



SM

THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

VOL. 39, NO. 2

AUGUST 2019

INSIDE THIS ISSUE

INTERVIEW

Robert B. Erickson
Interviewed By Marilia Baker 1

CASE REPORT

The Lady in Black and I 4

IN THE SPIRIT OF THERAPY

Norma P. Barretta, Ph.D.
Interviewed By John Lentz, D.Min 5

INSPIRING MOMENTS WITH THE MASTERS

Salvador Minuchin, M.D. 6

FOUNDATION NEWS

The Story of John and His
Dog Barney 8

IN MEMORIAM

Francine Shapiro 10

www.erickson-foundation.org

I N T E R V I E W

Robert B. Erickson

Interviewed By Marilia Baker

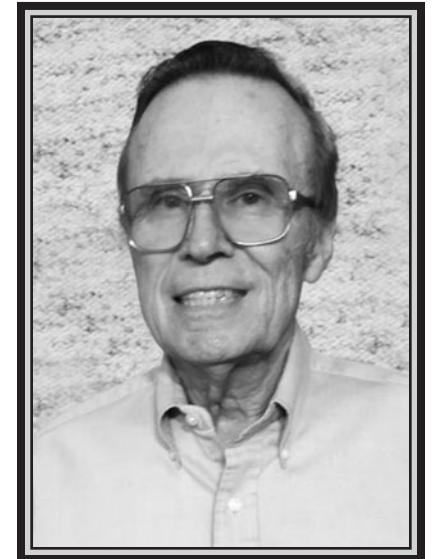
This interview features Robert Bruce Erickson, the sixth child (of eight) of Milton and Elizabeth Erickson. Robert was born in Detroit, Michigan where his father was director of psychiatric research and training at Eloise (Wayne County Hospital) near Detroit.

In the summer of 1948, when he was 3 years old, the Erickson family moved to Phoenix.¹

Eventually, Robert earned a master's degree in secondary education, and found his calling in teaching. For 36 years, he taught English, literature, and social studies in the Glendale Union High School District, in the metropolitan Phoenix area.

Robert and his wife, Kathy, have two sons, a daughter, and three grand-

children. His avocational interests include numismatics (coin collecting) and lexicography (the compilation of dictionaries). At an early age, his father encouraged him to pursue numismatics, which became a profitable activity that paid his college tuition. Robert is an active member of both the Society of Paper Money Collectors. Currently, he conducts tours at the Erickson Historic Residence, where he also assists with building and grounds maintenance. He plays a key role as liaison between the Erickson Historic



Robert B. Erickson

INTERVIEW continued on page 18

Congress 2019

"A Vibrant Ritual for Renewing and Expanding"

This year, the Erickson Foundation will host the 13th International Congress on Ericksonian Approaches to Psychotherapy and Hypnosis, held December 12-15th, in Phoenix, Arizona at the downtown Hyatt Regency.

Nearly four decades ago in 1980, the first Erickson Congress was held. The initial goal for the first congress was to celebrate the contributions that Dr. Erickson made to the health sciences. Subsequent congresses have promoted the remarkable developments of the experts who have advanced the practice of therapy and health/mental wellness by using Erickson derived methods of hypnosis and psychotherapy.

Attendees of the congress will learn how to advance their treatment of various disorders, including anxiety, depression, PTSD, bad habits, and dysfunctional relationships. (See ericksoncongress.com for details.)

"I have participated in every Erickson Congress since the first in 1980," says Stephen Gilligan, one of this year's keynote speakers, "and they have been beautiful markers for professional development and growth. I was 25 years old when I presented at the first one, and it was an amazing experience. Such excitement in the air; such incredible diversity of people! A lot has happened since then, and I always look forward to each congress as a type of vibrant ritual for renewing and expanding on the amazing contributions of Milton Erickson."

Other keynote speakers at this year's congress are: Robert Dilts, Roxanna Erickson-Klein, Steve Lankton, Scott Miller, Bill O'Hanlon, and Michael Yapko.

The invited faculty are: Jorge Abia, Helen Adrienne, Ronald Alexander, Connirae Andreas, Marilia Baker, Norma Barretta, Rubin Battino, John Beahrs, Consuelo Casula, Carolyn Daitch, Tamer Dovucu, Joseph Dowling, John Dye, Helen Erickson, Jeffrey Feldman, Neil Fiore, Douglas Flemons, Steve Frankel, Teresa Garcia-Sanchez, Brent Geary, Tobi Goldfus, Eric Greenleaf, Bruce and Birgitta Gregory, Woltemade Hartman, Michael Hoyt, Wei Kai Hung, Carol Kershaw,

CONGRESS 2019 continued on page 7

RETURN SERVICE REQUESTED
U.S.A.
Phoenix, AZ 85016
2632 E. Thomas Rd., Ste. 200,
The Milton H. Erickson Foundation, Inc.

Non-Profit org.
U.S. Postage Paid
Kansas City, MO
Permit No. 1932

EDITOR'S COMMENTS



In December, the Erickson Foundation will host the 13th International Congress on Ericksonian Approaches to Psychotherapy and Hypnosis, held in Phoenix, December 12-15, at the downtown Hyatt Regency. This year marks the 40th anniversary of the Erickson Foundation, which was incorporated in 1979. The first congress was in 1980.

I often wonder what Dr. Erickson would think about what his legacy has produced. I believe he would be pleased with the multitude of perspectives and understandings that have evolved over these 13 congresses.

I remember him allowing me to sit in while he worked with various students and visitors. I was fascinated with how he would tell

each person what would sound like the same story, yet it was always a bit different. He would leave certain elements out with one person and add elements for another and tell each story with a different emphasis. While it seemed that he was teaching a technique or an important element in therapy, the message was always for that one individual. It was as if each person was being presented the perspective that they personally needed. Through our collective experiences with Dr. Erickson, I am not sure that any one of us truly saw the totality of what it meant to be him. Erickson was like the proverbial multifaceted disco ball — with many dynamic facets, making it impossible to grasp its entirety.

I see the central core of Erickson's legacy as being manifested in the diversity of Ericksonian perspectives that each congress has fostered. Each presenter and participant reflect one facet of that proverbial disco ball, each reflecting their Ericksonian experience.

Our featured interview in this issue – Robert Bruce Erickson — has had the privilege to experience Dr. Erickson up close and personal, because Robert is the sixth child (of eight) of Milton and Elizabeth Erickson. Marilia Baker's interview of Robert is wonderful, as usual. It is interesting to see Erickson through the eyes of one of his children, because for the Erickson children, the genius of Milton Erickson was just what Dad did.

Our *Case Reports* editor, Eric Greenleaf, presents a meta-report from one of his colleagues, María Pía Allende. It is a beautiful example of how hypnotic approaches can be elegant and subtle without formal inductions. I was fascinated with both Greenleaf's teachings and Allende's utilization of historical connections. Great job!

Speaking of being multifaceted, John Lentz shows his innate "Oh wow!" factor in our *Book Reviews*, and *In the Spirit of Therapy*. I love seeing the interviewee through John's eyes and the elements that catch his attention in the media he reviews and edits. John is one of those people who see the miracle in the commonplace. And, his subject for this issue's *In the Spirit* column – Norma Barretta — is anything but that.

Over the decades, I have been blessed to have Norma Barretta as a colleague and friend. She embodies spirituality in action, not just as a concept. She had deep, loving experiences with Erickson which perfectly blend with her innate spirituality.

Lentz also chose two books to review: *Evocation by Jeffrey Zeig and Creative Therapy in Challenging Situations*, edited by Michael Hoyt and Monte Bobele.

John's reviews not only offer graphic snapshots of content-rich material, but it also conveys the deep respect he has for the authors as significant contributors to the field.

Rubin Battino's review of the fifth edition of Michael Yapko's *Trancework* is another labor of love and respect. Battino shows why the fifth edition is worth owning, even if you have the fourth.

Megen Bartley is a new member of our newsletter family. Megen will be doing media reviews. Her first review for our newsletter is of Martha Trowbridge's Milton's *Magnificent Imagination: A Picture Book Biography of Dr. Milton H. Erickson*. This book is delightful and more than just a biography, with watercolor paintings depicting significant times in Erickson's life and what he offered others. It is a primer in perseverance, attention, and purpose encompassed in 27 brilliantly colored pages. It is a book for all ages.

Joseph Carlton reviews another brief but information-dense book: *Suggestion Language in Medical Care: How to Talk to Patients to Promote Trust and Cooperation*, by F. Ralph Berberich. It is not a coincidence that I was drawn to this review, given my fascination with the psychological impact of words. I strongly agree with Carlton's suggestion that the information is useful to not only those in the medical field, but also to those in other professions, including therapists.

With each issue of the newsletter, I am curious how Richard Hill is going to

COMMENTS continued on page 7

THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

Executive Editor: Richard Landis, Ph.D.

Media Reviews Editor: John Lentz, D.Min.

Institutes Editor: Marilia Baker, M.S.W.

Power of Two Editor: Roxanna Erickson Klein, R.N., Ph.D.

In the Spirit of Therapy Editor: John Lentz, D.Min.

Case Reports Editor: Eric Greenleaf, Ph.D.

**Guest Reviewers: Megan B Bartley, MAMFT, LMFT;
Rubin Battino, MS; John Carlton, MFT;
Richard Hill, MA, M.Ed., MBMSc, DPC; Jeffrey K Zeig, PhD**

Contributing Editor/Writer: Marnie McGann

Production Manager: Karen Haviley

Ad rates: www.erickson-foundation.org

–Board of Directors–

Jeffrey K. Zeig, Ph.D.

Helen Erickson, Ph.D., MSN, BSN

Roxanna Erickson Klein, R.N., Ph.D.

J. Charles Theisen, M.A., M.B.A., J.D.

Camillo Lorio, M.D.

Bernhard Trenkle, Dipl.Psych.

The Milton H. Erickson Foundation, Inc.

2632 E. Thomas Rd., Ste. 200,

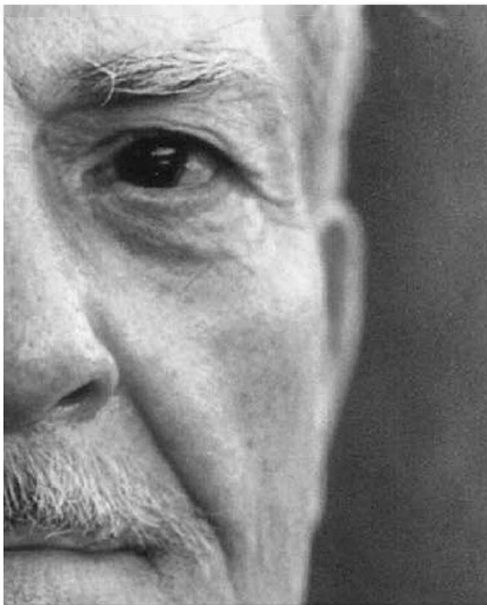
Phoenix, AZ 85016

U.S.A.

Telephone: (602) 956-6196

FAX: (602) 956-0519

www.erickson-foundation.org



The 13th International CONGRESS

ON ERICKSONIAN APPROACHES
TO HYPNOSIS & PSYCHOTHERAPY

Featuring
Keynote
Speakers:



YAPKO



ERICKSON-KLEIN



LANKTON



O'HANLON



MILLER



DILTS



GILLIGAN

Intellectual heirs of Milton Erickson will demonstrate how clients can adapt and overcome through hypnosis-derived techniques.

Join us December 12th - 15th in Phoenix, Arizona for 7 keynotes, 96 workshops, and 22 clinical demonstrations with 102 developers of Ericksonian methods.

Plus, earn up to 43 CE credits!

Pre-Conference: *Law and Ethics • Self-Hypnosis: Experiences from Two Cultural Viewpoints • Introduction to Ericksonian Hypnosis*

Post-Conference: *Master Class in Brief Ericksonian Psychotherapy*

Get \$50 off the main conference with discount code: Foundation50

Register at www.EricksonCongress.com

CASE REPORT

The Lady in Black and I

By María Pía Allende

I am from Argentina, and my first encounter with hypnosis was watching Tusam, a stage hypnotist who swallowed glass and put a dog in trance.

I was the executive director of MRI when we added Ericksonian hypnosis to our international externship program. Dr. Eric Greenleaf became our teacher. Later, after leaving MRI, I consulted with his institute. I translated courses and trances, but I had never been in trance. Hypnosis scared me.

When I was working with Eric, I began having a strange reoccurring dream. I would go to sleep and then suddenly I'd open my eyes and see a glossy, jet black snake in front of me. She would float in front my face, aloof, and then slowly move toward the door. She was not a big snake but seemed to have a purpose of going somewhere. The dream was so real that I'd often think that I was in my country back home in Argentina, seeing a poisonous snake. Then, I would close my eyes and think, "What a relief. The lady is gone."

One night when I was having that dream, I yelled so loud my husband woke up. My heart was exploding, I couldn't breathe. I had to remind myself that I was not 10 years old and not in Córdoba, Argentina. I was terrified. For the rest of the night I didn't sleep.

At first, I would have this dream about every three months, then every two months, then every month, and then more than that. I would always wake up sweaty, scared, and vulnerable, and think that I was in Argentina. Once, when I was having this dream, I jumped out of bed and I hit my wrist. Another time, I slapped my husband in the face. Something had to be done or someone would get seriously hurt! I was so afraid to sleep that I would stay awake for hours, waiting for "the lady" to appear; jet black and shiny.

One summer, when I was home in Argentina, I had the nightmare. I yelled so loud my parents came running. I told them that I had had this nightmare for two years and I was afraid to sleep. My father, a doctor, gave me a pill for anxiety. "Maybe that will help," he said. Although I fell asleep faster, I kept having the reoccurring dream.

One afternoon in September 2015, when Eric and I were organizing an international training for the institute and I was exhausted, groggy, and irritated, we had a talk about the dream.

I remember we were sitting in Eric's car and he asked if I were okay. I told him that I was having a reoccurring nightmare and was afraid to sleep. I told him that it was always the same snake in the dream, and she always floated from left to right, with a purpose. I had been taking the pills my father prescribed, and I was in therapy, but I kept having the nightmare. I felt like crying.

Eric was quiet as he listened to me. I told him that sometimes I thought I was in my home country, where we would often see snakes. There was the vivoras de la cruz, a majestic creature with what looks like a big cross on top of its head, and coral snakes, which are orange and black and quite poisonous.

I told Eric that my grandmother, Susana, was the official killer of the snakes in my family. She seemed to have no fear. Whenever anyone saw a snake, they would ring a huge dinner bell, and yelled, "Susanaaaaaaaaa, snake!!!!!" Wearing an old yellow shirt, blue pants, and a crooked hat, my grandmother would come running with a shovel. She'd position herself, holding the shovel up with two hands, and strike the head of the snake, which made a loud, heartbreaking shriek! The snake would die instantly and the whole family would look on in fascination. I would get on my knees to get a better look at the snake, fascinated that it could still move, drawing symmetric curves on the grass.

Then, my grandpa would show up. He would pick up the head of the snake and place it in a container with a research label. He would write in beautiful calligraphy the type, origin, and age of the snake, and if it was poisonous or not. The container would go on a shelf in our garage. These snake events were the highlight of our summers.

Through tears, I told Eric how much I miss my grandmother, how much she means to me, and that I was unable see her before she died.

"You love your grandmother very much?" he asked me, almost in a whisper.

"Terribly," I said. "She was so special, brave, and kind."

"You miss her a lot?" he asked.

"A lot," I said sobbing.

We remained quiet for several minutes. The light outside had turned orange; fading colors and yellowing trees. I felt overwhelmed with sadness and memories.

Then Eric told me to close my eyes. I heard him saying that when I was having the dream, I should place my grandmother somewhere in the room. She would be there to kill the lady the moment the snake appears. "She protected you then..." Eric told me, "...and she will be there to protect you now." I imagined my grandmother sitting on the right side of the bed with her straw hat and shovel. Then, unexpectedly, my grandpa showed up; and sat at the end of the bed with the container. Neither were looking at me, but their backs were like two walls, providing a small shelter, like they had when I was a kid. Eric softly told me to imagine this same thing when I got home that night.

That night I closed my eyes and imagined my two saviors in my room: my grandma with her shovel wearing her hat, and my grandpa wearing his bathing suit and holding his container. Their images were as vivid as my dream. I could touch them if I moved.

After that night in September 2015, the lady disappeared; my nightmares stopped. Somewhere between my conscious and unconscious, I know that these two people that meant so much to me and loved me with all their hearts are sitting on my bed – one on the side and the other at the end. They do not move or turn around, but they remain there, alert. I can feel their sweet and powerful presence embracing me. After that memorable night, I felt like I could breathe again.

Commentary

By Eric Greenleaf, PhD

"Dreams," Freud famously wrote, "are the royal road to the unconscious." When Erickson-influenced therapists stroll that road with their patients, each collects interesting and useful images that can be utilized to continue the dream to a satisfactory conclusion. María Pía Allende describes the stroll we took together through the spacious grounds of her childhood family home, collecting the images she needed to sleep safely.

Correction

In our last *Case Report*, entitled, "Diplomacy," Henry Close presents two cases -- of Aurora and Tommy -- but in both cases a friend relays a story of therapy to Close. Close was not involved with either case.

In the Commentary, however, Dr. Eric Greenleaf writes: "Similar to the work of Rogers -- Carl or Mister -- the three principles exemplified by Henry Close, as he brings the power of loving interaction to the world of families, is elegant and effective."

Greenleaf meant to give credit to Close's friends, and the exemplary interactions he was describing are those of the friends.

IN THE SPIRIT OF THERAPY

Interview with Dr. Norma P Barretta PhD

By John D. Lentz

Norma Barretta's curriculum vitae (CV) says that she is a licensed psychologist in California, a Fellow in the American Society of Clinical Hypnosis, and a Fellow in the National Association for Neuro Linguistic Programing.

Barretta's CV also lists international clients, including major hospitals, governments, banks, and law firms. It says that she has contributed to the field with ideas, papers, and presentations.

But Norma Barretta is so much more than what her CV presents. Her CV does not include how well liked she is, and the many offices she has held in various organizations. And, it does not include how she has helped many therapists become more confident and effective.

John Lentz: You have offered workshops and presented around the world. Have you noticed differences in how people culturally display their spiritual side?

Norma Barretta: Last November, I gave a series of demonstration seminars in Italy, Spain, and Poland. Italians are "superstitious" ...might we call that "spiritual"? They are perceptive, responsive, and emotional. These might be a Latin characteristics because Spaniards are similar. The Polish are a bit more contained, and do not freely display their emotional or spiritual selves. It takes some time and continued interaction for Polish students to warm up to me. But once they are warmed up, they are eager participants!

JL: At a distance, you look as if you have lived a charmed life, having achieved so much and been appreciated by so many people. What part of that do you credit to your spirituality?

NB: My life has been hardly charmed. I was fortunate that Phil came into it. He had a phenomenal sense of humor. It was a saving grace in our relationship. He did not think of himself as spiritual, rather, he had a stolid manner and sense of ethics. He was wonderfully honest, and he had a genuine charm deeply integrated into his repertoire, and his behavioral choices. He was likable from the instant you met him.

JL: You and Phil were deeply connected emotionally and spiritually. What would you like to share with others from your spiritual experiences with Phil?

NB: Our interaction was spiritual in a deeply emotional fashion. We often knew each other's thoughts before they were spoken. Sometimes that was eerie. We knew what each other were thinking! I think that is a spiritual gift from the universe. That same quality has been present in my relationship with my daughter, Jolie. We often communicate non-verbally, sometimes at a great distance. We get the same internal feeling simultaneously and we know that the other knows. I think of that as a deeply spiritual connection.

JL: Much of what you do is upbeat and positive. Is that part of your intuition and/or trance state?

NB: When I work, I rely on that extra sensitivity and my astute observational ability. Invariably, I can say the right thing in the right way at the right time, and the patients I work with get the benefit of that hypnotic input. This ability to observe is a direct outcome of my work with Milton Erickson. He absolutely insisted that in order to do quality hypnotic work one had to observe, observe, observe. Now there was a deeply spiritual human being! He had an uncanny mind-reading extra sensory perception quality. He knew what would have the greatest impact on his patient and was able to verbalize it exquisitely well. I trust that this was



contagious, and that I 'caught' it from my time with him.

JL: You must have caught it well, because trances with you seem to have a special quality and intimate feel. You seem to have spiritual beliefs that impact your work.

NB: My firm belief is that we each have a spiritual divinity within ourselves. It is the essence of our being, along with our humanness; a part of the mind, body, psychology, mentality, and spirit within each of us. Everything that comes at us is external, and we have little, if any, control over that. The only control we have is how we choose to respond to external stimuli.

Our choices are certainly influenced by our spiritual ethical idealistic understandings of the world we live in, and how we choose to interact with it.

JL: I suspect that you are influenced not just by logic, but by your internal feelings.

NB: Often I ignore logic and instead act on an internal alert that influences my response. It is not always logical, and yet it is ATT: Appropriate, Tasteful and Timely! And that is the case all the time, so I trust that response.

JL: How do you invite, notice, or encourage spirituality in your work with people?

NB: When I am working hypnotically, the language is ambiguous; fluffy. That gives the patient a vast array of choices in how to respond. If that person wants to be spiritual, the freedom to do that is there.

I do my best to give them an open arena. It is not my job to do that for them. Life really is a do-it-yourself inside job.

JL: What do you do to spiritually recharge your batteries?

NB: I do a lot of release and relax breathing throughout the day. At bedtime, I have a ritual to close out the day and breathe my way into sleep. That includes meditative prayer...leftovers from my childhood education. My spiritual self is my essence, my soul, my internal 'other than conscious' being. It is a sacred private part...my strongest most loyal, protective, helpful ally. She is my 'anima.' She is my 'me.' I cherish her.

JL: It is always a joy to talk with you. Thank you for sharing your thoughts and self with all of us.

*"Everything that comes at us is external,
and we have little, if any, control over that.
The only control we have is how we choose
to respond to external stimuli."*

INSPIRING MOMENTS WITH THE MASTERS

Sal Minuchin

By Jeffrey K. Zeig, PhD

For the last three newsletters, I wrote a three-part series about my experiences with Viktor Frankl. I now present this article on Sal Minuchin, who also left his indelible mark on me. In the next newsletter, I will talk about my experiences with another master therapist.

I first encountered Sal in about 1973. I was enrolled in a master's program in clinical psychology in San Francisco and Sal was traveling and teaching. In order to go to the workshop at no charge, I volunteered and served as cameraman for the family therapy sessions and the ensuing discussions that formed the corpus of the workshop. I remember being awed by his clinical brilliance. I also remember that the experience was daunting. Sal was a diminutive man, but he was also larger-than-life, with a commanding personality and a confrontive therapeutic style. I saw him as someone wielding a club. I was young and timid, and I was glad then not to be his target.

We met in person for the first time in Phoenix, Arizona in 1985. And over the course of many years, I gratefully accepted several of the challenges Sal presented to me.

I invited Sal to serve as a faculty member at the 1985 Evolution of Psychotherapy Conference. At this conference, the family therapists comprised the largest group among the represented approaches to psychotherapy. The group included Jay Haley, Murry Bowen, Cloé Madanes, Virginia Satir, Carl Whitaker, and Paul Watzlawick. I asked each speaker to prepare a paper about their unique contributions. In their presentation, each of them talked about their work. But Sal, the consummate systems thinker, talked about his "many voices" – about how other experts spoke through him, and how he integrated their initiatives into his development of structural family therapy.

Instead of touting his contribution to the field, Sal highlighted integration. His brilliant presentation was not only about what he had developed but was also a window into who he was as a person. You can find his paper, "My Many Voices," in the book *The Evolution of Psychotherapy Volume I* (Taylor & Francis) and online at: <http://www.evolutionofpsychotherapy.com/minuchin/>.

I tried to mirror Sal at a Psychotherapy Networker meeting in 2017 when he was awarded the organization's first Lifetime Achievement Award. I incorporated ideas and thoughts from other tributes to honor Sal in the same way that he had honored other greats in the field. (A video that was part of that tribute, consisting of outtakes of interactions with Sal and faculty members from various conferences from the Erickson Foundation Archives, can be accessed at <http://www.evolutionofpsychotherapy.com/minuchin/>.)

Sal was a central figure at many Evolution conferences. When he was in his 90s, he insisted on attending the 2017 Evolution Conference as a keynote. However, right before the event, he passed away. In his honor, we scheduled a keynote session and showed a video of a peerless session of family therapy he had conducted. Sue Johnson and I discussed it.

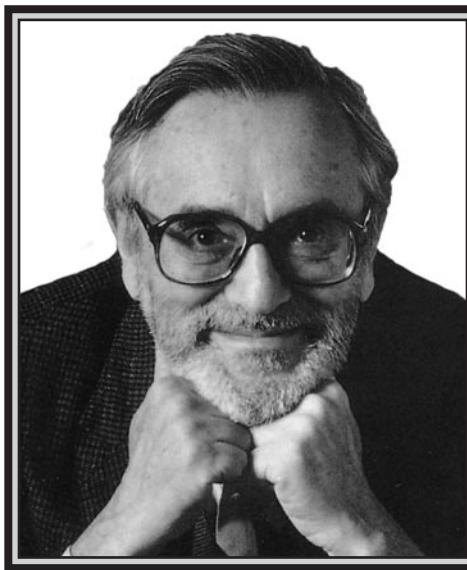
Sal and I shared a podium at conferences in Brazil, Mexico, Spain, and Germany. There was a therapeutic presence about him. I adored Sal. Like Erickson, Satir, and Whitaker, he was one of those people, that whenever you are around them, you are apt to learn something valuable about yourself.

I was his discussant for a speech he delivered at one of the Evolution Conferences. I described him as a "cybernetic Zen master" and a "consummate dramatist." I told a true story of Herman Melville visiting with Nathaniel Hawthorne and his wife, Sophia, and weaving a story about an incident in the South Pacific involving a club. Melville's description was so vivid that the couple believed that the

club was real. At their next meeting, they asked Melville about it. I then presented Sal with a Styrofoam bat, signifying his transition from being more confrontive to being more supportive. He immediately "knighted" me with the toy bat.

There were many incidents with Sal that have been personally formative. During the last years of his life, we developed a friendship. I called Sal when my mother died and I called him on my significant birthdays. Like Erickson, he was a father figure to me. He helped me realize how the need to belong is a primary motive for most people. And, he was instrumental in my understanding of systems.

Toward the end of his life, when he was in his 90s, I visited him at his home in Florida. He showed me the personal archive that he was assembling. At that time, I could not conceive that he would ask me to be the curator of his archive, but eventually he did. For those who want to see his clinical wizardry, please visit: www.psychotherapyvideo.com.



Sal Minuchin

Here are a few quotes that highlight Sal's wit and wisdom:

"The power of a symptom seems to depend on the unvarying rendition of the story. It is like children's stories, told always in the same ways. If a therapist expands the story, includes other people, introduces novelty in any way, the automaticity of the symptom is challenged." (*The Leap to Complexity: Supervision in Family Therapy*, Minuchin, Evolution of Psychotherapy Conference, 1995)

"In joining operations, the therapist becomes an actor in the family play...he functions like the director as well as an actor...he also uses himself, entering into alliances and coalition...[using] his position...within the therapeutic system to pose challenges to which the family has to accommodate." (*Families and Family Therapy*, Minuchin, 1974, p. 138)

"The therapist's choices of intervention are decidedly limited because he must operate under the organizational demands of the family system. But this has the advantage that awareness of himself in the midst of these 'system pulls' allows him to identify the areas of interaction which require modification and the ways in which he must participate in them to change their outcome." (*Families of the Slums*, Minuchin, Montalvo, Guerny, Roseman & Schumer, 1967, p. 295)

"Family therapy requires the use of self. A family therapist cannot observe and probe from without. He must be a part of a system of interdependent people. In order to be effective as a member of a system, he must respond to circumstances according to the system's rule, while maintaining the widest possible use of self. This is what is meant by 'therapeutic spontaneity'... In this sense, a spontaneous therapist is a therapist who has been trained to use different aspect of self in response to different social context. The therapist can react, move, and probe with freedom, but only within the range that is tolerable in a given context." (Minuchin & Fishman, 1981, p. 2)

References

- Minuchin, S. (1997). The leap to complexity: supervision in family therapy. In J. K. Zeig (Ed.), *The evolution of psychotherapy: The third conference* (pp. 271-283). New York: Brunner/Mazel.
- Minuchin, S., & Fishman, H. C. (1981). *Family therapy techniques*. Cambridge, MA: Harvard University Press.
- Minuchin, S. (1974). *Families family therapy*. Cambridge, Ma: Harvard University Press.
- Minuchin, S., Montalvo, B., Guerny, B. G., Rosman, B. L., & Schumer, F. (1967). *Families of the slums: An exploration of their structure and treatment*. New York: Basic Books.

CONGRESS 2019 *continued from page 1*

Krzysztof Klajs, Richard Landis, John Lentz, Camillo Loredio, Lynn Lyons, Rob McNeilly, Rick Miller, Donald Miretsky, Michael Munion, Rafael Nunez, Marc Oster, Jane Parsons-Fein, Maggie Phillips, Wendel Ray, Teresa Robles, Kathryn Rossi, Gary Ruelas, Gunther Schmidt, Robert Schwarz, Dan Short, Susy Signer-Fischer, Albina Tamalonis, Bernard Trenkle, Bill Wade, Eva Wieprecht, Reid Wilson, and Jeffrey Zeig.

Short Courses will be taught by Stefanie Badenhorst, Bob Bertolino, Dale Bertram, Mike Rankin, Jimena Castro, José Cava, Giovanna Celia, Mauro Cozzolino, Maria Escalante de Smith, Bette Freedson, Joanne Ginter, Christine GUILLOUX, Kevin Hall, Kris Hallbom, Tim Hallbom, Stefan Hammel, Virgil Hayes, Richard Hill, Rachel Hott, Robert Jaffe, Chenggang Jiang, Julio Juanes Rubert, Anita Jung, James Keyes, Amethyst (Broomand) Kiani, Paul Leslie, Patrick McCarthy, Clifton Mitchell, Bardia Monshi, Gabriele Peacock, Susan Pinco, Carlos Ramos, Mitra Rashidian, Michael Reiter, Jesus Menedez Reyes, Joseph Sestito, Terry Soo-Hoo, Robert Staffin, Laurence Sugarman, Malvina Tsounaki, Bart Walsh, Claudia Weinspach, Ilene Wolf, Robert Wubbolding and Foojan Zeine.

The International Erickson Congress is open to professionals and graduate students in health or mental health-related fields.

We will be glad to see you there.

COMMENTS *continued from page 2*

present the next volume of *The Collected Works of Milton H. Erickson*. In this issue, he presents *Volume 14 – Life Reframing in Hypnosis*. This is an impressive volume that speaks about how Erickson viewed problems and life. Erickson would admonish his students to look at things from every direction and in all possible ways. Once again, Hill has brilliantly distilled the essence of a complicated volume.

This December, more than 90 of Erickson's intellectual heirs will present in Phoenix for the 13th International Congress on Ericksonian Approaches to Psychotherapy and Hypnosis. There will be keynote speakers, topical panels, conversation hours, short courses, workshops, fundamentals of hypnosis classes, clinical demonstrations, and pre- and post-conference offerings. (Boredom is not an option.) Please become part of Erickson's legacy and join me in December for the congress.

Rick Landis
Orange, California



Single Session Thinking: Going global one step at a time

The 3rd International Single Session Therapy and Walk-in Services Symposium 2019

Presented by The Bouverie Centre, this builds on the previous two Single Session Therapy and Walk-in Services symposiums held in Australia (2012) and Canada (2015). It offers opportunities to connect, share and collaborate with colleagues from your field and beyond in this stimulating and fast progressing space. Moving away from the tradition of a series of keynote presentations, this symposium promotes engagement and participation in panel discussions highlighting the implementation of Single Session Thinking in various contexts.

Come and hear speakers from the U.S, Canada, Israel, Italy, Mexico, China, Sweden, Singapore, New Zealand, the U.K. and Australia.

Promoting healthy relationships in families, organisations and communities. The Bouverie Centre is a research centre within La Trobe University

**Date**

Thurs 24th to Fri 25th Oct 2019

Venue

Rendezvous Hotel, 328 Flinders Street, Melbourne VIC, Australia

Who should attend

Professionals, including counsellors, therapists, case managers, team leaders or managers interested in understanding and/or applying a Single Session Work approach either in their individual clinical practice or as a treatment modality within their agency.

Includes

- Registration for 2 days
- Morning tea, lunch and afternoon tea on both days
- Happy Hour Cocktails on Thursday, 24th Oct 2019
- Delegate satchel and materials

Price

- AUD \$585 incl GST (Symposium only)
- AUD \$655 incl GST (Symposium with dinner)*

A 10% discount will be offered to delegates who are also attending the Australian Association of Family Therapy Conference on the 17-18 Oct 2019 www.aaft.asn.au

*There will be a dinner reception on Thursday 24th Oct 2019.

For further details on this event including registration, please visit www.bouverie.org.au/events/sst2019 or contact: Penny Wong +61 3 9385 5100

bouverie.sst@latrobe.edu.au

FOUNDATION NEWS

Excerpt from Future Erickson Biography

THE STORY OF JOHN AND HIS DOG BARNEY

by

JEFREY K. ZEIG, PH.D.

Milton Erickson was undoubtedly a master technician, but the humanistic element he added to his therapy made it even more powerful.

When I first visited Erickson in 1973, he was working with a patient I will call John, who probably had been diagnosed a paranoid schizophrenic when he was hospitalized.* Erickson used brief therapy with John, in that it was strategically targeted, although the therapy took place over the span of several decades.

John was the only child in a well-to-do family. At first, John was able drive to appointments and maintain a job. But as his psychosocial problems increased, John stopped driving, and he eventually quit his job. Mrs. Erickson helped John find an apartment within walking distance from the Erickson home.

Erickson's goal with John was not to cure him of schizophrenia, but to keep him out of an institution and give him a purpose, which would bolster his self-esteem.

One of Erickson's first interventions with John was to separate him from his parents, because the family dynamic was troublesome, and often led to quarreling. Erickson decided that the family was not workable as a unit, so he encouraged John's parents to establish a trust fund for John, which would give him independence, and limited contact with his parents. John's parents provided a minimal stipend for John's therapy. Erickson had the habit of "adopting" some patients and students, so John became a regular part of Erickson's family life.

Another early intervention Erickson made with John was that he encouraged him to get a dog for companionship, specifically a mutt from the pound, a dog that would be saved from deterioration, hopelessness, and perhaps death. And note, this was parallel to what Erickson was trying to do with John who might have had a grim future if not helped. Erickson asked Kristi, his youngest daughter (now a physician), to take John to the pound to find a dog. At the pound, a little Beagle won John's heart, so they got him, and John named him Barney.

However, it soon became apparent that John's apartment was too small to house a dog. So after some deliberation, it was decided that Barney would stay at the Erickson home. But Barney was John's dog, and this meant that John would have to go the Erickson home at least twice a day to care for him. Subsequently, John was invited to watch TV with Erickson and his wife in the evenings. Erickson ended formal therapy sessions, and instead used the dog and watching TV to effect John's therapy.

Through his interactions with Barney, John's role was subtly redefined. As his caretaker, John bonded to Barney and eventually served as the dog's protector.

I witnessed Erickson masterfully building this relationship between John and Barney, and using the relationship to indirectly communicate with John, thus tailoring to John's oblique communication style.

Erickson also devised a way to strengthen the relationship between John and his dog. While watching television, Erickson would use pliers to break dog biscuits in half, even though he had little manual dexterity due to post-polio syndrome. He would then give half the biscuit to John, who in turn would offer it to Barney. But whenever Barney came around Erickson, Erickson would beep a loud horn that had been purposefully fastened onto his wheelchair. Or, he would shoo Barney away, gruffly shouting, "John's dog!" so that the dog would not attach to Erickson, but rather go to John for safety and affection. Essentially, Erickson strategically promoted "paranoia" in the dog, so that the dog would feel safety and security with only John. With this, John was subtly moved into bonding and attachment, and eased into the role of protector.

Erickson's approach was experiential and evocative. He became the persecutor and Barney was the victim, so that John's assumed role would be the rescuer;

a role would be elicited by the circumstances that Erickson created.

As part of the therapy, Erickson also wrote letters from Barney to John. And he wrote limericks and poems from or about Barney. Since John did not communicate in a straightforward way, Erickson communicated similarly to John.

Erickson used words like Beethoven composed music, or how Spielberg directs a movie. Erickson's communication was precise, and his themes were strategically developed.

The following letters and poem exemplify the experiential nature of Erickson's work, which was oriented to developing conceptual realizations. Note how he implies John's strengths; how he intersperses and reframes concepts related to "crazy"; and how he teases about "fear," by circumscribing it in an exaggerated way toward Barney and away from John.

These letters and poems were written in longhand, which was quite difficult for Erickson who was debilitated from post-polio syndrome. The cast of characters in the letters are Erickson, "the old codger"; Mrs. Erickson, "the lady of the house," Erickson's son, Robert and his wife, Kathy; and Erickson's daughter, Roxie. The designations for Dr. and Mrs. Erickson were ways that Barney referenced them.

May 1972

Dear John:

I got up early this morning. It was such a nice day, but something puzzles me. Saturday, Robert was telling [a story to] Kathy, and the Lady of the House was listening too.

It was a story about some Old Codger who advertised for a wife and he got a letter of application. He went down to the airport with two saddle horses to get her. On the way to the preacher's place, his horse stumbled, and the Old Codger just said, "One." Halfway there, the horse stumbled again, the Old Codger said, "Two." Just when they got to the preacher's place, his horse stumbled again and the Old Codger got down from the horse, unsaddled him, and said, "Three." Then he shot the horse dead right there. The bride-to-be said, "That's outrageous to shoot a horse just for stumbling. The Old Codger just said, "One."

I didn't hear the rest of the story, but I did hear the Lady of the House whisper, "Be sure you don't tell that story to you-know-who." What does that mean, John?

Barney

The next day there was another letter from Barney:

May 1972

Dear John:

You know how I feel about that wonder girl Roxie [Erickson's second to the youngest daughter]. She didn't come home this weekend--didn't even send me a small bone to comfort me. I got to feeling so bad that I tried to comfort myself. I quietly slipped into Kristi's bedroom. I was really getting to feel good, dreaming wonderful dreams about Roxie patting me on the head and giving me a nice juicy bone and, wouldn't you know it, the Old Codger came and saw me.

I was enjoying my dream so much I didn't hear his wheelchair. It was awful. Just awful, John. He came in with that terrible horn of his. In a most ominous threatening tone of voice, he said, "One." Then that horn turned my bones into quivering jelly. I trembled and shook so bad, so awful bad, that I couldn't run out of the room. I just trembled and finally I slithered out and the Lady of the House kindly opened the back door and I sort of fell outside. It took me over an hour

to get my tail out from between my legs where it got stuck to the jelly that awful horn turned my lovely snake belly into. [Erickson's name for Barney was "the Snakebelly Beagle-mix Hound dog."] It took hours to get it into wagging condition.

John, it was the awfulest experience of my whole—that is, I just thought it was. Now, John, you know how I am plumb loco about that girl, Roxie, and Kristi sometimes drives me out of my mind with her nice ways. And the Lady of the House can make me careless and abound with the joy of life and you had made me so aware of the Majesty of Dogness with that Bay Rum bath you gave me in your apartment and just being Your Dog, your very own dog. Well, John, all these wonderful things you have brought into my life sort of made me off-balanced after what the Old Codger did to me. I got to thinking how anybody so nice as the Lady of the House ever let herself get tied to such a thing as the Old Codger and, well, it must be that I wasn't thinking too straight and somehow I wandered into the bedroom where the Old Codger sleeps but I was beside the bed where the Lady of the House sleeps—I just desperately needed some comfort. And the Old Codger caught me again. In an awful, awful way, he said, "Two," before he started with the horn. I thought that the first time was terrible, but I know now what sheer stark devastating terror is. Lucky for me the Lady of the House rushed in and saved me. I couldn't move, I was completely done in. The Lady of the House saved my life. I thought that I would never see my wonderful John again nor Roxie, nor have another Bay Rum bath and walks with My John. Just plain nothingness was staring me in the face.

Now John, I know that a codger like the Old Codger doesn't offer much chance for improvement, but I am willing for you to give him all of the chew sticks and pork chops you bring me. I'm willing to give up my signing rights—just anything—so that I can keep on being John's dog and be plumb loco about Roxie.

Barney

Erickson also wrote poems and 44 limericks to John from or about Barney. And he gave John a little booklet entitled "Limericks for Barney," as a holiday gift.

Here is one of the limericks:

**That Old Codger's table creaks,
There follow those wheelchair squeaks.
From his haven, very craven,
Alert Barney, all tippy toes, retreats.**

I once spoke with Mrs. Erickson about John. She said quite casually, "When Milton dies, John will certainly come over at night and watch television with me."

Before Erickson died Barney had contracted valley fever. Dr. and Mrs. Erickson invested in keeping Barney alive because it was important in John's therapy. Barney survived the valley fever, but then died two weeks after Erickson died.

As it turned out, John frequently watched TV with Mrs. Erickson after her husband's death, and he became her protector, as well as her companion.

After Mrs. Erickson's death, I provided treatment to John. At that time, he was no longer a part of Erickson family life, but did go on to establish an independent life. I still occasionally hear from him. So do members of the Erickson family.

*This case is also reported in *Experiencing Erickson*

References

- Zeig J. (1982) *Experiencing Erickson: An introduction to the man and his work*. New York. Brunner/Mazel (now Taylor & Francis).
- Zeig, J. (2018) *The Anatomy of an Intervention Through Ericksonian Psychotherapy*. Phoenix. The Milton H. Erickson Foundation Press.

THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

2019 ADVERTISING RATES

Full Page	• 9 1/4"w x 11 1/4"h	• \$1200
1/2 Page/Vert.	• 4 1/2"w x 11 1/4"h	• \$750
1/2 Page/Horiz.	• 9 1/4"w x 5 1/2"h	• \$750
1/4 Page	• 4 1/2"w x 5 1/2"h	• \$500
1/8 Page	• 4 1/2"w x 2 5/8"h	• \$300

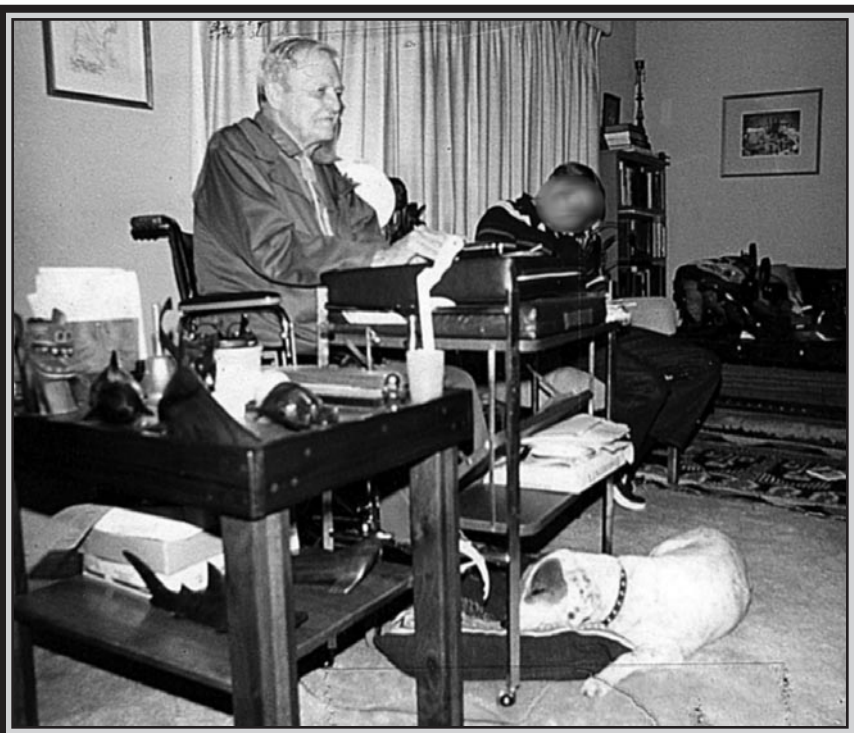
Frequency discounts available!

Circulation: 8,500 (U.S.) | 20K+ Email | Online

Order Form with Rates & Design Specifications
Available Online: www.erickson-foundation.org

Space Reserve / Art Deadline for the December 2019 issue:
October 5, 2019 (Mail Date: early December)

Questions? Email, karen@erickson-foundation.org
The Milton H. Erickson Foundation
2632 E. Thomas Road, Ste. 200, Phoenix, AZ 85016
Fax, 602/956-0519 • Tel, 602/956-6196



IN MEMORIAM

Farewell Francine Shapiro

It is with a heavy heart but inspired mind that I write this tribute to Dr. Francine Shapiro. A pioneer in trauma therapy, she was the originator of Eye Movement Desensitization and Reprocessing (EMDR), a scientifically proven effective method for trauma treatment – and one that spawned a movement and an international association (EMDRIA) of 9,000 members.

Carol Miles, president of EMDRIA, stated: "...Dr. Shapiro dedicated her life's work to the development of this transformative psychotherapy model. Her research, perseverance, dedication, and passion led the way to create a path to recovery for an inestimable number of people around the world. Dr. Shapiro's legacy lives on through her work, the EMDR community, and those who have found healing and hope through EMDR therapy."

In the last several decades, Francine Shapiro was a presenter at many Erickson Foundation conferences. She was a prolific author, writing more than 60 articles, chapters, and books. She was also a member of many professional editorial boards, panels, and organizations. Francine Shapiro was a Senior Fellow Emeritus of the Mental Research Institute in Palo Alto, California, Founder and Executive Director of the EMDR Institute, and Founder and President Emeritus of the Trauma Recovery and EMDR Humanitarian Assistance Programs.

As an outstanding contributor to the field of mental health, Francine received the Distinguished Scientific Achievement in Psychology Award in 1993, presented by the California Psychological Association. Three years later, she received the Humanitarian Assistance Award, presented by the EMDR International Association. And in 2002, she received the International Sigmund Freud Award for Psychotherapy, presented by the City of Vienna, in conjunction with the World Council for Psychotherapy.

From 1998-2000, she was designated as one of the "Cadre of Experts" of the American Psychological Association & Canadian Psychological Association Joint Initiative on Ethnopolitical Warfare.

In a previous interview, Francine Shapiro offered this to those in the EMDR community: "...There is so much we have done, but so much to do. Anyone who cares to, can open the treatment doors in a way that can really make an impact. Documenting your outcomes and sharing it is 'research.' Research is not just proving to others. It is a way to guide each one of us to establish the best practices. It is about staying on the right road."



Francine Shapiro

Francine was a great friend of the Erickson Foundation. She was also my friend.

I first met her in the formative stages of the EMDR movement. Eventually, we shared a podium, both involved with discussions at several Evolution of Psychotherapy Conferences. She was a great advocate of EMDR and a tireless advocate of helping traumatized individuals.

Francine will be greatly missed, but her significant contributions to our field are enduring.

Jeffrey K. Zeig, Ph.D.

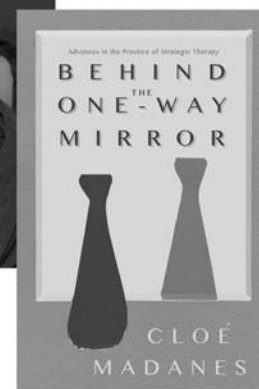


NEW FROM ZEIG, TUCKER & THEISEN, INC.

Just released — *Behind the One-Way Mirror!*

Cloé Madanes is a singular voice in strategic therapy. Her clarity and intellect light the way for those working on the front lines of human relations. In this new edition of her groundbreaking *Behind the One-Way Mirror*, Ms Madanes seeks to democratize the important insights of strategic thinking. Her clear observations, precise strategies, and nuanced understandings are brought to life in more than 30 case excerpts that allow therapists and coaches to extrapolate the key steps in moving from good idea to effective action.

www.zeigtucker.com



NEWS

WhoISHWho Project

The WhoISHWho project is the initiative of Bernhard Trenkle, president of ISH and board member of the Milton H. Erickson Foundation.

The goal of the project is to have information accessible to those searching for hypnosis experts. Our system will have information on master clinicians, leading scientists and researchers, workshop facilitators and trainers, and authors. We also plan to create a WhoISHWho “Hall of Fame,” that will identify and celebrate the pioneers of hypnosis.

ISH has constituent societies around the world. We are now collecting information on leading clinicians, researchers, trainers and authors from each society and country, and are looking for biosketches/CVs, photos, publication lists, and, when relevant, recent presentations and workshops. In addition, we also want information on those working with hypnosis in a special context. In 2008, when I was facilitating a workshop in China, I was asked by two neurologists if hypnosis is a contraindication for patients with epilepsy. After searching the internet, I found a psychologist in my country (Germany) who had been working for a decade using hypnosis in a center for epileptic patients. We anticipate having more of these colleagues—even if hypnosis is used only part of the time.

WhoISHWho is beneficial to both professionals and patients. It will help those with a rare condition identify clinicians who specialize in the treatment of that condition. And, therapists will be able to identify specialists for consultation

purposes. WhoISHWho will also help researchers (and their trainees) identify experienced colleagues for consultation and collaboration, identify relevant publications and find colleagues with shared interests. The WhoISHWho listings can also be used to identify experts to invite as presenters in a symposium or as keynote speakers.

Creating and maintaining the WhoISHWho project is hard work. Therefore, we are hoping for the support and involvement of many colleagues. Please send us your CV/biosketch, a list of your publications, and a photo – and please encourage your colleagues to do the same. You can also contact information for colleagues you are recommending for being listed in the WhoISHWho directory.

We look forward to the WhoISHWho initiative growing into an international list of the most important and influential individuals in the field of hypnosis. In be listed, go to the webpage and upload your data. Or, send to us via email to contact@whoishwho.com. If use email, please write in subject line your name, city, and country. If your CV is not in English, try using translate.google.com or deepl.com, or just ask for our support. We would also appreciate you sending contact information for the leading hypnosis clinicians, teachers, and researchers in your area and/or country.

To participate, you do not need to be an ISH member. Information can be found at: www.ishhypnosis.org.

FOUNDATION NEWS

The Intensives Makes Sense of Hypnosis

For more 30 years, the Erickson Foundation has been offering the Intensives Training Program, which draws professionals from around the world. Students are provided the opportunity to learn the principles and applications of Ericksonian hypnosis and psychotherapy, in step-by-step, easy-to-understand format. The program is offered in several consecutive weeks. In the spring and fall, the Fundamentals and Intermediate training are offered, and in the summer, a third week is added for the Advance training. The program’s incremental structure facilitates progressive learning and deep understanding.

The Intensives instructors are Lillian Borges, MA, LPC, Brent Geary, PhD, Stephen Lankton, MSW, and Jeffrey Zeig, PhD. Geary and Borges teach the Fundamentals and Intermediate, while Zeig and Lankton teach the Advanced.

The Intensive Training Program is open to professionals in a health-related field with a master’s degree or higher, and students currently enrolled in an accredited graduate program in a health-related field. Each level of the Intensive Training Program provides 30.0 hours of continuing education credit.

In July, several people who were enrolled in the Fundamentals classes commented on the training:

Calin Cotrau, Romania

“I have taught in Romania for a several years and what I find here is a very clear step-by-step program. They teach all the phases slowly and clearly for us to understand the whole process. I can use this kind of instruction back to Romania and will be glad to share it. What I learned fits into my puzzle.”

Amaury Zapiens, Mexico

“This is a very beneficial program because we get to interact with different instructors who have many years of experience. We are learning the basics of Ericksonian hypnosis and they are taking us step by step, which is useful.”

Janet Colletto, Texas

“This is an amazing program. The information I learned was surprisingly dif-

ferent that what I thought it would be. I can see how I can apply this with my clients. It was great to figure out what the ‘secret sauce’ of hypnosis is, and to be with other professionals. This program puts it all together and I am impressed with that.”

Bartholomeu Vieira, Brazil

“I loved this program. It is very good instruction and it is going to be a major help. I’ve been studying hypnosis for three years and this is the first time it made sense. I will certainly use this in my research and practice. I research the theory of technique in psychoanalysis.”

Access information about the intensive training program at Erickson-foundation.org



Advanced Intensives Attendees and Jeff Zeig at Dinner

B O O K R E V I E W

Creative Therapy in Challenging Situations: Unusual Interventions to Help Clients

Edited by Michael F. Hoyt and Monte Bobele

Routledge Taylor and Francis

New York and London

ISBN 978-0-367-13810-3

Copyright 2019 Michael Hoyt and Monte Bobele

250 pages

Reviewed by John D. Lentz D. Min

Shepherdsville, KY

On the back of this book there are positive reviews from Cloe' Madanes, Michael Weiner Davis, Michael Yapko, and Rubin Battino -- and for good reason. It contains informative, useful, well written chapters by Michele Ritterman, Jeffrey Kottler, Douglas Flemons, and, of course, Michael Hoyt, and Monte Bobele. There are 20 chapters in the 223-page book.

And while there are many memorable stories, several grabbed me, including David Keith teaching a woman in pain, who had become obnoxious, how to suffer; Andrew Austin dealing with a drug addicted mother by having her put a picture of her children in the cabinet where the drugs were kept; Terry Soo-Hoo

teaching a woman how to yell more effectively so that it would change the dynamics of her household – and, ultimately, her life; and Michael Hoyt's "They Said What," which showcases different examples of someone saying something powerful so that it changes how the person with the problem and their family views the problem.

The stories and examples that touch you in this book may be different than the ones that affected me, but readers will discover that this book contains many powerful interactions.

I found the stories so inspiring that I began to look at how hypnosis might have been used. In fact, I wound up teaching a class using this book, demonstrating how each intervention was part of a minimalist hypnotic approach. The students in my class enjoyed seeing how interventions could be viewed in a hypnotic dimension.

I know that the focus of this book is not how to use hypnosis, but rather how to use techniques in which the intervention is done quickly. However, I suspect that in reading, it will prompt memories of some of your interventions that were situational and effective, which is part of the point of this book. It is designed to speak to a wide range of therapists using a variety of approaches, encouraging us to recognize things we did that worked and inspiring us to do more with the difficult cases we have.

This book is classic. It will be something that you will find easy to read and difficult to put down. It will inspire you, affirm your ability, and prompt you to do more.

B O O K R E V I E W

Milton's Magnificent Imagination: A Picture Book Biography of Dr. Milton Erickson

By

Martha Trowbridge

Martha Trowbridge Radio Press

Montpelier, Vermont

ISBN-13 978-0-9776781-5-0

Copyright Martha Trowbridge 2018

27 pages

Reviewed by

Megan B. Bartley, MAMFT, LMFT

Louisville, KY

Milton's Magnificent Imagination, an illustrated picture book, is a wonderful tribute to the life and work of Dr. Milton Erickson. The thoughtfulness and intentionality of author and illustrator, Martha Trowbridge, is evident on each page. Not only is there a main story with corresponding pictures, there is also a helpful subtext with more detailed information as it relates to the story. This subtext subtly elicits a conversation about Dr. Erickson's life and its significance.

The story begins with Milton Erickson as a 17-year-old boy, confined to bed and unable to move. He's been diagnosed with polio and the doctors have told his mother that he will not live through the night. But Milton is determined to prove them wrong -- to live through the night to see the sunrise the next morning. Milton saw that sunrise, but soon slid into a coma: "...a deep, sleep-like state in which

he could not hear or see." When he awoke, he was even more determined to live. This steadfast determination created an awareness of the mind-body connection that would be the foundation for Dr. Erickson's professional career.

When reading *Milton's Magnificent Imagination*, it is evident Trowbridge not only has an affinity for Dr. Erickson, she resonates with him. In her watercolor paintings she uses vibrant colors in a beautifully subtle way; the pictures flowing fluidly from foreground to background.

Trowbridge also demonstrates her attention to detail in the bibliography found in the back of the book. There, the reader can find six more publications the author used as sources for the book. Included in Trowbridge's sources are works by Stephen R. Lankton and Carol H. Lankton, Sidney Rosen, Ernest Lawrence Rossi, and Jeffrey Zeig.

Trowbridge is the executive producer and host at Martha Trowbridge Radio, LLC. Through online radio, she offers empathetic professional wisdom to women who suffer emotional and mental agony.

This book is a wonderful visual representation of Milton Erickson's life and is suitable for people of all ages. The book's website: MiltonsMagnificentImagination.org, states, "For its wisdom, inspiration, and hope, Dr. Erickson's life story is essential reading for every child. Sidebars provide accompanying scientific detail for the parent, teacher, or older reader."

Milton's Magnificent Imagination is available for purchase online at MiltonsMagnificentImagination.org and Amazon.com.

**Join our email list and you'll be the first to know
about conferences, training, special events, discounts,
and products. You'll also receive our e-newsletter
with exclusive content, videos and book reviews.
www.erickson-foundation.org**

BOOK REVIEW

The Beginner's Mind *The Collected Works of Milton H. Erickson* *Volume 14 – Life Reframing in Hypnosis*

The Milton H. Erickson Foundation Press

328 pages

Review by Richard Hill MA, MEd, MBMSc, DPC

Let me set this review up with words written by the editors:

“The question about Erickson’s methods always involved these issues of subtlety, indirect exploration and uncertainty. Many therapists, apparently, were unable to reproduce his work because they were not able to peek at the subtle signs of altered states that Erickson used to recognize or sometimes evoke...This did not inspire confidence in the hard-nosed type of investigator or therapist who insisted on objective reproducible results on every occasion as the criterion of objectivity and science.” (p. xvii)

The challenge the editors of this volume prime readers with is: How much do you know about the *how* of what you do?

In a 2014 introduction, Rossi gives an excellent summary of how Erickson worked, with Rossi describing his experiences in the decade the two men collaborated. The volume continues by offering one of the best descriptions that I’ve read of what hypnotherapy is, and how it works. This is followed by a chapter that reads like a foreword, with Dr. Harry Kinnane recounting his personal learning experience with Erickson. I found his autobiographical account fascinating. He tells us that Erickson’s “...therapeutic approach was ‘*do something therapy*.’ It often did not seem to matter what patients had been instructed to do. They did, however, have to do something...” (lii)

This resonates with Ernest Rossi’s story of being surprised when a client began to sweat while under hypnosis. Erickson replied that it was necessary for the client to work, and not just go into deep relaxation or sleep. It’s not just about passively lying there and following the therapist’s suggestions.

This volume is divided into five parts which cover various aspect of reframing. The five parts are: 1) utilizing natural life experience; 2) shifting problems into constructive activity; 3) swapping an old frame for a new frame; 4) the nature of receptive states; and 5) a case study in “life reframing.”

Part I is from a presentation given in San Diego in 1958. Erickson orients the audience with statements that would have been challenging for an academic group in 1958. First, he told them, “Everything I say today will be eventually impromptu.” He then says that in hypnosis “one is employing primarily the unconscious...mind...” and that this part of the mind deals in symbolic thinking, in which there is no need for external reality orientation...” And finally, he says the “...unconscious mind is the storehouse for all personality experiences, personality learning, and personality attitudes.” (p.1-2)

These statements prepared Erickson’s audience, and equally prepares us for the journey ahead. Most of this volume is a collection of case studies that highlight the importance of utilizing the client’s natural life experiences to “frame the re-frame.” Erickson demonstrates this with suggestion, autohypnotic techniques, confusion, and re-induction. For those who have watched Erickson working in his later years, some of these case studies may seem unusually directive. This is an insight into the continuous development and change that Erickson imposed on himself and it serves as an inspiration for us to continue to do the same with our work.

In Part II, we find another set of cases that were presented to the American Society of Clinical Hypnosis in 1958. There are many great quotes, but my eye was drawn to what I find to be one of the central pillars to Erickson’s message to therapists:

“...hypnosis is a matter of cooperation between the patient and yourself. The only way you can rewire that cooperation is when a patient is free to express his own personality, and when you are free to express your own personality.” (p. 141)

The cases in Part III utilize what is described as “new frames of reference for old.” (p. 189) This chapter is from a presentation in 1959. I found the description of cases involving time distortion and reorientation particularly interesting. For example, Erickson asked a client, while in trance, to take herself several years in the future. Then he asked “...what she really felt about the medical recommendation that she have a hysterectomy to prevent more miscarriages...” And, “...how she thought she would feel looking back upon that hysterectomy...” from her future orientation. She declared that she would be forever depressed about it and would even become suicidal. After the session she declared, “...I think I’ve discovered a new awareness of my body...” As it turned out, she went on to produce five healthy children. (p.199)

Part IV explores reframing by utilizing the client’s special awareness and receptivity that is a hallmark of hypnotherapeutic trance. Erickson is, again, emphasizing the engagement with the unconscious mind: “...the type of thinking used in hypnosis is the type of thinking that you use in your night-time dreaming.” (p. 225) Current neuroscience research into hypnosis somewhat supports this idea. Research into what is called “the default mode network,” changes in regulation of the salience network, and the downregulation of frontal cortex. This rationalizing and error detection are a fascinating take on what the brain might be doing. There is more on this in Michael Yapko’s fifth edition of *Trancework*.

Part V is a transcript of a single case with commentary by Ernest Rossi. I enjoyed the case and commentary chapters the most.

After Erickson’s opening statement prepares us for the journey, Rossi offers the following to take with us into our practice:

“Much careful discrimination is required of the hypnotherapist, however, in order to determine the when and how of imparting information: when is the patient’s conscious mind ready to hear just how the indirect suggestions were used to facilitate the patient’s own unconscious processes...?”

Indeed, when are we ready to know *how*? And, when is the client ready to know?

70th Annual Workshops & Scientific Program

Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship

OCTOBER 16-20, 2019

ACE HOTEL - NEW ORLEANS, LA

#SCEH2019 www.sceh.us/2019-annual-conference

2019 HIGHLIGHTED SPEAKERS

Above: Éva I. Bányai, PhD; Irving Kirsch, PhD; Michael R. Nash, PhD; Karen Olness MD; Devin B. Terhune, PhD and Jeffrey K. Zeig, PhD

PAID ADVERTISEMENT

B O O K R E V I E W

Suggestion Language in Medical Care How to Talk to Patients to Promote Trust and Cooperation

By

F. Ralph Berberich, MD

BookBaby

ISBN (Print edition): 978-1-54391-521-1

ISBN (eBook edition): 978-1-54391-522-8

Copyright 2017

78 pages

Reviewed by

Joseph Carlton LMFT

Louisville, KY

At a slim 78 pages, Dr. Berberich's book, *Suggestion Language in Medical Care*, is an enjoyable, easy read, designed to develop trust and cooperation with

patients receiving services within the medical field. The author offers strategies to the medical professional, which can create a foundation for the best patient outcome.

The book begins with an introduction where the author writes about when he first became aware of the accidental pre-hypnotic suggestions frequently delivered by many medical professionals. Unaware of how powerful words can be, medical professionals do not often realize that what they say can create anxiety and resistance. Berberich emphasizes the importance of language and gaining the patient's trust. He also highlights the assumptions made by both physician and patient, which can work against shared goals.

The author is elegant in creating an empathetic understanding of what a patient may encounter, as circumstances familiar to the medical person are often unfamiliar and frightening for the patient. Berberich offers simple and subtle ways of soothing a patient before a procedure.

In conclusion, the author outlines how to better understand and communicate with a patient, which includes utilizing the patient's own language and experiences. The final pages are devoted to specific phrases and words that can be fluently integrated into the medical professional's language.

Each page of this short book is useful. I highly recommend it to medical professionals and to therapists of all disciplines.

B O O K R E V I E W

Trancework: An Introduction to the Practice of Clinical Hypnosis

By Michael D. Yapko, PhD

Routledge (Taylor & Francis Group) (2019)

ISBN: 978-1-138-56309-4 (hbk)

564 pages

Reviewed by: Ruben Battino, MS

Yellow Springs, OH

In this fifth edition and classic work on the practice of clinical hypnosis, Michael Yapko shares his knowledge, experience, impeccable scholarship, and *passion* for clinical hypnosis. And although the fourth edition is excellent, here are nine ways it's different from the last edition:

1. There more than a thousand references provided, and they have been posted on a new dedicated trancework website (www.routledge.com/cw/yapko). The majority of the cited research is from 2015 forward to today.
2. The DVD of "The Case of Vicki" provided in the book has been moved to the website, which also has supplemental clinical and research information.
3. Many new chapters have been added and others greatly expanded upon to address the topics of pain management, treating depression with hypnosis, the use of hypnosis with children, the relationship between hypnosis and the growing *positive psychology* movement, the use of therapeutic metaphors, and the practice of a "process-oriented hypnosis" that uses general language for specific results.
4. There are a dozen "Frame of Reference" sections, which highlight the work of key contributors to the field, and these have been expanded and updated.
5. The adaptation of hypnosis to modern clinical practice, including the use of *telehealth* and live video sessions, are described. Also described are the eth-

ical and legal concerns associated with these new uses of technology.

6. There are many more case examples and transcripts of sessions. (The transcripts are a wonderful way to study Yapko's precise use of language as a model for your own work.)
7. There are more examples of specific phrasing.
8. The modeling of session structure and design have been expanded and improved, which makes for a more instructive approach to learning these skills.
9. There is a name index and a subject index that make searching for specific information easy.

This edition has 26 chapters in two sections: 1) Thought Before Action: developing a deeper understanding of hypnosis; and 2) Hypnosis in Action: developing skill and artistry in clinical practice. There are also two Appendixes: A - Hypnosis Organizations and Journals for Professionals; B - Supplemental Material (see www.yapko.com for many articles, excellent blogs, and links). At the end of each chapter there are engaging "For Discussion Questions" and "Things to Do" to guide the reader.

The following are three statements in the book that I found to be particularly informative: 1) "...clinical hypnosis is a tool...not a therapy in its own right." (p. 12); 2) "Hypnosis begins with the premise that the client has valuable abilities which are present but hidden that can be uncovered and used in a deliberate way to overcome symptoms and problems." (p. 74); and 3) "Being hypnotic means many things but especially conveys a sensitive recognition of *the power of words and the power of relationships to inspire*." (p. 74)

You may wonder why I highlighted the word "passion" in the opening sentence of this review. Well, Michael Yapko is *passionate* about hypnosis, helping clients, training, and education. And this passion is evident on each page of this book, which is why I reluctantly finished reading it.

This book is a gem. It should be studied and cherished and returned to again and again.

BOOK REVIEW

Evocation: Enhancing the Psychotherapeutic Encounter

By

Jeffrey K. Zeig, PhD

With transcripts and cases of Milton H. Erickson

Copyright 2019 Jeffrey K. Zeig

Milton H. Erickson Foundation Press

Phoenix AZ

ISBN 978-1-932248-90-6

177 pages

Reviewed by

John D. Lentz D. Min

Shepherdsville, KY

With a foreword written by Erving Polster, readers can anticipate that Jeffrey Zeig has created yet another useful and cutting-edge book for psychotherapists. Not only will you learn how to evocatively communicate, you will also discover truths about psychotherapy and communication that will be useful in your clinical practice.

The book includes five sections with references, and an index. The first section is about the components of evocative therapy. Zeig explains how the use of metaphor is part of evocative communication. I especially liked the material on mood and emotions.

The next section offers transcripts of Milton Erickson using evocative com-

munication in his interventions. Zeig's commentary throughout helps make the magic of Erickson more accessible and understandable. Even though I have read about most of the events transcribed, the interventions in this book come alive in ways they had not in the past. I especially like Zeig's take on multilevel communication.

The third section teaches therapist states. Zeig states, "The best way for therapists to achieve a therapist state is with role play and practice." (P. 141) He then offers exercises and transcripts of his case studies illustrating the interventions. I've taught the types of interventions and exercises that Zeig offers and my students loved the personalized learning. The exercises elicit in students the targeted therapeutic states, but the learnings are different for each student.

The fourth section of the book includes a list of structured exercises, similar to the ones Zeig offers in his book, *Psychoaerobics* (2015). In this book, however, he invites the reader to become more personally and professionally aware of and capable of eliciting emotional states. There are exercises that use analogy and metaphor to teach empathy, and others that teach the state of being analogic, which is a useful tool. Each exercise focuses on a single orientation, so that readers can practice building therapeutic "muscles" toward that orientation. Not only are these exercises helpful in psychotherapy, they also teach us skills that are useful in life.

In the fifth section, an afterward, Zeig encourages us to find harmony when using these tools in practice. At the end of the book, he even has a wonderful set of exercises that help you become efficient at using analogy, metaphor, and other linguistic devices.

I found this book enjoyable and readable, offering perspectives that bring about new thinking and specific tools that can be beneficial in practice. I was even more impressed with Zeig because it is obvious that he put a lot of effort and thought into developing the exercises. I look forward to rereading this book and incorporating the gems of wisdom it offers into my practice and everyday life.

BOOK REVIEW

Coming to Wholeness: How to Awaken and Live with Ease (The Wholeness Work)

By Connirae Andreas, PhD

Real People Press

October 19, 2018

ASIN: B07JD89Z32

266 pages

Reviewed by Jeffrey K. Zeig, PhD

I am a big fan of Connirae Andreas and her deceased husband, Steve Andreas. I met Connirae in the late 1970s when she was visiting Erickson. (Her account of that visit can be found at: thewholenesswork.org/origin.) A few years later, I met Steve when he was attending one of my workshops in Colorado. I have been greatly impressed with both their work, and I have incorporated

learnings in my practice.

Connirae and Steve have extensively contributed to NLP. Connirae is best known for her groundbreaking book, *Core Transformation* (2015). She has also authored other books and training manuals and is a leader in personal growth training.

Her most recent book, *Coming to Wholeness*, takes Connirae's personal development process into a new realm. It is a beautifully written, step-by-step manual that describes the wholeness process, and it can be used as either a self-help book or a training manual for therapists and coaches. The transcripts and flow charts included as guides, make executing the process failsafe. The book also contains advanced processes that can be used for transformative work.

Readers familiar with Ericksonian hypnotic induction will recognize the Erickson's influence in this book. And those who practice NLP will note the elaboration on NLP practices.

I highly recommend *Coming to Wholeness*, Book 1, and eagerly anticipate the release of Book 2.

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

Interviews with Beck, Ellis, Fromm, de Shazer, Haley, Thompson and many more!

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

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2019		
8/24-28	Advanced Workshop on Ericksonian Therapy – Japan Brief Therapy Conference / Japan / Zeig	1.
8/30-9/2	Master Class in Ericksonian Therapy / Taiwan / Zeig	2.
9/4-10	Ericksonian Therapy Training Program / China / Zeig	3.
10/2-5	Italian Psychotherapy Association - Keynote / Bologna, Italy / Zeig	4.
10/6	Evocative Approaches to Change / Scotland, UK / Zeig	5.
10/14-18	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Geary, Borges, Lankton, Zeig	6.
10/21-25	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Borges, Lankton, Zeig	6.
10/24-25	The 3rd International Single Session Therapy and Walk-in Services Symposium 2019 / Melbourne, Victoria, AUSTRALIA / Michael Hoyt, Martin Söderquist, Flavio Cannistrà, Monte Bobele, Windy Dryden, Robert Rosenbaum, Jeff Young	7.
10/25-27	The HeART of Communication: Talking Is Never Enough (Program at 1440 Multiversity) / Santa Cruz, CA / Zeig, Rob Kapilow	8.

DATE	TITLE / LOCATION / LEADER	CONTACTS
11/14-17	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	9.
12/12-15	International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy / Phoenix, AZ / Invited Presenters	6.

Contact Information:

- 1) For information: Email, moribayashi@child3.sakura.ne.jp
- 2) For information: Email, tc.tsai@msa.hinet.net
- 3) For information: Email, gracelp@163.com
- 4) For information: Email, Camillo.loriedo@gmail.com
- 5) For information: Email, kathleen@maxamind.co.uk
- 6) 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; Intensive Training Program: www.erickson-foundation.org/intensive-training/ Phoenix Master Class: <https://www.erickson-foundation.org/masterclass/> International Erickson Congress: www.EricksonCongress.com
- 7) Symposium Manager, Bouverie Centre, 8 Gardiner Street, Brunswick, VIC 3056, Australia; Tel, +61 3 9385 5100; Web, www.bouverie.org.au/sst-2019/index.html; Email, Bouverie.sst@latrobe.edu.au
- 8) For information: Email, ila@1440.org ; Web, <https://1440.org/programs/growth-psychology/the-heart-of-communication/>
- 9) For information: Email, Stacey Moore: sjmtjm@msn.com

**** To include your listing in *Upcoming Trainings* 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 December 2019 issue is October 5, 2019. All workshop submissions are subject to approval by the Erickson Foundation. ****



NEW FROM ZEIG, TUCKER & THEISEN, INC.

Love Happier: The Art and Practice of Relationship

Magali Peysha has helped thousands of people find and build the romantic relationship they want. She is the bestselling author of the *Strategic Intervention Handbook*, founder of The Relationship Coaching Academy, and has trained over 10,000 Life Coaches. Dedicated to empowering others, she specializes in a creative, heart-centered method. In the author's words: With the right map, it only takes one person to change a relationship for the better. This book presents an innovative, holistic toolkit for becoming that person! **Available at www.zeigtucker.com**



CONFERENCE NOTES

The British Society of Medical and Dental Hypnosis (Scotland) is hosting an Autumn Symposium 2019 with an Ericksonian theme, October 5-6, 2019, at the Stirling Highland Hotel, Stirling, Scotland, United Kingdom. Presenters include Fabio Carnavale, “An Introduction to Ericksonian Techniques”; and Jeffrey K. Zeig, Ph.D., “Evocative Approaches to Change”. For information visit: Web, <http://www.bsmdhscotland.com/training-and-events/autumn-symposium-2019> ; or Email, mail@bsmdhscotland.com

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. The Program includes Basic, Intermediate and Advanced Hypnosis Training, Keynotes, a Scientific Program and more. Full information including registration is available at <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.

The 2019 Annual Convention of the Arizona Psychological Association (AzPA), “Greater Than the Sum of Our Parts: Integrating Research and Practice,” will be held October 31-November 2, 2019 at the Hyatt Regency Phoenix, Phoenix, Ariz. Online registration will be available in coming weeks. For information contact AzPA: Web, https://azpa.org/2019_Convention; Tel, 480-675-9477; Mail, 107 S. Southgate, Chandler, AZ 85226.

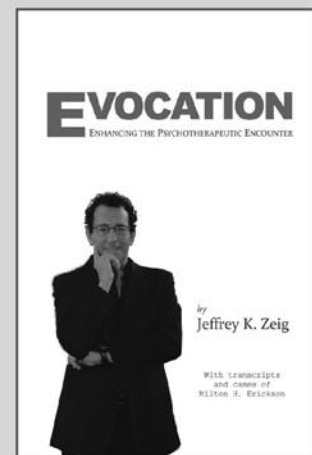
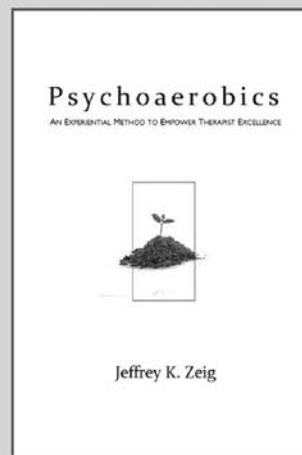
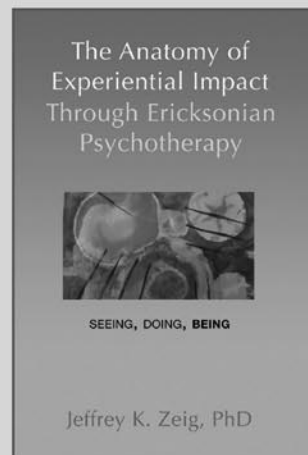
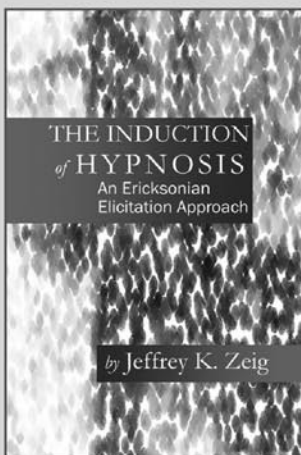
Centro Ericksoniano de México and Emergences Institut announce the first Congreso Franco-Mexicano De Hipnosis Ericksoniana, November 20-23, 2019, in Cancun, Riviera Maya, Mexico. The Congress will be held at Hotel Emporio. All workshops and sessions will be translated into French and Spanish. For information including the list of French and Mexican presenters and their topics visit: <http://cancun.grupocem.edu.mx/congreso-franco-mexicano/> or contact Centro at: Email, cancun@grupocem.edu.mx ; Tel, +5543566083 or +5544487604.

The Thirteenth Congress on Ericksonian Approaches to Hypnosis and Psychotherapy will be held December 12-15, 2019 at the Hyatt Regency Phoenix, Phoenix, Ariz. Keynotes include Robert Dilts, Roxanna Erickson-Klein, Stephen Gilligan, Steve Lankton, Scott Miller, Bill O’Hanlon, Michael Yapko, and Jeffrey Zeig. For hotel and registration information visit www.EricksonCongress.com or contact The Milton H. Erickson Foundation: Email, support@erickson-foundation.org ; Tel, 602-956-6196; Toll free, 877-212-6678; Fax, 602-956-0519; Mail, 2632 E Thomas Rd, Ste 200, Phoenix, AZ 85016.

The American Society of Clinical Hypnosis (ASCH) will hold the 62nd Annual Scientific Meetings and Workshops, March 19-22, 2020, at the Nugget Casino Resort, Reno/Tahoe, Nevada. The theme for the conference is “Igniting the Fire: Nuances of Creativity and Flow in Hypnotic Applications—Research, Education, Application.” For complete information contact ASCH: Web, www.asch.net; Email, info@asch.net; Tel, 630-980-4740; Fax, 630-351-8490; Address, 140 N Bloomingdale Rd, Bloomingdale, IL 60108.

The Empowering Experiential Therapy Series

In his newly completed four book series, Dr. Zeig captures Erickson’s sophisticated principles and practices. Each book can stand alone, but together the series unpacks Erickson’s techniques into a collection of easy-to-follow guidelines to take your practice to the next level!



Available in print and ebook at catalog.erickson-foundation.org/



THE MILTON H. ERICKSON FOUNDATION PRESS

INTERVIEW

continued from page 1

Residence and the Foundation.

Robert is the only child of Milton and Elizabeth Erickson's who remained in Phoenix throughout his adult life. In fact, he lives a short distance from where his parents lived on Hayward Avenue (now the Erickson Historic Residence). This provided Robert and his parents a mutually beneficial relationship throughout Dr. Erickson's productive twilight years, and his mother's equally active years of widowhood.

Over the years, Robert has experienced the growth and evolution of the Erickson Foundation. He and Kathy have never missed an Erickson congress! This year, as we celebrate the 40th anniversary of The Milton H. Erickson Foundation (incorporated in 1979), we also want to honor Robert Erickson for his behind-the-scenes salient roles.

Marilia Baker (MB): Your family lived on the grounds of Eloise hospital, which was customary at that time.² You mentioned an early childhood memory there. Could you please elaborate?

Robert Erickson (RE): What I can vividly remember is snow in

Eloise. As I recall, I was not yet 3 years old. I went to the door of our apartment, which opened on to a porch. The door had panes of glass which I could see through. I remember uttering something about wanting to play in the snow, and mother answering something like, "Let's see if it snowed last night." Then, I remember her dressing me in a snowsuit. I remember her having difficulty in getting my snow boots on. It seemed to take forever. I don't recall if I had any toys with me, except for a cane. Early in my childhood, I developed the habit of carrying a cane. I was clearly imitating my father, who walked with a cane.

MB: Did your family's move from Michigan to Phoenix bring about their interest in Native American culture, which is so apparent at the Erickson Historic Residence?

RE: For as long as I can remember, my mother was interested in the Native Americans of the Southwest, specifically the Navajo, whose major reservation is in Arizona. I know that my father had purchased some American Indian jewelry for her early on in their marriage. Mother was interested in the Navajo lifestyle, their history, culture, and crafts. She did a great deal of read-

ing on these subjects. As a family – excluding my father, who was always busy with patients – we would spend part of the summer traveling around the reservations. Mother would plan trips to coincide with ceremonies and cultural dances. We would also visit museums, ancient sites, and historical locations. We visited mountains, canyons, and regions that were of significance to the various tribes. My mother had an exquisite assortment of Hopi and Navajo jewelry, clothing, rugs, paintings, bolo ties for my father, and artifacts, including medicine bags, pouches, and fetishes.

MB: I understand that many of those adornments, crafts, and artifacts, including your father's collection of Seri Indian carvings, are housed in the Erickson Historic Residence at Hayward Avenue.

RE: Yes. Our home was always filled with interesting artifacts from many cultures. In the '70s, my father became fascinated with traditional ironwood carvings made by the Seri Indians of the Sonoran Desert of Mexico. Many of his students remember the large collection that he had of those wooden carvings, as well as the stories he liked to tell about the harsh condi-

tions where the native ironwood plant grows. My father made arrangements with a trader who visited the tribe and brought the art pieces to Phoenix. The trader agreed to give my father first choice of the carvings sold on behalf of the Seri tribe. That arrangement went on for several years. My father's collection grew as the tribe revived their traditional art of woodcarving that had nearly been lost to modern times.


MB: What a fascinating story. It is remarkable how Dr. Erickson contributed to human potential and development in so many ways. You remarked that family members often interacted with the patients and that there were household rules which involved the children and how they conducted themselves. You said that your father gave you important assignments for specific assistance with patients, even when you were very young.³ They sound like intriguing narratives with excellent therapeutic outcomes for the patients!

RE: My father began his private practice at 32 W. Cypress Street, shortly after it became our first home

INTERVIEW continued on page 19

New!

DAVID KEITH-



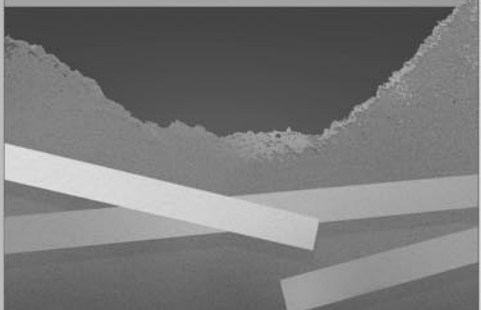
CONTINUING THE EXPERIENTIAL APPROACH OF CARL WHITAKER: PROCESS, PRACTICE, AND MAGIC

\$29.95
paperbound

\$15.00
eBook


UNWRAPPED

Integrative Therapy with
Gay Men...the Gift
of Presence



RICK MILLER, LICSW

\$27.95
paperbound



ZEIG, TUCKER & THEISEN

ZeigTucker.com

PAID ADVERTISEMENT

INTERVIEW

continued from page 18

in Phoenix. The main house rule was: “Don’t initiate conversation with patients but answer if they talk to you first.” To me, the patients seemed only like ‘people in passing.’

But when I was about 6 years old, my father called me into his office and introduced me to a man who I knew was a patient. I will call him Mr. B. The “B” is for bent, as in bent over. When he stood up, he was bent at the waist at a 90-degree angle. Consequently, his head was at the same level as mine, so when I talked with him, we were eye-to-eye. He was a much older man. I noticed wrinkles on his face, neck, arms, and hands. And Mr. B. had a cane, which he was dependent upon in order to keep from falling over.

My father instructed me to take Mr. B for a walk to Central Avenue. And as we walked, every time we passed under or beside a tree branch or bush that was tall and bushy, we were told that we should stop, and that I should reach up to touch the bush or tree branch, even though it may be beyond my reach. My father instructed Mr. B. to do the same. At first, Mr. B did this with difficulty, with only one arm because the other was holding the cane. This exercise was repeated on numerous occasions. For days, weeks, and even months, according to my father’s directives, we progressively increased the distances we walked. And as we continued taking these walks, I observed several things about Mr. B: First, we were walking faster each time. Second, Mr. B was walking more upright, and third, on some occasions, Mr. B would set his cane down on the ground, reach up, then pick up the cane and continue the walk.

MB: This is a classic example of one of Dr. Erickson’s action metaphors, which worked so successfully with patients. He would utilize the principle of ‘successive approximations’ toward an established therapeutic goal.

RE: The whole process was an adventure for me. Although I was with Mr. B, I felt as if I were in charge. I was able to explore the streets that I was otherwise only allowed to venture to with the presence of an adult or older sibling. And with Mr. B, I was the one making the decisions without one of my older siblings suggesting

that I wasn’t doing things the way they thought it should be done. I do not recall how many walks I took with Mr. B, or how long this directive of my father’s lasted, but I do remember seeing Mr. B walking more upright, and eventually he wasn’t even bent over anymore!

MB: How fortunate for this patient to have you – a 6-year-old – as a guide and companion in therapeutic outings. Such a wealth of intergenerational possibilities. Dr. Erickson knew very well what he was doing.⁴

RE: When I am conducting tours at the Historic Residence, I often talk about these interactions with my father’s patients. For example, when I was about 11 and my sister Roxie was 7, we were playing checkers in the front room [the waiting room for the patients]. As we played, one of the patients approached us, looked at our game of checkers and asked: “Do you know how to play chess?” When he found out that we did not know the game, he offered to teach us.

After his next appointment with my father, he presented us with a chess set and began instructing us. He was very thorough, starting with the name of each piece, describing the powers each chessman had. He made it clear that the final objective of the game is to call out “checkmate!” He was from out of state and had rented a nearby apartment so that he could see my father. He would always show up early for his appointments. When he arrived, at least one of us children were around, so he would give that child the next lesson in the game of chess. During the time he spent in Phoenix, he instructed us to play chess, including my older brother Allan, who was 15 at the time, me, my sister, Roxie, and even my youngest sister, Kristi, who was going on 6. We all ended up being reasonably good chess players and have continued to play over the years.

I like to relate this story to visitors touring the Historic Residence. In closing, I ask: ‘How many of you have had the patience and skills to teach children – ages 6, 7, 11 and 15 – the game of chess?’ Few have attempted to instruct children of those diverse ages how to play the game.

MB: Such an enriching experi-

ence, both for the children and for the patient. You mentioned another experience you had, which you called “an unusual encounter.” Will you tell us about that?

RE: With pleasure. When I was 12 years old, I was called into my father’s office in the middle of a session. This was unusual, as my father was, in general, punctual in seeing his patients, from hour to hour, with no interruptions. As I entered his office, he introduced me to a patient, who I will refer to as Miss S. She looked like she might be in her early 20s. I could tell she was wealthy. Her clothing and jewelry looked high class.

My father instructed me to guide the young lady out of the house, using only the backyard door, and to exit toward the alley behind our house. He

thing. He instructed me to observe the cars parked nearby or in the front of our house, and to make a note of the license plates and how many people were inside the cars. I did as I was instructed.

I reported to my father that I saw only one person, a lady, who looked to be in her mid-50s. She was probably Miss S’s mother. I also reported that the car she was driving was new, modern, and expensive looking, and that the license plate was from an eastern coastal state. My father thanked me. I never really thought about that experience and why my father had asked me to do that until later in life.

MB: Quite an intriguing maneuver. I am not only impressed by Dr. Erickson’s detailed instructions to you and the overall strategic design

*“Most of my father’s patients,
I would dismiss from my mind, as if nothing
unusual or out of the ordinary had taken
place.”*

further directed me to accompany her “toward 3rd Avenue to the end of our block.” This was about a quarter mile away. He continued: “There should be a taxi waiting for Miss S and she should board the taxi.” I was then told I should return home and tell my father all that had transpired.

As I walked with Miss S through the back alley, she began telling me how much she enjoyed talking to my father; how she “trusted” him; and how she knew she was “doing the right thing now.” I didn’t comment on her remarks but indicated that I was listening.

Following Miss S’s departure, I returned to the office, and reported what had occurred. My father thanked me but did not say anything about Miss S, or why she boarded the taxi. Immediately following my report, my father instructed me to go out our front door into the front yard and “do some busy work with the garden,” while simultaneously carefully observing every-

he had in mind—but also by your ability to recall those experiences in such detail.

RE: Most of my father’s patients, I would dismiss from my mind, as if nothing unusual or out of the ordinary had taken place. But this situation with Miss S was rather unique, as I had never been directed as I had been on that occasion. I did not forget about her because the assignment was so unusual. Years later, I read an article in the American Journal of Clinical Hypnosis written by my father. In the article he talks about, “...a young woman who was from a very wealthy family from an eastern coastal city.” It described the young woman as having parents who were overpowering and controlling in every aspect of her life. This left her feeling trapped. The article went on to say that one solution was for the young woman to break the ties with her family and to move away

INTERVIEW continued on page 20

INTERVIEW*continued from page 19*

from home. I remembered Miss S as I read the article.

MB: Thank you Robert for a most insightful conversation. You are a treasure trove of information. We appreciate that you can bring these stories to light and give us an insider's perspective on how your father worked with people. Your contributions to the Erickson Historic Residence and to your parents' legacy are relevant to students, clinicians, educators, historians, and other professionals. We look forward to seeing you and Kathy in December at the Erickson Congress!

END NOTES

¹ Further read the compelling account of Elizabeth Erickson's driving her young children cross-country through 2,000 miles, from Eloise to Phoenix in the summer of 1948. In: Marilia Baker (2004) *A Tribute to Elizabeth Moore Erickson. Colleague Extraordinaire, Wife, Mother, and Companion*. Mexico

City: Alom Editores; pp. 63-64.

² For a detailed description and photos of the *Eloise hospital complex*, "a city in itself," see: Patricia Ibbotson (2002) *Eloise. Poorhouse, Farm, Asylum, and Hospital: 1839-1984*. In "Images of America."

Charleston, SC: Arcadia Publishing.

³ See: "How Milton H. Erickson encouraged individuality in his children" in (1988): *Developing Ericksonian Therapy: State of the Art*. Zeig J. & Lankton, S. (eds.). New York: Brunner/Mazel; Chapter 29, pp. 493-510.

⁴ Read Robert's personal experience in Rossi, E. L., Klein, R.E. & Rossi, K. L. (eds). (2008) *The Collected Works of Milton H. Erickson, Volume One. The Nature of Therapeutic Hypnosis. Chapter 9: "Further Clinical Techniques of Hypnosis: Utilization Techniques"*. Phoenix, AZ: The MHE Foundation Press. Example 13, pp. 291-292.

1440

MULTIVERSITY



The HeART of Communication Talking is Never Enough

Jeff Zeig, PhD | Rob Kapilow

October 25 - 27, 2019

All-inclusive program package to include:

- Tuition
- Three Meals in Kitchen Table (daily)
- Shared or Private Accommodations
- Signature classes and wellness offerings

Do you want to be a more effective communicator? One that brings out new ideas, realizations, and responses in others?

Join internationally known psychologist Jeff Zeig, PhD, and acclaimed conductor, composer, and author Rob Kapilow, as they reveal the communication power of each of their arts. Together they explain how to be both an artful and evocative communicator as well as an effective one.

Through lecture, demonstration, and practice exercises, you will learn:

- About how communication works on our brains and how to engage people's motivation, emotion, and memory
- How to develop your own communication style in order to grab your listener and spark new ideas
- How and when to use stories and metaphor to get your points across
- Ways to empower your messages in order to elicit deeper and more honest understanding.

Learn more at:

<https://1440.org/programs/growth-psychology/the-heart-of-communication/>

PAID ADVERTISEMENT

Newsletter Subscription and Donation Form

PLEASE MAKE YOUR SELECTION(S) BELOW:

- Please find my donation of \$_____ to support the activities of The Milton H. Erickson Foundation, Inc. (The Foundation is a non-profit corporation and donations may be tax deductible within IRS guidelines.)
- I am not currently on your U.S. mailing list. Please add my name so that I may receive the *NEWSLETTER* and other information about activities sponsored by The Milton H. Erickson Foundation.* (NOTE: Students must supply a letter from their department indicating full-time graduate student status in an accredited program.)
- I prefer to receive the Foundation Newsletter via Email and **NOT** by mail/post. Please remove my name from your mailing list and add me to the Foundation Email list.
- I have moved, please correct my address as stated below.
- I no longer wish to be on The Milton H. Erickson Foundation mailing list. Please remove my name from your list.

***PLEASE NOTE: The Milton H. Erickson Foundation Newsletter is no longer mailed outside of the United States.**

To our friends outside the U.S., please view the online Newsletter at: erickson-foundation.org

Eligibility: The *NEWSLETTER* is available to professionals in health-related fields including physicians, doctoral-level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (e.g., AMA, APA, ADA). The *NEWSLETTER* is also available to professionals with mental health-related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Applications from graduate students in accredited programs leading to a degree in the above fields will be accepted if they supply a letter from their department on letterhead stationery certifying their student status.

Please accept my donation of: \$_____

- VISA MasterCard AMEX DISCOVER

Account Number: _____ Exp. Date: _____ Cardholder's Signature: _____

- Other (PLEASE, DO NOT SEND CASH): _____ (Checks made payable to *The Milton H. Erickson Foundation*, in US Funds, drawn on an American Bank)

PLEASE PRINT CLEARLY:

Name: _____ Highest Degree: _____

University where highest degree earned: _____ Major: _____

Street Address: _____

City _____ State: _____ Zip/Postal Code: _____

Phone: _____ Fax: _____ E-Mail: _____

RETURN COMPLETED FORM TO:

The Milton H. Erickson Foundation, Inc., 2632 E. Thomas Road, Ste. 200, Phoenix, AZ 85016
Phone, 602/956-6196 | Fax, 602/956-0519 | E-Mail, office@erickson-foundation.org