magnificent City Hall, several important awards were given to distinguished faculty at a colorful ceremony.

The Benjamin Franklin Gold Medal, the highest ISH honor, whose first recipient was Milton H. Erickson, was bestowed upon Eva Banyai, a “distinguished scientist whose outstanding research, innovative ideas, and passionate commitment has advanced our knowledge and helped establish a bridge of understanding between mechanisms of hypnosis, and promoting its application in clinical work.”

Jeffrey Zeig was awarded a new ISH award -- the 2015 Helen H. and John G. Watkins Award for Excellence in Teaching. Zeig was honored as “an awardee who exemplifies a lifetime of excellence in the teaching of hypnosis for use in clinical and research settings.”

Teresa Robles, director of the Milton H Erickson Institute in Mexico City, received the Pierre Janet Award for Clinical Excellence.

The ISH Congress is held every three years. In 2018, it will be celebrated in Montreal.

Strategic and Brief Therapy Effectiveness: An Invitation to Learn About and Join Our Research Program

In association with the team of Giorgio Nardone in Arezzo, Italy, our mission is to measure the results of brief, strategic, hypnotherapeutic, and family therapy. We do this by collecting and organizing in an easily accessible database treatment results from clinical work reported by participating therapists about their experiences and also their patients' experiences. A primary objective of this research project is to document methods of intervention used by therapists in practice around the world, in order to build a stronger awareness of the efficacy of our approach and to improve its efficiency and effectiveness.

The research program is directed by Teresa Garcia, Wendel Ray, Grégoire Vitry, and Yves Winkin. To date, the program has documented 1,400 sessions encoded from more than 50 therapists across Europe and the United States.

Ericksonian hypnotherapy is one of the foundations of the Mental Research Institute (MRI) approach developed in Palo Alto, California. We need your feedback to complement, supplement, and enrich our research.

LACT is designed to provide an easily accessible internet-based site for collecting and encoding therapy or coaching sessions. A video is available on how to encode your sessions at: <http://bit.ly/1k9ka92>.

To participate, you must be a therapist or coach who has graduated from an Erickson Foundation-affiliated school of hypnosis, or from one of the Institutes created by leaders trained at MRI, or other related schools of systemic family therapy, with a minimum of one year of post-graduate experience.

Participation in the project allows therapists to document the effectiveness and efficiency of sessions and to become a research partner in the LACT/team. By participating in this program, LACT allows you to use the data you and other therapists have entered. The data collected and analyzed is available for the purpose of continued study, practice, publications, and research. The data is published collectively and on a non-registered basis.

For more information visit: <https://www.login-lact.org/en/>.

If you want to join the LACT research program or need more information:

> please contact: gvitry@lact.fr

> or tel. (France) : + 33 1 48 07 40 40 (office) // + 33 6 03 24 81 65 (mob)

> or skype : gvitry1

ISH Hosts Dynamic Conference in Paris/2015

Under the able leadership of Claude Virot and his team, the International Society of Hypnosis met in Paris this year, August 26-29, for its triennial conference. This was the largest conference ever held on hypnosis. Approximately 2,500 professionals attended. In France, there are 11 Ericksonian Institutes affiliated with the Milton H. Erickson Foundation; all of them were represented at the conference.

In the faculty speeches, Milton Erickson was the most cited authority. Roxanna Erickson-Klein taught workshops on self-hypnosis to standing-room-only audiences of approximately 500. There were representatives on the faculty from every continent, but the primary audience was European. The organizing committee created a marvelous atmosphere in which faculty and attendees could learn and network. The Erickson Foundation had a booth presided over by Foundation employee, Christina Khin, IT Operations Manager, so that attendees could learn more about Foundation activities. “Everything was organized and the people seemed loyal and ready to learn,” Khin recalls. “I was extremely impressed with the volunteers, who wore white polo shirts with emblems. They were serious, but enthusiastic. They knew what their job was and they did it well. You could hear them cheering in their meetings.”

Fortunately, Ericksonian approaches to hypnosis and psychotherapy continue to thrive and grow around the world. The next International Society of Hypnosis conference will be held in 2018 in Montréal.

Zeig and Yapko Elected APA Fellows

Jeffrey Zeig, PhD, and Michael Yapko, PhD were recently elected Fellows of Division 30 (hypnosis) for the American Psychological Association, which recognized their outstanding contributions to the field of psychology. Becoming a Fellow is an honor valued by APA members, and Fellow nominations are made by a division to which the member belongs.

The minimum standards for Fellow status include a doctoral degree based in psychology; prior status as an APA member; active engagement at the time of nomination in the advancement of psychology; five years of professional experience subsequent to the granting of the doctoral degree; and evidence of unusual and outstanding contribution or performance in the field of psychology.

COMMUNITY

continued from page 6

intelligent, imaginative, and creative.

What Milton Erickson desired is important for the future: that each therapist carve his or her own pathway; that they be aware, knowing that “things are not always what they seem to be”; that they keep an open spirit, which is fertile and abundant; that they stay in close contact with nature, and all living things, which cannot be drawn into our cases, and our mental categories. This would be genuine contact, which does not seek to control, but instead leads the therapist to create and invent...just as Erickson had hoped.

MB: Thank you Thierry for your appraisal, your choice of highlights, and your concluding reflections.

1. See: Vol. 34, n.1, “Introducing the Institutes” and “Power of Two” pp. 6-7. The Milton H. Erickson Foundation Newsletter, spring 2014.
2. See: CFHTB.org
3. See: Vol. 35, n. 2. “Hypnosis: Roots and the Future of Consciousness” pp.10-11. The MHE Foundation Newsletter, summer/fall 2015.
4. Editor's Note: the four major Latin languages, also known as Romance languages are: Italian, French, Spanish, and Portuguese.
5. They were: Franklin Award: Éva Bánayai; Hilgard Award: Marie-Elisabeth Faymonville; Thompson Award: Ashley Goodman; and Haley Award: Mark Jensen.

NEWS

Foundation Welcomes New Staff Members

By Marnie McGann

In September, the Foundation welcomed Leigh McCormick, who is serving as a full-time archivist. Leigh is from Cleveland, Ohio, but recently moved from Flagstaff where she was doing an internship for the Museum of Northern Arizona. Leigh earned her bachelor's degree in history from Ohio State University and her master's degree in public history from Wright University.



Leigh McCormick

"I absolutely love history and love working with old things," Leigh says, "but I didn't want to write a book, so I thought, 'I'll get into public history archives.' And I did --and I enjoy it a lot. It's amusing and sometimes amazing what you find. I get to handle his-

tory instead of reading about it."

Leigh says her first priority is surveying the Foundation's Archives. She will then organize, preserve, and ultimately make the archives accessible to students and professionals.

Outside of work, Leigh loves to read, sew, cook, and visit with friends. "I love going to anime [Japanese animation] conventions, which is why I often sew [for costumes]. The first time I ever went to a convention it felt like I was stepping into a fairy tale world. I thought I was dreaming. It was really fun!"



Scott Montgomery

In October, the Foundation welcomed Scott Montgomery, who is serving as a Web developer. Scott is originally from Kansas, but has lived in Phoenix for the last nine years. Scott earned his bachelor's degree in communications from Chapman University in Orange, CA.

In his free time, Scott likes watching sports, hiking, and hanging out with his shih tzu, Eva. He also likes doing home remodeling projects.

Student Volunteers Needed in Phoenix

The Milton H. Erickson Foundation has a number of archival projects for which volunteers are needed. These consist of viewing and indexing historical videos. The work must be done in Phoenix at our Thomas offices during business hours (8-4). In return, students will earn credits that can be used for attending Erickson Foundation training events.

Please contact Jeff Zeig: jeff@erickson-foundation.org, and indicate when you can start.

Visitors from Mexico Volunteer for Foundation Archives

By Marnie McGann

In September, two visitors from Mexico volunteered to work in the Foundation Archives. Eduardo Rodríguez and his fiancé, Liliana "Lily" Huesca, both psychotherapists, traveled to Phoenix and stayed at the Milton and Elizabeth Erickson Museum. Eduardo viewed tapes of various therapists, particularly, Whitaker, Satir, and Minuchin, and wrote detailed descriptions for future students. He also created true-false questions for videos that will be used as learning objectives, and transcribed tapes of Dr. Erickson. Lily corrected translations on Spanish publications.



Liliana "Lily" Huesca, Jeff Zeig, and Eduardo Rodríguez

So how did this young, enthusiastic couple happen to wind up as volunteers at the Foundation? Eduardo explains: "I have been a student of Ericksonian psychotherapy for at least six years and for the longest time I wanted to meet Jeff [Zeig]. It happened this year in Mexico City when I attended one of his workshops...and I felt we connected. Six months later, he returned to Mexico for a master class and another workshop and on that occasion I was invited to be his translator. I got even closer to him and he invited me to Phoenix to do some volunteer work. He said, 'I have adopted you,' and I was honored. Jeff said that he was going to find out if a certain place would be available for us to stay and that he thought we'd be comfortable there and enjoy it -- but he never *once* mentioned it was Milton Erickson's house! We found out when we got here. I texted him, 'You told me I would be close to Dr. Erickson's house, not AT Dr. Erickson's house.' He replied, 'Well, enjoy it.'"

"I love being here," Eduardo exclaims. "This is literally a dream come true because years ago I did dream about coming here. Everyone at the Foundation has been nice to us and helped us whenever we needed it. Lily and I have felt a part of this -- at least for a few days -- and it has been very special, because this is a special place. It has been unreal to stay at the Hayward house. There's not a person on the planet I admire more than Milton Erickson and to be able to stay in his former home is incredible. Ceil [Gratz --the Museum Concierge] is a lovely lady and we enjoyed sharing stories with her. She has been big part of making us feel welcome."

Lily, who is more reserved than Eduardo, and not fluent in English like he is, says, "Gracias." "Her impressions of the kindness of people here and the whole experience," Eduardo says, "are the same as mine."

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2015		
12/10-13	12th International Congress on Ericksonian Approaches to Psychotherapy / Phoenix, Ariz. / Invited Faculty	1.
2016		
1/8-10	Master Class in Brief Psychotherapy / Mexico City, Mexico / Jeffrey K. Zeig, Ph.D.	2.
1/28-31	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	3.
2/29-3/4	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.
3/7-11	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
3/31-4/3	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	3.
5/12-15	Couples Conference / San Francisco, CA / Invited Faculty	1.
5/21-22	Advanced Workshop in Ericksonian Psychotherapy / Hong Kong / Zeig	4.
5/25-29	Coaching / Guangzhou, CHINA / Zeig	5.
6/1-5	Coaching / Beijing, CHINA / Zeig	6.
7/11-15	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
7/18-22	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
7/25-29	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
8/1-4	Phoenix Master Class / Phoenix, Ariz. / Zeig, Invited Presenters	1.

Contact Information:

- 1) 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 ; Web, www.erickson-foundation.org; Intensive Training Program: <http://erickson-foundation.org/training/> 12th International Congress: www.EricksonCongress.com Couples Conference: <http://www.couplesconference.com/> Master Class: www.erickson-foundation.org/training/
- 2) For information: Email, sandrafreedom_3000@hotmail.com
- 3) For information: Email, Stacey Moore: sjmtjm@msn.com
- 4) For information: Email, kelvin@pulseact.com
- 5) For information: Email, gracenlp@163.com
- 6) For information: Email, wangsuqinbj@163.com

To submit a listing for Upcoming Trainings please send dates, title of workshop, venue (city/state/country), list of presenters, and complete contact information ONLY. Information must be sent in the format above. A \$25 fee per listing is required. Deadline for the 2016 Spring Issue (mailed April) is February 5, 2016. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact Karen Haviley – karen@erickson-foundation.org **Online Ad Rates/Specs at:** <http://erickson-foundation.org>

UPDATE

Erickson Archives Actively Taking Shape

By Marnie McGann

Since September, the Foundation has been fortunate in having Leigh McCormick on staff. Leigh is a full-time, trained archivist who has been actively surveying and assessing the Erickson Foundation Archives. To date, she has surveyed approximately one-third of the materials. Her next step will be to document these materials and along the way, ensure that they are properly protected.

While surveying the Archives, Leigh has delighted in discovering several photographs of renowned professionals in their younger years. These photographs have made their way onto the Foundation's Facebook page for "Throwback Thursday," a fun way of featuring what once was -- and placing those we admire in the limelight.

"I am certain that there are many more forgotten gems just waiting to be discovered," says Leigh.

CONFERENCE NOTES

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 Online registration, including day tickets, is available. For more information visit the website or email the Foundation: office@erickson-foundation.org

The 58th Annual Scientific Meeting and Workshops of the American Society of Clinical Hypnosis (ASCH), *New Frontiers in Hypnosis and their Therapeutic Applications*, will be held March 11-16, 2016 at the Hyatt Regency St. Louis at the Arch, St. Louis, Missouri. For information visit the conference website: <http://www.asch.net/Education/2016AnnualMeeting.aspx>

The 2017 Annual Scientific Meeting and Workshops is slated March 17-21 at the Hyatt Regency Phoenix, Phoenix, Arizona.

The 39th Annual Psychotherapy Networker Symposium, *Attachment & Creativity: Accessing Our Resources for Change*, will be held March 17-20, 2016 at the Omni Shoreham Hotel Washington, D.C. The Symposium includes over 120 workshops presented by the field's foremost teachers and practitioners.

For more information and to register visit: <http://www.psychotherapynetworker.org/symposium/symposium-2016>

The APA Annual Convention will be held August 4-7, 2016 in Denver, Colorado. For complete information contact: The American Psychological Association, 750 First St. NE, Washington, DC 20002-4242; Tel: (800) 374-2721; (202) 336-5500; TDD/TTY: (202) 336-6123;

Web, <http://apa.org/convention/index.aspx>

The XIV European Society of Hypnosis (ESH) Congress will be held August 23-26, 2017 in Manchester, United Kingdom. Hosted by the British Society of Clinical and Academic Hypnosis (BSCAH). Information about the Congress will be updated and available on the Congress website: www.esh-hypnosis.eu

CASE REPORT

By Betty Alice Erickson

Milton Erickson gave countless gifts to the psychotherapeutic world. Just a few spring to mind -- the redefinition of hypnosis as a relational field rather than something done by one person to another; a focus on assets rather than deficits; trust in people's willingness to do the right thing at the right time; and the broadening of perspectives.

My son, Michael, spent a great deal of time with his grandfather and learned many things from him. Recently, I was reminded of this when he told me of an incident with his third-grade students at the inner city school where he teaches. On Valentine's Day,

nity, courage, and respect. Maria, you are a fine young lady. You responded with dignity and respect, and did what your heart told you was the right thing to do. I am so proud of you both."

The two children continued to sob. Ignoring them, Michael looked at the other students and announced: "Children, you have no idea of the importance of what just happened." They looked at him with fixed attention; a break in their expectations created the venue to truly communicate.

"We have just been privileged to see history being made." The class continued to stare at him, trying to figure out what he was talking about. He continued: "For the rest of Maria's life,

The larger perspective Michael provided, the intense way in which he delivered his message, and his absolute trust that the children would understand the truth, offered everyone the best possible outcome.

a boy asked if he could briefly take over the class, which is standard procedure if a student feels he or she has something important to say. Students can then applaud any accomplishment. The class waited expectantly as José stood in front of them and said, "Happy Valentine's Day to everyone - especially Maria."

He then walked over to Maria's desk and handed her a gift-wrapped box. She opened it; inside was a heart-shaped pendant with a sparkling stone in the center and matching earrings. Maria looked at the gift and said, "Thank you very much. I think you should give this to your mother." She handed the box back to José, put her head on her desk, and then burst into tears.

José stood in shock and then also started crying. The rest of the class was frozen at their desks. Michael's first thought was why had he ever become a teacher!

Michael ignored the sobbing students and said, "José, I want you to know that you are a fine, brave young gentleman. You did what your heart told you to do, and you did it with dig-

when she has children, grandchildren, and even great grandchildren. ...every Valentine's Day she will remember her first real Valentine. This is now part of Maria's her history. She will never forget it, we watched her history being created and we are all part of it; it is part of her history."

José lifted his head, dried his eyes, and straightened his little shoulders. Maria stopped crying too, and looked proudly around the classroom. The class applauded. They recognized that history was happening before them. Students clapped as José carried his gift back to his desk looking proud and confident; Maria surveyed the room as though she were a queen. And everyone respected the history of which they were privileged to be a part.

The larger perspective Michael provided, the intense way in which he delivered his message, and his absolute trust that the children would understand the truth, offered everyone the best possible outcome.

Michael learned a lot from his grandfather, including that therapy doesn't have to take place in a therapist's office.

BOOK REVIEW

8 Keys to Practicing Mindfulness: Practical Strategies for Emotional Health and Well-Being

Manuela Mischke Reeds

W. W. Norton & Company

2015

978-0-393-70795-3

230 pages

Reviewed by Kay Colbert, LCSW, Dallas, Texas

The "Keys" are a series of books, each focused on a single mental health topic. Manuela Mischke Reeds' most recent book includes eight chapters on how to develop basic mindfulness, with the goal of become more focused, connected, and calm. Reeds is a therapist and meditation teacher in California and this book came to fruition after her students requested she write about the meditation she teaches. In *8 Keys to Practicing Mindfulness*, Reeds offers introductory techniques and exercises for meditation, as well encouragement for writing and reflecting on the practice.

Found in many wisdom traditions, Jon Kabat-Zinn popularized mindfulness-based interventions. Mindfulness is being fully aware of the present moment, without judgement; it is the opposite of being on autopilot, where we are unaware of our moment-to-moment experiences. Research has shown mindfulness practice and meditation are effective at reducing stress and anxiety.

Reeds gives credit to others in the field, while offering her unique approach. She provides guidelines for using mindfulness exercises to enhance mind-body awareness, and presents a "Taking Your Baseline" activity, which is a good foundation assignment in working with clients. Chapters 1-3 provide instruction on posture and breathing. Chapters 4-6 address working with challenges. Chapter 7 explains how to cultivate calmness. And, Chapter 8 is about how small acts of conscientious change can make one's life abundant.

Reeds describes how to do body scans for emotions, thoughts, and physical sensations. This includes sitting with uncomfortable feelings, as well as comfortable ones. She suggests "hanging out" with joy and encourages tuning into somatic memories, or what she calls "body stories." For example, one could remember positive events and associated sensations, and use them mindfully for self-soothing and calming. Along the way, Reeds makes salient observations, such as when one has the courage to face challenges, name them and be patient, difficult times can become more manageable. Engaging in mindfulness helps a person actively shape their life experience, rather than being a passive bystander. Making the decision to live in a more calm, mindful way can turn stressful moments around and change how we relate to them.

In the last chapter on abundance, Reeds provides two effective exercises: Silencing the Inner Critic and Heart Practice. If we pause and become aware, acknowledge our emotions, and face difficulties, we can then manage our own life with more equanimity. By opening our hearts to cultivate kindness and compassion, and actively listening, we may soften toward others, and increase self-compassion and compassion for others. Reeds wisely advises offering small acts of kindness to ourselves and others, so that we can realign our hearts to what truly has meaning.

With its clear and straightforward suggestions, this book is an excellent primer on mindfulness.

**Join The Conversation on
Facebook and Twitter!**

BOOK REVIEW

8 Keys to Raising the Quirky Child: How to Help a Kid Who Doesn't Quite Fit In

Mark Bowers

W. W. Norton & Company
2015

ISBN 978-0-393-70920-9
306 pages

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

Mark Bower's, *8 Keys to Raising the Quirky Child*, is an unconventional book. The author describes a "quirky" child as "one who stands out from the crowd." These children have social skills deficits and do not easily fit in with others. In the Introduction, Bowers lists synonyms for "quirky," including "eccentric," "idiosyncratic," "unconventional," "peculiar," and "unusual."

In Key 1, "Identify Your Child's Quirks," that helps readers understand the characteristics of quirky children, the author presents the acronym, STRESSED for: Social challenges, Transitional stress, Regulatory difficulties, Executive dysfunction, Sensory sensitivity, Smart/social imbalance, Emotional reactivity, and Depth-seeker/disinterest in imaginative play.

Key 2, "Identify Your Child's Quirks," explains sensory sensitivity, where "the child's reactions to various stimuli are easily observable and often pronounced." (p. 47) Bowers encourages parents to recognize the importance of not only a child's IQ, but also their EQ, or Emotional Intelligence) for a success.

Key 3, "Support Brain Functioning," involves neuroscience and the role that the dopamine reward system plays in being able to enjoy life. Most children are naturally curious about the world and seek out the many possibilities it offers. But quirky children find more pleasure in what they already know, such as playing video games. It is important that children not rely only on the familiar for reward, and the author offers ways to broaden a child's horizons.

Key 4, "Optimize Social Skills," includes information about Piaget's, "Theories on Social Development." (p. 109) Piaget opined that when children play, their brain development, as well as their relationships, improves. I have found that when I combine conversational trance with play, children become more involved with therapy and their experience is more enjoyable.

Key 5, "Respond Effectively," presents the A-B-C model: Antecedent-Behavior-Consequence. This model is useful because it demonstrates that behaviors happen for a reason, and with choices and behaviors, there are consequences. For example: "Johnny hit the other kid, and it was totally unprovoked." The author offers consequences in rhymes: "If you hit, you sit." (p. 163)

Key 6, "Track your Child's Development," helps parents have realistic expectations about their child's social and emotional development. In kindergarten, children should be able to follow class rules and take turns. In second grade, they should be able to reason and concentrate. By using this chapter as a reference, if a child has shortcomings, parents might consider consulting a specialist.

Key 7, "Diagnostic Criteria and Treatment," summarizes disorders such as Autistic Spectrum Disorder (ASD) and provides a list of warning signs that often begin in childhood, for example, avoiding eye contact and/or repeating actions. This chapter also includes useful guidelines for recognizing various disorders.

Key 8, "Manage Challenges at Home," caught my attention, as it addresses the issue of boredom. The author states: "Many of the behavioral problems that I regularly treat are the by-product of boredom, frustration and the child's inability to occupy himself productively." (p. 249) When children feel the discomfort associated with boredom, they often turn to technology, such as a phone or computer for self-soothing. Perhaps we need to help these children find new ways to deal with boredom. Why not teach them self-hypnosis?

This book offers tips for therapists who work with children and is also useful for parents of "quirky" children. I recommend it.

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BOOK REVIEW

The Beginner's Mind *The Complete Works of Milton H. Erickson*

Volume 4 – Advanced Approaches to Therapeutic Hypnosis

Edited by: Ernest Lawrence Rossi, Roxanna Erickson-Klein, and Kathryn Lane Rossi

The Milton H. Erickson Foundation Press
2008

ISBN: 978-1-032248-33-3

342 pages

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

The opening pages of *The Complete Works of Milton H. Erickson*, Volume 4 pay tribute to Milton Erickson's wife, Elizabeth Euphema Moore Erickson, who possessed "... an ineffable genius for living that is all her own..." (p. ix) Many people know of Milton Erickson's "...disabling problems..." that might have "... inhibited another person's mental functioning..." Yet, in the Erickson household this "...stimulated wonderment and curiosity..." (p. x) From this warm preparation, the editors lead us into "...what may be the most salient of open-ended questions: How do we facilitate the creation of new consciousness and identity today?" (p. xiii)

Part I delves into the Confusion Technique. Erickson intensively worked on this technique, experimenting, testing and refining. Interestingly, the Confusion Technique is founded on our "... unwillingness to keep the confusion." In Complexity Theory, this might be classed as an organizing principle or rule. In the Introduction, Ernest Rossi contends that confusion is a natural condition of the second stage of the creative cycle where therapy is often required. Confusion is a natural state that is utilized by our human system to know where *not* to be and how to stimulate the mental and physical activity necessary to resolve the confusion.

Whenever activity is prompted, it can be assumed that there is an activity-dependent gene expression and various other non-observable biological responses. This invites the idea that confusion may well promote *whole of being* responses. The exact nature of all these processes continues to be the subject of research in neuroplasticity, psychosocial genomics, neuroendocrinology, and other disciplines.

Erickson could not have envisioned some of the current biological discoveries, which makes his ideas and methods all the more fascinating. We have a million questions about the sort of genius who acts in the possibilities of knowing – even though it is not yet consciously known. I feel a heightened excitement reading his early work, much of it written in the 1930s and '40s, while being aware of the current insights into brain plasticity, memory reconsolidation, and neural networks, and the how neurochemicals emerge from the gene expression that constructs the matter of our being.

There are numerous case studies in this volume, some with detailed transcripts that draw the reader deeply into the experience. Erickson was diligent in both preparation and practice. Still, he reminds us that it is "...not a matter of the operator *doing* something...or compelling them...or even telling them what to do..." but being "... primarily a matter of communication of ideas and the elicitation of trains of thought..." (p. 81)

Part II takes the reader into another of Erickson's controversial techniques – Psychic Shock. This technique reminds me of Einstein's comment that it is difficult to solve a problem within the same consciousness that created it. Shifting mindset and neural functioning creates conditions in which there is an opportunity for the neurobiological "system" to reframe – effectively reconstructing connections (reconsolidating) toward a healthier state. Case studies reveal how people who are unhappy, dissatisfied, and unfulfilled, can discover within themselves the existence of someone quite different: a person who is comfortable, enriched, and able to be happy.

Erickson developed and utilized psychological shock in order to overcome

deeply entrenched, rigid psychological states. Again, Complexity Theory informs us about the "edge of rigidity" and the need for creative and inspiring interventions. Erickson knew this more than 80 years ago – more beautiful evidence of his pre-science.

Chapter 15 is particularly interesting for those familiar with the "February Man" technique, which utilizes regression. The most famous case is reproduced in Volume 10, but that is not the only time Erickson played the February Man. This chapter explores fragments of other cases and includes commentary from Ernest Rossi.

Part III explores the testing process of creating/implanting experiences that can metaphorically assist the patient to find a co-existent resolution of the actual problem. This approach bears a degree of risk, and we are wise to read of the extensive preparatory work: "During a period of several weeks the story was rewritten in various wordings many times before it seemed to be satisfactory. Two colleagues read and discussed the proposed complex story..." (p. 253)

Part IV presents Erickson's therapeutic hypnosis approach with psychotics. Working with psychosis requires caution and strict attention, so it is valuable to read how Erickson assisted those with this mental disorder. There are many people with psychotic disorders who function successfully in life, with assistance, and there is much a non-medicating therapist can do to assist them. How do we best serve the issues of the client -- and how do the issues of the client provide insight into the therapeutic action that will most effectively promote beneficial change?

Part V brings us into the present. The editors provide insight into the current knowledge of the deeper biological processes involved in therapeutic hypnosis. Although some of the cases studies in this volume may seem extraordinary and almost magical, it is not necessary to disembodify the experience. It is also not necessary to reduce the experience only to the biological. There is a dynamic system of activity that embraces the *ideo* and the *dynamic*.

Deepening our knowledge triggers curiosity and wonder. Ernest Rossi's 2005 paper, reproduced in Chapter 22, delves into the importance of memory reconsolidation, brain plasticity, and the labile state, where synaptic connections literally change, creating a new state of brain and mind. Memory reconsolidation involves protein synthesis to establish new connections. Rossi's notion of activity-dependent gene expression is elemental in understanding how memory reconsolidation creates beneficial, therapeutic change.

This volume offers readers a fascinating and complex dance around fundamental themes of what the mind is, what it can be, how it alters and shifts, and how it can be altered and shifted. In the current updates, we are introduced to the impact of idea on action – the essence of the *ideomotor* concept. There is a lot to find within these pages. It is like an adventure, searching for hidden treasure. And readers may need to return again and again to discover it all.



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COLLECTED WORKS OF
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RECALL

VOLUME 15

Substantial changes have been made in Volume 15.

Please contact us and we will exchange a new volume for the old one.

These changes include: A new and expanded introduction; a revised Part IV; and a new Part V, "The Psychosocial Genomics of Mind-Body Healing." Also, the index has been re-compiled to cover the new and updated material.

CONTACT: chuck@erickson-foundation.org

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Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi
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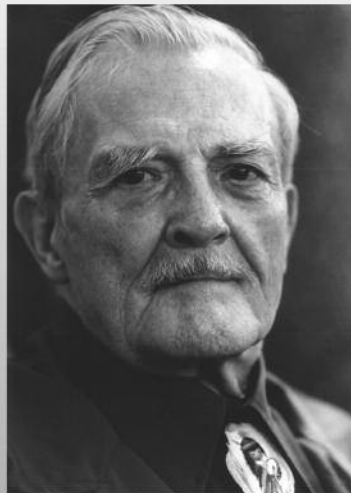
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BOOK REVIEW

A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers

Christiane Wolf, MD, PhD and J. Greg Serpa, PhD

New Harbinger Publications
2015
978-1-62625-139-7
208 pages

Reviewed by Kay Colbert, LCSW, Dallas, Texas

A Clinician's Guide to Teaching Mindfulness is not another book on why mindfulness is helpful, rather it is an excellent *how-to* manual on facilitating mindfulness classes. Christiane Wolf and J. Greg Serpa explain how to teach mindfulness, which includes practical considerations, skills, and integrity.

Wolf is a physician and certified senior mindfulness-based stress reduction teacher and supervisor for the University of Massachusetts Center for Mindfulness. Serpa is a clinical psychologist at UCLA and for the U.S. Department of Veterans Affairs in Los Angeles.

The "mindfulness" in this book is grounded in the Mindfulness-Based Stress Reduction (MBSR) work developed by Jon Kabat-Zinn. Wolf and Serpa added personal inspirations, along with compassion exercises, based on Chris Germer's and Kristin Neff's Mindful Self-Compassion (MSC).

MBSR classes are two hours each for eight weeks, plus an all-day retreat. The group schedule presented in this book is 90 minutes for six weeks. Many of the traditional MBSR exercises are used, but some are streamlined. The 45-minute body scan from MBSR is shortened to 15 minutes, and gradually lengthened as the course progresses.

The authors caution that if mindfulness is taught in a reductionist, overly simplified way, it may reduce its life-changing potential. The training offered should be appropriate for one's level of skill and expertise.

"Mindfulness" is a trending term, which, overall, seems to be a good thing. Workshops, training, and classes are now being offered in everything from mindful clowning to mindful lawyering. But are we losing anything in the translation? Are all these enthusiasts faithful to basic mindfulness principles and protocols? Wolf and Serpa maintain that clinicians facilitating mindfulness groups be authentic; meaning, they must have an established private practice. The authors caution that if mindfulness is taught in a reductionist, overly simplified way, it may reduce its life-changing potential. The training offered should be appropriate for one's level of skill and expertise.

Wolf and Serpa address real, practical issues that mindfulness instructors encounter. For example, some clients are not ready for the level of commitment required for these programs. And, some settings, such as inpatient treatment centers, make it impossible to offer closed-format classes. So how does an instructor work with these populations? And how can an introduction to mindfulness be conducted skillfully in a 20 or 30-minute class?

With a Foreword by Jack Kornfield and Trudy Goodman, and positive reviews from experts in the field, this book stands out from the many books on mindful-

ness. Divided into three parts, Part 1 provides a basic overview of mindfulness and compassion; Part 2 offers pragmatic teaching advice; and Part 3 presents a core program for presenting a six-week, 90-minute introduction to mindfulness, including teaching tools, meditation scripts, and specific instructions on how to begin each class and run the group.

Much of this book will be familiar to MBSR-trained instructors, including the raisin exercise, walking meditation, and the body scan. However, Wolf and Serpa offer useful variations, such as a "Feeling Your Hands" script instead of a full body scan, to offer those who are dissociated. The authors also provide a website for worksheets, audios, and handouts.

For clinicians with limited training and experience in mindfulness work, this book is a valuable resource because it provides structure and format, while encouraging facilitator competency in mindfulness instruction.

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New Addition to Erickson Foundation Board



The Erickson Foundation welcomes Helen Erickson, PhD, MSN, BSN, as a new member of the Board. Helen is married to Lance Erickson, Dr. Erickson's second child, and she knew and loved Milton Erickson.

As Professor Emeritus at the School of Nursing at The University of Texas, Austin, Helen has more than

five decades of experience in nursing, has received numerous distinguished awards, published dozens of professional articles, authored and edited many books, and conducted years of research. In 2012, she received from The American Holistic Nurses Association the Holistic Nurse of the Year Award. In 1996, she was honored as Fellow of the American Academy of Nursing, and that same year received from The American Holistic Nurses Association an Honorary Lifetime Holistic Nursing Certification. Additionally, for 30 years, Helen has been asked to present at many events and conferences, including the Foundation's, and has also served as consultant for professional institutions.

Currently, Helen is in independent practice in Texas offering Holistic Nursing to clients. She is presently on the Board of Directors of the American Holistic Nurses' Certification Corporation and has served as Chair from 2002-2014.



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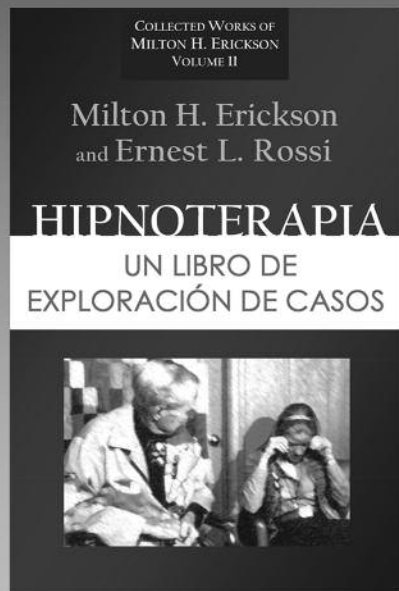
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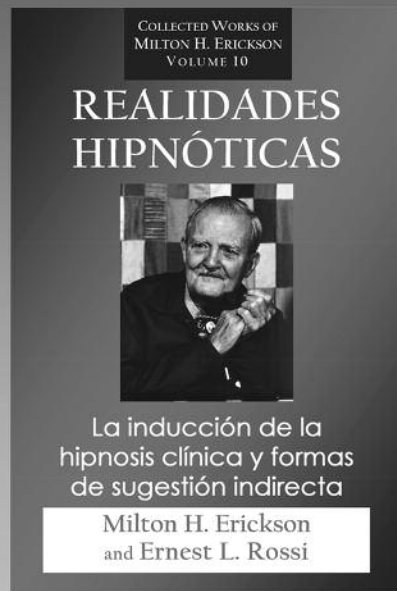
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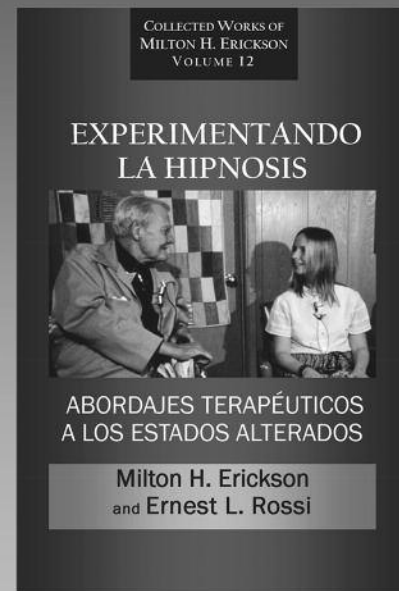
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BOOK REVIEW

Existential Counseling and Psychotherapy in Practice

Third Edition

Emmy Van Deurzen

Sage Publications

2012

ISBN: 978-1-84920-067-7

250 pages

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

This groundbreaking book is the product of Emmy Van Deurzen's personal reflection on her private practice, which incorporates existential philosophy. She began to teach courses in existential philosophy, and interest snowballed. This led her to facilitate dialogues and found the Society for Existential Analysis in the UK, as well as other influential groups and programs, such as the New School of Psychotherapy in London, and the School of Psychotherapy at Regents College, where she served as the first dean. Van Deurzen also took on other responsibilities as director of various programs in existential psychotherapy, and has continued her private consultancy and practice.

The book is succinct, with 250 pages that take the reader from beginning of existential counseling to its application of centering clients' lives. The book carefully distinguishes existential counseling with a European focus from counseling as it is normally interpreted. Each chapter has a focus, several case illustrations, and questions that engage the reader. There is also a Summary outlining the chapters' topics.

The Introduction briefly covers the ideas of the existential philosophers, who Van Deurzen considers influential. The themes and issues the author discusses are representative of the concerns she addresses in existential counseling.

In the first chapter, she includes the background of this approach, and the attitudes, and goals of those who practice it. She differentiates it by contrast to other assumptions, directing the reader toward the client's personal meanings and values for the source of therapeutic movement; ultimately, she likens it to teaching art.

The second chapter involves the impact of the therapeutic relationship on the client and course of therapy. The third chapter presents a schema for understanding the intervention. The fourth chapter encourages practitioners to direct clients' attention to their life projects and personal meaning. The fifth chapter describes ways to focus on these issues through various aspects of therapy, such as dream work and imagery. The sixth chapter leads the practitioner toward facilitating the client in obtaining fulfillment in life. The book concludes with a main objective: helping each client find the central focus of his or her life.

This book offers a unique perspective on counseling from the existential approach, which includes many dimensions. Van Deurzen highlights certain values and issues that are basic for an authentic, fulfilling life. Rather than just emphasizing the practical and psychological matters of the patient's life, this approach redirects clients to reflect on the deeper, existential concerns. Engaging in dialogue about these concerns and challenging basic assumptions leads to resolution of practical matters in relation to a truer, more reflective way of living. The individual's personal meaning becomes a stepping-stone to synthesis, and greater meaning for life.

We recommend this unique book, which guides in practicing this deeply felt philosophical approach to counseling.

BOOK REVIEW

The Therapist in the Real World: What You Never Learn in Graduate School (But Really Need to Know)

Kottler, Jeffrey A.

W. W. Norton & Company

2015

ISBN 978-0-393-71098-4

319 pages

Reviewed by Ruben Battino, MS, Yellow Springs, OH

Alas and alack and woe is us! In his most recent book, *The Therapist in the Real World*, the prolific Jeffrey Kottler offers therapists an amazing amount of useful and practical information.

Chapter 1, "What You May Not Have Learned in Graduate School," is a continuing theme throughout this book, which is divided into three sections: 1) More than You Bargained For, 2) Secrets and Neglected Challenges, and 3) Ongoing Personal and Professional Development.

With respect to graduate training, Kottler states, "No matter how well conceived a training program might be, it is impossible to meet all of a beginning therapist's needs...Most often schools choose basic information over specialization and thinking over action...The emphasis in most programs is overwhelmingly slanted towards mastering specific domains of knowledge rather than understanding the underlying processes of change related to individualized personal experience." (pp. 20-23).

Chapter 4, "Organized Confusion," is perhaps the most interesting chapter, which includes these quotes: "It is precisely the chaos of uncertainty that makes change possible"; "We see examples of the chaos model on a regular basis in our clients where the unexpected can either make or break their progress"; and "We can never trust the patterns we see to provide full understanding of what will occur next. This implies that we need to both expect the unexpected and to do it!"

Since many studies reveal that the interaction between client and therapist is one of the most significant aspects of therapy, Kottler is right on target when he emphasizes that the therapeutic relationship is the glue for effective therapy, and the therapist's unique style and personality is the adhesion that perpetuates it. And, of course, feedback provides evidence of effectiveness.

Kottler honors the tradition of storytelling and believes that therapy can be considered an exchange of stories. And, he lists 32 ways in which stories operate in therapy! For example, stories can be used to soften resistance. Chapter 9 offers useful information about private practice, as distinguished from public service or working in an agency.

Part III includes four chapters on personal and professional development. One chapter offers guidance on the use of media; for example, TED Talks and YouTube presentations are always under 20 minutes.

In Chapter 13, "Admitting You Are Lost," four conditions are listed for creative breakthroughs: 1) challenging conventional wisdom; 2) risk taking and courage; 3) a different therapy for every client; and 4) a collaborative partnership.

In recommending this practical book, I conclude with Kottler's coda: That we do not leave our graduate training behind (nor should we!) when we go out into the real world. And, that we continue to be passionately committed to learning and becoming the best we can be, not just with our clients, but in our everyday lives.

INTERVIEW*continued from page 1*

we videotaped Milton with me as the subject. No one was operating the camera, so the video quality and sound recording weren't too good. They were adequate for training purposes, but certainly not for anything other than that. Afterward, I realized that the therapeutic experience that had just been videotaped was too personal, and that I wouldn't be comfortable showing it to others.

In the fall of 1974, I visited Milton again, and that time I brought along

the world's greatest hypnotherapist,' who was wheelchair-bound and living in Phoenix. I would cover his expenses there and, I added, I also would arrange for him to have personal therapy sessions with the hypnotherapist. He thought about it for a few days, and then agreed.

It was through his contacts that I was able to rent the studios and technical personnel of the KOOL-TV television station in Phoenix on April 28, 1975. Back then, commercial video-

'I have a phenomenal opportunity for you,' I told him, 'to videotape the world's greatest hypnotherapist,' who was wheelchair-bound and living in Phoenix.

two patients from Philadelphia and hired a videographer in Phoenix. Milton did fabulous work with the patients, Monde and her husband Nick. Unfortunately, during the entire time we were videotaping that day, the long microphone cable had served as an antenna, and caused a Country and Western radio station that was off-frequency to have its entire broadcast recorded permanently in the soundtrack of the videotape. Milton had done fine work, but that session couldn't be used for teaching, either.

After that experience, it became my personal quest to 'preserve Milton for posterity.'

When I went back to Philadelphia, I didn't know how I was going to create the audiovisual document that I wanted. Few people with whom I spoke had any knowledge of professional video recording. One evening, when I was watching the local news, I realized that the channel's program had won awards for its live-editing. Live-editing was the least expensive way to create a video program, because it avoided the cost of having to record from several cameras simultaneously, and the later cost of having to edit those recordings into a final program. So I carefully read the name of its video director at the end of the broadcast, and the next day called him at the station. 'I have a phenomenal opportunity for you,' I told him, 'to videotape

tape machines for broadcasting were very large and used two-inch quadruplex analog tapes. Each 60-minute roll of Quad videotape cost \$400 in 1975 (equivalent to \$1,800 in 2015). It was imperative that I achieve my objective as economically as possible. It was also imperative, since Quad tape began to disintegrate physically after 10 years, that I find a more permanent way to preserve the program – other than copying it every decade, and therefore losing some electronic fidelity in the copying process each time.

When I had started my private practice, I was not married, didn't own a house and had some disposable income. But it was not enough to pay for the equipment that would be needed to videotape Dr. Erickson properly. So I went to the bank and borrowed \$45,000 'to make a movie.' 'Oh great, Dr. Lustig, will it be in the theaters?' 'I don't think so. It probably will never come to your attention, except if I don't pay my bill.' The bank was very accommodating, and my loan payment became equivalent to a mortgage payment. That was how I obtained my funding.

When we did a test videotaping at KOOL-TV on that day in April 1975, we discovered that Milton's recorded voice was very faint. The station had the usual studio microphones on

INTERVIEW continued on page 19

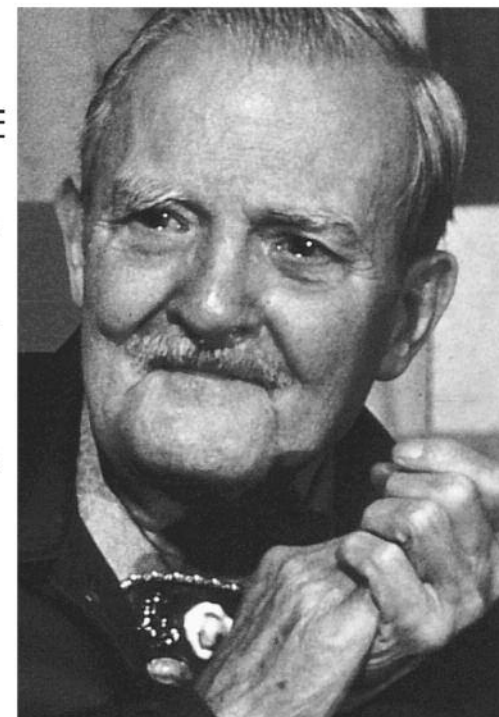
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BOOK REVIEW

The Neuropsychology of the Unconscious: Integrating Brain and Mind in Psychotherapy

Efrat Ginot

W. W. Norton & Company

2015

ISBN: 978-0393709018

288 pages

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

The Neuropsychology of the Unconscious provides a contemporary, neuroscience-informed perspective of the unconscious from the modern attachment/psychodynamic point of view of Allan Schore and others. In fact, Schore has written a glowing Foreword, which introduces his theory. Throughout the text, Ginot illuminates the importance of unconscious processing in creating our sense of self, both disturbed and healthy. The author also makes a persuasive argument for delving into the unconscious, so that clients can make enduring change. By citing recent research, developing cohesive theories, and providing exemplary cases, this book lights up the darkest recesses of the unconscious to improve our therapeutic perception.

The book opens with, “My Unconscious Made Me Do It,” which develops an understanding of the unconscious that expands on Freud’s idea of negative repressions. Based in neuroscience, Ginot shows how we have an unconscious self-system, where the conscious and unconscious, explicit and implicit exist together in a co-creating continuum, to be enacted through cognitions, emotions, and behaviors all throughout life.

The brain’s fear pathway and amygdala are at the root of aversive unconscious self-systems, and Chapter 2 explains why unconscious fear and anxiety become so debilitating, and how to stimulate a healing process.

Chapter 3 deals with the automaticity of the unconscious, which often leads to rigid habits. Psychotherapy can help clients engage higher brain areas which can promote flexible healthy thoughts, feelings, and behaviors.

The development of unconscious disturbances is relational. These disturbances come from early right brain to right brain attachments, and are often filled with anxiety and fear. Chapter 4 develops the idea of enactment, where people act on dissociated, unconscious self-systems that stem from these early attachment experiences. The therapeutic relationship corrects these deficits, as therapists work implicitly through the mirror neurons to soothe the limbic system.

Our clients express their dysregulated unconscious self-systems through narratives and ruminations. In Chapter 5, the author explains how we as therapists can use language and our own unconscious reactions in the shared enterprise of therapeutic communication.

Resistance is part of the brain’s natural tendency to repeat what it has learned, and the dopamine reward pathway makes it difficult to stop negative patterns. Chapter 6 deals with repetition and resistance, and shows how increased awareness and improved self-regulation help people to change.

Chapter 7 covers injury, defenses, and narcissistic personality structures commonly seen in the therapist’s office. Patients with this personality profile have experienced a great deal of pain, and the empathy that the therapist provides can help them on the path to self-repair.

Therapy involves implicit and explicit processes, and in Chapter 8, the author reveals how insight must be processed on many levels to be lasting. Intergenerational communication of trauma is covered in Chapter 9.

Chapter 10 addresses a dilemma: Given the power of the unconscious, can ther-

apists guide clients toward objectivity? Herein lies the skill and sensitivity of the therapist.

Final reflections offer the author’s ideas about the relationship between the conscious and unconscious in psychotherapy. Research indicates that unconscious processes guide conscious life in positive ways. And so research catches up with Erickson, who often said, “Your unconscious is a lot smarter than you are.”

The Neuropsychology of the Unconscious is a compelling update of modern psychodynamic psychotherapy. We recommend it to anyone interested in the unconscious, psychoanalysis, and interpersonal neurobiology.

BOOK REVIEW

Why Therapy Works: Using our Minds to Change Our Brains

Louis Cozolino

W. W. Norton & Company

ISBN 978-0-393-70905-6

2016

271 pages

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

If you have ever read any of Cozolino’s books you know that he is a greatly informed author who communicates complicated material so that it easy to understand.

In his most recent book, *Why Therapy Works*, Cozolino displays another skill: using profound quotes to illustrate ideas or introduce concepts. For example, he introduces the Hero’s Journey with a quote from deceased actor, Christopher Reeve,

There are so many important concepts and ideas, that I found myself underlining and highlighting sections.

best known as the leading character in the 1978 movie, *Superman*. Reeve said that a hero is just an everyday person who discovers the strength to persevere and endure, despite overwhelming obstacles. Considering that Reeve became a quadriplegic after a tragic accident in 1995, his words appropriately set the tone for the discussion about heroes. Actor, Philip Seymour Hoffman, is also quoted, talking about how we all struggle with self-love. Hoffman’s thoughts introduce the subject of self-disgust. Cozolino also includes quotes from Marcel Proust, George Orwell, and the Buddha. The author’s use of quotes throughout this book is elegant and effective.

In the first chapter, Cozolino proposes the important question of why people need therapy. He spends the rest of the book answering why therapy works. There are three parts of this book: 1) addressing the brain and consciousness; 2) the social brain; and 3) dissociation and integration. There are so many important concepts and ideas, that I found myself underlining and highlighting sections. I was intrigued with Cozolino’s concept that we can change our brain. And, his explanations about attachment and healing are excellent. Part of what makes Cozolino’s work so powerful is that he offers his own experiences to illuminate his ideas. This makes him human, believable, and likeable. He also teaches in a nurturing way about being a good therapist.

I am impressed and appreciative of Cozolino and value his work. In fact, I look forward to rereading this book. It will be useful to review reference-specific issues. I recommend it to both colleagues and students.

INTERVIEW

continued from page 17

booms and stands. Their microphones recorded me, Monde and the new patient, Nick, quite easily, but they couldn't capture Milton's soft voice. The studio technicians had to use a really sensitive lapel microphone for him.

had never had any kind of therapy and who obviously had never met Dr. Erickson before April 1975, so that there wouldn't be the issue of, "Well, this patient has already been trained by Erickson. Whatever we're seeing now, all

decay after 10 years, was to convert them into film. The process was expensive and imperfect, and the usual method produced a slightly blurred image. However a company had come into existence in 1972 that was able to

AV: Did Dr. Erickson ask to be reimbursed for the project?

HL: He never asked for a penny, even though I offered to pay him. He didn't know how much I spent, but I think he could figure out that it was costly. And, for the weeks that I visited him in Phoenix, he never asked me to pay for anything, either. After the second time that we did a video recording, I went to the Heard Museum and bought us sand paintings. I didn't know anything about the paintings, except that I liked their images. His was called, "Father Sky and Mother Earth," which pretty well encompasses our world. I chose a sand painting for myself that a Navajo Indian medicine man uses to heal a sick child – a strange coincidence, considering that child and adolescent psychiatry is my subspecialty.

One time, I shipped Milton a case of scrapple. Scrapple is a local breakfast meat specialty that's Pennsylvania Dutch in origin. It's usually sold as a refrigerated package, but I couldn't send scrapple to Phoenix that way and expect Milton to survive its consumption. However, I was able to find a manufacturer that packaged it in vacuum-sealed cans. So I sent him a case. He loved it and ate it with grape jelly, which I don't think too many people do. It was common for us to give each other gifts.

About a year after the videotaping, Milton sent me a beautiful ironwood carving of a seal resting on a rock. Since April 1976, it's been in my office and has been a serene witness to all the therapy sessions that I've done there.

AV: Do you think he was precise in choosing that figure for you?

HL: He said it had meaning for him, but he never told me what that was.

AV: What do you think it was?

HL: I don't know why Milton chose a lone seal on a rock. I can only speculate. He might have been giving me his "seal of approval." Or he might have been telling me about his own estimation of me.

[To read the entire interview with Herb Lustig, please visit: <http://erickson-foundation.org/herb-lustig-artistry>.]

It had also become my personal quest to preserve Milton's therapeutic work for posterity. That's why I went through so much effort to use state-of-the-art equipment and studios, and to use the best post-production facilities and resources that were available.

Also, Milton had deliberately dehydrated himself so that he wouldn't have to take personal breaks during the taping. He knew that we only had rented the studio for about four hours and that we had to complete the whole project within that time frame.

Another complication was that in Philadelphia, the video director pushed his own switches, which meant that when he decided which camera to record, he just pushed its corresponding button. But at KOOL-TV, the technical director was the only person who was allowed to push buttons on the recording console. The video director had to tell the technical director which button to push, as the program was being edited live and permanently recorded.

I was in the control room with the video director from Philadelphia, Richard Pyle, and marveled at how he was creating the program that he wanted. Pyle kept tapping his finger on the shoulder of the technical director so that the TD could get the rhythm of how Pyle wanted the camera shots to change. After a while, the technical director could almost anticipate what camera Pyle would be choosing. Fortunately, the end result was a broadcast-quality, color video recording of Milton Erickson performing his unique blend of hypnosis and psychotherapy.

AV: Probably the only one.

HL: Certainly the best. The only one that has both excellent video and sound quality, and also the potential to have therapeutic value for the viewer. I had deliberately brought Nick, who

the work for it has been done already. Erickson just has to say 'trance,' and the person goes into a trance; and then he says 'get better,' and they get better." In the second videotaping that I had done, Monde was a subject. She had had private sessions with Milton before then, but I can't imagine that she ever experienced hypnosis quite as deeply as she did when we were doing *Artistry*.

Unfortunately, we didn't know how sensitive Milton's lapel microphone really was. It transmitted the sound of a jet plane flying overhead while he was being recorded. And, even though there were sets of soundproof doors between the TV station's lobby and the recording studio, at one point, a fellow walked into the lobby yelling, "Hotdogs! Hotdogs!" Milton's microphone picked that one up, too.

Because of those acoustic distractions, I had to make and send two-inch Quad copies of the videotapes to special sound technicians in New York for them to edit out most of the extraneous sounds. In addition, by the time the second therapy session with Nick had begun, Milton was both tired and dehydrated, so his voice was not as intelligible as it had been during the first session with Monde. Consequently, the New York technicians also had to 'sweeten' the soundtrack, making Milton's voice more comprehensible while also maintaining the unique quality of his voice.

In 1975, the only way with any certainty to preserve the *Artistry* videotapes, which would have begun to

convert with almost perfect fidelity the video signals that were being sent to NASA from its Apollo space flights. So I had the company convert the two-inch Quad videotapes into 16 mm film, and ordered two sets of negatives, just in case something unforeseen might happen to the first set a few decades later. Fortunately, careful storage in a film and tape vault, and improvements in the science of audiovisual recording, allowed *Artistry* to survive relatively intact.

AV: When you first presented this idea of video recording to Dr. Erickson how did he feel about it?

HL: I don't know, he just agreed. I only learned later that no one had ever done it before.

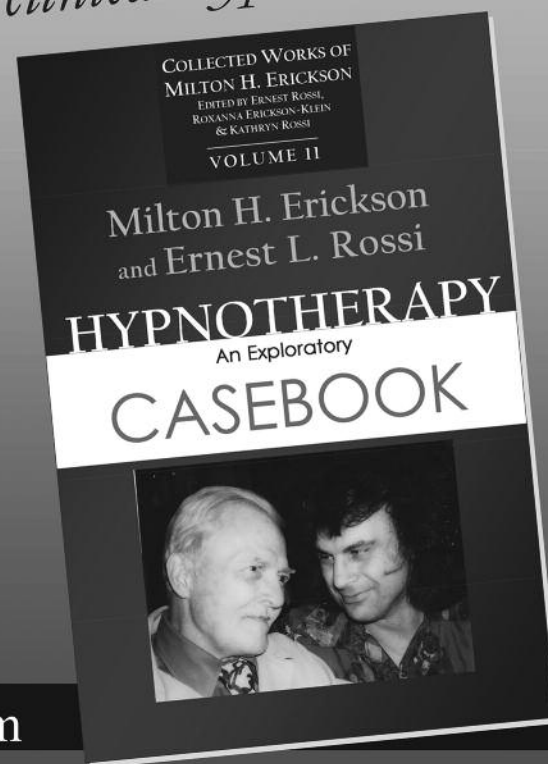
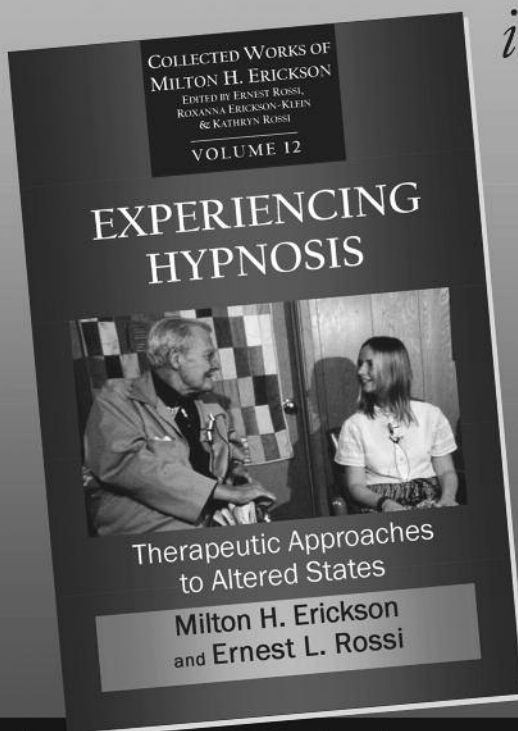
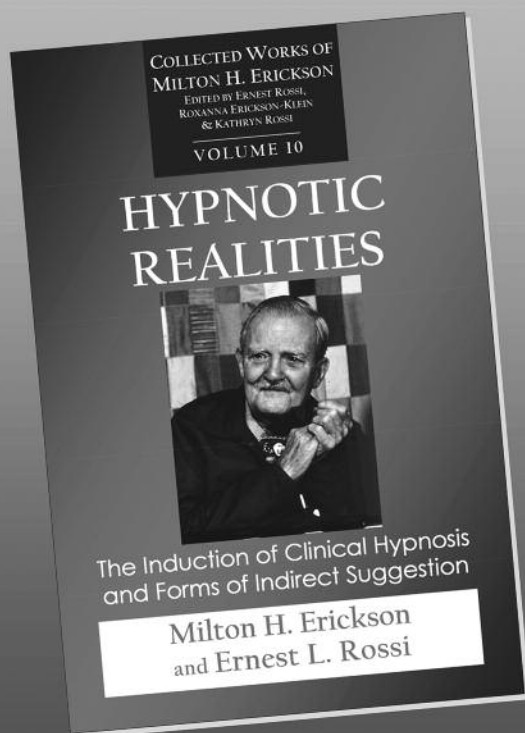
AV: Do you think Dr. Erickson was aware that this recording would be watched for generations to come, and that perhaps he was offering something to viewers as well, so that they too could benefit if they chose to enter a trance while viewing it?

HL: I'm sure that he designed the therapy sessions for Monde and Nick in such a way that it would provide a universal message to viewers too, because everyone has similar issues. For Milton to have used the opportunity in that way was an incredible accomplishment, and most likely, it was high on his wish list. It had also become my personal quest to preserve Milton's therapeutic work for posterity. That's why I went through so much effort to use state-of-the-art equipment and studios, and to use the best post-production facilities and resources that were available.



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