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INSIDE THIS ISSUE

INTERVIEW

Stephen Gilligan Interviews
Robert Dilts

1

FACETS AND REFLECTIONS

Elizabeth Erickson's speech at the Brief
Therapy Conference, Orlando, 1993

4

CASE REPORT

Mary and Anxiety and Insomnia
and Shit and Einstein and...

6

THE POWER OF ONE

Patricia Arredondo: Empowering
One, Empowering Many

8

INSPIRING MOMENTS WITH THE MASTERS

Viktor Frankl: Part II

10

IN THE SPIRIT OF THERAPY

Interview with Scott Miller, PhD

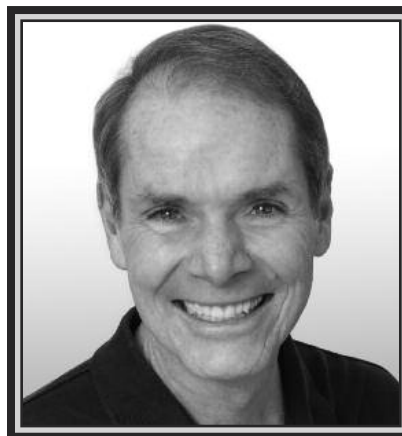
12

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I N T E R V I E W

Stephen Gilligan Interviews Robert Dilts

Robert Dilts is a renowned developer, author, coach, trainer, and consultant in the fields of Neuro-Linguistic Programming (NLP) and Success Factor Modeling (SFM). He is also co-developer (with Stephen Gilligan, PhD) of the process of Generative Coaching and the International Association for Generative Change (IAGC). Dilts worked closely with NLP co-founders, John Grinder and Richard Bandler, at the time of its creation and studied with Milton Erickson and Gregory Bateson. Dilts pioneered the applications of NLP to education, creativity, health, leadership, belief systems, and the development of "Third Generation NLP."



Robert Dilts

He has authored more than 20 books on various topics relating to personal and professional development, including *Changing Belief Systems with NLP*, *Tools of the Spirit*, *From Coach to Awakener*, *NLP II: The Next Generation*, *Success Factor Modeling Volume I: Next Generation Entrepreneurs*, and *The Hero's Journey: A Voyage of Self Discovery* (with Stephen Gilligan).

Stephen Gilligan: You have been on quite the professional journey, Robert. Of course, we met more than 40 years ago as students at UC Santa Cruz, when we were both part of the original Bandler/Grinder NLP groups. In Joseph Campbell's work on the "hero's journey," he says this journey typically begins with early experiences that awaken awareness of one's life calling. I'm curious, were there experiences where you "knew" that you would be doing something like you've been doing over the past 40 years?

Robert Dilts: It was when I was 19 or 20, during those early Bandler/Grinder years with you, that I had the vision that someday the types of observations and discoveries we were engaging in would be spread all over the world. And, in what seemed to be a totally crazy dream at the time for someone who was a nobody, I got the

impression that I would be traveling the world, teaching these discoveries to healers, teachers, and leaders from every nation. In retrospect, this was quite a prophetic vision, as this is exactly what I am doing today. So I would say that was the awakening of my life calling.

I also remember going to dinner with you, Steve, in Soquel, California one evening before you left to go to Stanford University, and having the strange but very clear prescient knowing that someday we would be doing something important in the world together. I am so glad that that premonition has come true, and I look forward to seeing where it takes us next. The journey continues!

SG: In terms of the early NLP days, what was it that most inspired and impressed you?

RD: I can still remember walking into John Grinder's beginning linguistics class at UC Santa Cruz in September 1975. It was a large lecture course with over 200 students. Grinder was unlike any other college professor I had ever met. In his mid-30s at the time, Grinder was dynamic, charismatic, physically vital, confident, curious, and indisputably intelligent and talented.

On the first day of class, John taught the "Meta Model" language patterns that he and Bandler had modeled primarily from their observations of Fritz Perls and Virginia Satir. It was the first immediately practical thing I had learned in school. Even though I had no training as a therapist and had not even taken a class in psychology, I found, to my astonishment, that I was able to ask questions as if I were an experienced psychotherapist. I discovered that by my asking a few well-chosen questions, family members, classmates, friends, and even ca-

INTERVIEW continued on page 25

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EDITOR'S COMMENTS

Given that the 12th Brief Therapy Conference, held in Burlingame, California, December 6-9, is around the corner, I am indebted to Marilia Baker for providing Elizabeth Erickson's welcoming remarks at the 1993 Brief Therapy Conference (in *Facets and Reflections*). There is so much wisdom in Mrs. Erickson's speech. And I can still hear Milton's admonitions to learn what it means to be human from every interaction. He once said, "Look from every possible direction."

The underlying message I got from him was that for one's intuition to guide the process, it has to be constantly fed with information and experience, and the more varied the better.

Steven Gilligan's featured interview with Robert Dilts describes such a journey. Gilligan and Dilts are two of the most brilliantly intuitive clinicians I know, and both have fed their curiosity for decades. Their unconscious minds must be practically exploding! Don't miss their presentations at the upcoming conference.

Another multi-vector intuitive is Ruben Battino, who presents this issue's *Case Report*. Our *Case Report* editor, Eric Greenleaf, describes Battino as having a "scientist's observation and a poet's skill." Please be sure to read the commentary at the end of the article to fully appreciate Battino. He is a highly acclaimed and published chemist, therapist, author, and playwright.

Marilia Baker expands on her



Power of Two column with *Empowering One – Empowering Many*, an article she wrote on Patricia Arredondo, a keynote speaker at the upcoming Brief Therapy Conference. Arredondo observes that the journey that leads to empowerment involves connection, as well as focus and perseverance. We are not on the journey alone.

John Lentz's interview of Scott Miller for *In the Spirit of Therapy* reinforces Miller's appreciation of the connective elements in his journey. Miller states: "Because I couldn't possibly do it on my own." The article is filled with gratitude and insight. Both Lentz and Miller will be presenting at the conference. I encourage you to attend both presentations.

Our excellent media review team

for this issue is an example of how different voices can present many different facets of the therapist's journey. For example, Richard Hill, another wonderful presenter at the upcoming conference, continues his comprehensive review of *The Collected Works of Milton H. Erickson* with *Volume 12 – Experiencing Hypnosis*. This review is truly a double offering. Not only does Hill offer examples of Erickson's journey, he also shares elements of his journey.

It has been some time since we had an article for our *Connections* column. Mike Moss accepted the challenge with his important article, *Building Bridges: Between Rogers and Erick-*

son, which is based on a workshop he recently presented in the United Kingdom.

So the journey continues with the next Brief Therapy Conference, and I will close with a quote from Erickson, found in *Facets and Reflections*. I believe this gives wings to our journey: "The wider your understanding of human nature, the biological processes, the history of individual living, the wider your knowledge of your own reactions, of your own potentials, the better you will practice and the better you will live." – Milton Erickson

Rick Landis
Orange, California

THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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

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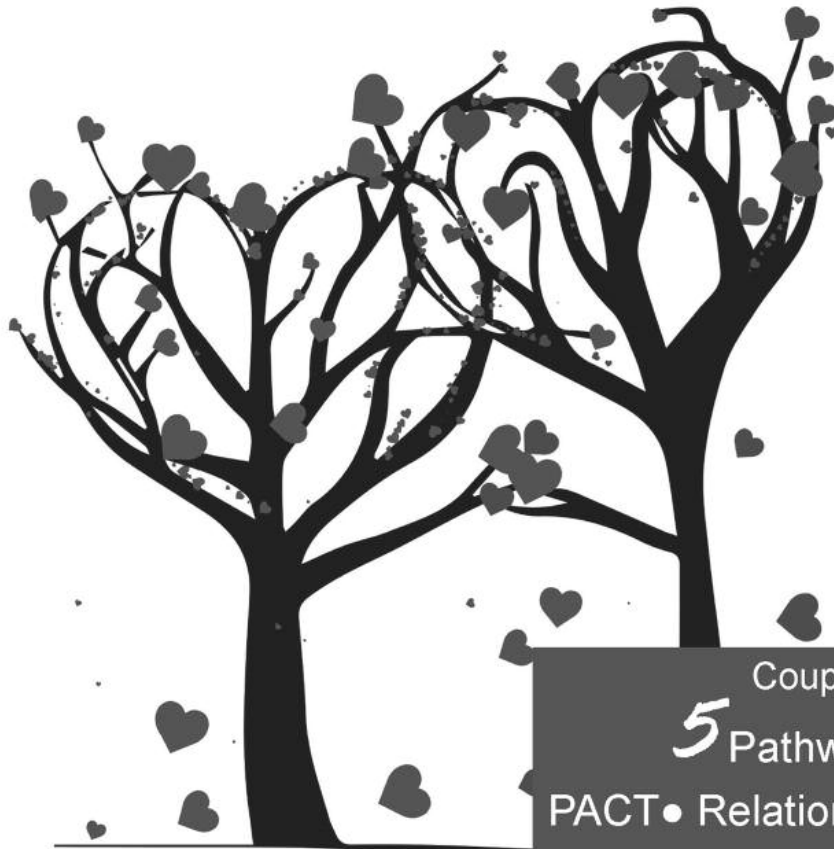
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FACETS AND REFLECTIONS

Elizabeth Erickson's speech at the Brief Therapy Conference, Orlando, 1993

by Marilia Baker

Elizabeth M. Erickson's welcoming remarks at the 1993 Brief Therapy Conference – *Essence and Evolution*, are worth revisiting, as we prepare for another Brief Therapy Conference 25 years later. Her speech was an orientation to her husband's work and interventions and focused on the finer points of his philosophy and teachings. It left an indelible impact on me, further guiding me throughout the years of my practice. It is indeed quite valuable to read it in its entirety, while reflecting on the multifaceted meaning of brief therapy.

Mrs. Erickson's welcoming remarks:

On behalf of the Milton H. Erickson Foundation and the family of Milton H. Erickson, I welcome you to this conference on brief therapy. My daughter, Dr. Kristina Erickson, who is a member of the Foundation's board of directors, is unable to be with us at this conference. However, she and I have worked together to prepare some words of welcome and reflect on the philosophy and teachings of my late husband, Milton Erickson. And, in the spirit of this Brief Therapy Conference, I wish to present a summary of my late husband's orientation to his work.

I appreciate your giving me about five minutes of your time, so I may offer a serious and more detailed introduction to Dr. Erickson's beliefs in therapy. I wish that Milton could be here with us today, for he loved the educational process, and would have been very proud and gratified to see this gathering of professionals. He was an enthusiastic man, who enjoyed life and worked throughout his life help others function in a productive, satisfying fashion. Much of Milton's work was devoted to developing therapy that would help a client achieve a happy, functional life as efficiently and rapidly as possible. In these introductory remarks I bring to you some quotations from my late husband, hoping this will bring you a bit closer to the philosophy of education that he emphasized.

Many people assume that much of my husband's therapy was of an intuitive nature, based on unconscious knowledge and instantaneous decisions. This is far from the truth. Even as a child, he had decided that someday he would be a doctor, in admiration of the fine country doctor who worked in rural Wisconsin where he grew up. As a child also, he saw a stage magician who did hypnosis. He found it extremely interesting and wanted to learn about it. But even at that early age, he decided to wait until he went to college to learn about it right, not as a stage trick. Thus, throughout his years of education, he determined that his graduate work in psychology, and his career in medicine, would be based on sound scientific principles, and that this would include a rational approach to learning the nature of hypnosis and its application to human behavior and functioning. My husband, throughout his life, continued this scientific methodology in his research and studies, in his publications, and in his teaching.

The objectives of this conference are to offer educational sessions, which will enhance your abilities to provide therapy in an efficient and effective fashion, with an emphasis on development of communications skills. I offer you this premise:

For the therapist, therapy is never brief. Rather it is the culmination of years of continuing education, of observation, of attentiveness to detail, of the assimilation of data, and of diligent and careful application of this experience and knowledge. This is a lifelong process, and Erickson, in describing the quest for knowledge said, and I quote:

The wider your understanding of human nature, the biological processes, the history of individual living, the wider your knowledge of your own reactions, of your own potentials, the better you will practice and the better you will live.

Teaching was one of his greatest interests and in his physically active years he not only held professorships at universities in Michigan, but lectured at colleges



Elizabeth M. Erickson

and universities all over the United States and in many foreign countries. He published many studies involving controlled experimentation on the nature of hypnosis and of mental disorders and their therapy; and he supervised others in their research. Therefore, the therapist's task is anything but brief, but rather it is a process of an ever-expanding information base. That quotation summarizes Erickson's belief that increasing knowledge allows the therapist to practice therapy better, and to also become more self-fulfilled. Erickson advised therapists to have knowledge of biology, history, anthropology, sociology, and physiology – all aspects of man. The therapist must, always, be a student. Stating this more simply, Erickson, speaking of his work, said, and I quote:

I looked very carefully for everything.

There is an emphasis on the final word because therapy does indeed incorporate everything.

As you progress through this Congress, it is the Foundation's intent that you will be provided with information that will profit you in your professional and personal endeavors as a therapist. Erickson cautioned, and I again quote:

Be willing to avoid following any one teaching or any one technique.

Thus, we have brought together for you a faculty of acclaimed scholars, all of whom are authors, to present to you an abundance of knowledge, leaving to you the choice of which information particularly applies to and benefit you. As my husband said in 1965:

I don't know the kind of thinking you ought to do. But I think you ought to enjoy doing your own thinking in terms of your own competence.

Therefore, we do not plan to dictate to you what you must and must not learn, but rather offer a variety, an abundance such that your own individual needs will be met. Milton Erickson recognized and taught that each person is unique – that therapy must be tailored to the individual. This uniqueness extends to the therapist. He said:

And so far as I have found in 50 years, every person is a different individual. I always meet each person as an individual, emphasizing his or her own individual qualities.

Therapy is hard work. Erickson spent much of his life pouring over books and papers, studying, writing, reading and searching for better ways to do therapy. He said in 1952, and I quote:

No person can really understand the individual patterns of learning and response of another.

But he believed that the therapist could try! Thus, he pursued the work, effort, and studies to achieve the understanding and skills needed to help others. After moving to Arizona, he soon entered the private practice of psychiatry. He continued to travel and lecture to clinical staffs, university classes, and scientific societies. He also wrote many papers based on analyses of reasoned plans for therapeutic interventions, studies of mental mechanisms and similar investigations.

When he could no longer travel, he welcomed therapists to the home and office to lecture to them in study groups, especially after he retired from active practice. Students would sometimes assume that his therapy was done spontaneously,

REFLECTIONS continued on next page

••• Celebrating the Brief Therapy Conference •••

Happy 30th Birthday Brief Therapy Conference

This year, the Foundation celebrates 30 years since the first Brief Therapy Conference: *Myths, Methods, and Metaphors*, which was held December, 1988 at the San Francisco Hilton on Hilton Square, in conjunction with the fourth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. Keynote speakers were Jay Haley, Arnold Lazarus, and Cloé Madanes.

The concept was to initiate dialogue and consilience among outstanding practitioners from the different schools of brief therapy. And because the conference was successful, from that point on, it was held independently from the Erickson Congress and has become one of the premier offerings of the Erickson Foundation.

“The tradition of promoting integration among approaches continues,” says Jeff Zeig, the architect of the conference and founder of the Erickson Foundation. “Let’s find the commonalities that make therapy work. And remember, therapy is the problem, not the solution. Therefore, our goal should be to get clients out of therapy as quickly as possible, so that they can live a life independent of therapy.”

Brief Therapy 2018 (brieftherapyconference.com) will be held at the Hyatt Re-

gency, San Francisco Airport. Keynote speakers include Patricia Arredondo, Claudia Black, David Burns, Frank Sulloway, and Bessel Van Der Kolk. Other speakers include Norma Barretta and Jolie A.C. Barretta Keyser, Judith Beck, Bob Bertolino, Laura Brown, Elliot Connie, Robert Dilts, Janina Fisher, Steven Frankel (Law & Ethics), Brent Geary (Fundamentals of Hypnosis), Steven Gilligan, Michael Hoyt, Jill Leavitt, Camillo Loredio, Lynn Lyons, Rick Miller, Scott Miller, Bill O’Hanlon, Ronald Siegel, Terry Soo-Hoo, Stan Tatkin, Michelle Weiner-Davis, Reid Wilson, Michael Yapko, and Jeff Zeig.

The cost of the conference from November 13th until December 5th, is \$599. On-site registration cost is \$699.

Group discounts are also available: Groups of five receive 10% off; groups of six to nine receive 15% off; and group of 10 or more receive 20% off. Students receive \$100 off the registration price.

Couples Conference Coming Up

The Couples Conference 2019 -- *Couples Therapy Models Unveiled: Five Pathways to Interpersonal Excellence* -- will be held at the Manhattan Beach Marriott, in Manhattan Beach, California, April 12-14.

Ellyn Bader, the co-organizer and director of the Couples Institute in Menlo Park devised a new program comparing and contrasting five models of couples’ therapy: The Developmental Model, The Gottman Model, The Relational Model, The Emotion Focused Model, and The PACT Model. There will be fundamental

and advanced workshops, symposia, and video discussion with important aspects of each model.

Keynote speakers are: Sue Johnson, Terry Real, and Stan Tatkin. Faculty includes Ellyn Bader, Donald Cole and Carrie Cole of the Gottman Institute, and Steve Frankel (Law & Ethics).

See couplesconference.com for early registration discounts.

Foundation Prepares for Congress 2019

The 13th Erickson Congress will be held at the Hyatt Regency Downtown Phoenix, December 12-15, 2019. We will celebrate the 40th anniversary of the incorporation of the Milton H. Erickson Foundation. Early registration information will be available at EricksonCongress.com.

Confirmed keynote speakers include: Robert Dilts, Scott Miller, and Michael Yapko.

Confirmed faculty include: Jorge Abia, Ronald Alexander, Connirae Andreas, Marilia Baker, Norma Barretta, Ruben Battino, John Behars, Antonio Bustillo,

Consuelo Casula, Carolyn Daitch, Tamer Dovucu, Joseph Dowling, Betty Alice Erickson, Ricardo Feix, Jeffrey Feldman, Jane Parson-Fein, Neil Fiore, Douglas Flemons, Teresa Garcia-Sanchez, Brent Geary, Eric Greenleaf, Bruce and Birgitta Gregory, Michael Hoyt, Carol Kershaw, Rick Landis, John Lentz, Lynn Lyons, Rob McNeilly, Rick Miller, Donald Miretsky, Michael Munion, Marc Oster, Maggie Phillips, Ernest Rossi, Kathryn Rossi, Gary Ruelas, Teresa Robles, Robert Schwarz, Dan Short, Charles Simpkins, Susy Signer-Fischer, Albina Tamalonis, Bernard Trenkle, Bill Wade, and Reid Wilson.

REFLECTIONS

continued from page 4

in a planned sequence. What they did not always understand, despite his efforts to make it apparent to them, was that his therapeutic strategies were based on a long career of study and always on a strict adherence to a reasoned, scientifically-based plan of development. We can work for brief therapy for the client, but behind its outcome is a diligent and dedicated therapist who has labored long and hard. As one example of the lengthy processes undertaken by therapists, Erickson, in describing the method of developing suggestions to give to a client, said:

I would write about 40 pages of suggestions that I would condense down to 20 pages, and then down to 10. Then I would carefully reformulate and make good use of every word and phrase, so I would finally condense it down to about five pages. Everyone who is serious about learning suggestions needs to go through that process to become truly aware of just what they are really saying.

In other words: therapy is hard work, and for the therapist, anything but brief! As you prepare to enter this congress, I offer a final quotation from the late Milton H. Erickson. As an older man he advised:

... therefore, you have to have an open mind, not a critical mind, not a judgmental mind, but a curious, scientific mind, wondering what the real situation is.

In his place, let me welcome you and extend to you our appreciation that you are here to attend this event, for without you there would be neither future nor progression of knowledge and education. The future lies with you and we thank you for coming. Thank you

Source:

Baker, M. *A Tribute to Elizabeth Moore Erickson. Colleague Extraordinaire, Wife, Mother, and Companion* (2004). Alom Editores: Mexico; pp. 153-156.

CASE REPORT

Mary and Anxiety and Insomnia and Shit and Einstein and...

By Rubin Battino, MS, PhD

Mary, 63, suffered insomnia for 31 years when a professional suggested hypnosis. I told Mary on the phone that I worked as a single-session therapist, and she could either choose to have just one session (my fee for an open-ended session is \$50), or several. I also said that I use hypnosis, when needed.

At our first session, Mary listed her concerns: chronic insomnia, anxiety, past trauma. We began with insomnia. Mary told me she had visited many professionals, used various medications (which helped for a while), and slept well for five or more years before the insomnia slowly returned.

I asked, "What are you willing to change today?" and suggested that she let this question rattle around inside her during our session.

Believing that guided imagery would suit her, I asked her three other questions: 1) "Do you have a way of relaxing and calming yourself?" Mary said she lets her mind go "limp"; 2) "Do you have a place within you, real or imaginary, where you feel safe and secure?" She likes to float in the ocean about three feet below the surface, somehow breathing easily there; and 3) "Do you have an idea about someone or something that will let you sleep easily, naturally, and without anxiety?" Mary chose Eileen, an author, who would comfort her, guide her to sleep, and rid her of anxiety.

Mary sat in an overstuffed armchair in the lotus position. I guided her as she attended to her breathing and went "limp" inside. I suggested she drift to her special place just below the water and continue to breathe normally and easily. I had her sense that Eileen was nearby, drawing close, making contact with her head, shoulder, or arm.

For Mary, Eileen is all knowing and powerful. And she is able, with contact, to adjust Mary's mental and physical parts that need to be changed, so that Mary can easily sleep without stress or anxiety. Mary cried silently for a while. When Eileen had completed her work, she slowly faded away. I told Mary that her mind, like a recorder, allows for memory and recall, whenever she needs it.

I gently roused Mary, and then, with her permission, held her hand. I asked Mary to choose a smooth stone from my jar, to keep with her to remind her of the changes that had happened. Mary left looking calmer and relieved.

Ten days later, she requested another session. Mary's request was for help with insomnia, and in coaxing her heart to love. She said, "Anxiety messes up sleep. If I can love, anxiety will decrease." After that session, she slept soundly. A few days later, her anxiety returned.

Mary had difficulties with her parents, her husband, and a minister who she said turned her away from God. She could no longer talk to or trust in God. I decided to use the miracle question, and invited Mary to envision and describe in detail how the future would be different if she no longer had her problems. It worked briefly. I asked her if Eileen could help, but she answered "No." At that point, I wondered what to do.

Suppose Mary had some internal demon that controlled her behavior? That idea made sense to her. Were there times when she could resist that demon and tell it to go and stop bothering her? She said, "No!" She said she could not get rid of all of that shit inside her. And there was no way that elimination could get rid of it. She cited the "Law of Conservation of Matter." Shit is matter that can neither be created nor destroyed; therefore, it cannot just disappear.

Einstein to the Rescue

I told Mary that Einstein's famous equation: $e = mc^2$, proves that matter can be converted to an equivalent amount of energy. I pointed to the west, and told her that

the sun does this all the time. It loses mass, but then produces the energy it radiates. And I said that all the stars she sees at night are converting matter into energy.

Mary loved this, and her face lit up with joy. She said that from then on, every time she *shat*, she would be cleansing her body and eliminating matter, and this would result in releasing energy and love. And along with the shit, anxiety would also disappear.

Mary told me that she was reading Viktor Frankl's, *Man's Search for Meaning*. I told her that I had met Frankl and wrote a play based on his life story. I talked about finding meaning in life, then told Minnie's story from LeShan's book on cancer (*Cancer as a Turning Point*, 1994). In working with terminally ill cancer patients, LeShan learned that the patients were helped when asked about their unfulfilled dreams. And that finding ways that could bring the patient fulfillment was key. Minnie dreamed about ballet, so LeShan brought her books and articles on ballet, and she became totally involved with it. Mary beamed, saying she had always wanted to dance ballet, and that she was an excellent dancer. However, with her knee problem, attending ballet class was out, but Mary could join a Tai Chi class where the movements are like ballet!

Mary agreed that she could now forgive her parents and her minister because she recognized that they were fallible, although she would not divorce her husband due to their adult children's attachment to him. I suggested that laughter might help in this relationship. She could dissociate and float away, observing her husband from a distance, and noting what was comical about him and the situation. She laughed, saying it was a good idea.

The session ended, and after a brief hug, Mary left. Two weeks later, she returned still fraught with sleep concerns, opening her heart, and shit disappearing. A dialogue with an unreconciled part of her made sense to her. She spoke with both parts, learning from each, and their resolution freed her. She told me she wanted to return to New Hampshire, and I replied, "Once you have grown up in New Hampshire, you will always be there." Her face lit up and she asked me to repeat what I had just said, so I did.

It is amazing what changes can occur when you follow the client's lead. And when one approach doesn't work, it's good to use another. "I wonder what would happen in your life if you just had a good..."

Commentary

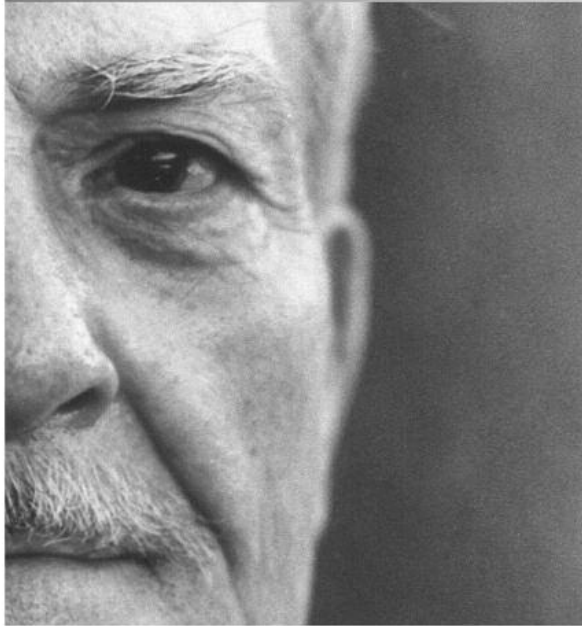
By Eric Greenleaf, PhD

The best brief therapy is like offering the client a tasting menu. He or she is hungry, but not quite sure for what. With a scientist's observation and a poet's skill, Rubin Battino offers dish after delicious dish to Mary, until she is beaming with satisfaction. Imagery, hypnosis, Gestalt, metaphor, solution focus, relationship – a top chef can cook with any ingredients, and the result is complete satisfaction and good digestion.

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CALL FOR PROPOSALS



THE 13TH INTERNATIONAL CONGRESS ON ERICKSONIAN APPROACHES TO PSYCHOTHERAPY

PHOENIX, ARIZONA
DECEMBER 12-15, 2019

The Milton H. Erickson Foundation is calling for proposals for the 2019 International Erickson Congress. If interested in presenting a Solicited Short Course on the topic of Ericksonian hypnosis and psychotherapy (or closely related area), please submit

- (1) a 200-word presentation summary,
- (2) a 50 word abstract,
- (3) two educational objectives,
- (4) peer reviewed sources that support your description and objectives, and (5) curriculum vitae of all presenters in your program.
- (5) curriculum vitae of all presenters in your program.

We are only accepting online submissions.

Please submit your proposal at www.ericksoncongress.com.

DEADLINE: Proposals must be submitted online by January 25, 2019. Acceptance or rejection will be sent by March 15, 2019.

There will be approximately 30 Solicited Short Courses with one and a half hours allotted for each Course on Thursday, December 12, 2019. Short Course faculty receive complimentary registration for the Congress, but pay their own expenses for food, travel and lodging.



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THE POWER OF ONE

Patricia Arredondo: Empowering One, Empowering Many

by Marilia Baker

Patricia Arredondo, EdD, is a distinguished scholar-practitioner and academic administrator with multiple professional achievements, honors, and awards. She is a Faculty Fellow at Fielding Graduate University in Santa Barbara, California. A second-generation Mexican-American, she grew up in Lorain, Ohio, near Cleveland. Her professional aspirations were empowered by her father, Apolinar, an immigrant whose values and ideals were anchored in the four pillars of Latino resilience: family, *amabilidad*, or caring for others, education, and a strong work ethic. Patricia's father encouraged his children to take pride in their roots, aspirations, work, and dreams "to change the world." Patricia felt especially close to him because of his egalitarian views, and his nurturing of her dreams and pursuits. From her mother she learned how to care for her siblings and she learned about traditional women's roles. In her grandmother, who was also an immigrant, she had a role model for entrepreneurship and self-efficacy. The seeds of empowerment – a guiding light of Arredondo's lifework -- were then sown in her developmental years.

Patricia Arredondo, founding president of the National Latinx Psychological Association (NLPA), is a licensed psychologist who holds a doctoral degree in Counseling Psychology from Boston University. She also is a Fellow of Division 45 of the American Psychological Association (APA), and was past president. She is also Fellow of the American Counseling Association (ACA), of which Arredondo was first Latina president (2005-2006). In 2004, the ACA granted her a "Living Legend" award for her extensive contributions to multicultural counseling. Among other honors, she has received the Career Research Award from the Society for the Psychological Study of Ethnic Minority Issues in 2016, and the Antony J. Marsella Social Justice Award from Psychologists for Social Responsibility, and an honorary degree from the University of San Diego. In 2018, the American Psychological Association named her a "Changemaker: Top 25 Women of Color Psychologists."

Author, coauthor, and editor of seven books and numerous journal articles, book chapters, training videos, and other materials, Arredondo's most recent book is *Latinx Immigrants: Transcending Acculturation and Xenophobia* (2018).

Marilia Baker (MB): The central focus of your professional life has been empowerment. You mention that this is your core philosophy, the kernel that guides your lifework. Please enlighten us on this concept.

Patricia Arredondo (PA): Empowerment is a relational experience. One can engage in a journey of growth and change, but it is generally done with the support and guidance of other wiser and experienced persons. These could be therapists, a friend, family, or a mentor.

Empowerment is not a linear process. It often occurs as a result of facing adversity and pushing through some tough moments in life to arrive at a place of greater confidence and self-efficacy. My first consulting company was called Empowerment Workshops, and my intention was to partner with employers to foster the emotional and cognitive development of their employees. To get the best productivity and performance from individuals they hired, the employers also had to invest in the growth of these employees. Empowerment Workshops was a catalyst for individual and organizational development. Of course, in psychotherapy, empowerment is the desirable outcome. I work with individuals to achieve their desired goals, and gain a sense of personal empowerment and self-efficacy. Currently, I am working on a book chapter on Latina administrators in higher education. There are very few of us. I want to learn how they lead – what skills they apply and how their cultural heritage contributes. From this task, I am working on the prospectus for another book on gender/racial microaggressions in the work place.

MB: At the upcoming Brief Therapy Conference, your keynote speech will



Patricia Arredondo, EdD

be "Latinx Immigrant Resilience in the Midst of Changes and Challenges." Could you please elaborate a bit on this?

PA: Based on my book, *Latinx Families in the U.S.: Transcending Acculturation, Xenophobia, and Migration through Self-Determination*, I will talk about the persistence and resilience of Latinx immigrants who thrive despite historic colonization, discrimination, and prejudice. Although the most common presenting issue in therapy is depression, for therapists, contextualizing the depression – that is: understanding contributing factors

– may indicate different treatment approaches. If symptoms of helplessness, apathy, and sleeplessness are occurring, the therapist needs to inquire about the family. What is going on with one's family that might be stressful? Across generations, and if there is not too much out-marriage, Latinx women may continue to rely on the nuclear family for support, advice, and more. Cultural values of interdependence and familismo – a preference for maintaining a close connection to family – may also get people through challenging times. *Familismo*, like *personalismo* (valuing and building interpersonal relationships) may also occur with close friends.

MB: Your pre-conference workshop: "Embedding Multiculturalism, Diversity, and Social Justice Principles into Psychotherapy Practice," indicates the scope and complexity of multicultural issues which affect and influence current practice. Could you expand on this theme?

PA: Yes, as I described in the workshop overview, culturally responsive and ethical practice in psychotherapy has been advanced for nearly 50 years, evolving from the civil rights movement for inclusion and equality. Both the American Psychological Association (APA) and the American Counseling Association (ACA) have promulgated standards to inform education and training, research, clinical practice, and organizational behavior. Since there continues to be gaps in the application of said standards, our program will address macro and micro levels of multiculturalism and diversity in psychotherapy training and practice, intersecting with dimensions of personal identity and terminology relevant to inclusive practices. Issues of structural barriers to equitable treatment will be addressed.

I have invited three co-presenters, representing the breadth and intricacy of multicultural competencies as an inclusive paradigm. Colleen Logan, PhD, is the program director of the new clinical mental health counseling program at Fielding Graduate University. Karen Westbrooks, PhD, leads Fielding's new program in couples, marriage and family Therapy. Both programs have concentrations with identity groups represented by our directors. The three concentrations address counseling with African American/black, Latinx, and LGBTQQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, and Asexual/Allies) individuals and families. These are unique areas of preparation. José Cervantes, PhD, ABPP, will address dimensions of spirituality and religion, fundamental to multicultural perspectives in psychotherapy. Dr. Cervantes is a professor with California State University, Fullerton. My goal is to demonstrate that therapy driven by multicultural perspectives must attend to the intersection of spirituality/religion with clients' more visible identities of gender, age, sexual orientation, disability status, socioeconomic status (SES), class, ethnicity and race, citizenship status, and so forth, all in varying sociopolitical and geographic contexts.

MB: Thank you Dr. Arredondo for a most stimulating and enlightening conversation. May the pioneering spirit of your ancestors and those of your co-presenters continue to guide your lifework.

For further information consult: arredonoadvisorygroup.com/

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THE MILTON H. ERICKSON FOUNDATION

INSPIRING MOMENTS WITH THE MASTERS

By Jeffrey K. Zeig, Ph.D.

In the last issue of the newsletter, I initiated this column (erickson-foundation.org/download/newsletters/Vol-38-No-2.pdf -- Page 10) so that I could share the experiences I've had in meeting masters of psychotherapy, recycle the wisdom I gleaned, and further my lifelong mission of honoring forebearers. I started off with Viktor Frankl, and in this issue continue with Viktor Frankl Part II; Part III will appear in the next issue.

Viktor Frankl: Part II

In 1990 when I visited Viktor Frankl in his home, I signed a second guestbook. I skimmed the first guestbook, which was already filled with the distinctive signatures of prominent visitors and existential philosophers I had studied in college, including Heidegger.

After giving me a tour of his office, Frankl announced that we would go for dinner. I said "Fine. But I am inviting you and Mrs. Frankl." He immediately declared, "Don't give me any of that manipulative Ericksonian stuff. I am taking you to dinner."

At the restaurant, Frankl talked about his experiences with Freud and Adler. He started out a disciple of Adler's and was therefore expected to defend him when he was attacked by colleagues. But Frankl did not do this, because he thought the criticism was justified. This resulted in Frankl's excommunication from the Adlerian society, and he was also shunned at the Vienna coffeehouses, which at that time were a center for discourse on the development of psychotherapy.

Frankl met Freud when Freud was on a walk in Vienna. Aware of Frankl's interest in psychoanalysis from their correspondence, Freud referred him to a colleague. At the initiation of the meeting with the colleague, the colleague asked Frankl in a desultory tone, "And why do you want to become a psychoanalyst?"



Viktor Frankl

as if the profession was chosen because of a character flaw. Frankl said at that moment he knew he did not want to be a psychoanalyst. He instead wanted to focus on a patient's strengths, not on pathology.

As Frankl continued telling stories, I turned to Mrs. Frankl and said, "I'm sorry. You must have heard these stories many times." She replied, "No. Some I am hearing for the first time."

There was understructure to the dinner conversation: Prof. Frankl and I were in a Herculean struggle. I was working hard to make him feel good about himself, but Frankl, who was more adept at this, was also working to make me feel good about myself.

In afternoon of my arrival at Frankl's home, we exchanged autographed books, and he wrote "To Dr. Zeig. Thank you for visiting me at my home in Vienna." At the end of dinner, I asked Frankl to autograph another book, and gave him my copy of *Man's Search for Meaning*. Frankl had advanced macular degeneration, so using only his peripheral vision, he first drew a caricature of himself, and then wrote: "To Jeff Zeig -- after hours of discussion, discussion enriching me. Viktor Frankl"

When we were leaving the restaurant, Frankl warmly hugged me and remarked, "Your idea for the Evolution of Psychotherapy Conference is a great one, but the field of psychotherapy would be so much better if there were more people like you in it." He paused, and said: "And thank you for being." Then he and Mrs. Frankl headed home, and I went to a coffee shop. Deeply moved, I felt the need to immediately make notes about my experience.

Viktor Frankl keynoted the 1990 Evolution Conference and this revealing conversation hour is available for streaming at: catalog.erickson-foundation.org/item/conversation-hour-viktor-frankl-stream.

I N M E M O R I A M

Farewell Steve Andreas

On September 7, 2018, Steve Andreas died peacefully surrounded by loved ones. Steve had Parkinson's disease, and due to his rapidly deteriorating condition, he chose when he would transition, which is legal in the state of Colorado where he lived.

Connirae, Steve's wife and professional partner for many years, says that Steve was a "doer," interested in being of service to others. "Steve was dedicated to understand human nature, and making tools that would help all of us become happier and more available."

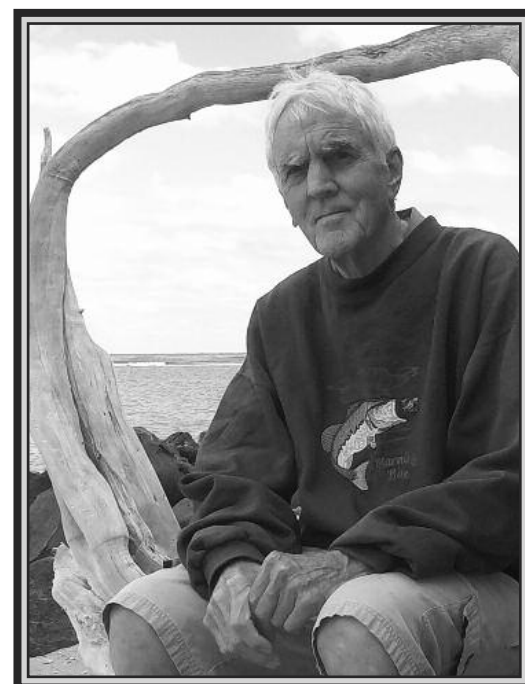
Born John O. Stevens in Hawaii on November 14, 1935, when he met and married Connirae Andreas, John Stevens changed his first name to a nickname (Steve) and broke with tradition by taking his wife's last name. Steve received a BA in chemistry at Caltech and an MA in psychology at Brandeis under Abraham Maslow. He studied Gestalt Therapy with Fritz Perls at Esalen, but transitioned to NLP in the late 1970s. Along with Connirae, Steve was instrumental in making NLP accessible by writing and publishing *Frogs into Princes*, *Trance-Formations*, *Reframing*, and *Using Your Brain--for a Change*. The couple also coauthored training manuals in NLP and several books on NLP, including *Heart of the Mind*, and *Change Your Mind--and Keep the Change*.

Steve authored other books, including *Virginia Satir: The Patterns of Her Magic*, *Transforming Troublesome Voices, Volumes 1 & 2*, *Transforming Your Self*, and *Six Blind Elephants, Vols. 1 & 2*. He considered the latter two books to be

among his most important contributions to the field.

Steve founded his own publishing company, Real People Press, when his mother, Barry Stevens, wrote a book with Carl Rogers called *Person to Person* that no mainstream publisher would publish. Steve strongly supported others by publishing books he thought had value, including those on Gestalt by Fritz Perls (which Steve edited), and *Notes to Myself* by Hugh Prather, which mainstream publishers had turned down, but which became a bestseller through Real People Press.

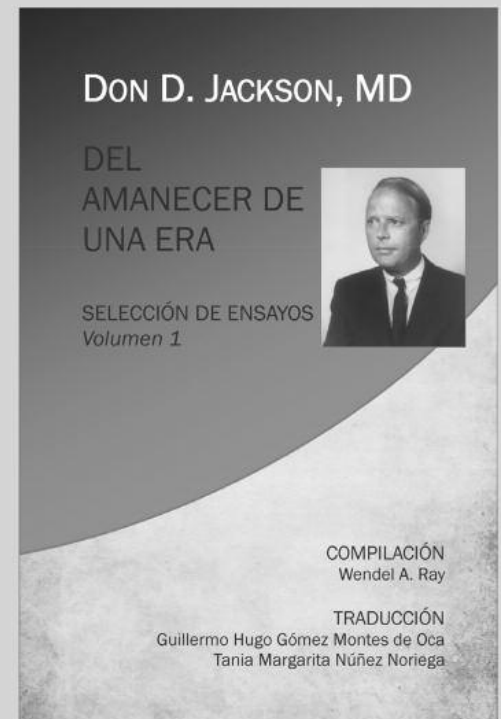
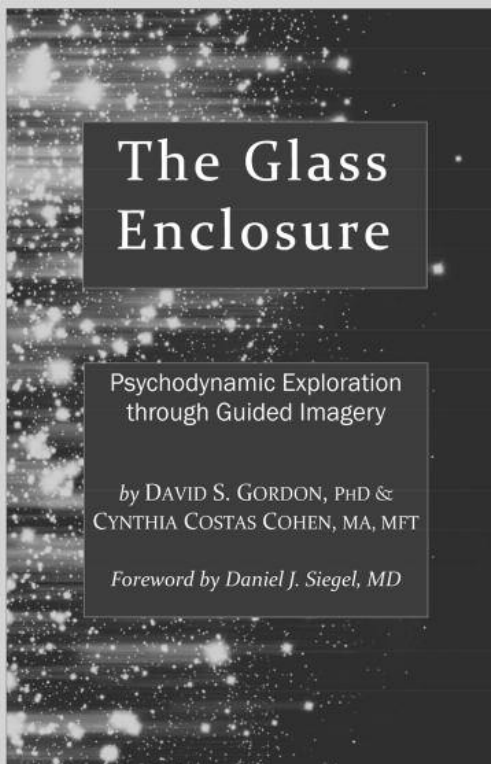
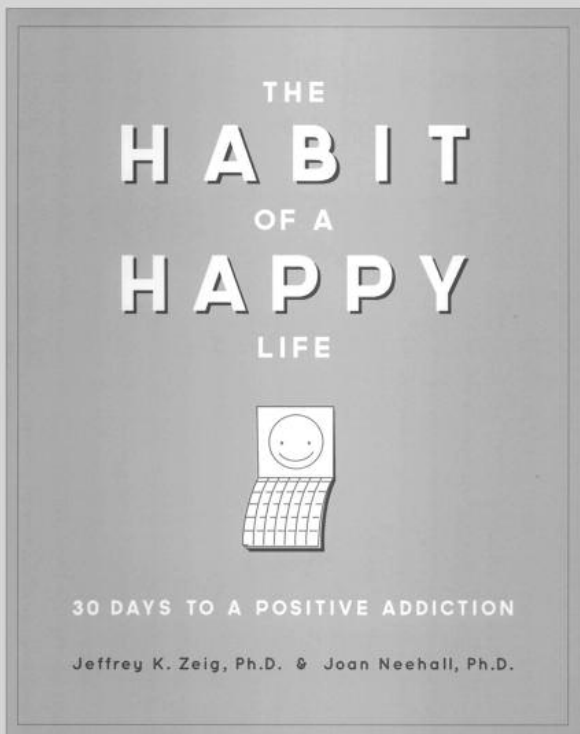
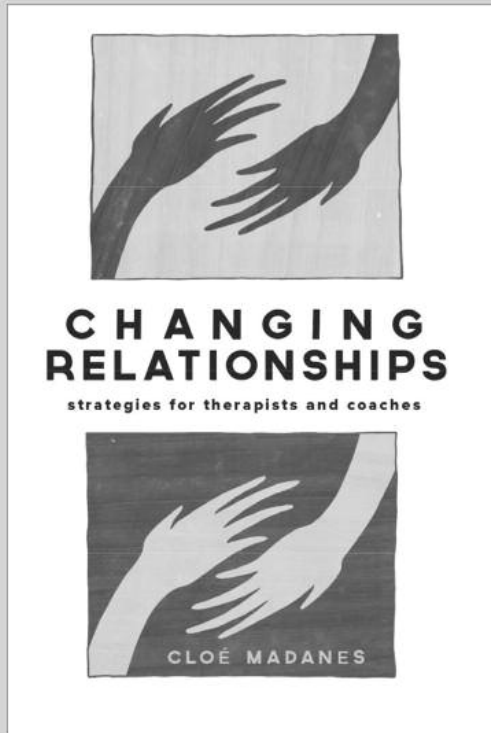
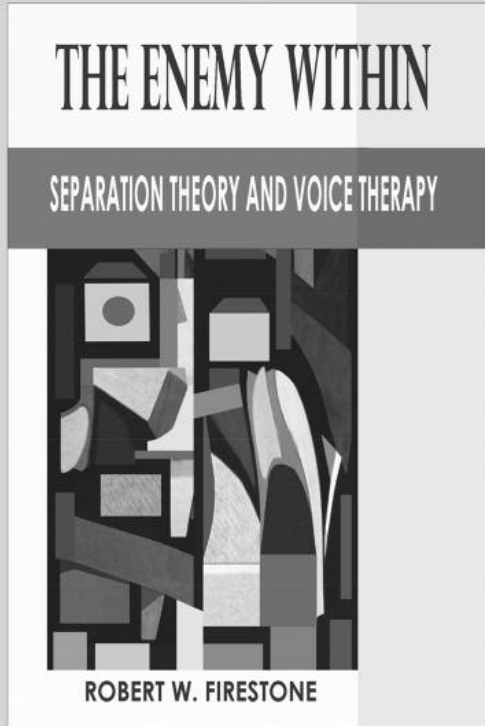
A regular presenter at the Erickson Foundation conferences, Steve was an advocate for making live demonstrations available. He him-
ANDREAS continued on page 12



Steve Andreas

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IN THE SPIRIT OF THERAPY

Interview with Scott Miller, PhD

Interviewed by John Lentz, D. Min.

John Lentz: When you think about psychotherapy and spirituality, what kind of things come to mind?

Scott Miller: I wouldn't call myself a spiritual person. I am not someone who spends time engaging in traditional religion or in religious activities, nor do I engage in things like yoga. But I can certainly appreciate numinous experiences, and the fact that most people in the United States have a belief in forces that impact their lives -- whether you call that God or something else -- that is greater than them and cannot be measured or seen.

JL: Have you had a numinous experience?

SM: I have often had, and I still often have the sense that -- and it will strike me how fortunate and lucky that I am -- a feeling of being connected to the world, and that the world is going in my direction. I don't assign these moments transcendental significance, but for me they are deeply moving experiences.

JL: And if someone wants to think of them as spiritual experiences would you object to that?

SM: No. A deep core value of mine in working with others is to listen to how others make sense of their world. I tell supervisees and therapists in training not to make meaning of these experiences, but to let the clients make the meaning.

JL: You seem willing to discover with someone what their truth is and what their meaning is. And you seem willing to dispel myths that are readily believed. For instance, you spend a lot of time demonstrating how evidence therapy isn't any real improvement over any other approach.

SM: In the book, *If You Meet the Buddha on the Road Kill Him!*, the author Sheldon Kopp says that all solutions breed new problems. Any time we come up with a new idea it might sound better, but if it hasn't been completely fleshed out, we don't know the weak spots. There is no perfection. I have an allergy to the utopian view that we can perfect humanity. I believe this leads to totalitarianism and an elimination of the individual and his or her point of view.

JL: It sounds like you are valuing empirical truth over science, because with research we can say things that are not true.

SM: Yes, and right now it is popular to say things like, 'believe in science,' or 'I believe in science.' Anyone who says this has not read enough science, because science is a method. It's like saying 'I believe in a hammer.' It doesn't make sense. The hammer is a method, and there is always a hand holding the hammer.

JL: Seeing things that way feels harmonious and honest.

SM: A fundamental principle that I follow to understand others is to simply look at yourself and look at what your beliefs are, and your foibles and struggles, and then you can get away from believing in an ideal world. This utopia where people live in a state of happiness, I don't believe in that. I do believe that we can improve personally and, in our relationships, if we take a close look at ourselves and our work. And doing that generally requires some help. Traditionally, therapists got that from going to therapy, but I don't think that is enough exposure to feedback to improve, given the diverse population we work with in our clinical practices today. And so, using some type of standardized scale can facilitate that process.

JL: Do you think in your class on improving outcomes that you elicit numinous experiences?

SM: No. I think that the next step beyond getting feedback and correcting our errors and misperceptions in the moment can lead to a numinous experience, and this is what we have been calling 'deliberate practice.' And the second way that it can lead to more numinous experiences is an appreciation of those experiences by looking at the science of our field, which doesn't even recognize the strong meta-physical experience on which it is based.

JL: You said in your blog that purpose, belonging, sense making, transcendence, and growth are all parts of meaning. Your approach is treating a person as an absolute individual, and that seems spiritual, and implies that the client has unique worth and value. I think this was fundamental to what Milton Erickson believed and something he attempted to get people to understand. But our culture goes against that. In some sense, you are like a prophet speaking out against cultural foolishness. What is that like for you?

SM: I am amazed every day that people listen. Again, that speaks in part to what I see most people do. I think the vast majority who are in the middle are much less certain than those on the edges. I feel fortunate that

people want to read, listen, and comment on what I have said, even those who want to argue with me and have a dialog. I always learn something from those who want to go back and forth. People ask me how I keep up with all the research, and I say, 'Because I have friends -- people who send me studies and ask me about it; because I couldn't possibly do it on my own.'

JL: Thank you for doing this interview.



Scott Miller, PhD

ANDREAS

continued from page 10

self produced a series of client sessions using his brief therapy approach, based on NLP. He was a prolific commentator on the therapy scene, known for his sharp analysis of methods and presentations.

Steve wrote articles on a wide range of topics (available on his website: www.SteveAndreas.com and on his blog: <http://realpeoplepress.com/blog/>) and his background in science and interest in evidence-based approaches informed the way he thought about and practiced therapy. He had tremendous respect for Milton Erickson, believing that Erickson was by far the most significant influence on NLP. Steve poured over Erickson's writings, as well as videos of his teaching seminars, discovering more nuances to enrich his understanding of effective therapy. Steve considered Erickson to be the most significant therapist of the 20th century.

Before Steve Andreas died, he coauthored with Connirae a preface to the NLP Practitioner Manual and wrote an intro chapter for a book that is currently being organized. It will contain reference material on the body of work that Steve and Connirae created together.

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C O N N E C T I O N S

Building Bridges: Between Rogers and Erickson

By Mike Moss, MBACP

I recently presented a workshop called “Building Bridges,” held at a conference organized by the UK Association for Solution Focused Practice. As a counselor and psychotherapist trained in solution-focused brief therapy and person-centered therapy, I felt compelled to offer a workshop that would explore an imagined bridge with Milton Erickson on one side and Carl Rogers on the other. Although there are differences between these two master therapists, I wanted to focus on their similarities, to try and understand how they inform my practice. In this article I hope to offer a taste of some of the concepts I explored.

Sidney Rosen’s book, *My Voice Will Go With You: The Teaching Tales of Milton H. Erickson*, offers a good analogy. (Rosen, 1982) I imagine Erickson on one side of a bridge calling out to his patients, “My voice will go with you.” And on the other side of the bridge, Rogers calling out to his clients, “Your voice will go with you!”

Both men grew up on farms in the Midwestern United States and seem to have had a similar view of the natural order of things. (Gunnison, 2003) As a child, Rogers once observed potatoes stored in a shed, and with no apparent source of light, the potatoes were still able to grow spindly shoots. This impressed him, and he knew it was an example of the potential of life. He began to believe in an inherent growth-promoting force, which he later described as the “actualizing tendency.” (Rogers, 1961) Erickson also had rural experiences. When he was a boy he came across a horse that suddenly appeared outside his family farm. Erickson was able to easily lead the horse back to its owner because he trusted that it would know the way, which it did. He utilized the obvious, observing and embracing the situation in a creative and unique way. He trusted the instincts of the horse, which later helped him to understand and trust his patients. When a patient seemed lost, he trusted that he or she would also eventually find the way home.

Both Rogers and Erickson discovered something in life that they could trust and which made sense to them, and they brought these simple ideas to their work as psychotherapists. And even though their approaches were different -- Rogers could be described as non-directive and Erickson as directive -- both men were linked by a fundamental desire to help clients find their own resources to promote change.

“Both [Erickson and Rogers] emphasized and sensed the uniqueness of each living thing and prized above all those differences.” (Gunnison, 2003)

Rogers likened Erickson’s understanding of the unconscious to the “actualizing tendency,” and noticed that although there were differences in their work, both relied on a directional tendency of the patient toward change, and both believed that the patient would have the wisdom to make beneficial choices. (Gunnison, 2003)

Rogers believed there was a tendency that exists in every individual which can be buried under layers of psychological defenses that “awaits only the proper conditions to be released.” (Rogers, 1961) And Erickson’s view of the unconscious has also been described as “...the core or center of the person” where there is “...a repository of all past experiences and learning” where the source of growth lies mostly beneath the unconscious level. (Rosen, 1982)

I sometimes use visualization in my work, and more recently I also close my eyes with some clients. I ask permission to be alongside them in their imagined world and offer Rogers’ core conditions in a profound way. My experience in doing this can be described as entering an imagined world where I feel a powerful, deep empathic resonance. It’s as if there is a new realm where both the client and I are active agents in the territory of the imagination. The depth of this kind of therapeutic relationship can provide access to a bridge from the unconscious to awareness where we can both meet and there is potential for healing and growth. This connection during hypnotic trance feels like a person-centered approach in action.

Looking at Rogers and Erickson on the same bridge reveals that there could have been a kind of creative guidance, with both doing what they intuitively felt was right. They both experienced a directional flow of potential or actualization in their therapy to promote healing in others. And perhaps by just holding an awareness of the possibility that there is a directional flow or presence which helps us to connect with change and growth from our own potential to facilitate healing may reveal there is a greater wisdom guiding us.

In his book, *A Way of Being*, Rogers maintains that the human organism’s potential for change is connected to what he calls an “evolutionary flow,” which he recognized as “...part of a formative tendency in our universe.” (Rogers, 1980) And, that there may be an energetic current of potential in the universe flowing toward growth, which can somehow be accessed within the self. This could be similar to Erickson’s use of utilization, whereby he makes use of what is present in the therapeutic encounter, both in him and in the client and beyond, and within the power of the imagination, that can be accessed and used as a creative force for change. (Leva, 1987). And, this energy stored up in all of us is waiting to be released.

The “actualizing tendency” from both Rogers’ and Erickson’s perspective may be described as the process of become whole. The client is continually in this process, guided by an innate wisdom and utilization, moving in a creative direction inspired by both therapist and client, which seems to fit and connect to the client’s unique way of becoming the person he or she desires. I believe this “greater wisdom” may be experienced as a presence for both therapist and client -- of there being something more in the therapeutic relationship. I have written about this sense of there being something more and have called it “directional presence.”

By the very nature of our intention to help, I believe something may emerge, assisted by being in an in-depth relationship, where more than we know may be helping the process in which all is being attended.

The power of the imagination is well understood in both cognitive and humanistic therapies, however, I would suggest there is perhaps the potential of an untapped resource, whereby direct contact by client and therapist can be made in the realm of the imagination. And I wonder, like Rogers and Erickson meeting on a bridge, if there is an opportunity for therapists of both approaches to begin a dialogue where we can discover new elements in working closely with clients, utilizing the unconscious using the core conditions, and accessing the imagination through person-centered visualization. Perhaps we are all on the same bridge, with some of us in the middle or closer to one side, and that’s okay because we are all traveling from one side to another and we all know the way.

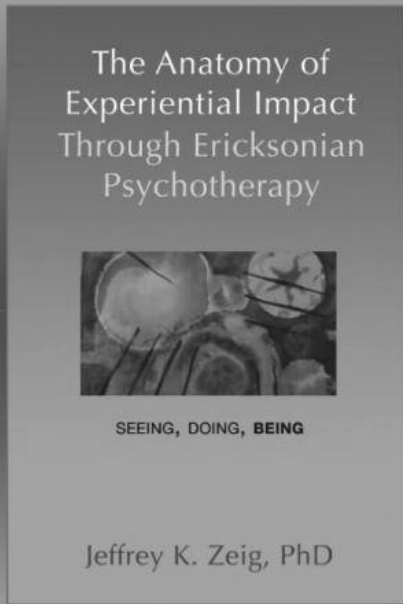
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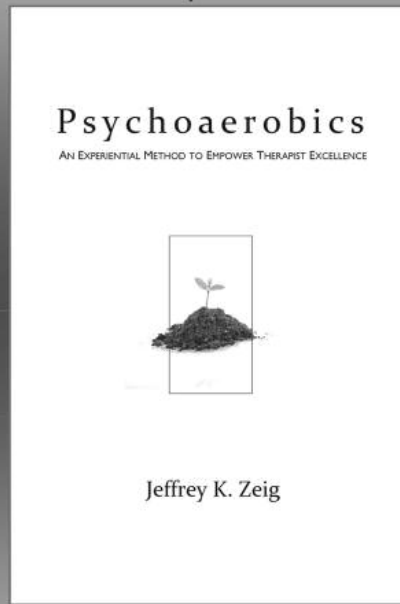
Mike Moss is a full-time counselor for Children and Young People, West Lothian Council. He lives in Edinburgh, Scotland and has a small private practice offering supervision and training. Moss can be contacted at: mike.moss@outlook.com

Ed. Note: At the 1985 Evolution of Psychotherapy Conference, Carl Rogers compared himself with Erickson and Kohut. The audio is available for streaming at: catalog.erickson-foundation.org/speaker/carl-rogers

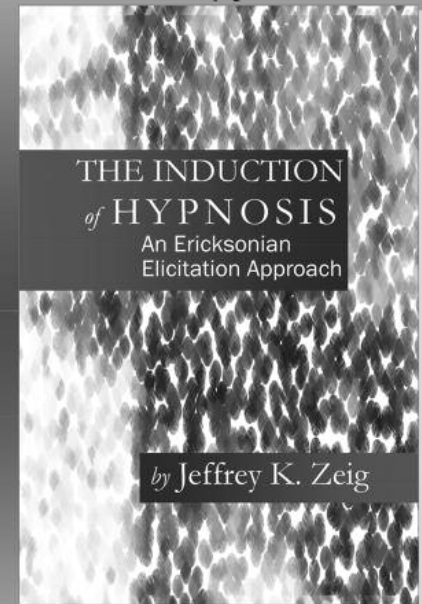
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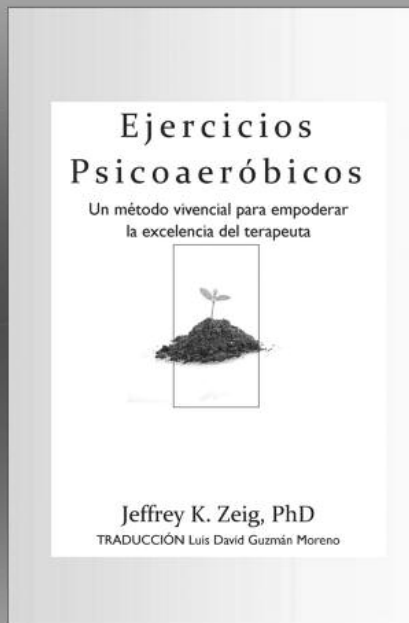
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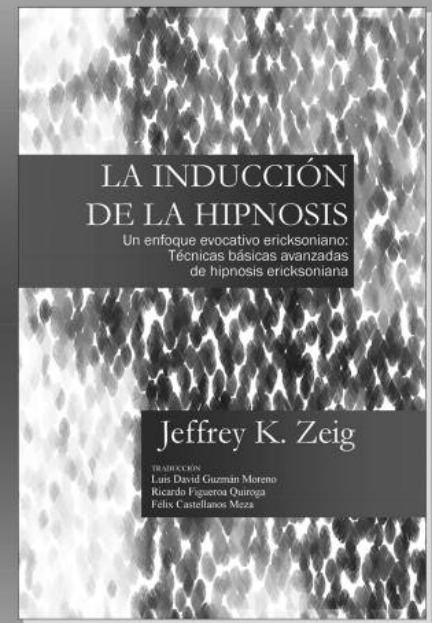
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Foundation Archives Continue to Expand

This year, the Foundation's archives and library have substantially increased.

Leigh McCormick, the Foundation's archivist, says that in addition to the Couples Conference audios and videos the Foundation received, several donations to the library have also been accepted. "The Foundation has taken in four classic books, two modern editions, and a several issues from the *American Journal of Clinical Hypnosis*," says Leigh. "For the archives, we received two large donations this year: from John Frykman's personal collection, and training videos from Christian Family Care."

The Foundation has also seen an increase in patrons using the archives and library resources. The Foundation welcomes all those working or studying in the mental health field to make use of the archives and library.

To make appointment to use these resources, please email Leigh McCormick at: leigh@erickson-foundation.org or call (602) 956-6196.

Foundation's Office Space for Lease



An office space is for lease at the Foundation headquarters in Phoenix. Centrally located near several major freeways, the 130-square foot space is in the Erickson Foundation building at 2632 E. Thomas Rd. Ste. 201. The office has sound conditioned walls and ceiling with a solid core door (for sound reduction), a private entrance, waiting room, testing and observation room, and bathroom. Covered parking is also available. The cost to lease is \$500 per month. If you are interested, please call Marnie McGann at the Foundation: (602) 956-6196

Volumes 1 - 18 Now Available in the Online Newsletter Archive!

Want to see what we were talking about in 80s? Check out the online Newsletter Archive that now includes the very first issue of the Newsletter!

<https://www.erickson-foundation.org/newsletter/archive/>

Foundation Archives Historical Newsletters

Recently, the Foundation scanned and uploaded the newsletters beginning with Volume 1 #1 through Volume 18 #3; ranging from Summer 1981 (Vol 1 #1) to Fall 1998 (Vol 18 #3). (Volumes 19 #1 to the most recent issue are already online.)

All of the newsletter issues can be found at: <https://www.erickson-foundation.org/newsletter/archive/>

The first featured interview in the Erickson Newsletter was with Martin Seligman (Vol 9 #1; Vol 9 #2).

Other feature interviews include:

Andre Weiztenhoffer 1989 - V9 #2

Jay Haley 1989 - V9 #3

Albert Ellis 1990 - V10 #1

Ernest Rossi 1990 - V10 #2

Jeffrey Zeig 1990 - V10 #3

Aaron Beck 1991 - V11 #2

Philip and Norma Barretta 1992 - V12 #3

Michael Yapko 1993 - V13 #2

Herbert Lustig 1993 - V13 #3

Kay Thompson 1994 - V14 #1

Erika Fromm 1994 - V14 #3

Harold Crasilneck 1995 - V15 #1

Daniel Araoz 1995 V15 #2

John Weakland 1996 - V16 #1

Dabney Ewin 1996 - V 16 #2

Viktor Frankl 1996 - V16 #3 - collected thoughts edited by Dan Short

Steve de Shazer and Insoo Kim Berg 1997 - V17 #2

Karen Olness 1998 - V18 #1

Bill Matthews 1998 - V18 #3

Women of Note articles include one by Elizabeth Erickson: "Margaret Mead's Interest in Trance State" (Fall 1995, V15 #3). *Other Women of Note* articles include Marlene Hunter, Jean Baker Miller, and Gloria Steinem.

The first issue with *Introducing the Institutes* column was Vol 13 #2 (1992) and included: The Milton Erickson Society for Clinical Hypnosis, Germany, and The Milton H. Erickson Institute for Clinical Hypnosis and Behavioral Sciences of New Mexico.

Foundation's Marketing Team Welcomes New Member

More than a year ago, Josh McLaughlin was hired as an administrative assistant at the Foundation, but in the summer of 2018, he joined the marketing team. In his new position, Josh creates aesthetically appealing graphics and is becoming more familiar with Foundation's social media audience. Currently, he is working on promoting the upcoming Brief Therapy Conference, held this December in Burlingame, California. "This new position is a great experience," Josh says, "and I look forward to working with this team to create meaningful experiences and successful events."

Foundation Offers Discounted Hotel Rates for Intensives 2019

For the Intensives, the Foundation now offers discounted rates at the Embassy Suites by Hilton Phoenix Biltmore.

The 2019 spring Intensives will be held March 11-15 (Fundamentals) and March 18-22 (Intermediate).

To make your reservation for the Intensives, please visit <https://www.erickson-foundation.org/> -- and click on Training.

FOUNDATION NEWS

Jeff Zeig Signs Inclusiveness and Diversity Awareness Promise

As Founder and Director of The Milton H. Erickson Foundation, Jeff Zeig recently signed the ASCENT CEO Promise that more than a hundred CEOs of corporations and non-profit organizations have signed. This commitment can be found at: <https://www.pcma.org/ascend-ceo-promise/>

The promise reads:

As we face chronic and harmful inequities across the globe, we must work to mitigate tensions around gender, sexual orientation, race, ethnicity, and disabilities. We must promote inclusion and diversity within our organizations and also at the events we produce and attend.

We believe greater inclusion will foster new voices to strengthen our leadership, our businesses, and our world. By working together, we will cultivate meaningful social change.

The three key points in the pledge include:

- 1) *We will make our workplaces and events open and trusting settings,*
- 2) *We will provide education on barriers to inclusivity, including unconscious bias, and*
- 3) *We will share what we know, what we learn, and what needs improvement.*

Foundation Welcomes Francisco Corella

In August, the Foundation welcomed Francisco Javier Corella III, who is serving as the new administrative assistant. Francisco was born and raised in Nogales, Arizona and enjoyed growing up in a border town. "It's actually different from what most people envision – I had a lot of fun."

Francisco graduated from Scottsdale Community College and has attended the University of Arizona. When not working, he enjoys traveling, getting together with friends, and trying new restaurants. "I like being social and spontaneous," he says, "but I also have my introverted side, so I also like staying in and relaxing...and often bingeing on a TV series while preparing a meal. I love the Ina Garten food network and trying out new recipes."

Francisco enjoys his new position and looks forward to attending his first conference in December. "From there," he says, "I can't wait to see what comes next!"



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INTERMEDIATE

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July 15 - 19
October 21 - 25



ADVANCED

July 22 - 26



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FOUNDATION NEWS

Jeff Zeig's 2019 Online Classes for Health/Mental Health Professionals

Masters of Psychotherapy Class

In the past few years, Jeff Zeig has been conducting through the Erickson Foundation an online *Masters of Psychotherapy* class, and due to its success, the same class will be offered in 2019.

The 90-minute online classes feature masters in psychotherapy, including Aaron Beck, Albert Ellis, Milton Erickson, Robert and Mary Goulding, Sue Johnson, Otto Kernberg, James Masterson, Sal Minuchin, Zerka Moreno, Carl Rogers, Virginia Satir, Carl Whitaker, and Zeig himself.

Prior to class, participants view videos of the master therapists treating clients. During the live, interactive class Zeig will discuss the methods and applications used to improve participants' clinical practice. The classes are limited to 24 and are recorded for later study for those who registered for the class, and for those who missed a class. The sessions take place on Zoom, where attendees can both see and interact with both Jeff and other attendees.

The course objectives include describing fundamental units of change from each of the theorists; describing how to effect therapy from a model given a patient; describing the metamodel of change from the perspective of each model; and providing a critique of each model.

These sessions are designed to improve clinical skills through direct experience, lecture, practice, and discussion.

The dates for the 2019 sessions are: January 11, February 8, March 15, April 26, May 24, and June 14 -- and July 19, August 9, September 13, October 18, November 22, and December 6. The classes are held on Fridays from 10:30 EST -- Noon EST. The cost is \$499.

This class offers a unique opportunity to meet in a small group to improve clinical skills through direct experience, lecture, and discourse. Participants will be exposed to clinical, scientific, and artistic concepts that will foster personal and professional development.

The following is a response from Roser Costabella Pardas who participated in the 2018 *Masters of Psychotherapy* class: "...the course is very interesting for any therapist who wants to continue progressing in knowledge of the great masters at the hand of an expert and someone who has known all of them...I have learned for my professional practice and personally grown...I thank Jeff Zeig for his attention to everyone..."

Other responses from the *Masters of Psychotherapy* class include:

"These master classes are necessary." HF

"My creativity was spurred in this environment of openness, support, and safety." SD

"I feel more empowered and self-assured doing therapy now." JN

"Jeff's artistry is awe inspiring; learning from talented colleagues is joyous." SC

"I am a senior clinician, and I keep coming back for more master classes with Jeff." FJ

For those interested in the 2019 classes, visit: erickson-foundation.org/2019-masters-psychotherapy-online/

Consultation Class

Zeig is also doing another class on the same dates organized by Sue Pinco that is not directly related to the Foundation. This class is called the *Consultation Class in Experiential Psychotherapy and Ericksonian Hypnosis*. The dates are: January 11, February 8, March 15, April 26, May 24, and June 14 -- and July 19, August 9, September 13, October 18, November 22, and December 6. The classes are held on Fridays from 10:30 EST -- Noon EST. More information as well as a registration link can be found on this page:

jeffreyzeig.com/consultation-class-in-experiential-psychotherapy-and-ericksonian-hypnosis-2019/

Please contact Susan Pinco SusanPinco@Coherentself.com with questions or help registering.

Foundation Offers Spanish Books as eBooks

The Spanish versions of three of Jeff Zeig's books: *The Induction of Hypnosis: An Ericksonian Elicitation Approach*, *Psychoaerobics: An Experiential Method to Empower Therapist Excellence*, and *The Anatomy of Experiential Impact Through Ericksonian Psychotherapy* are now available as eBooks at: <https://www.erickson-foundation.org/ebooks-for-sale/>

In the near future, they will also be available on Amazon.

THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

2019 ADVERTISING RATES

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Space Reserve / Art Deadline for the April 2019 issue:
February 5, 2019 (Mail Date: mid-April)

Questions? Email, karen@erickson-foundation.org
The Milton H. Erickson Foundation
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AWARDS

Kathryn and Ernest Rossi Bestowed Achievement in Science Award

Kathryn and Ernest Rossi have been given the 2019 "Achievement in Science Award" by The Austrian Society of Medical Hypnosis, and are offered a lifelong honorary membership to the Society for their important contributions to the field of medical hypnosis. The Society states that the Rossis' recent work is "...a beautiful and impressive example of where some of the developments will go in the future." And, "You and your wife stand for visionary, creative genius in this field."

Joining Freud and Mesmer as other recognized contributors to the field, the Rossis' contributions are many, but the Society especially recognizes the following, which will have considerable future impact:

- The research and quest to understand the mind control of gene expression and its consequences in therapeutic approaches. ("Creative psychological genomic healing"; "Bridging bioinformatics and neuroscience for the next generation of innovation in therapeutic hypnosis, psychotherapy, and rehabilitation")
- Efforts to open up the research field of brain/mind plasticity and quantum dynamics in the context of RNA/DNA psychosocial genomic theory of cognition and consciousness.

The next annual conference of The Austrian Medical Society of Hypnosis will meet in Graz, Austria, January 2019. The Scientific Board will address the topic of genetics/epigenetics in the context of brain/mind plasticity.

For more information, please visit: <http://oegmh.at/aktuelle-veranstaltungen/grazer-hypnosekongress/>

Austrian Society of Medical Hypnosis: <http://oegmh.at/>

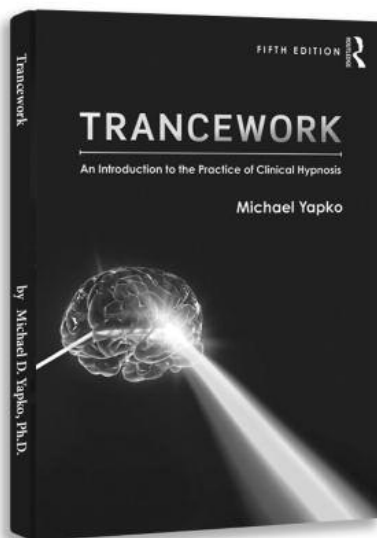
Michael Yapko, Ph.D., Given the "Arthur Shapiro Award for Best Book in Hypnosis"

The Erickson Foundation congratulates Michael Yapko, Ph.D., who was given the "Arthur Shapiro Award for Best Book in Hypnosis" for his book *Taking Hypnosis to the Next Level*, at the recent Society for Clinical and Experimental Hypnosis (SCEH) annual conference in Las Vegas. Dr. Yapko is the first person to receive this award four times. He received the award for three of his previous books: *Treating Depression with Hypnosis*, *Mindfulness and Hypnosis*, and *Hypnosis and Treating Depression*. Dr. Yapko is a speaker at the Foundation's *Brief Therapy Conference: Anxiety, Depression and Trauma* this December.

Join the conversation on Facebook And Twitter

The Classics Endure...

Announcing the New 5th edition of *Trancework* by Michael D. Yapko, Ph.D.



For over 30 years, and through four previous editions, *Trancework* has been the leading text to guide professionals in learning the skills of clinical hypnosis. This classic text continues to be the most comprehensive and up-to-date consideration of the fascinating field of hypnosis.

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UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2018		
12/4-10	Brief Therapy Conference / San Francisco, CA / Invited Faculty	1.
2019		
1/17-20	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Jeffrey K. Zeig, Ph.D.	2.
1/23-26	Master Class Coaching Workshop / Boston, MA / Zeig	2.
2/15-17	Master Class and Advanced Hypnosis Workshop / Mexico City, MEXICO / Zeig	3.
3/11-15	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Brent Geary, Ph.D., Zeig, Lilian Borges, MA, LPC	1.
3/18-22	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Zeig, Borges	1.
4/4-7	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	2.
4/11-14	Couples Conference / Manhattan Beach, CA / Invited Faculty	1.
5/3-5	Couple and Family Therapy / Mexico City, MEXICO / Zeig	3.
5/29-6/2	Advanced Hypnotherapy / Beijing, CHINA / Zeig	4.
6/5-8	Therapy Conference / Guangzhou, CHINA / Zeig	5.
7/8-12	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Geary, Zeig, Borges	1.
7/15-19	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Zeig, Borges	1.
7/22-26	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, AZ / Geary, Zeig, Borges	1.
7/29-8/1	Phoenix Master Class / Phoenix, AZ / Zeig	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, support@erickson-foundation.org; Web, www.erickson-foundation.org; Couples Conference: www.CouplesConference.com
Intensive Training Program & Master Class: <https://www.erickson-foundation.org/intensive-training/>
Brief Therapy Conference: www.BriefTherapyConference.com
- 2) For information: Email, Stacey Moore: sjmtjm@msn.com
- 3) For information: Email, sandra@ccipmexico.com
- 4) For information: Email, wangsuqinbj@163.com
- 5) For information: Email, gracenlp@163.com

For Upcoming Trainings, ad rates / specifications visit www.erickson-foundation.org (click *Media* > Newsletter). Or contact Karen Haviley: karen@erickson-foundation.org. A \$25 fee per listing is required. Deadline for the April 2019 issue (mailed mid-April) is February 5, 2019. All workshop submissions are subject to approval by the Erickson Foundation.

BOOK REVIEW

How to Be a Better Child Therapist *An Integrative Model for Therapeutic Change*

By Kenneth Barish

W.W. Norton & Company

<http://books.wwnorton.com/books/detail.aspx?id=4294995646>

New York & London

ISBN 9780393712346

Copyright 2018

320 pages

Reviewed by C. Alex Simpkins, PhD, San Diego, California

This book is written from the frame of reference of a seasoned practitioner. The author, Kenneth Barish, addresses the frequent experience of clinicians who attempt to use a model for treatment, only to find it inadequate to fulfill the needs of their patients. Barish wants us to move past eclecticism, and instead wisely seek synthesis, using the therapeutic relationship in treatment. He combines humanistic, psychodynamic, and pragmatic behavioral perspectives, where appropriate, for understanding interventions. He also actively intervenes with practical problem-solving strategies, sometimes for the therapist to use, and other times for the family to implement, in order to bring about change.

There are 14 chapters in three parts that distinctively divide the chapter themes. Part 1 includes the first three chapters. This group of chapters expresses the model on which the book is based. The first chapter provides the rationale justifying the author's approach, and clearly states its foundation. The second chapter is a common sense description of how pathological states develop from experiences in childhood, with suggestions for how to encourage healthy striving. Instead of expressing the model in a complex or formal way, the author presents the concepts in terms that the layperson can understand. The third chapter offers the general approach the author uses to bring about change: to reduce inner criticism, raise positive expectations, and encourage hope for the future. This allows him to draw on various methods.

Part 2 presents the 10 principles of treatment from which the author draws. The chapters are practical, filled with general and specific suggestions for how to treat children. Barish offers advice on how to elicit good relationships in therapy using empathy and instilling self-regulation, which is a lifelong benefit to a child. He believes clinical empathy is inherently therapeutic, and in Chapter 6 explains why and how that works. In Chapter 7, self-regulation is described simply, with a rationale for its importance in leading a satisfying and emotionally mature life. Barish teaches emotional self-regulation, and with his commonsense approach, teaches how to dialogue with parents, coaching them to accept and value feelings. In closing the chapter, he provides words of wisdom from Seligman: *Altruism is more satisfying than self-indulgence*. The last chapter offers commonsense principles for helping therapeutically and emphasizes the positive. Praise, encouragement, and other natural rewards can become techniques that the therapist can use and instill in the family system.

Part 3 offers specifics for instituting therapeutic change in the family, with advice for assisting parents to cope with common difficulties. There are also suggestions for dealing with resistance, either discouraging it in a commonsense, gentle way, or by setting boundaries in a way that encourages cooperation.

A brief section after the epilog has endnotes and provides some references. This helps point beyond the simply stated expression of this approach.

This book communicates principles of treatment in a way that directly translates into how to approach parents and children so that they have a better relationship. Without pretense or technical lexicon, this book can elicit confident, natural counseling treatment. I recommend it especially for this.

ATTACHMENT THEORY IN PRACTICE

Emotionally Focused Therapy (EFT)
with Individuals, Couples, and Families



SUSAN M. JOHNSON



by Dr. Sue Johnson

Drawing on cutting-edge research on adult attachment — and providing an innovative roadmap for

clinical practice — Dr. Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection.

This book shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.

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What the experts are saying...

“Johnson’s impeccable scholarship and extraordinary clinical acumen are evident throughout this marvelously written book. Filled with compelling and instructive case studies, this surely will become the go-to book about the practice of attachment-informed psychotherapy. This book should be read by every clinician and every student of psychotherapy.”

—Jay L. Lebow, PhD, ABPP, LMFT, Senior Scholar and Clinical Professor, The Family Institute at Northwestern University

“A lucid treatise on psychotherapy... Johnson has written an outstanding work that will have an impact on our field for a great many years.”

—Irvin Yalom, MD, Professor Emeritus of Psychiatry, Stanford University

“This book is a magnum opus that finally gives therapists a practical and very readable guide to using EFT principles across psychotherapy modalities. A ‘must read.’”

—John M. Gottman, PhD, The Gottman Institute, Seattle, Washington

“This wise and fascinating book is true to the scientific literature, beautifully written, and rich with engaging, moving case examples.”

—Phillip R. Shaver, PhD, Distinguished Professor Emeritus of Psychology, University of California, Davis

“With wit, insight, and intellectual brawn, Johnson unpacks the key elements of attachment theory, and reveals the healing power of EFT in different therapeutic contexts. There are nuggets of brilliance and wisdom in every chapter.”

—Jeffrey A. Simpson, PhD, Distinguished University Teaching Professor and Chair, Department of Psychology, University of Minnesota

Visit www.guilford.com/books/Attachment-Theory-in-Practice/Susan-Johnson/9781462538249

CONFERENCE NOTES

The Milton H. Erickson Foundation sponsored *Brief Therapy Conference – Anxiety, Depression and Trauma: Advances in Treatment*, will be held December 6-9, 2018 at The Hyatt Regency San Francisco Airport in Burlingame, California. Keynotes include Patricia Arredondo, Claudia Black, David Burns, Frank Sulloway, and Bessel van der Kolk. For complete information including onsite registration and accommodation visit: www.brieftherapyconference.com ; Email, support@erickson-foundation.org ; Tel, 602-956-6196; Mail, 2632 E Thomas Rd, Suite 200, Phoenix, AZ 85016.

The 42nd Annual Psychotherapy Networker Symposium will be held March 21-24, 2019 at the Omni Shoreham Hotel in Washington, D.C. This year's topic is *Therapy in a Challenging World: Enhancing Our Tools for Engagement*. Featured speakers include Malcolm Gladwell, Bessel van der Kolk, Daniel Siegel, Susan Johnson, Gabor Maté, and Mary Pipher. For information and to register visit <https://www.psychotherapynetworker.org/Symposium/2019> or contact Psychotherapy Networker: Tel, 888-851-9498; Fax, 800-554-9775; Email, customersupport@pesi.com

The American Society of Clinical Hypnosis (ASCH) will hold the Annual Scientific Meeting & Workshop on Clinical Hypnosis, March 28-31, 2019 at the Hyatt Regency San Antonio Riverwalk, San Antonio, Texas. More information will be released in coming weeks. Visit: www.asch.net ; Email, info@asch.net ; Tel, 630-980-4740; Mail, 140 N Bloomingdale Rd, Bloomingdale, IL 60108.

The American Counseling Association (ACA) is sponsoring the 2019 Conference & Expo, March 28-31, 2019, at the Ernest N. Morial Convention Center and the Hilton New Orleans Riverside, New Orleans, Louisiana. The conference will include keynote addresses, demonstration sessions, group discussions and networking events. Up to 33.5 CE hours will be available. For information visit: www.counseling.org or contact the ACA: 6101 Stevenson Ave, Ste 600, Alexandria, VA 22304; Tel, 703-823-9800; Fax, 703-823-0252.

The Couples Conference, sponsored by The Milton H. Erickson Foundation with organizational assistance provided by The Couples Institute, will be held in Manhattan Beach, California, April 12-14, 2019. Registration and information will be available at www.CouplesConference.com Or sign up for the Foundation's email list at www.erickson-foundation.org and automatically receive conference information in your inbox as soon as it becomes available. Questions? Contact the Foundation at support@erickson-foundation.org

The Annual Convention of the American Psychological Association (APA) will be held August 8-11, 2019 in Chicago, Ill. Convention and registration information will be available in April 2019. Visit <https://convention.apa.org/> for information or contact the APA: Tel, 202-336-6020; Email, convention@apa.org

The Society for Clinical and Experimental Hypnosis (SCEH) will sponsor the 70th Annual Workshops and Scientific Program, *Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship*, October 16-20, 2019, at the Ace Hotel in New Orleans, Louisiana. Registration opens in 2019. For information visit: <https://www.sceh.us/annual-conferences> or contact SCEH: Email, info@sceh.us ; Tel, 617-744-9857; Mail, 305 Commandants Way—Commoncove Suite 100, Chelsea, MA 02150-4057.

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B O O K R E V I E W

EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment

By Arielle Schwartz and Barb Maiberger

W.W. Norton & Company
<http://books.wwnorton.com/books/978-0-393-71310-7/>

New York, N.Y. 10110
ISBN 13:978-0-393-71310-7
September 2018
304 pages

Reviewed by C. Alex Simpkins, PhD, San Diego, California

Whenever I have presented, sooner or later someone will ask me about EMDR -- how it works and whether it is effective. It seems the interest in EMDR is universal, and sometimes comes from practitioners who are trained in it and curious about it beyond mere protocol; other times it comes from therapists who are considering learning it.

In their book, *EMDR Therapy and Somatic Psychology*, the authors, Arielle Schwartz and Barb Maiberger, express a model that seamlessly integrates EMDR with somatic therapy. They offer a simple, general theoretical understanding of EMDR and a brief history of somatic therapy. They also provide helpful techniques, followed by explicit scripts to apply the techniques within their approach, for certain types of problems. Lastly, the authors offer techniques for therapist self-care -- to deal with the induced reactions that may happen over time when treating trauma.

The practitioner can learn from this book how to sensitively apply EMDR to the treatment of trauma. Integration with somatic approaches helps broaden the practitioner's grasp and opens up potential for adapting EMDR to one's own background. This book expresses one of the ways of flexibly practicing EMDR. The rival approach is to follow a conservative and strict EMDR protocol as a pure,

scripted method. Those who practice this model of EMDR tend to assume the superior efficacy of the treatment over all other approaches to trauma. However, this book can help to expand the psychotherapist's repertoire to include EMDR within the embodied perspective.

The book has eight chapters and is divided into two parts. Part One provides the background, history, and principles in three chapters. Chapter 1 expresses the concepts of EMDR and somatic psychology that are foundational to this method. A brief history of somatic psychology helps to put this approach in a context to justify its broad application as a synthesis from eclectic resources. Chapter 2 explicates the rationale of embodiment to enhance therapy. Several currently accepted somatic theories are blended to achieve this. Brief clear concepts of trauma's effect on neurobiology help explain treatment rationale. Chapter 3 outlines seven principles of body psychology with EMDR for treatment, and includes resilience -- an important resource for clients.

Part Two provides the interventions, linking theory with applications. Most concepts are made understandable and useful through experiential techniques. In Chapter 4, the reader is led into the therapeutic use of somatic awareness, both in the client and in the therapist. The development of sensitivity and learning a vocabulary for sensations becomes the basis for using this method for therapy. The authors deemphasize meaning in this approach, and maintain that meaning can be distracting, rather than therapeutic. Their rationale is that nonjudgmental awareness of sensations will lead to change, when following EMDR's path to reprocessing.

These chapters describe and explain the difficulties that clients have developed, which limit response. The authors explain how this happens, then offer EMDR interventions to help the client through traumatic response when dealing with complex PTSD and/or chronic pain. The final chapter focuses on therapist self-care and offers techniques so that trauma therapists can better deal with their chosen profession.

This book is well written and informative and offers excellent techniques that practitioners can use. I recommend *EMDR Therapy and Somatic Psychology* for learning and creatively adapting EMDR.

B O O K R E V I E W

Brief Therapy and Beyond: Stories, Language, Love, Hope, and Time

By Michael F. Hoyt

Routledge, August 2017

<https://www.routledge.com/Brief-Therapy-and-Beyond-Stories-Language-Love-Hope-and-Time/Hoyt/p/book/9781138636712>

ISBN: 1138636711
404 pages

Reviewed by Charles A. Simpkins Jr., PhD

A well-known figure in the Ericksonian community and the psychotherapy world, Michael Hoyt has published widely, given excellent keynote speeches, and taught numerous workshops around the world. In the Preface of his most recent book, he states, "The book you have in hand, dear reader...is offered as a selection of my favorite papers."

And this book is a collection of theories and techniques of brief therapy. It is also about therapist developmental issues, stories and language, family relations, the experience of time and the magic of the moment, curiosity and hope, humor,

love and inspiration. Hoyt offers much information and personal anecdotes in a compelling way, which engages and energizes the reader. (Disclosure: I worked with Michael for many years and have seen him in action, so I can attest to his vitality, wisdom, and experience.)

This book contains 22 chapters and there are gems of wisdom in all of them. Some chapter titles are instructive about therapy. Other chapters provide extensive reviews about theory. Numerous case studies are included throughout.

Later in the book, Hoyt becomes even more candid as he applies what he has been writing about to his journey. Hoyt combines an encyclopedic knowledge of therapy with dozens of quotations from poetry, literature, sports, and the arts, as well as insightful cartoons, funny jokes, and charming stories. He refers his readers to authoritative sources that confirm his many insights, gleaned from years of thought and practice. What a great read!

Brief Therapy and Beyond: Stories, Language, Love, Hope, and Time arrived with glowing endorsements on the back cover, including: "unequivocally essential reading," "a great book," "extraordinary tour de force," "how he knows all this is a mystery—there is nothing like it," "absolutely brilliant," a "must-read." And all these endorsements are well deserved, because this book is a beautiful blending of head and heart. It should be savored by both seasoned professionals and those newer to the field. I highly recommend it.

BOOK REVIEW

The Beginner's Mind ***The Collected Works of Milton H. Erickson*** ***Volume 12 – Experiencing Hypnosis***

The Milton H. Erickson Foundation, Inc.

<https://catalog.erickson-foundation.org/page/collected-works-2605>

Review by Richard Hill MA, MEd, MBMSc, DPC

This volume is the third in a trilogy (volumes 10, 11, and 12), where Erickson and Rossi lay out the nature, processes, and development of Erickson's approach and practice of hypnosis. Erickson is known for his indirect and naturalistic approach, but this developed over time. The first section is a transcript of what is known as *The Ocean Monarch Lectures*, whereby we "...witness his transition from the older authoritarian approach to hypnosis, to the new permissive approaches, which he pioneered." (p. ix) The original book included two audio cassettes. These recordings are still available as Mp3s through the Erickson Foundation and a special code is given for download at no cost.

In addition to Ernest Rossi's original introduction from 1981, there is a fresh, updated introduction from 2014. This brings us into the 21st century developments of our understanding of therapeutic hypnosis through psychobiology and psychosocial genomics.

Section I explores *The Indirect Approaches to Hypnosis*; Section II – *Catalepsy in Hypnotic Induction and Therapy*; Section III – *Ideomotor Signaling in Hypnotic Induction and Therapy*; and Section IV – *The Experiential Learning of Trance by the Skeptical Mind*. These four original sections of the book are augmented by a special fifth section, Electrometric Correlates of the Hypnotic State, which explores the work of Leonard Ravitz and electrodynamic field measurements taken of numerous subjects, including Erickson himself.

Currently, there is a shift in our understanding of what creates effective therapy. Research shows, quite clearly, that the most important element of any therapy is the relationship between therapist and client. Another important element missing is the sensitivity to feedback from the client. Erickson describes in the *Ocean Monarch Lecture* his indirect approach where the client can "...feel free to respond to whatever degree they wish..." (p. 4) and the importance to "...establish a good conscious rapport... [to] let him know that you are definitely interested in him and his problems..." (p. 5) These comments may seem unremarkable today, but would have been controversial in 1957. The section still has a strong focus on technique and the therapist's skill, but Erickson gives the client control of what they want to reveal, when and how. It took decades to incorporate this client-centered approach into normal practice.

Following the various hypnotherapeutic methods in Section I, the second section focuses on catalepsy, which is "...recognized as one of the most characteristic phenomena of trance and hypnosis." (p. 33) But, the authors make a point of the fact that there are "...spontaneous forms of catalepsy we can observe in everyday life," (p. 33) providing a foundation for looking at trance as part of our natural qualities, rather than something unique to the actions of the hypnotherapist. We are reminded that the therapist is a facilitator of processes that can naturally emerge from the client. Catalepsy is a means of "...gauging a patient's state of mental receptivity for appropriate stimuli." (p. 41) It is so interesting to read where Erick-

The implication that the "trance" is something that the client possesses and learns, rather than something the therapist possesses and imposes on the client, is the message I received...

son's use of hand levitation and subsequent catalepsy was *not* successful and "training" for therapeutic trance could take some time. This was part of the motivation for Ernest Rossi as he developed his mirroring hands technique, which seems free of this resistance. Another important, but not consistent biomarker of trance, was the ideomotor response: physical movements that were not consciously directed, and therefore showing some degree of connection to implicit processes.

Section III turns the microscope on the concept of an ideomotor response. Historically, there is much evidence of "...the so-called automatisms – apparently purposeful behavior that is carried out without normal awareness." Since ancient times "...somniaambulism (sleepwalking)...spirit writing (automatic writing), possession (multiple personality)...have been regarded with fascination." (p. 112) There are several fascinating methods and expressions of ideomotor responses and we are introduced to another colleague of Erickson, Dr David Cheek, who later wrote a seminal volume on ideomotor and ideodynamic processes with Ernest Rossi: *Mind-Body Therapy: Methods of Ideodynamic Healing in Hypnosis*. (Norton, 1988)

Section IV is intriguing because it describes the learning of trance by the "sceptical mind." Erickson believed that "...the best way to learn trance is by experiencing it." (p. 181) The implication that the "trance" is something that the client possesses and learns, rather than something the therapist possesses and imposes on the client, is the message I received from this section. I expect that others may find their own message as we are taken into the trance experiences of Dr. Q. It is a journey well worth joining.

The editors introduce Section V, which explores the "electrometric correlates of the hypnotic state" (p. 259), by reproducing Leonard Ravitz's paper published in *Science* in 1950. Ernest Rossi acknowledges in the Introduction that "...there has never been adequate confirmation of his work..." (p. xi) There has been some development of the equipment used to measure the electrometric changes over the progress of a therapeutic session and I participated in several experiments in the preparation of my book with Ernest Rossi, *The Practitioner's Guide to Mirroring Hands*, where we publish our results. However, it is still a field that awaiting more research. The results that are presented in Section V will certainly stimulate your curiosity. If you are looking for a PhD question, this is certainly an unresolved intrigue.

This volume addresses hypnosis as an experience that can be observed through biomarkers, behaviors, emotions, and machines. As usual, I had a "felt experience" as I read the volume. The direct transcriptions and their commentaries gave me a tingle of time travel. I felt transported into a room with Erickson and Rossi, and other fascinating characters like David Cheek, Leonard Ravitz, and Dr. Q. Even now, at Volume 12, this takes me by surprise. That is why I look forward to Volume 13 in just a few months. Wonderful!

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VIDEO REVIEW

Carl Rogers and the Person-Centered Approach

Psychotherapy.Net LLC

<http://www.psychotherapy.net/video/carl-rogers-person-centered-therapy-approach>

Mill Valley, California

One hour six minutes

Reviewed by C. Alex Simpkins, PhD

This excellent video is about Carl Rogers -- his life, his method, and his contributions to psychology. The video seamlessly lays out Rogers' journey through life and covers far more than seems possible in its brief length. The tone matches the content as a humanistic quality pervades the biographical description. This video is quite dense with Rogers' entire life described and explained. It begins with a description of the narrator, Howard Kirschenbaum, who is a biographer of Carl Rogers. He has written several books, articles, and videos on the topic of Rogers' life and work. He describes Rogers' childhood growing up on a farm, his education, family life, and ultimately his choice to pursue psychology as a profession. From there Kirschenbaum describes the beginnings of Rogers' early client-centered theory, and then moves on to Rogers' life journey through psychology until to his death.

The video carefully describes how Rogers developed his method, and not only describes, but also demonstrates his approach through excerpts from cases.

The video shows that Carl Rogers was and still is one of the most influential psychologists ever to have lived. His career lasted over six decades and spanned many fields, reaching well beyond the boundaries of psychology and into psychiatry, counseling, business, education, and much more. As a maverick, he generated contribution after contribution. Over time, Rogers' integration of research into psychotherapy improved, as he demonstrated efficacy and guided several important developments.

Today, it is taken for granted that any applied therapeutic technique is based on empirical testing, and its outcome evaluated for effectiveness. And yet, as the video discusses, this was not the case before Carl Rogers. His client-centered approach and non-directive therapy was a radical departure from other approaches. It was born out of the observation that standard methods did not necessarily apply well to individuals, since each person is unique. The video carefully describes how Rogers developed his method, and not only describes, but also demonstrates his approach through excerpts from cases. It is fascinating to watch Rogers' actual sessions, hear his voice as he interacts with clients, and watch his mannerisms. The video points out that he was the first to record and publish complete cases. It discusses how this was a major innovation, as it allowed others to learn from and follow these cases, and it demonstrates the effectiveness of his method. It then lays out how this ultimately led to the first research with psychotherapy methods that allowed careful comparison between what took place in therapy sessions.

This video is extremely detailed and therefore difficult to describe in a brief review. Kirschenbaum clearly shows a deep understanding of Rogers and has a good grasp of the man's approach, as Kirschenbaum masterfully gathers and lays out who this master therapist was, and how he created and expressed so many ideas in our world that have helped countless people live better. I highly recommend this video for those who are interested in learning about Carl Rogers, the beginnings of humanistic approaches to psychotherapy, and research into efficacy.

INTERVIEW

continued from page 1

sual acquaintances experienced valuable insights and breakthroughs. It became clear that recognizing a few fundamental language patterns and knowing the right questions to ask, gave one incredible power to stimulate change and growth. This experience elicited my lifelong appreciation for and application of the modeling process, which continues today in the Success Factor Modeling work.

Grinder and Bandler also both embodied and fostered the belief that "anything is possible" if you have the commitment and the conviction that it can make a positive difference. This brought about a type of confidence and fearlessness that has served me in developing the work I do today.

SG: You met Milton Erickson during that time. How did he influence you then and how does he influence you now?

RD: The same year that I first met Grinder and Bandler, I made my first trip to Phoenix to see Dr. Erickson. Even though I had no degree or professional experience, Dr. Erickson kindly agreed to let me visit at the request of John Grinder. I had drawn a pencil portrait of Dr. Erickson from a photo on one of his books and gave it to John as a present. John took it as an unconscious request to him on my part to see Dr. Erickson and immediately called and set up an appointment for me to visit our mutual mentor in Phoenix. John also sent along the portrait as a gift to Dr. Erickson.

I was a college student with little money and Dr. and Mrs. Erickson kindly offered to let me stay in their guesthouse. I roomed there with another young college student—Jeff Zeig. The friendship we began there has continued for more than 40 years.

Dr. Erickson immediately exhibited his famous sense of humor. When I was first introduced to him, I handed him the portrait that I had drawn of him and he looked at it, handed it to Mrs. Erickson, and said with a twinkle in his eye, 'Betty, why don't you file this in the circular filing cabinet,' meaning the garbage can. Then he glanced at me with a sly grin to see how I would respond. I laughed and said it was his

and he was free to do whatever he wanted with it. I saw later that it was prominently displayed along with other gifts that Dr. Erickson had received.

At the end of the first day, he turned to me with that same knowing smile and said, 'And now do you know that I am nothing like what Grinder and Bandler said I was?' I laughed again and said that I had already known that, and that was why I wanted to come down to see for myself what he was really like.

On my first visit, I was there for three days. Most of the time, Jeff and I were the only people with Dr. Erickson during the day. I think he must have taken a liking to us because he seemed to be in rare form. He treated us more like we were family members than visitors.

Toward the end of the stay, Dr. Erickson showed us a card that his daughter Roxanna had sent him. On the front of the card was a cartoon of a little man standing on an asteroid out in the middle of the universe. He was looking around in wonder at all of the stars and planets surrounding him. The caption read, 'When you think about how vast and mysterious the universe is, doesn't it make you feel kind of small and insignificant?' When you opened the card, the inside quip read, 'Me neither.'

To me, this characterized so much of what Erickson stood for. He had the ability to face the unknown and the uncertain, embrace the awe and mystery of life, and remain confident and fully present because he knew he was part of that awe and mystery.

As with all great teachers, what I learned from Dr. Erickson came mostly from his way of being. The acceptance, affection, generosity and sponsorship Dr. Erickson showed me is something that I deeply appreciated and have attempted to share with my own family, students, and clients, as a part of the legacy I received from him.

SG: You are known as one of the most creative people in the NLP field. Could you describe some of the most important shifts you've made in your professional work?

INTERVIEW continued on page 26

INTERVIEW

continued from page 25

RD: I guess important shifts always come as a result of breaking with the existing dogma. While I love and am indebted to the field of NLP, I am not attached to it and see it as merely a means to a much greater end.

I think the first important shift in my professional work came with my formulation of the neurological levels model, inspired by one of our other mutual teachers and mentors, Gregory Bateson. [Bateson introduced Bandler and Grinder to Dr. Erickson.] I first became acquainted with Bateson's notion of different logical types and levels of learning while attending his *Ecology of Mind* class at UC Santa Cruz in 1976. Bateson had the greatest depth and scope of thought of anyone I have ever known. His lectures would cover topics ranging from communication theory, to Balinese art, to Maxwell's equations for electromagnetic fields, to schizophrenia, to genetic deformities in beetles' legs. His talks, however, were never a disjointed collection of thoughts or jumbled group of ideas, as the diversity of topics might suggest. Bateson's version of cybernetics and systems theory was able to tap into the deeper structure, or "pattern which connects," all these topics into a single fascinating weave of life and existence.

One of the central ideas introduced by Bateson into the behavioral sciences was that of "logical types" of communication and learning—which he called the "most important" criterion of "mind" in his book, *Mind and Nature* (1979). Bateson's concept of logical levels of learning and change was based on Bertrand Russell's work in logic and mathematics. Bateson identified four basic levels of learning and change—each level encompassing and organizing elements from the level below it, and each having a greater degree of impact on the individual, organism, or system.

The term "logical levels," as I have used it in NLP, was adapted from Bateson's work, and refers to a hierarchy of levels of processes within an individual or group. The function of each level is to synthesize, organize, and direct the interactions on the level below it. Changing something on an upper level would "radiate" downward, precipitating change on the lower levels. But changing something on a lower level

would not necessarily affect the upper levels. These levels include (in order from highest to lowest): (1) identity, (2) beliefs and values, (3) capabilities, (4) behavior, and (5) environment. A sixth level -- above identity, referred to as "spiritual" -- can be defined as a sense of being a member of a larger system beyond one's individual identity.

This marked an important shift in my understanding and application of NLP. Up until that time, NLP had been essentially focused on conscious, linear, cognitive strategies. It opened up whole new realms of exploration and has formed the basis for my work ever since.

The second big shift in my professional work was the inclusion of somatic intelligence. This was inspired by my work with Judith DeLozier, another of our colleagues whose relationship goes back to the Grinder and Bandler days. In fact, you often say that Judy is one of the least acknowledged and most underappreciated developers of NLP. I completely agree. Her contribution has been immeasurable.

A large part of Judy's background was in dance and she had long lobbied to bring more of the body into NLP. Claiming that "the body is not just the delivery system for the brain," she would frequently cite an old proverb from Papua, New Guinea that states, "Knowledge is only a rumor, until it is in the muscle." In 1992, Judy joined me and Todd Epstein as a principle trainer in our newly formed NLP University in Santa Cruz. The following year, she and I began to develop a body of work that we called "Somatic Syntax," as a way to further deepen and utilize the connection between somatic mind and cognitive mind. A fundamental principle of Somatic Syntax is that there is information and wisdom in "the muscle." It is a way to access and take advantage of the full capacity of "the brain in our body."

Up until that time, the perspective of NLP had been that all our information about the world is relayed by the senses to the brain, where it is centrally represented and processed. One of the tenets of Somatic Syntax is that the

The notion of a "field mind" as a "third entity," generated between those involved in interaction, has become a key part of how we work with people.

body itself is a "representational system." Rather than considering the body as simply some kind of mechanical shell for inputting and outputting signals to and from the brain, Somatic Syntax views the body as a means for representing and processing information -- within the "belly brain," "heart brain," and other nervous system structures within the body.

This type of somatic modeling is, of course, also a key component of our generative change work. The third big shift in my professional work has been the inclusion of the notions of "field" and "field mind." This was inspired by you, Steve, and is at the core of much of our generative change work. Interestingly, I was physics major at UCSC before I got involved with Bandler and Grinder, so the notion of a "field" as a fundamental component of reality was quite familiar to me. But it wasn't until we began exploring the practical influence of the notion of a "relational field" in the late 1990s that it became a central part of my professional work.

The notion of a "field mind" as a "third entity," generated between those involved in interaction, has become a key part of how we work with people. Similar to the way that hydrogen and oxygen can combine to produce the third entity of water, relationships between people becomes a container that holds, processes, and evolves the thoughts, emotions, and experiences of those involved. Subjective experiences such as "team spirit," emerge from the felt sense of this "relational field" arising from the interactions between our own nervous systems and those of other people.

The practical applications of "field" and "field mind" are the basis for my recent developments in the areas of collective intelligence and generative collaboration.

SG: Of course, we knew each other as university students in the mid-70s. About 20 years ago, we began to reconnect and have collectively developed this body of "generative change" work over the time, cultivating in the development of our International Association of Generative Change (IAGC). What are some of the most meaningful changes that this collaborative work brought to your professional identity?

RD: Yes, I remember clearly in the mid-90s, mutual students of ours began commenting on important shared patterns in our work. As you point out, we started to collaborate on different programs and have continued that collaboration over the past 20 years, creating various models and methods of what has come to be called "generative change" work. Today, this work is being applied in many areas, including therapy, coaching, business, conflict resolution, community development, and group transformation.

Unquestionably, our collaboration has become a major part of my current professional identity. Not to mention the fact that it has impacted my personal identity as well, given that I fell in love with my wife Deborah during a program you and I were co-teaching together in Paris, aptly titled *Evolution of Conscious*.

As I was describing earlier about the notion of a "field mind," our collaborative work has allowed me to include and transcend all of my previous work. It brings together principles and processes of NLP with the Ericksonian approach and with our own developments. For example, mine in Success Factor Modeling, and yours in Self-Relations. Our generative change work brings together the best of therapy and

INTERVIEW continued on page 28

THE MINUCHIN ARCHIVES



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INTERVIEW*continued from page 26*

coaching into a wholly new approach.

As we like to point out, “generate” means to create something new. The core focus of generative change is creativity: How do you create a successful and meaningful work life? How do you create great personal relationships? How do you develop a great relationship with yourself — your body, your past, your future, your wounds and your gifts? To do this, achieving a generative state of consciousness is the difference that makes the difference.

The most obvious impact our collaboration has made on my professional identity is reflected in our decision to cofound the IAGC. We established the IAGC as a professional organization that supports its members to bring generative change work to the world. We have a big vision for the IAGC. We see a world where coaches, psychotherapists, leaders, teachers, trainers and entrepreneurs facilitate principles and processes of generative change in many contexts: individual

change, cultural and cross-cultural change, and systemic change in companies and communities, thereby creating a world in which people want to belong.

One function of the IAGC is to be a “virtual hub,” (www.generative-change.com) where many groups and individuals can come together, giving them a transformational opportunity to creatively collaborate and generatively realize positive visions, and through these connections, to engage with the larger world.

Another important function of the IAGC is to bring specific “technologies of generative change” into people’s personal and professional skill base through its system of certification trainings. The IAGC aims to provide the structures and tools necessary to bring generative change work to multiple communities, including professional and cultural, throughout the world. Today, we have regional representative groups and certification pro-

The IAGC aims to provide the structures and tools necessary to bring generative change work to multiple communities, including professional and cultural, throughout the world.

grams in every continent.

It seems fitting that we recently held our first International Conference on Generative Change this past summer in Santa Cruz, attended by people from all over the world – back at UCSC, coming full circle to where it all started.

Stephen Gilligan, Ph.D., is a psychologist who received his doctorate from Stanford University. He was a regular student of Milton Erickson and has been elaborating on this work for the past 35 years, while also developing Self-Relations Psychotherapy, and Generative Psychotherapy. In 2004, he received the rarely given Lifetime Achievement Award from the Erickson Foundation in honor of his many con-

tributions. He is well-known throughout the world for his inspirational teaching. Gilligan has published extensively, and his books include the Therapeutic Trances: The Cooperation Principle in Ericksonian Hypnotherapy, The Courage to Love: Principles and Practices of Self-Relations Psychotherapy, The Legacy of Erickson, Walking in Two Worlds, and The Hero’s Journey (w/ R. Dilts). His most recent book, Generative Trance: The Experience of Creative Flow, proposes and explores a third-generation approach to hypnotic work. Stephen Gilligan’s website is: www.StephenGilligan.com.

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