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THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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INTERVIEW

Rob Kapilow

Interviewed By Jeffrey K. Zeig, PhD

[The following is a phone interview with Rob Kapilow sitting at his piano. Rob Kapilow will be a presenter at the upcoming 2020 Evolution of Psychotherapy Conference.]

JEFF ZEIG: Rob, you're a composer, you're a musician, and you're a conductor, and in 2017 you were invited to speak to psychotherapists at the Evolution of Psychotherapy Conference -- and you accepted! What was your experience at that conference?

ROB KAPILOW: I have to say that it was one of the most surprising invitations that I ever received, and it's a story I often tell. The two most surprising invitations that I got from opposite ends of the spectrum were for the Evolution of Psychotherapy

Conference and the Dairy Farmers of America. Both these events seemed to be the most unlikely places that I would go.

I thought the Evolution of Psychotherapy Conference would be a small niche convention or a conference. I imagined there would be about 50 or 60 people, and it would be held in a tiny room. So, my thought was to use a small, nice string quartet. Little did I realize the conference is actually the largest conference for therapists; that there could be more than 8,000 people. And we would be doing this program in an enormous ballroom that took almost five minutes to traverse from side to the other. It was a completely surprising experience -- first, in terms of the entire scope of the conference -- who was there, the wide range of people, and the huge numbers -- but second, it forced me to think about what it was that I wanted to talk about and where we connect. And that was the most interesting and engaging thing with both the dairy farmers and the therapists at the Evo-

lution Conference. Putting music in a context which I normally don't think about it in, allowed me to think of ideas in new ways.

JZ: So, where did we connect?

RK: We connected in listening, which I think is interesting because the title of my first book is, *All You Have to Do is Listen*. And when I wrote that book, I just meant music. But as time has gone on, experiences like the Evolution Conference has allowed me to think of that topic in much larger ways and realize that failures of listening and challenges of listening happen everywhere. The whole idea of going to that conference grew out of a comment. I had done a program for the Stanford medical community, and afterward, the head of the psychiatry department came up to me and said, "I enjoyed your talk about listening. What most people don't realize is that people don't necessarily come to psychiatrists for advice. Being heard is an inherently healing act. Listening to someone is an inherently healing

INTERVIEW continued on page 11

Foundation Postpones Couples Conference

As many of you are aware, due to current events regarding the coronavirus, the Erickson Foundation has postponed its special 25th anniversary Couples Conference, which was slated for April 2-5, 2020.

The decision to postpone the conference is to prioritize the health and safety of registrants, speakers, vendors, and staff. The 25th anniversary Couples Conference is now scheduled for June 4 - 6, 2021 and we are striving to make this conference even more celebratory. The conference will be held at the same venue, the Hyatt Regency SFO.

The Erickson Foundation remains committed to providing quality education, and we are currently exploring alternatives to in-person meetings. We will be increasing our online presence with platforms that offer exceptional continuing education.

We wish everyone continued health and wellness.

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EDITOR'S COMMENTS



The spring issue has typically been transitional, and this year is no exception. In this issue, we look back on the Erickson Congress of 2019 and look forward to the Evolution of Psychotherapy Conference in December 2020.

The 2019 Erickson congress was memorable. There were national and international colleagues who I hope to see again at the Evolution conference this December. In the *Facets and Reflections* column, Marilia Baker reflects on the highlights of the final congress and its presenters and offers some of the history of the meeting. This is a heartfelt contribution from a woman of deep sensitivity and wide-ranging intellect.

Being that the 2019 congress was the last, presenters outdid themselves in the quality and variety of offerings. For this issue, I asked members of the newsletter family to review some of these presentations. Reading the reviews brought back memories of what a great experience it was for all. (Media from the congress is now available for home study. See: www.erickson-foundation.org.)

Continuing with endings, in *The Beginner's Mind*, Richard Hill reviews the final volume in *The Collected Works of Milton H. Erickson – Volume 16, Creative Choices in Hypnosis*. Hill approaches this volume with a fresh perspective, as though reading it for the first time.

John Lentz's In the Spirit column features Laurence Sugarman, a unique presenter from the Erickson congress. Sugarman's understanding of what is personally spiritual is both poetic and multilayered, which factors into his profession as an amazing physician.

In this issue's *Case Report*, Eric Greenleaf presents, "A Milk Bath," a method that he uses as a vehicle to discuss how intuition is "a vectoral sense that

leads us in a direction without conscious knowledge of the route to be taken." Intuition is an important element in the Ericksonian mindset that offers direction to a clinician. In "A Milk Bath," Greenleaf uses a surprising intervention to ameliorate a student's phobia of drinking water.

Our featured *Interview* moves us fast-forward to Evolution 2020 with keynote speaker, composer, conductor, and music commentator, Rob Kapilow, who is interviewed by Jeff Zeig. I first heard Kapilow on NPR with his "What Makes It Great" series, now in its 20th year, and greatly enjoyed his 2017 keynote at the Evolution conference. I love how he finds music to be a metaphor and expression of some of the more important human connections in life, and a vital element in discovering what it means to be human.

Even though it is only spring, I am excited about the Evolution of Psychotherapy conference. I find myself smiling every time I relive past Evolution conferences. Truth be told, I am a closet introvert, but I do love the Evolution conference, because no matter how many people attend a presentation, there always seems to be a time and a place for one-on-one interactions. But not all my learnings come from the presenters. The presentations often elicit lively discussions, which are organically interwoven with the presentations.

December 2020 might feel far away, disconnected from the current preoccupations, but by the time you read this, the conference will be little more than six months away. Please join me in Anaheim this December 9-13, for the Evolution of Psychotherapy Conference.

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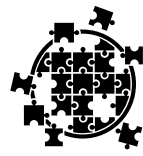
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EVOLUTION NEWS

Foundation Partners with HMP for Evolution of Psychotherapy Conference

Thirty-five years ago, Jeffrey K. Zeig had an inspired idea. With the first Erickson Congress, held in 1980, successfully under his belt, he was emboldened to take on what would turn out to be the greatest psychotherapy event ever. His vision was to invite luminaries in the field, to discuss their methods and theories, and impart their vast repertoire of knowledge to professionals thirsty for new perspectives, methods, and forward momentum in the field of psychotherapy. In 1985, Zeig's dream became a reality and the groundbreaking Evolution of Psychotherapy Conference took place. *TIME* magazine called it, "the Woodstock of psychotherapy," and *The New York Times* and *Los Angeles Times* sent reporters to cover this seminal event that drew more than 7,000 attendees.

Throughout the years, the Evolution of Psychotherapy Conference has continued to feature an exceptional faculty. As the premiere event in the field, it draws thousands of participants to learn from the masters.

Several years ago, Jeff Zeig was approached by a company that offered to purchase the conference, but he turned the offer down. In 2019, he was approached again, by HMP Global, a dynamic, multichannel leader in healthcare events and education, with a mission to improve patient care. This proposal was different – it would be a partnership. The conference would still be the Milton H. Erickson Foundation's premiere event. HMP would administer the meeting, with the same recognizable masters of psychotherapy and format.

After much deliberation and thought, in the fall of 2019, Zeig agreed to partner with HMP for the Evolution of Psychotherapy Conference. "As a smaller organization, we have limitations," says Jeff Zeig "and due to its resources, range, and experience, HMP would be able to bring the Evolution Conference into its next manifestation, Partnering with HMP, frees us up to direct our focus on other educational projects. We will continue to have meetings and workshops about Ericksonian practice. We will continue our Brief Therapy and Couples Conferences. We will expand our online education efforts."

The 2020 Evolution Conference (www.evolutionofpsychotherapy.com), which will be held December 9-13 in Anaheim, is shaping up to be one of most attended in the conference's 35-year history. "The lineup for this conference is stellar," says Zeig. Confirmed keynote faculty from within the field includes Aaron Beck, John and Julie Gottman, Martin Seligman, Derald Wing Sue, Irvin Yalom, and Philip Zimbardo. Other Keynotes include Alanis Morrisette and Rob Kapilow and a live video dialogue with Noam Chomsky. "The idea is to enhance the field of psychotherapy by learning about communication from other perspective," says Zeig. We expect that Evolution of Psychotherapy 2020 will be the largest and most engaging educational experience yet." So, join the 3,000 professionals who have already enrolled, and register early for this event at: www.evolutionofpsychotherapy.com.

In this newsletter, we have a regular feature entitled, *The Power of Two*. The partnership between the Erickson Foundation and HMP furthers the case that two can be mightier than one.

IN THE SPIRIT OF THERAPY

An Interview with Laurence I. Sugarman, MD

By John D. Lentz, D.Min.

Laurence Irwin Sugarman is research professor and director of the Center for Applied Psychophysiology and Self-regulation (CAPS) in the College of Health Sciences and Technology at Rochester Institute of Technology; clinical professor in pediatrics at the University of Rochester School of Medicine and Dentistry, and a behavioral pediatrician at the Easter Seals Diagnostic and Treatment Center in Rochester, New York.

After training in pediatrics at the University of Rochester, he spent 26 years in community practice. Dr. Sugarman has achieved international recognition for his teaching and writing in the field of hypnosis and biofeedback with children. He is a Fellow, past vice-president, and past co-director of Education of the American Society of Clinical Hypnosis and past president and current vice-president of the American Board of Medical Hypnosis. With William Wester, Dr. Sugarman is the co-author/editor of "Therapeutic Hypnosis with Children and Adolescents." His award-winning documentary, "Hypnosis in Pediatrics," has received international acclaim. His current research focuses on hypnosis and autonomic regulation training for young people with Autism Spectrum Disorder (ASD), therapeutic interactive media, and the development of innovative models of psychobiological care. His most recent book, coauthored with psychologist Julie Linden and poet Lee Brooks, is titled "Changing Minds with Clinical Hypnosis: Narratives and Discourse for a New Health Care Paradigm." It will be released this spring.

John Lentz (JL): You are known on the international hypnosis circuit for your innovation and caring and humble nature. You are held in high esteem for many reasons, not the least of which is that you produce results for those who are on the autism spectrum. How did you get into this work?

Laurence Sugarman (LS): I appreciate your kind words. Although whenever I'm referred to as 'humble,' I recall that Mark Twain once wrote about a man considered humble, adding, "...but then again, he had a lot to be humble about."

One component that led me to this work was a Jewish cultural upbringing that conditioned me to stand apart, question assumptions, and get at the essence of things. Another part was a growing awareness during my general medical training, then pediatric training, of how much we did *to* people in our care, without considering the meaning that their health condition and our treatments held *for* them. I grew increasingly bothered by the objectification of patients and their conditions that was part of the reductionist, allopathic, biomedical model. Although, up until the past decade, I would not have had the clarity to say this. Those were two of the antecedents.

In the early '90s, I started actively learning about helping people change their minds. I felt ill-equipped by my training to help young people and their families with what seemed to be a growing incidence of psychobiological problems: recurrent abdominal pain and headaches, sleep and habit disorders, elimination disorders, anxiety and attentional problems—what I would now call 'psychobiological conditions.' As I searched for answers from literature and colleagues, I kept being steered toward Karen Olness, Dan Kohen, Leora Kuttner,

Milton Erickson, Ernest Rossi and many others. So, I read some literature and learned a lot.

As I used "mind-based" approaches in my practice, I had two important realizations. First, *all* health conditions are psychobiological; health is never reducible to specific embodied systems. Second, given the power of helping people help themselves, it is unethical not to address those systemic psychobiological factors in *every* clinical interaction.

These realizations were transformational. I could not go back to practicing pediatrics the way I had been trained. Exploring the mystery of how each person in care already has the resources and abilities to resolve their struggle and suffering at a biological level, and how I—by engaging in a hope-filled and strategic relationship with them—could energize those resources...well, that became my purpose. Each of those encounters, along with everything I write, the research I read, and the conference presentations I attend, evoke my own resources for growth and change. This work helps me live, as Ernest Rossi puts it, at my "growing edge." I think of spirituality in the same way I consider the non-conscious 99 percent of my mind. Although the spiritual and the non-conscious are not the

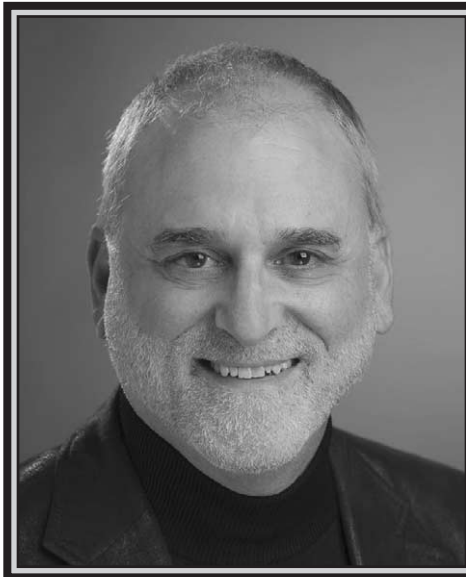
same, for me they both occupy the realm of the unknowable and powerful. They are governing forces with which we learn to accept and flow. If expressing faith and cultivating innate resources in each unique individual is the spiritual in health care, then okay. I guess the spirit is expressed by what it does, like love.

JL: Your work with those on the spectrum is powerfully leading our culture to see these people in a different manner. For this reason alone, there are many who believe that your work is deeply spiritual.

LS: I think that the most important aspect is to start with their strengths. This means that we do not focus on the social or language impairments of a person who meets criteria for ASD. Instead we focus on their innate talents and efforts to cope and grow. We focus on what they *can* do, not what they *unable* to do. We have proposed an "autonomic dysregulation hypothesis" for understanding ASD (Sugarman, L. I., Garrison, B. L., & Williford, K. L. (2013). *American Journal of Clinical Hypnosis*, 56(2): 152-173).

This hypothesis draws on a number of lines of research, including Porges' "Polyvagal Theory," positing that people with ASD have difficulty regulating parasympathetic (or vagal) tone. Repetitive behaviors and narrowed areas of interests are their efforts to cope with that imbalance. Those behaviors and cognitions can be embraced, engaged, and utilized in therapy to improve vagal tone, thus restoring balance. So instead of getting them to *stop* or *suppress* those repetitions, we encourage them to use those impulses and desires to extract comfort and a sense of control, while internalizing them so they are less likely to be manifested. With a combination of hypnosis and biofeedback, we have had success in doing that. That is why we began our paper with the subtitle, "Symptoms as Solutions."

Beyond this, aren't we *all* on some sort of spectrum? We all have our strengths and our struggles. Milton Erickson certainly had his challenges. We do not need to pathologize our problems. Diagnoses are models. They are not real. People, and our relationships with others, are real. Erickson's utilization approach is about discovering how we learn and move through our own struggles, in our own way. So, when it comes to developmental or acquired developmental variations, we can be less concerned by how people fit diagnostic criteria for ASD, or Down Syndrome, or attentional dysfunction, and more concerned with how



Laurence I. Sugarman, MD



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INSPIRING MOMENTS WITH THE MASTERS

By Jeffrey K. Zeig, Ph.D.

Bob and Mary Goulding

Bob and Mary Goulding were near and dear to me. There's not a day that goes by that I have not used something I've learned from them about the practice of psychotherapy.

In 1985, I invited Bob and Mary Goulding to serve on the faculty of the first Evolution of Psychotherapy Conference. At subsequent conferences, when Bob became ill and then died, Mary served on the faculty of the Evolution of Psychotherapy and Brief Therapy Conferences. In the early 1970s, I spent time in training with them, learning their model of transactional analysis (TA) combined with Gestalt. Bob Goulding directly studied with Eric Berne and Fritz Perls. If I had not mentored under Erickson, I would have tried to pursue a career in Redecision Therapy with Bob and Mary Goulding.

In TA language, Bob and Mary focused on decisions that are made around injunctive messages that were overtly or covertly expressed by one's family of origin. For the Gouldings, transactional analysis served as the theory they created their methodology around, which harnessed the experiential practice of Gestalt.

What I learned from Bob and Mary about therapy and supervision is something that I institutionalized in my work. After receiving my master's degree in 1973, I became a licensed marriage and family child counselor practicing in California. I was a Rogerian therapist in that period of my life. My friend, Ellyn Bader, told me about training at the Western Institute for Group and Family Therapy, located in Watsonville, California, just above Santa Cruz. I became interested and attended one session as a guest. I was greatly impressed with Bob and Mary Goulding and the dramatic quality they brought to therapy. So, I decided to pay for a year's worth of training with them and I never regretted it, even though the \$1,000 cost was a considerable chunk (nearly 10 percent!) out of my then yearly salary.

In the first training session I went to, we broke out into groups of 8-10. Mary, who was the supervisor, asked, "Who wants to be the therapist?" Even though I didn't have experience at transactional analysis and Gestalt, I raised my hand. Mary agreed that I would serve as the therapist. When we were done, she said, "Jeff, here's what you did right", and she listed her observations. Then she said, "And here's an option for what you could do differently next time." Well, I was stunned – and protested. Up until that point in my training, I had always been told what I had done wrong. But Mary dismissed my protest, saying, "Why do you want to know what you did wrong? That's not valuable information." That stuck with me and has become my supervision model – and it is a constructive one. Today when I oversee supervisees and students, I tell them what they have done right, and give options for what they could do differently next time. I strive to do that in all my relationships.

Here's another incident:

At the institute, there could be as many as 60 people eating together. At one of the dinners, I sat adjacent to Bob and Mary Goulding. They were surrounded by students who greatly admired them. Both were powerful communicators. And as we were all eating together, Bob and Mary began bickering in a seemingly argumentative way about current and social issues. After a while, I summoned up courage and asked Bob, "How come you and Mary bicker like this *all* the time?" He laughed and said, "All the time?" Then he said, "Jeff, I'm a psychiatrist. I'm a firstborn child. I'm a powerful therapist. Mary is a social worker. She's also firstborn, and she is a powerful therapist. We fight to get close. We don't fight to create distance." He was right, because Bob and Mary always left the dining room hand in hand. I have recounted this story many times and have incorporated Bob and Mary's way of thinking into my life.

Bob and Mary would not train someone who was not also a patient. They believed that you learn therapy not just by being a therapist, but also by being a patient. My growth in their training program was transformative, both personally and professionally.



Mary and Bob Goulding

They were also astute at recognizing patterns or sequences of behavior. The understanding of sequences of maladaptive behavior is especially well developed in the writing of Eric Berne. A concomitant understanding is role flexibility on the part of the therapist.

In their teaching and clinical work, Bob and Mary could come from a parental position, stroking someone (a stroke is a unit of attention in transactional analysis language) -- giving that person attention for the good things that he or she were doing. They would also use their intuition and playfulness. The essence of their model was to do a kind of affect bridge and take people back to an earlier scene in life, so that they could redecide something coming from a Child ego state.

Bob and Mary taught me to make clear therapy contracts for change. They confronted Parent contracts. A Parent contract consists of "shoulds," and does not allow for the autonomy of the Child to be activated even though it might not be overtly stated as coming from a Parent ego state, e.g. "I should not procrastinate." The Gouldings believed that the best contracts were made with Parental advice, Adult information, and Child enthusiasm. Without Child enthusiasm the contract would not work. They were quick about confronting contracts that relinquished autonomy. So today when I hear clients making statements that relinquish their autonomy, I confront them.

The Gouldings did not do individual therapy; they were group therapists. They believed that the group benefits through osmosis. Bob and Mary's model was individual therapy done within a group, and it was quick. They moved people through their stuck spot as fast as possible. A session with them was 20 minutes maximum.

For Bob and Mary, therapy was a symbolic drama of change. Like Erickson, the imperative of their therapy was, "by living this experience, you can be different." Therapy was not just my mouth to your ears and your mouth to my ears. They often used an empty chair, separating out parts, for example, having someone enact being their parent, speaking to a recalcitrant child. They would often start their sessions by having patients brag about an accomplishment – and then stroke the person for his or her achievement.

A principle that Bob learned, especially from studying Gestalt, was that you could take something that you were doing and exaggerate it and repeat it. Bob and Mary's confrontation of incongruities was in line with the Gestalt pattern: "You say that you want to accomplish this, but I heard you clearing your throat. You were looking down when you said that. Say it again with your head straight." Like Fritz Perls, Bob and Mary would pick up on minute details of a person's expression.

Mary was a special favorite of mine. After Bob died, she continued to teach their model. Some of her students organized a conference in her honor. Mary invited me to be her co-facilitator. It was an extraordinary honor. Unfortunately, she passed away prior to the event and it was canceled. But I continue to "recycle" legacies from her and Bob through my practice and teaching and in my life.

SPIRIT OF THERAPY *continued from page 4*

they *don't* fit the diagnostic criteria. That's their growing edge. So that's where we start.

JL: Your previously published, *Therapeutic Hypnosis with Children and Adolescents*, a book you edited with Bill Wester. I found this book to be amazingly helpful. You brought together many of the best in the business, offering chapters about each of their strengths. It speaks volumes about who you are that you went to so much trouble to highlight many of your colleagues in such a powerful fashion.

LS: I am pleased that the book continues to be useful. I am considering a third edition. But let me take a step back. Karen Olness—one of the matriarchs of clinical hypnosis with children—coauthored the first textbook of pediatric hypnosis with Gail Gardner in 1981. That book inspired me. It has stood the test of time and is now, with Dan Kohen, in its fourth edition. It has always been the most encyclopedic and comprehensive overview of the field.

In 2005, Bill Wester and I conceived of a different and parallel kind of book on hypnosis with young people. We likened it to a multi-authored 'recipe collection.' Rather than focusing on the breadth of the field and the underlying research, we decided to create a practical book about principles, skills, and their applications from a variety of perspectives. Fifteen clinician authors, including Bill and me, contributed to the original book's 19 chapters. The original book is richly diverse, creative, and practical. Seven years after that first edition, we asked everyone to revise and update their chapters.

JL: Your current book that is about to be published is going in a new direction. Could you speak to how your passion in this area caused you to discover the insights that you elaborate on?

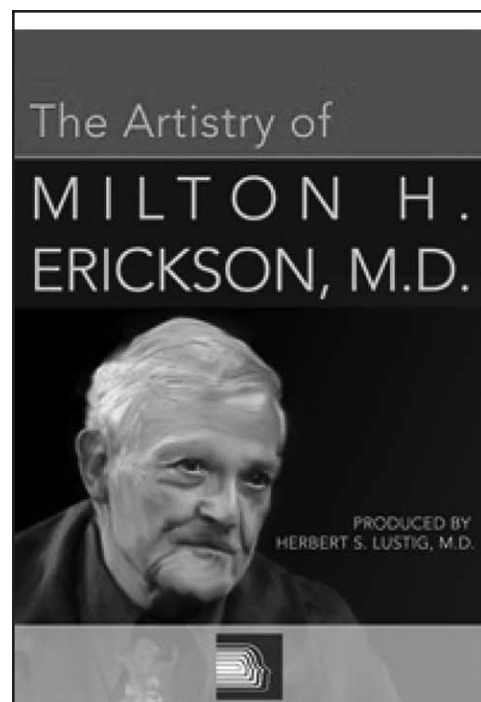
LS: This new book is about the essence of hypnosis in health and care. It is a deeper dive. It started in late 2017 while I was preparing a three-day workshop for the Institute Milton H. Erickson Toulouse-Occitane. I imagined the three days fitting together like a set of nesting dolls, teaching hypnosis from expanding perspectives: from biology and gene expression, to developmental imperatives, then to relationships and social systems, and finally to our health care paradigm. The

workshop was successful, so I expanded it into a textbook outline. I asked psychologist, Julie Linden, to contribute her expertise on trauma and attachment. I also asked a boyhood friend, poet Lee Brooks, to write four short stories that wind throughout the book's chapters. The stories' characters look over the readers' shoulders, reminding them of the drama of lives outside of the clinical context.

The result of this 18-month collaboration was *Changing Minds with Clinical Hypnosis: Narratives and Discourse for a New Health Care Paradigm*. It is currently in production with Routledge/Taylor and Francis and due out this summer. We hope it generates change in hypnosis, health, and care. Even more than the book, I value the process that we three authors engaged in to produce it. We struggled. We bruised each other's egos. We forgave each other. We wrote our way through it. I strongly believe that the process of learning and growing together in this way comes through in the book. There is integrity in struggling together while writing a book about how we change our minds, is there not?

JL: Recently, Stephen Lankton called you his brother. He was referring to how you view the world and especially how you view therapy. From my perspective, that alone is spiritually affirming, as Lankton's approaches are compassionate, as well as innovative and wildly indirect, in same way that Erickson's were. Are you willing to comment on what Lankton said?

LS: Well, the feeling is mutual. The second thing is sibling relationships are fraught with tensions, disagreements, and resolution. And the third is that, given Stephen's brilliance, breadth, and depth of knowledge, I am humbled — note my earlier reference to the Twain quote -- by his allegiance. I think that Stephen and I are compelled by the pursuit of the core elements of how we value those in our care and bring forth their abilities to help themselves. In response to those in our care, we also listen to our inner, intuitive, non-conscious reactions. I think we become something of a medium that both channels and amplifies the energy and abilities of those in our care, reflecting back to them. I suppose that is spiritual too.



“Your unconscious mind is learning right now. Only you don't know just what it is learning.” - Milton H. Erickson

Recorded in 1975, *The Artistry of Milton H. Erickson* is rightfully called the “definitive clinical documentary.” Great lengths were taken to ensure the 1 hour 40 minute program of therapy sessions with Dr. Erickson would be recorded in the best possible quality, making this video a paramount showcase of the healing, hypnotic phenomena Erickson could provide.

Dr. Erickson was brilliant in his use of verbal and nonverbal communication with his patients, and his methods transformed the quality of their lives into a healthier state of being. These skills can't be taught intellectually; they must be experienced by the student. Watching the Artistry videotapes of Erickson offers people that experience.

Artistry is one of Milton's greatest teaching accomplishments, and perhaps his greatest contribution in conveying to a viewer the experience of his therapy. Viewers will learn, they will experience, and they will become the object of Milton's voice.

Artistry is available to stream online for \$19.95 at catalog.erickson-foundation.org.

Also available are French, German, Italian, Mandarin Chinese, and Spanish subtitles and transcripts to go with the video.

CELEBRATING ERICKSON

Celebrating 40 Years of an Enduring Legacy

Forty years ago, on March 25, 1980, Milton H. Erickson, MD passed away. Erickson is known as the father of modern hypnosis and one of the greatest psychotherapists of the 20th century.

Born in 1901 in a log cabin in Aurum, Nevada, and raised on a farm, Milton Erickson's modest lifestyle was evident throughout his remarkable life. At 17 he contracted polio, and for decades to come, until his death at 78, he suffered many physical ailments due to what is now known as post-polio syndrome. He had muscle deterioration, double vision, loss of coordination, impaired hearing, and chronic pain. He was also colorblind. But instead of wallowing in his own suffering, he utilized his maladies to benefit others. He lived by example. He was happy to be alive and brought this sense of joy and triumph over his physical limitations to his therapy. Milton Erickson was the quintessential "Wounded Healer."

Erickson used several techniques in therapy; techniques he not only mastered, but perfected. Utilization, tailoring, orienting toward, storytelling, metaphor, and destabilization, to name a few. He offered experiences, not advice. He rarely connected the dots for patients or students. His goal was to elicit a realization of a concept that could promote adaptive behavior.

In the mid-70s, when Haley's book, *Uncommon Therapy*, came out, students and distinguished professionals began to flock to Phoenix to learn from Erickson. To keep up with this quest for knowledge, Erickson began offering training seminars. Many of those who he took under his wing and mentored, including Stephen Gilligan, Stephen Lankton, Bill O'Hanlon, Ernest Rossi, and Jeff Zeig

became his intellectual heirs and went on to develop their own techniques and style. This is exactly what Erickson fostered. He did not want carbon copies of himself. He wanted others to forge their own path and discover their own insights.

Stephen Lankton had this to say about Erickson:

"I sincerely hope that therapists and their clients have made significant gains from studying the contributions of Dr. Erickson. They are the legacy of a venerable man. Buddha once said that great men are like mountains – they can be seen from a distance. With mountains, there are always those who climb and create paths for others to follow. Many dedicated and creative therapist-trainers have created paths up the mountain of Dr. Erickson's work. But the mountain he gave us to explore is still more massive than anything yet embraced. He gave us all a journey, if we so choose, and, as Erickson has said, when embarking upon a journey with patients, 'my voice goes everywhere with you, and changes into the voice of your parents, your teacher, your playmates, and even the voice of the wind and the rain...' And, 40 years after his death, his voice can still be heard."

Jeff Zeig calls his first experience with Erickson:

"I vividly remember coming to Phoenix for the first time in 1973 to learn from Dr. Erickson. I had read his writing and was awed by his wisdom. Fortunately, he invited me to be his houseguest, which was great because I did not have money for lodging. It also became apparent to me that he was not going to charge for his time. My goal was to learn about hypnosis and psychotherapy, but by the second day, that changed. I was so moved by Erickson that tears streamed down my face. I no longer cared about learning his methods; he was teaching me to be a better version of myself. I am forever grateful to Dr. Erickson and I have tried my best to keep his spirit alive."

Paradoxical Interventions with Weight Control

Milton Erickson's Teaching Seminar

From the Erickson Archives

Erickson speaking to a group of students:

A patient came to me and said, "I weigh 180 pounds. I've dieted a hundred times down to 130 pounds. As soon as the scale reads 130, I celebrate by going to the kitchen and stuffing myself and I gain back to 180 pounds in an awful hurry. And I've done that hundreds of times. Can you help with hypnosis?"

"I doubt if she did it hundreds of times. She said, 'I diet down 130 pounds, then I celebrate by gaining it all back again. I told her, 'Yes, I can help you by hypnosis, but to do so you'll have to promise me that you'll do whatever I tell you to do. No matter what it is you promise me, you'll do it.' I made her promise me in a waking state. I got the same promise in a trance state. And I explained to her in the trance state and the waking state, "You have gained your weight to 180 and you diet and lose to 130 pounds, and then you gain it back. Now what you're going to do this time is you're going to do your weight gain first and have your reduction second. So, you will now gain from 180 to 200 pounds.' And with every ounce she gained, she wanted me to let her start reducing. I held out for 200 pounds on

my scales, and then gave her permission to reduce. She reduced in a hurry to 130 pounds and stayed there. I took her pattern and reversed it."

Another patient said, "I'm way overweight. I stick to my diet for a few days and then get so hungry that I gorge and gain weight, and it always happens that way. Can you help me with hypnosis?"

Erickson replied: "Yes, quite easily. You stick to your diet for another two weeks. Or, if you can't stand it for longer than a week, stay on your diet for a week and gorge on Sunday and don't feel the least bit guilty because that's my prescription. You can't eat enough on Sunday to regain all the lost weight. So, you have your guiltless gorging and your happy loss of weight."

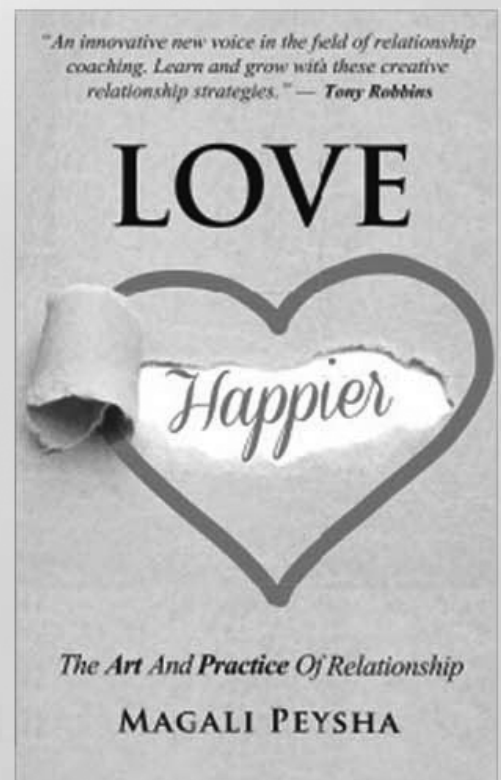
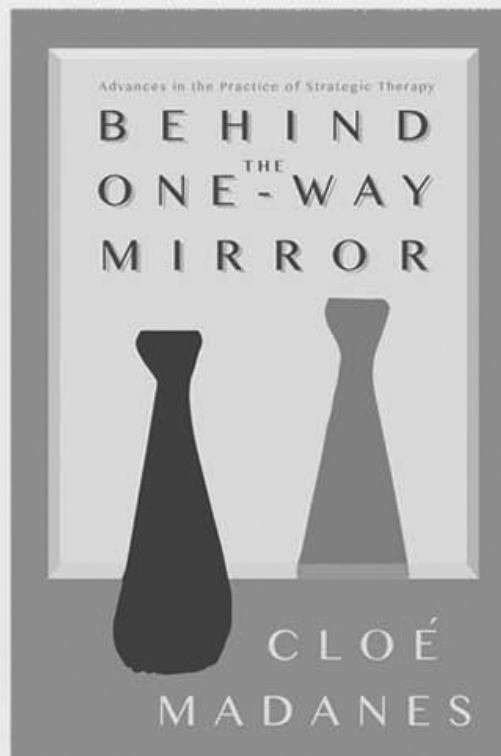
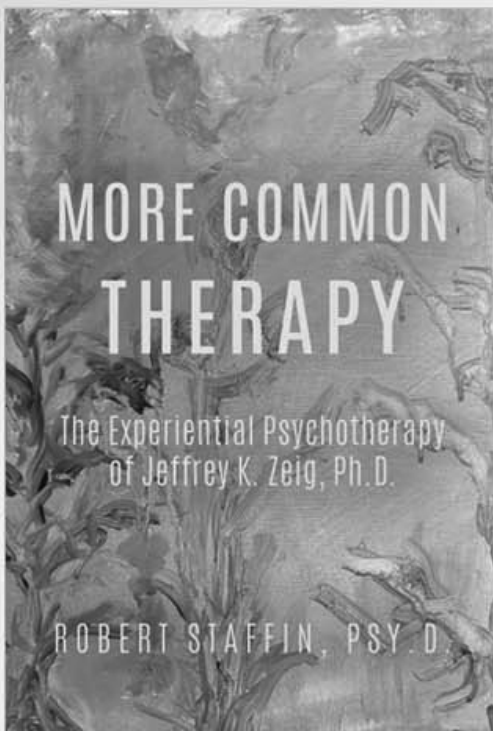
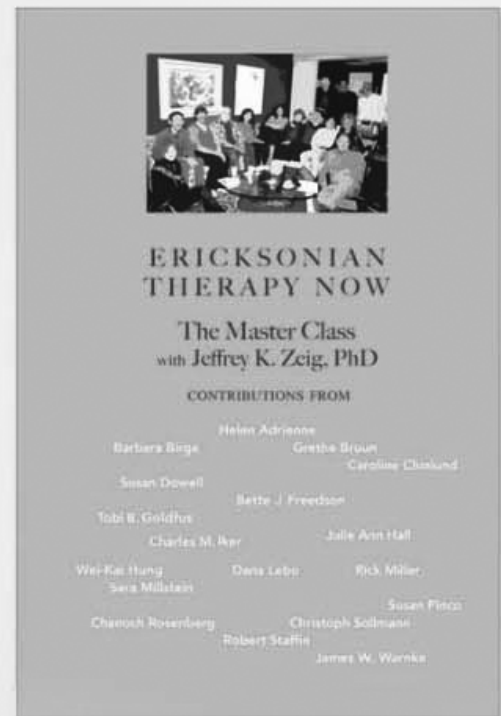
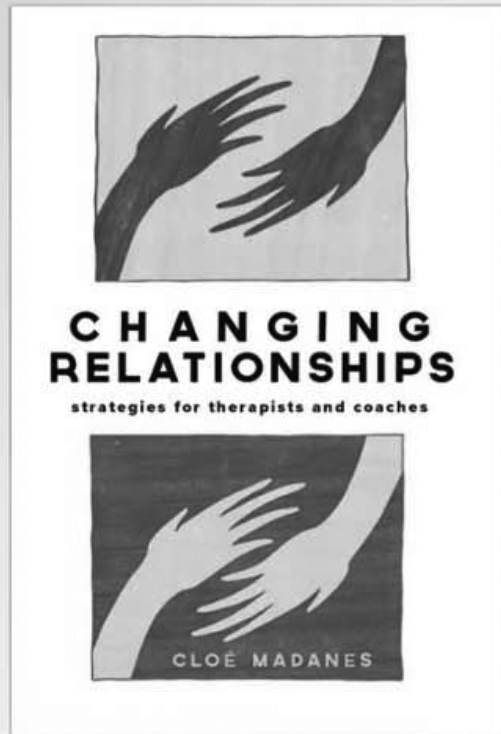
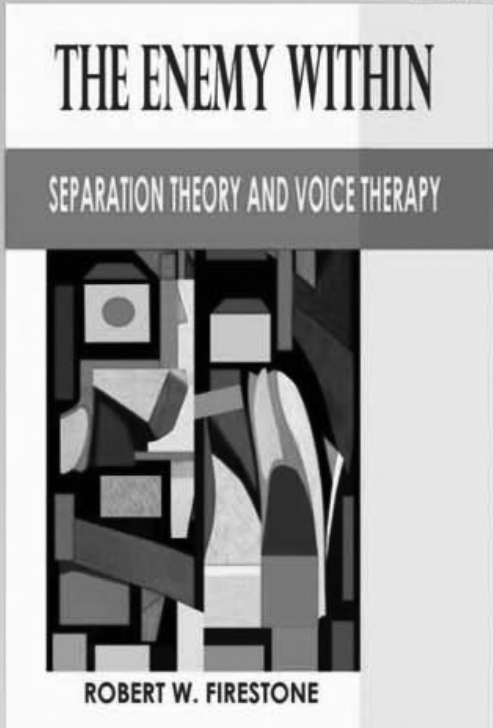
Speaking to the students, Erickson concluded, "Whatever the patient brings you is something [essential] with him [or her], and so you find a way of using it. She wants to reduce and then gain, [so you] reverse it. She wants to diet and then gorge with the guilt, reverse it. Have her diet happily looking forward to the day she can gorge without guilt.

Note: *The Erickson Foundation will stream video of Milton Erickson at his teaching seminars. We will send notice to newsletter subscribers who can also see: www.Erickson-foundation.org.*

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CASE REPORT

A Milk Bath

By Eric Greenleaf, PhD

For two years, teachers from the Milton H. Erickson Institute of the San Francisco Bay Area have conducted master's degree classes in strategic family therapy and Ericksonian hypnosis at Universidad Autónoma Gabriel René Moreno (UAGRM), the largest Bolivian university. Recently, it was my turn to teach.

After the first class I conducted, two women, who were part of a group of six close friends who attended the courses, approached me. One spoke for the other: "She is afraid to drink water, afraid to bathe or shower in water." I replied, "I have little time to talk. I have a meeting in a few minutes." I asked the spokeswoman, "What does she drink?" "Tea?" "No!" "Does she drink milk?" "Oh, yes!" I turned to the silent woman, "Here's what I want you to do: When you go home today, take a bath in milk. Not a tubful of milk, just a sponge bath in milk. Tomorrow, tell me what happened."

At the start of the next class, the woman with the water phobia came up to me smiling. "I'm not afraid to drink water anymore. When I get home today after class, I'll take a nice, warm shower."

Commentary

After working with that woman, I tried to understand what led to me to offer brief, effective therapy. It seems plausible that I used my intuition -- picking up on social cues the woman gave me. She was obviously ashamed to approach me with what she considered a strange psychological problem. So as not to embarrass her, I did not direct my speech toward her, but rather to her spokeswoman and close friend. Her friend enthusiastically indicated that the woman hated tea but loved milk.

In saying that I had little time to talk, I had shared with the woman a sense of urgency, which may have moved both of us to act decisively. And, I banked on her unconscious knowledge of the sort of women who bathe in milk: actresses and other highly valued and beautiful women; proud women. My instruction to bathe in milk carried this cultural value to the shame-filled patient, as a sort of Doctor-Teacher's orders, and as an experiment -- could she make do with a modest amount of cleansing?

Intuition is a vectorial sense that leads us in a direction without conscious knowledge of the route to be taken. Dr. Erickson's intuition, which left observers pleased and puzzled, can be understood as formed by the unconscious knowledge of oral traditions in public speech, cultural norms, social roles, and functioning human relationships.

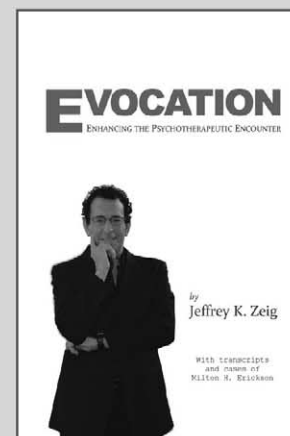
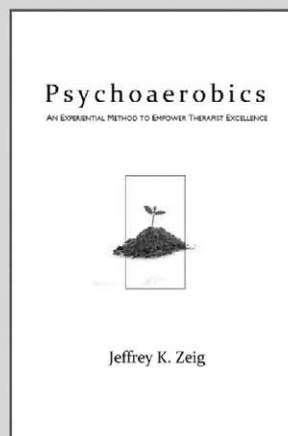
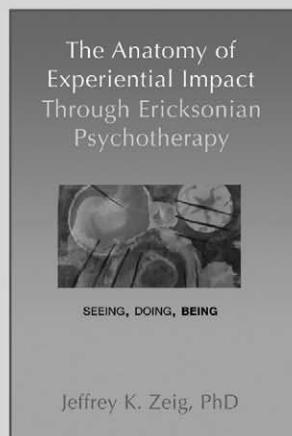
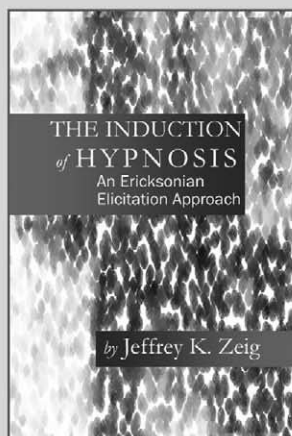
To understand Ericksonian approaches, it helps to think of the basic functions of human experience. All our experiences are represented in the brain. These representations allow us to imitate each other, and to learn from each other. Imagined experience has the same neural sequence as lived experience.

Empathy helps us to imagine the pain and emotion of another person. The hypnotic relationship allows us to imagine the three-legged race we run with our patients, through the mysteries of life and death. Our unconscious minds represent the entire neurophysiology of the body, new learning, surprise, and the problematic and social relationships in our families and small social groups.

We access the unconscious with stories and dramatic interactions. One of my class exercises is to have students imagine their unconscious minds, then place an image of an insoluble problem of their own in the imagined unconscious of the other for a solution. As a patient of mine once said, with bright eyes, "I know what you're doing when you do hypnosis: You're telling stories where they belong."

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!



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THE MILTON H. ERICKSON FOUNDATION PRESS

INTERVIEW

continued from page 1



Rob Kapilow and Jeff Zeig

act.” That stayed with me.

The real connection is listening. It’s at the heart of what therapists do -- careful listening, noticing the differences, paying attention... what I’d call “full body listening” or “full contact listening.” It’s not just the words that someone is saying, it’s their entire being – how they’re speaking,

their tone of voice, the gestures they are making. Listening to every aspect of a communication is what it’s all about.

JZ: You’re going to be presenting a keynote speech at the December 2020 Evolution of Psychotherapy Conference. Can you preview what you may offer to

the convocation?

RK: One of the things that’s wonderful is that music is a fantastic way to pay attention to listening, and to show tiny details. So often it’s a little word that someone says in the therapy session that can be revealing. And paying attention to these small nuances and details of how the grammar of music changes -- changing one note in a chord -- can be the difference between something ordinary and something great. How an entire emotion can shift by simply shifting a rhythm or shifting a note is fascinating. Music is a wonderful metaphor to talk about how the grammar of music narrates, which is how normal speech narrates. It’s a terrific metaphor to come at this from a special angle.

I often say that the difference between good and great is both enormous and infinitesimal. It’s thousands of tiny choices made by a composer or a therapist, measure by measure, comment by comment, that make the difference between good and great.

JZ: Let’s talk about conceptual communication. Music communicates a concept. It does not communicate a mathematical formula or scientific equation. Music is designed as conceptual communication, and it takes communication into an area in which we can only aspire by using words.

I am interested in conceptual communication and one of the things that I teach is a process of strategic development – taking a theme and developing it strategically over time. This is something that we know from music, but therapists may not understand how to use that in setting up a session. How do you teach composition students about strategic development?

RK: There’s no better example of development than music. In fact, development is at the heart of what music is all about, because it’s about transformation. So often, music will start with an utterly simple idea [Rob plays the first four notes of Beethoven’s Fifth Symphony], which is not all that interesting. But what happens to that simple idea and how

it develops is the same thing that happens when a simple comment in someone’s childhood can thread through an entire narrative for the rest of the person’s life. It’s perfectly modeled by what happens to a [Rob again plays the first four notes of Beethoven’s Fifth Symphony], or what happens to [Rob plays another melody]. I often say that music is a beautifully told story in notes. How a simple idea develops is the entire essence of the grammar of music for hundreds of years. It’s a perfect example of how conceptual ideas are communicated; how they transform; how they develop. And all the ways that musical ideas develop, have perfect parallels in human conceptual storytelling.

JZ: One of the ways of presenting a concept is to embroider it, to embellish it. And one thing that you do in music is theme and variation. You present a theme and then play it again with a slight variation, which makes that theme come alive. Can you say something about that?

RK: How about this? [Rob plays first few notes of Twinkle, Twinkle, Little Star.] It becomes [Rob embellishes.]. Music is about embellishment. It’s taking simple ideas and dressing them up. It’s like having a plain mannequin and putting on various outfits. But the wonderful thing is, each of those outfits shows us the possibilities in the mannequin that we would never have conceived of otherwise. Theme and variation are how music lives. Take Beethoven...it starts with an idea. [Rob plays the first few notes of Beethoven’s Symphony No.7.] The famous 7th Symphony starts with a theme that is so bare no one would ever pay attention. It’s not even a theme, it’s a sketch for a theme. But then it becomes the structure for the most beautiful, expressive, painful, melancholy melody that you could ever imagine.

Starting with something and then discovering the possibilities inherent within that idea is what music’s grammar does.

JZ: Let’s take one more idea: Using something discordant. Ther-

INTERVIEW continued on page 24

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FACETS & REFLECTIONS

The 13th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

by Marília Baker

What follows are highlights of my reflections on the 13th and final International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, held here in Phoenix, December 11-16. It was a remarkable farewell gathering, as this congress' truism conveyed – *spirit expanding, life-changing, and career enhancing*...It included three pre-congress workshops and a post-congress' master class, seven keynote addresses, 96 workshops, 22 clinical demonstrations – all given by a distinguished international faculty of more than 100 practitioners and innovators of Ericksonian methodologies. Along with participants from the United States, the congress had attendees from Austria, Australia, Belgium, Brazil, Canada, China, Denmark, Ecuador, Finland, France, Germany, Greece, Hong Kong, Iceland, Italy, Japan, Mexico, Netherlands, Norway, Poland, Saudi Arabia, Slovenia, South Korea, Spain, Switzerland, Turkey, and the United Kingdom.

For nearly 40 years, the Erickson congress has been taking place in a classic format, primarily in Phoenix, Arizona – the cradle of modern hypnosis and brief psychotherapy. The first Erickson congress was conceptualized by Jeffrey Zeig, the founder and director of the Milton H. Erickson Foundation. From 1973-1980, Zeig spent many hours studying with Dr. Erickson, and throughout all those years, Dr. Erickson never charged his young student. The concept by Zeig was masterly: to organize a congress to honor Milton Erickson for his distinctive approaches to clinical hypnosis and psychotherapy. In addition, to have Dr. Erickson himself witness the worldwide impact of the contributions that he – Milton Erickson – had made to the field. Unfortunately, Dr. Erickson died in March, nearly nine months before the scheduled congress held in December of 1980. Even so, preparations for the gathering went on, with the full support of Mrs. Erickson and the Erickson family. It was a thundering success. Luminaries such as Jay Haley, Carl Whitaker, Paul Watzlawick, John Weakland, Richard Fisch, and Ernest Rossi, presented (Gregory Bateson was invited, but passed away three months after Dr. Erickson). In total there were 63 faculty; 40 lecturers were from the U.S., and the remaining 23 from 18 countries. (For a detailed history of the first congress,¹ please see link in footnote # 1.)

From that first meeting to this farewell congress, the Erickson Foundation's intention has always been for Ericksonian-oriented psychotherapists² to advance innovative modalities and derivative schools. In the past 40 years, we have witnessed myriad innovations and *transformations*, as displayed on the graphic "Genealogy", page 2 of the Syllabus. Milton Erickson's overall influence is profuse and worldwide. As we – faculty and attendees – say farewell, other *transformations* and innovative solutions for the 21st century are underway at the Erickson Foundation. Jeff Zeig, the board of directors, and staff are working full steam ahead, implementing innovations.³ Throughout the week of the congress, I was keenly aware of a parallel process – the metaphor enveloping us all at the Phoenix Hyatt Regency Hotel. There was building renovation and *transformations* everywhere.

As part of my Ethical Will and values legacy to my family, I invited my daughter, Arusha Baker, a New York-based filmmaker and video creator, to join me for this festival of Ericksonian psychotherapists-in-action who contribute so tirelessly



13th Erickson Congress Faculty

to enhance human existence. She experienced her professional mother in action when I honored Elizabeth Moore Erickson for her significant contributions to her husband's work⁴ by taking part with Norma Barretta, Steve Lankton, and Jeff Zeig. in the panel "About MHE." My daughter was also able to see me presenting my signature workshop, "A Young Man and His Canoe: The Life-Changing Journey Which Paved the Way for Milton Erickson's Therapeutic Strategies."⁵ I am immensely proud of this work, and grateful she experienced this moment with me.

The keynote speeches were the highlight of the congress. The presenters celebrated Milton Erickson, and also spoke about their own professional truth and evolution. I was especially intrigued and moved by Roxanna Erickson-Klein's tribute to her father's evolving perspectives on hypnosis "over the decades, from his early works in the 1920s over the next half century."⁶ She presented in detail Dr. Erickson's shifts on style, in nuances, and emphasis in each decade of his professional life. "Using this framework..." Erickson-Klein emphasized "... [the clinician] can gain a deeper appreciation for the evolution of Erickson's ideas, as we self-reflect on his professional growth process, and our own development."

Another moment of intense pride was the Lifetime Achievement Awards ceremony. The honoree was Richard Landis, PhD, with whom I have had the pleasure of working for nearly 20 years. Landis is the executive editor of *The Milton H. Erickson Foundation Newsletter*. As a personal student of Dr. Erickson's, Landis has been an indefatigable disseminator of Ericksonian approaches. He is also director of training for the Southern California Society for Ericksonian Psychotherapy and Hypnosis, and clinical director for the Ericksonian Integrative Medical Institute of Orange County, California. Landis' many other professional qualifications speak highly of his dedication to Dr. Erickson's legacy. I was elated to witness Rick Landis receiving this prestigious award.

Equally exhilarating to me was to witness the special Lifetime Achievement Award bestowed by Foundation board members to Jeff Zeig, who "single handedly envisioned, designed, and built the Erickson Foundation, as a beacon to those who wish to learn, serve humanity and preserve the work of international leaders in the field of psychotherapy."⁷ Congratulations Jeff, for this distinguished achievement. And kudos for expanding – through hard work and collaboration – this "worldwide community with an enduring bond."

And last but not least...I want to acknowledge Dr. Erickson's life companion and colleague extraordinaire, Elizabeth Moore Erickson. In 1989, she was also the recipient of an Erickson Foundation Lifetime Achievement Award for her lifelong meaningful contributions to her husband's work and to the Erickson Foundation. Her fruitful, productive life is indeed deserving of the highest honors. His voice and her essence will go with us.

1. See <https://www.ericksoncongress.com/history-of-the-international-congress-on-ericksonian-approaches/ee>

2. <https://www.ericksoncongress.com/download/files/IC19-Syllabus-Web.pdf> (Check pp. 2 Genealogy, and following).

3. The Erickson Foundation eZine, Issue 2: Conferences, Awards and More (Webmaster@erickson-foundation.org).

4. Complete article in: The Erickson Foundation eZine, # 2 above, "In Celebration of Elizabeth Erickson."

5. Syllabus, link #1 above, pp.72; also, see catalog.erickson-foundation.org for purchasing audio recording.

6. Syllabus, link # 1 above, pp. 20; also, in catalog.erickson-foundation.org for purchasing keynote audio recording.

7. In: The Erickson Foundation eZine, Issue # 2: "Awards Ceremony (Webmaster@erickson-foundation.org)".

13TH INTERNATIONAL CONGRESS REVIEW

Rick Landis is Bestowed Foundation's Lifetime Achievement Award

In December 2019, at the Foundation's final congress, Rick Landis, PhD, was the thirteenth recipient bestowed this prestigious award. Landis holds a post-doctoral diplomate status in the areas of integrated medicine, behavioral medicine, and psychopharmacology. He is also certified in traumatology. Perhaps it was fitting that Landis was given the award at the final congress, he has presented at every Erickson congress since 1983.

Since 2003, Rick Landis has served as executive editor for *The Milton H. Erickson Foundation Newsletter*. He is also the director of training for the Southern California Society for Ericksonian Psychotherapy and Hypnosis. He is past senior program reviewer and audit chairman for the committee education for the State of California Mandatory Continuing Education for Psychologists Accrediting Agency and past continuing education committee chairperson for the Associate of Traumatic Stress Specialists.

Every week from 1980 to 1990, he met with Drs. Terry Argast and Gary Ruelas to review Milton Erickson's writing and the group's own video archive material on Erickson. This group was also attended by students and colleagues, and in 1983 became known as the Orange County Society for Ericksonian Psychotherapy and Hypnosis (OCSEPH), which later became a formal Ericksonian institute.

Landis is also the cofounder of the Southern California Society for Ericksonian (SCSPEH), and gave workshops in Prague, Stockholm, and London, for the organization. Additionally, he did a two-person conference with Betty Alice Erickson in Moscow.

Aside from his many professional achievements, Rick Landis has enthusiasm, a twinkling humor, scientific rigor, and a compassionate, humanistic side. He combines solid research-based approaches with newer perspectives and models to decrease suffering and increase a person's growth and happiness. Landis understands what it means to be human, and his approaches to emotional health encompass the mental, physical, and spiritual aspects of wellness. With 40 years of experience, Rick Landis tailors his approach to the individual, helping each person expand and experience in their own unique way.

Program Reviews of the 13th International Congress

on Ericksonian Approaches to Hypnosis and Psychotherapy

(These programs can be streamed at: catalog.erickson-foundation.org.)

Because the December 2019 Congress was the final Erickson Congress, I asked members of the newsletter family to submit brief reviews of some of their favorite presentations. I received reviews for every one of the presentations!

The last congress was stellar, so I understand why every presentation was covered. But because of space constraints, we did the same thing we did with all the reviews we received for the 2017 Evolution of Psychotherapy Conference: we put them all in a big bowl and drew out as many as could fit in this issue. But we didn't stop there. We decided that since there were so many reviews, we would also give them space in our summer issue. So, look for a continuation of these brief reviews in our next issue of the newsletter.

Bill O'Hanlon and Jeffrey Zeig Master Class in Brief Ericksonian Psychotherapy — MC01

Reviewed by Roxanna Erickson-Klein

This day-long post-conference special event featured two highly skilled therapists demonstrating and discussing therapeutic techniques. The structure of the workshop is one that has been used over the last several years. One of the presenters works with a demonstration subject, after which the other presenter discusses the demonstration. The discussion included comments on what was effective, as well as what were missed opportunities.

This workshop began with a volunteer subject describing her desire to become more available to deeper friendships. With the acumen of a highly skilled director, Zeig physically positioned the subject, guiding her movements from one posture to next, addressing the nuances of gestures and expression. Each step involved orientation to the felt sense. After a series of different positions, the subject was asked to express awareness of what had changed within her, and she described a transformative process. After this demonstration, O'Hanlon provided useful commentary, and gave an overview of how the posturing facilitated an alteration in the woman's self-perception, thereby opening the possibility for deeper relationships.

The second subject, working with O'Hanlon, expressed the desire to cure a physiological condition for which she had already sought medical attention. Seven

years prior she had the benefit of an effective encounter with O'Hanlon. At that time, the subject entered the experience with high expectations of being able to manage her medical concern. O'Hanlon used this referential trance experience for induction and went on to offer a plethora of broad, positive, permissive, future-oriented suggestions of healing well. The short demonstration was a beautiful example of an Ericksonian orientation to evoking internal resources.

The afternoon sessions included more complex demonstrations of fractionation: working with resistance, confusion techniques, ambivalence within a client, and automatic drawing. The dual commentary between the professionals integrated well with the subjects' comments and made for a dynamic and unique learning experience. Both Zeig and O'Hanlon integrated highly skilled storytelling techniques to deliver open-ended metaphors to their subjects. Both are remarkably talented and experienced in a broad repertoire of therapeutic techniques and teaching. Their ability to rapidly connect with subjects to promote creative adaptation, and to simultaneously address the teaching needs of the larger audience while focusing on the subject, is exceptional. Overall, the workshop was an exceedingly useful cooperative display of ongoing learning.

It was inspirational to witness two excellent professional hypnotherapists working in harmony. And wonderful to see the delight in the subjects when experiencing change. The workshop offered a useful teaching experience for therapists of all levels of familiarity with Ericksonian approaches and included both formal and informal hypnotic induction techniques, as well as myriad ways to offer therapeutic suggestions. The collegial discussions, which compared and contrasted styles and approaches, were excellent. This session is a fine example of the similar and dissimilar styles of two well known, and highly skilled Ericksonian professionals.

Stephen Lankton Being True to Milton — Keynote 03

Reviewed by Michael F. Hoyt

"Being True to Milton" was the aptly named keynote speech beautifully presented by Stephen Lankton, one of Erickson's best and most knowledgeable students. The author of numerous books about Ericksonian approaches and the editor-in-chief of the *American Journal of Clinical Hypnosis* (founded by Milton Erickson in 1958; he also served as first editor-in-chief), Lankton expertly traced and described what evolved and what remained constant in Erickson's thinking and practice, regarding induction, the etiology of symptoms, forms of suggestion, and the evocation of metaphors. Offering key quotations from Erickson's writ-

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ings (available as handouts on the congress website), with cogent case examples, Lankton (who occasionally and uncannily slipped into Erickson's voice!) took us through a tour of Erickson's use of ambiguity, and his ideas about utilization, speaking the client's language, reordering the client's experiential resources, and conscious/unconscious dissociation.

For many of us, Milton Erickson was like Zeus, in that realms of strategic therapy, hypnotherapy, brief therapy, and family therapy seem to spring from his forehead. His great influence was evident in many of those who trained at MRI, including de Shazer, and Haley. This fine keynote (available for purchase and well worth repeated study) clarifies the characteristics that makes Erickson's work exceptional.

Scott Miller **Better Results: Using Deliberate Practice to Improve Therapeutic Effectiveness — Keynote - 04**

Reviewed by Mariana Borges da Fonseca

With an intriguing, well informed, and fun presentation, Scott Miller enticed us to go beyond wishful thinking and delve into what makes some therapists exceptional.

His graceful use of humor comes in the face of an ugly but important truth: therapists are not getting better at what they do, despite their feelings and efforts.

Scott debated that although the majority of therapists see themselves as professionally developing over the course of their careers, astonishing research shows that the effectiveness of the "average" clinician plateaus early (after no more than 50 hours of clinical practice). In fact, many therapists seem to be doing worse as they age, regardless of their efforts and investments in continuing education.

To a gasping audience, Miller, who is himself everything but "average," presented an alternative for therapists who want to excel at what they do. In short, it requires deliberate practice. He suggests we assess areas that we can improve, set small goals, plan, rehearse, take short breaks, and reflect upon our practice.

Although the data may be disappointing, one thing is for sure: the audience was not disappointed by this keynote speech. After years of studying therapeutic effectiveness, Scott Miller delivered a great keynote, based on top notch research, which offered professionals important tools for improvement.

Stefan Hammel **The Last 24 Hours of Life -- How We Help Patients to Die in Peace: Hypnotherapeutic Approaches with Dying Patients and Their Families — SC11**

Reviewed by Rubin Battino

Stefan Hammel is a minister who has spent the last 24 years of his life working with dying people and their families in the last hours of the dying person's life. He opened with the question, "What can we do for dying people and their families in addition to palliative care?" He illustrated what he does with many cases, which is to incorporate the traditions of religion with techniques of hypnotherapy -- and the values and convictions of dying patients and their families. This work is particularly difficult, because he is called to be with the family and patient during the last days and even hours in the patient's life. He emphasized techniques for communication, developing rapport, and building metaphors with patients who are unable to speak or clearly communicate their needs.

Richard Hill **The Art of Client-Responsiveness in Hypnotherapy and Psychotherapy SC15**

Reviewed by Michael Hoyt

Richard Hill is the author of the 2006 book, *How the 'Real World' Is Driving Us Crazy!* as well as (with Ernest Rossi) the excellent *The Practitioner's Guide*

to Mirroring Hands: A Client-Responsive Therapy that Facilitates Natural Problem-Solving and Mind-Body Healing (2017). (Hill has been touring the globe teaching mirroring hands; Rossi joined us briefly via video recording.) This 90-minute short-course was a well-presented combination of lecture, brief experiential exercises, and short demonstrations that focused on the careful use of language and practical activities to enhance sensitive observation. The goal was to help therapists become more attuned to clients in ways that evoke client resources.

To cite just one small but useful example: Before this course, I would automatically ask/direct a client to sit in the chair that I had set across from me. Now I have learned that I can create a different dynamic if I ask them to pick the chair they would like to sit in and have them turn it to just the right angle that they feel would be most conducive to doing the work. The difference may seem subtle, but the latter respectfully invites and utilizes the client's responsiveness in a more relational and emergent way that helps to co-create the therapeutic experience.

Bob Bertolino **Singles: Creating Brief, Focused Hypnosis Experiences and Recordings SC32**

Reviewed by Rubin Battino

This was a wonderful session by an energetic and active presenter. Bob Bertolino records all his sessions with clients and provided much useful technical information about how to do so. (For example, he cited several free apps that make editing the recordings easy.) Bertolino gave many illustrations about brief hypnotic experiences on anxiety, phobias, pain, social situations, and other client concerns. He told us that recordings (from his extensive experience using them) enhance brief sessions. Returning to the word "singles" in the title, he pointed out that these brief recordings provide clients with "fingertip resources" that can be quickly and easily accessed. Rather than hoping that clients remember useful things that occur during a session, they can leave with recordings! This approach reminds me of the narrative therapy practice of sending clients home with copies of the therapist's notes of the session.

Kathryn Rossi **Yoga Story in Ericksonian Therapy — WS08**

Reviewed by Alejandra Diaz

Kathryn Rossi presented in a style that made you feel as if she was sitting in your living room having a personal conversation with her about the topic. Using a narrative approach (free of PowerPoint) she drew the audience into appreciation for the way that traditional stories and yoga postures congruently interface with Ericksonian therapy. Starting with an introduction to Buddha's four noble truths, she followed with traditional stories that highlight various elements of therapeutic intention. She also used case discussions to illustrate problem contemplation. One case involved standing in the traditional male and female postures, and these movements facilitated awareness of the subject's internal identity. Rossi then introduced the concept of Ernest Rossi's Four Stage Creative Process and the way that ultradian rhythms contribute to the stages. She then explained how the yoga poses can amplify movement throughout the change process.

Rossi called for a volunteer to demonstrate four traditional yoga poses and was pleased with two individuals who showed remarkable dexterity in demonstrating positions. These visual demonstrations facilitated the engagement of mirror neurons for less flexible individuals who Rossi guided into modified postures, allowing all to fully participate in the yoga positions.

The final portion of the workshop was a stimulating series of experiential positions. Going through the poses while listening to Rossi's narrative, brought to life a sensation of empowerment for problem solving. Rossi had a multitude of stories from which to draw and used them in response to the audience's questions.

Overall the workshop was a delightful and refreshing experience. Everyone seemed to be fully engaged with both the exercises and underlying concepts. Rossi explained that this approach to therapy is uniquely her own and that the articles

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in support of this modality are posted in the handouts. Her explanations of the Four Stage Creative Process, pioneered by her husband Ernest, are integrated into the couples' writing in such a way that it makes the larger picture easy to understand. This workshop was a great way to learn about the processes for which Kathryn Rossi has become known.

Rob McNeilly **Learning Hypnosis -- A Respectful Method of Allowing a Client to Heal** **WS18**

Reviewed by John Lentz

With a volunteer from the audience, Rob McNeilly offered a brilliant clinical example that demonstrated his theory and approach. As part of the demonstration, he reiterated how solutions come from the strengths that a person already possesses. Therefore, a woman whose strength is connection, would likely have a problem when she is unable to make a connection. McNeilly then offered those attending to experience how easy it is to assist someone using his approach. Attendees were guided by McNeilly in using his approach, which was helpful.

Norma Barretta, and Jolie Barretta **Breaking Negative Patterns with the Inclusion of Sound in Hypnotherapy** **WS 32**

Reviewed by John Lentz

Norma Barretta and her daughter, Jolie, presented information about how sound and tone impact healing. As Norma offered the entire class an induction, Jolie made the presentation more powerful and impactful by playing tones and recorded music. I went into the deepest trance I've ever been in. The effect of this presentation and the power of these two close women working together was nothing short of amazing.

Consuelo Casula **Hypnosis to Elicit Post-Traumatic Growth: Live the Present, Learn from the Past and Project the Future — WS12**

Reviewed by Roxanna Erickson-Klein

Consuelo Casula began with a description of her approach for treating PTSD and traumatic memories using a present and future orientation. Her directives include the facilitation of acceptance of unchangeable past events with a focus on the subject's internal resources. The underlying message of envisioning a more hopeful future is not unique, but Casula's style of offering suggestions contained elements I have never before seen.

Early in the presentation, she asked for a volunteer, and selected a young woman who had recently lost her father. The subject described her desire to feel more actively connected with him. Casula did a nice interview that included asking for permission to sit close to the subject and to touch the tops of the subject's feet. Casula slipped off her shoes and then gently placed her stocking feet on the subject's own sandaled feet. With a brief formal trance induction, Casula invited the subject to connect with her father and to share a conversation with him that she had never had, with sentiments that had never been expressed. Within the context of the trancework, Casula pressed on the subject's feet, as she used artful word choices to offer future-oriented, self-empowering suggestions. After the demonstration, she described the foot contact as bilateral contact that involved gentle pressure and rhythmic motions. Her unique style opened the way for the subject to rapidly and deeply connect with her father. Following the trancework, the subject emotionally described a joyful encounter, although she did not share any specific details of the experience.

Within the discussion of the initial trance demonstration, a second individual from the audience described her own desire for a similar encounter. Casula invited her to take part in a subsequent demonstration. In the second demo, the subject was wearing closed shoes, and Casula proceeded to place her own stocking

feet upon the subject's shoes. The subject described having lost her mother two years prior. The techniques that Casula used were gentle and directive and facilitated forward movement. Both subjects reported that the foot contact elicited a sense of safety and grounding.

Casula discussed the similarities and distinctions between the two demonstrations and took the opportunity to offer her orientation about the stages of grief. She said that in the first year of grief, individuals are typically focused on the lost loved one, while in contrast, the second year after a death involves the making of new memories in the survivor's lives. It is essential for those who have lost a loved one to generate future oriented adjustments in order to live a full and happy life. This does not mean that we forget about loved ones, but nevertheless, create new positive life experiences without them. In the question and answer segment, an inquiry was made as to whether the bilateral stimulation Casula provided with her foot contact was related to EMDR. Casula emphasized that there are significant distinctions between EMDR and simple bilateral stimulation.

Casula's presentation was well done. Her creative, straightforward style was engaging and dynamic. The group responded in a positive way to the effective instructions and new directions.

Rick Miller **The Bond Between Gay Sons and Their Mothers: Seeing Through an Ericksonian Lens — WS35**

Reviewed by Richard Hill

This presentation was a natural choice for us because my wife's son is gay, and we have been following Rick Miller's work for some time. There was only a small number in attendance, but we were treated to something special.

I found this workshop the most engaging and moving experience of the congress. Rick shared several videos from a series he created in which he spoke to men and to mothers, sometimes individually, sometimes together – both displaying great courage, sadness, joy, love, tragedy, and extraordinary resilience. A mother who is a survivor of the Holocaust spoke of how she struggled to know how to manage the struggles her son encountered. Another mother sat with her sons and shared her down-to-earth wisdom. She passed away a short time later, and Miller returned to talk to the brothers. One brother read a letter the mother had written for him. We had to pause to find a box of tissues.

Miller did not only share the uplifting stories; he also showed the harsh reality in some gay people's lives. One story involved a son who was denied and rejected by his parents. We were confronted by the cruelty that exists in the world today for many who are reviled for being who they are. Finally, Miller showed us the mothers who banded together to fight for their children against those who hold beliefs that reject their gay sons and daughters.

After the videos, we held robust and emotional discussions about what can be done and what we can do ourselves. I only wish this had been a plenary presentation. Everyone needed to see it. Miller showed us something that is fundamental in the evolution of psychotherapy: learning about, and responsively engaging with everyone in our community across cultures, beliefs, and biological idiosyncrasies. I am more of a human being after attending this presentation.

Marilia Baker **A Young Man and His Canoe: The Life-Changing Journey Which Paved the Way for Erickson's Therapeutic Strategies — WS46**

Reviewed by Rubin Battino

Marilia Baker used the 74-day solo canoe trip Erickson made when he was 21 years old to discuss his transformative voyage of discovery. Baker displayed maps of this journey, pointing out several lakes and rivers that Erickson traveled along. By making this journey, Erickson triumphed over the residuals of his bout with polio to return much healthier, stronger, and with sharpened skills of observation. Baker told us that Erickson's journey was a "hero's journey" in the Joseph Campbell sense. She involved the audience in their own exploration of the "Seven

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Seas,” which are the Seven C’s: Commitment, Courage, Calm (in the face of ...), Challenges, Changes, Compassion, and Clarity of Vision. Erickson’s canoe journey was illustrated on a slide showing a book plate that he had designed for his books. A memorable Erickson quote summarized the presentation: “Life isn’t something you can give an answer to today.” We all came away from this presentation with a feeling of awe at young Erickson’s heroic journey.

Laurence Sugarman

Hypnosis Across the Spectrum: Hypnotic Conversations with People and Parents Who Meet the Criteria for Autism Spectrum Disorder — WS27

Reviewed by Roxanna Erickson-Klein

While the topic of this workshop was outside of my usual professional work, I attended the session with the hope that I could gain information which might be transferable to a broader population. Previously in my work, I used a video featuring Sugarman as he demonstrated for adults with chronic pain, the pain management he used in pediatric situations, and I received a great deal of positive feedback from my clients. Because of that experience, I was open to using more of his videos – with understandings that could impact other scenarios.

Sugarman provided an interesting discussion on the autism spectrum and described trends in prevalence as well as in treatment. He then interrupted the serious discussion with his banjo playing, which was both delightful and disarming. The interlude was then woven into an experiential element of this workshop, showing how subjects often experience confusion with the unexpected. The demonstration was both amusing and effective, opening the forum to a deeper discussion among participants. Subsequently, Sugarman introduced tools he has used with the subjects, and compelling videotapes of subjects’ responses.

As I had hoped, this session reached far beyond its title, offering insight into the treatment of situational and habitual patterns of behavior that are often difficult to treat. The fascinating tools that Sugarman described involve technical approaches that are new to the treatment arena. These approaches give promise to a new direction for individuals and their families who are affected with the disorder of autism. Additionally, the session opened doors for therapists interested in new directions to treating difficult problems in several arenas.

Bette Freedson, Paul Leslie, Robert McNeilly, Scott Miller

Secrets of Ancient and Alternative Healing Traditions and What They Can Teach Modern Psychotherapists — TP07

Reviewed by Rubin Battino

Panel members agreed that psychotherapy did not begin with Freud; its origins can be directly traced to traditional healing practices. In effect, there are many ways that clients’ cultural and spiritual beliefs can improve engagement and outcomes.

Scott Miller looked at myriad data on effective therapy. One of the stranger things he found was that more money is spent on psychics, than on licensed and trained mental health practitioners. Perhaps we can learn from psychics, since they appear to speak clients’ language more than therapists!

Rob McNeilly pointed out that the linguistic origin of the word “psychotherapy” has to do with healing the soul. He also pointed out that Erickson emphasized that we need to observe, observe, observe.

Bette Freedson stated that psychotherapy is about the soul.

Paul Leslie emphasized that we need to meet clients where they are. And we need to give clients space to talk about the supernatural.

A closing comment (after much audience involvement) involved a quote from Jay Haley regarding the essence of therapy, which is about *loving* your client.

Michael Hoyt and Monte Bobele

Review of “You Said WHAT?!: Creative Therapy in Challenging Situations CH03

Reviewed by Eric Greenleaf

This was one of the liveliest and most incisive of the presentations I attended at the congress. But there was still a sadness due to the loss of Betty Alice Erickson in January 2019, and the end-of-an-era feeling of the last Erickson Congress. Michael Hoyt was in top form. Monte Bobele was absent, but was represented by a tee shirt featuring their book. Hoyt guided the participants who told of what they did when they didn’t know what to do in therapy. Terry Soo-Hoo told of helping a mother successfully discipline a child, by teaching the mother to yell with timbre and force in a low register, and practicing. Laurence Sugarman shared a story of how he congratulated his kids by adopting a fierce, angry-sounding tone with them, while praising their accomplishments in helping.

Michael Munion

Love and Intention: An Evocative Approach — CD20

Reviewed by Richard Hill

Michael Munion offered an interesting description and insight into the theoretic frame of his approach. But the most compelling part, was the demonstration he gave utilizing a volunteer from the audience. The framework seemed to be based on established solution-focused systems, but Munion created his own approach based on love and intention. There was a special and unique gentleness and kindness that permeated the demonstration. This seemed to allow the client to experience just what she needed in order to facilitate new possibilities. Munion guided the client through the “magic question,” producing a future vision of what life could be like. The audience was surprised when the client was invited to find a time when she might have experienced her future vision in her past --a time when she was young, and one to which she could easily return. Munion gently facilitated how she could bring that early memory into her present life.

It was entrancing to watch this happen before our eyes. This is the mark of an excellent demonstration and an expertly performed technique.

Bernard Trenkle

Self-Hypnosis Training as a First Trance Experience — CD04

Reviewed by John Lentz

Bernard Trenkle invited participants to experience an old Chinese approach for meditating that has been revamped in Chinese medicine and psychotherapy. He told how the Chinese box technique helped a 9-year-old girl that he was brought in to assist, and it worked like magic. The technique involves imagining a box that you put fear, hurt, etc. into, and then visualizing the box three feet away, 20 feet away, and other various lengths. The client would go back and forth, to and from the box, opening the box at different distances.

Trenkle demonstrated this approach that I have since used and taught to several therapists. It is an extremely useful and helpful tool that can be used in a self-hypnotic fashion. I personally used it, and it found it so helpful, that like Trenkle, I keep wondering how and why it worked.

Not only was this demonstration useful, and helpful, it provided a user-friendly technique.

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13TH INTERNATIONAL CONGRESS REVIEW

Self-Hypnosis: Experiences from Two Cultural Viewpoints

Roxanna Erickson Klein and Alejandra Diaz
Pre-conference workshop SE02

Reviewed by Maria Sole Garosci

Roxanna Erickson Klein and Alejandra Diaz's pre-conference workshop was a thoughtful offering of experiential, step-by-step self-hypnosis techniques using two different cultural viewpoints. To move the content of the workshop beyond the theoretical, we were invited to choose any personal work we wished, as a vehicle for the learning.

The workshop began with practice of several group exercises. One after the other developed a hypnotic Yes-Set, which became more powerful with each exercise.

The cognitive exercises perfectly integrated and connected the identification of smaller elements of a subjectively perceived problem. These cognitively based exercises were structured with the assumption that the unconscious mind is always listening, thereby subtly reinforcing goals, suggestions, and other future projections.

The morning closed with the completion of the "preparation phase," which provided two different maps of the self-hypnotic procedure. It was as though we had received two paths from which to choose, according to our personal style.

In the afternoon, the solution-oriented process continued. The work in groups moved from the identification of the issue and preparation for self-hypnosis, to the solution process itself. One practice addressed the transformation of senses. This

transformation of senses could be a seeding experience, a final part of the experiential Yes-Set, which stretched to the transformation of a symbol later evoked.

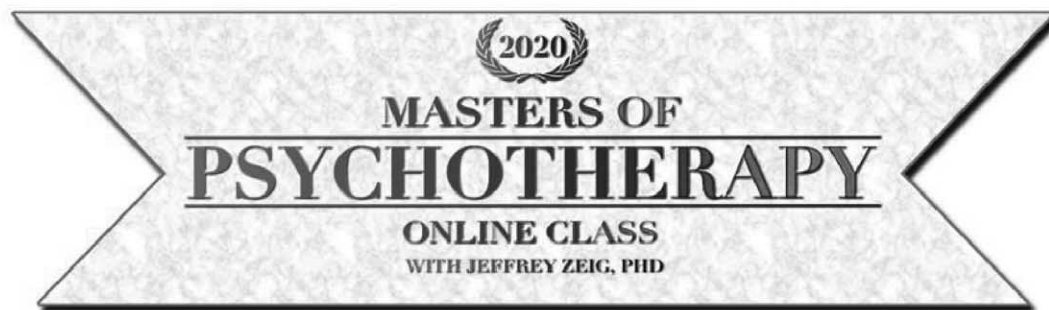
All the proposed exercises addressed a "universal" way of accessing unconscious resources, starting from the highly metaphoric and powerful group induction (*The backpack*). Milton Erickson's way of thinking would be: "The client comes in with the solution, only he doesn't know it, yet."

Erickson Klein and Diaz come from two different cultures. This allowed us to be exposed to different ways of delivering knowledge. However, their experience and know-how resulted in powerful points of connection. In my opinion, this can be called a "universal inner resilience" solution-oriented process that relies on the trust in ubiquitous subjective resources and inner strengths. Those inner strengths that each of us has, can be called upon through cross-cultural evocative processes that transcend the boundaries of language and culture. Once again, what distinguishes itself as most important, is the process of trusting the client; going from general to specific, utilizing his own story, his values, his points of strength, which can be highlighted throughout the universally effective language of metaphor.

This workshop was a valuable experience that had benefits for me beyond the workshop itself. It served as an "experiential and covert inner learning" that created a concrete experience of the self-hypnotic process. While the workshop was originally presented as a practice to learn a technique, it ended up being much more. For me, it has been a "doing," oriented to a specific personal goal, to evoke a solution process that was seeded in the first 10 minutes of the workshop.

As with most elegant Ericksonian interventions, the benefits and learnings happened beyond conscious awareness. Through words, images, and many exercises, it was a multiple layered experience, and a wonderful learning opportunity—hypnotic from its first moment to the last. It was perfectly and elegantly conducted and had a surprising unexpected follow-through.

This program can be streamed on the Erickson Foundation store at catalog.erickson-foundation.org



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FOUNDATION NEWS

The Foundation's Newest Staff Members

Joe Ciaramitaro is the Foundation's new multimedia specialist. He was born and raised in Gilbert, Arizona, and in 2012 joined the Army as a cavalry scout. Joe was stationed in Fort Carson, Colorado and deployed to Kuwait, although he did not experience combat.

After the military, Joe used the GI Bill to attend the University of Advancing Technology, where he received a BA in digital video.

In his free time, Joe enjoys writing and art. "I am an avid storyteller," he says, "and like to build worlds and characters through my writing." When asked how he likes the Foundation so far, Joe replied, "I've only been here a few days, but I've already learned a lot about psychotherapy. I'm glad I have the opportunity to put my degree to good use and help the Foundation."



Joe Ciaramitaro

Wei Kai Hung is the Foundation's newest employee. He was born and raised in Taiwan and came to the U.S. when he was 24 to study psychology at Columbia University. He graduated in 2003 and worked in New York for nine years.

In 2011, Wei Kai returned to Taiwan and met Jeffrey Zeig when Zeig was teaching. During the master class, Wei Kai asked Zeig, "What do you think of various psychotherapy approaches? Zeig responded, "It is not about the psychotherapy approach you choose, it's about which teacher you choose." Wei Kai chose Jeff and Stephen Gilligan.



Wei Kai Hung

When the coronavirus outbreak began in China, Wei Kai decided to move to the U.S., hoping that he could stay in Phoenix and get closer to Zeig and the Foundation. He now works at the Erickson Foundation and considers it "a dream come true – an honor and privilege."

At the Foundation, Wei Kai is organizing Erickson videos, and to make them available to professionals around the world. He is also organizing programs for professionals in Asia.

Erickson Museum Offers More Educational Materials

The Erickson Historic Residence, the Erickson museum, will soon have more educational materials available for students and visitors. The museum is being restocked of novelty items, such as ironwood, that both Kristi Erickson and Roxanna Erickson Klein have donated.

"There is interest amongst visitors for these items," Erickson Klein states, and she has personally paid for many of them, including buttons, mugs, and magnets. Along with Kathryn Rossi, she has also donated secondhand books related to the history and use of hypnosis that are available for visitors to take with a suggested donation.

Please visit the Foundation's website www.erickson-foundation.com to schedule a tour of the museum.

SCEH Invites Submissions for Upcoming Annual Conference

The Society for Clinical and Experimental Hypnosis (SCEH) invites submissions of workshops, scientific presentations, and posters for its upcoming annual conference in Anaheim, CA, October 14-18, 2020.

The 71st annual workshop and scientific program, "Hypnosis to Enhance and Augment Treatment Outcomes," will be held at the Sheraton Park Hotel. The conference will feature keynotes, symposia, research presentations, and workshops that address the important role hypnosis can play in helping clients and patients achieve improved outcomes in both medical and psychological practice. Proposals that address the theme of this meeting will be prioritized.

The workshops component of the conference includes clinical hypnosis training at introductory, skills and advanced levels. Workshops meet accepted standards of training in clinical hypnosis and count toward SCEH hypnosis certification.

The advanced workshops (from one to four hours) will take place from Wednesday through Friday of the conference. SCEH workshops teach participants hypnotic theory and practical techniques for immediate use in professional practice. Educational approaches include lectures, audiovisual presentations, and skill practice. SCEH workshops are scientifically-based and of the highest teaching quality.

SCEH asks that participants include demonstrations and hands-on practice sessions in their proposal wherever possible, as the society considers experiential components an important part of the workshops.

The deadline for submissions is April 17, 2020.

Conference registration will open in June. For more information, see the SCEH website at: www.sceh.us, which will be updated as additional details are announced.

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BOOK REVIEW

The Beginner's Mind ***The Collected Works of Milton H. Erickson*** ***Volume 16 – Creative Choice in Hypnosis***

Review by Richard Hill MA, MEd, MBMSc, DPC

It feels a bit strange to write about the last volume in the 16-volume set of *The Collected Works of Milton H. Erickson*. For six years, I have reviewed these volumes for this newsletter's regular feature, *The Beginner's Mind*. I have not only explored each volume for content, but also revealed how Erickson's work is still relevant to current ideas and developments. This work of passion has helped me feel closer to Milton Erickson, and closer to the volumes' wonderful editors, Roxanna Erickson-Klein and Kathryn Rossi and Ernest Rossi, who dedicated so much of their time to bringing these volumes to publication.

Volume 16 of the *Collected Works* is essentially a reproduction of *Creative Choice in Hypnotherapy*. Edited by Ernest Rossi and Margaret Ryan and published in 1991, this book is the fourth volume of Erickson's seminars, workshops, and lectures (other volumes can be found in the *Collected Works*). However, Volume 16 of the *Collected Works*, contains an additional chapter – an interview with Ernest Rossi — where Rossi recounts the 10 years he spent with Erickson in the 1970s, and also discusses the work he continued to do over the next decade.

In reading Volume 16, I found myself returning to the first page to uncover gems that continue as themes throughout the book.

Until Erickson legitimized hypnosis, it was primarily seen as manipulative, and even today can be described as such. Erickson's approach was *indirect*, and it became increasingly so over the years. He did not manipulate patients, but rather facilitated the client's creative choice. He states that "...hypnosis is essentially a matter of the communication of ideas...so that you have a meeting of two minds for a single purpose: namely the welfare of the patient. The second thing...is that in hypnosis you are using the phenomena of everyday life." (p.1) By tuning into and utilizing what is natural to the client and what is part of the client's nature, there is no need to manipulate. He goes so far as to say, "There is really no such thing as hypnotherapy. There is therapy wherein you use hypnotic modalities, hypnotic understanding; but hypnosis itself is not a therapy. Hypnosis is a means of establishing a more adequate contact with your patient and a more favorable environment in which your patient can seek to understand the total situation." (p.126)

We are encouraged to learn about those "modalities" and "understanding" because "...learning those techniques...acquaints you with...the ability to rec-

ognize the pertinent points that you want to use...at a therapeutic level." (p.6)

There is so much to learn from this volume. Part I takes us through transcripts and descriptions of sessions with valuable commentaries from Rossi. Part II contains descriptions and discussions of case studies by Rossi and Erickson. Part III is primarily about creating trance and utilizing client behaviors. Part IV explores cases and treatments, utilizing choice, expectation, and the vital importance of the client's personal sense of meaning.

The individual elements of the therapeutic experience are like a freeze frame of an exploding water balloon, where all the drops of water can be seen individually. The components of the therapeutic experience could be, for example, attention, minimal cues, traumatic amnesias, time distortion, resistance, future orientations, phobias, pain control, and/or weight loss. Or it could be something else. Rather than the manipulative imposition that "...the therapist has the miraculous power of effecting therapeutic changes in the patient...therapy results from an inner resynthesis of the patient's behavior achieved by the patient himself." (p.51)

Parts V and VII are devoted to the topic of double binds. We learn how it is possible to be indirect and still facilitate the client's movement toward a necessary goal. Although the term "double bind" was first introduced by Gregory Bateson, it was in Erickson's language prior to this. Indirect, however, does not mean that the client is just left to flounder. When Rossi shared a realization to Erickson that his (Erickson's) approach seemed to be like Carl Rogers, Erickson "...fixed me [Rossi] with a laser beam of a gaze and he responded, 'Carl Rogers is non-directive. I am indirect, but I am very directive in my indirection!'" (p.257)

Part VI – *Expanding Human Potentials in Illness and Injury: What's Right with Mind and Body* – is a short but important section of this volume. It explores the importance of discovering and revealing the deeper capacities within the client, and how these can be utilized to create recovery and health and overcome serious deficits and difficulties. I am reminded of a cartoon where a doctor and his client looking at x-rays. The doctor tells the patient, "There's nothing *wrong* with you that what's *right* with you can't fix." This cartoon perhaps sums up the main principle behind all the volumes in the *Collected Works*. I believe Erickson would have liked this cartoon because it is the essence of his philosophy of therapy and life.

I am thrilled to have had the opportunity with these 16 volumes to discover and rediscover the genius of Erickson. It has been both an honor and privilege to serve under Rossi's wing, which I believe puts me just a spirit's breath away from Erickson himself.

I now leave you with these parting words for the 16 volumes "Dive in. The water is great."

Volumes of the *Collected Works* series can be found online at the Erickson Foundation store at catalog.erickson-foundation.org.

BOOK REVIEW

The Gift of Presence: ***A Mindfulness Guide for Women***

By Caroline Welch

TarcherPerigee

ISBN: 9780593086803 (hardcover)

Reviewed by Jeffrey K. Zeig, PhD

This book is intelligently written and engaging. The author, Carolyn Welch, interviewed more than 100 women to understand how mindfulness impacted their lives. Their stories provide context to help readers better realize how mindfulness

can cultivate a more peaceful attitude in dealing with the stress of contemporary society. The author also carefully outlines practical steps to achieving this attitude.

Mindfulness can be deconstructed into three components: purpose, pivoting, and pacing. Purpose involves focusing on subjective meaning. Pivoting is flexibly dealing with circumstances, especially difficult ones. And pacing is finding a personal rhythm that supports balanced presence.

Caroline Welch, married to Dan Siegel, MD, is the CEO and cofounder with her spouse of the Mindsight Institute. Grounded in science, she describes in this book the physiological benefits of mindfulness and includes current information about neurobiology.

Reclaiming balance is immediately available to everyone, but all too often forgotten. *The Gift of Presence* will help you reset your trajectory to live with more equanimity. You will want this book in your library and recommend it to patients.

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THE MILTON H. ERICKSON FOUNDATION

CONFERENCE NOTES

The American Counseling Association (ACA) 2020 Conference and Expo, "Breakthrough: For Yourself, Your Profession and Your Clients," will be held April 16-19, 2020, at the San Diego Convention Center, San Diego, Calif. For information visit <https://www.counseling.org/conference> or contact The American Counseling Association: Tel, 703-823-9800; Fax, 703-823-0252.

The National Association of Social Workers (NASW) will hold their national conference, "Social Workers Make a Difference," will be held June 14-17, 2020, at the Washington Hilton Hotel in Washington, D.C. For information visit <https://www.socialworkers.org/Events/NASW-Conferences/2020-NASW-National-Conference> or contact NASW: Tel, 800-742-4089; Email, naswconference@socialworkers.org

The 15th ESH Congress of Clinical Hypnosis and Research, "Building Bridges and Travelling Crossroads," will be held August 26-29, 2020, in Basel, Switzerland. For information visit www.esh2020.ch or contact the European Society of Hypnosis (ESH): Email, mail@esh-hypnosis.eu

The 18th SAMRM Biennial International Conference, "Bridging Worldviews: Inclusion, Partnership, and Collective Wisdom," will be held September 24-26, 2020 in Bemidji, Minn. The conference is sponsored by the Society for the Advancement of Modeling & Role-Modeling (SAMRM). Guest speaker will be Helen L. Erickson, Ph.D., RN, AHN-BC, FAAN. Engage and experience different cultural perspectives, develop partnerships, and enhance collected wisdom facilitating healing, health, and well-being. For complete information go to: www.mrmnursingtheory.org

The 71st Annual Workshops and Scientific Program, "Hypnosis to Enhance and Augment Treatment Outcomes," will be held October 14-18, 2020, in Anaheim, Calif. The meeting is sponsored by the Society for Clinical and Experimental Hypnosis (SCEH) and includes introductory, skills and advanced workshops plus a scientific program. A Call for Papers is requested. The Call for Papers submission deadline is April 17, 2020. Registration opens June 2020. For complete information including accommodations visit: <https://www.sceh.us/2020-annual-conference>

The Evolution of Psychotherapy Conference will celebrate its 35th year, December 9-13, 2020, in Anaheim, California. Since 1985, the Evolution of Psychotherapy conference has attracted worldwide attention as the most respected gathering of master practitioners in the field. Scheduled Keynotes include Aaron T. Beck, John Gottman and Julie Gottman, Rob Kapilow, Martin E.P. Seligman, Derald Wing Sue, Irvin Yalom, and Philip Zimbardo. The conference includes point/counterpoint discussions, state-of-the-art addresses, workshops, clinical demonstrations, dialogues, panels, and conversation hours. For complete information including the full list of speakers, hotel accommodations, and to register visit www.EvolutionOfPsychotherapy.com or contact the Erickson Foundation: Email, info@erickson-foundation.org; Tel, 602-956-6196; Fax, 602-956-0519.

The International Society of Hypnosis (ISH) will hold the XXII World Congress of Medical and Clinical Hypnosis, "Cooperation in Hypnosis. Challenges and Benefits," will be held June 10-13, 2021, in Krakow, Poland. The Congress will be held at the Auditorium Maximum, the conference center of Jagiellonian University. For information visit <http://www.p-i-e.pl/konferencje-trainings/> or Email, info@pie.pl

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UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2020		
7/3-5	Workshop on Ericksonian Therapy / Bucharest, ROMANIA / Zeig	1.
7/13-17	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Fundamental / Phoenix, AZ / Brent Geary, Ph.D.; Lilian Borges, MA, LPC; Stephen Lankton, LCSW, DAHB, FASCH; Zeig	2.
7/20-24	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Intermediate / Phoenix, AZ / Geary, Borges, Lankton, Zeig	2.
7/27-31	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Advanced / Phoenix, AZ / Geary, Borges, Lankton, Zeig	2.
8/3-6	The Master Class Training Program at the Historic Erickson Residence / Phoenix, AZ / Zeig (WAITING LIST ONLY)	2.
8/20-66	Ericksonian Approaches to Hypnosis and Psychotherapy / Guangzhou, CHINA / Invited Presenters	3.
9/20-23	International Master Class: Ericksonian Brief Therapy / Mexico City, MEXICO / Zeig	4.
9/25-27	Intermediate Workshop on Ericksonian Psychotherapy / Mexico City, MEXICO / Zeig	5.
10/6-9	Therapist Development Workshop and Master Class / Vienna, ITALY / Zeig	6.
10/10-11	Master Class: Ericksonian Brief Therapy / Vienna, ITALY / Zeig	6.
10/12-16	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Fundamental / Phoenix, AZ / Geary, Borges, Lankton, Zeig	2.
10/19-23	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Intermediate / Phoenix, AZ / Geary, Borges, Lankton, Zeig	2.
12/9-13	Evolution of Psychotherapy / Anaheim, CA / Invited Faculty	2.

Contact Information:

- 1) For information: Email, geaninacluhan@gmail.com
- 2) 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; Masters of Psychotherapy (monthly sessions): <https://www.erickson-foundation.org/masters-of-psychotherapy-online-2020/>
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Evolution of Psychotherapy Conference: www.EvolutionofPsychotherapy.com
- 3) For information: Email, gracenlp@163.com
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- 6) For information: Email, c.mang@green-field.at

Note: Due to the current public health situation, some of the above trainings may be postponed, cancelled, or modified. Please use the contact information above to confirm status of events.

For Upcoming Trainings, ad rates / specifications visit www.erickson-foundation.org (click *Media > Newsletter*). Or contact Karen Haviley: karen@erickson-foundation.org. A \$25 fee per Upcoming Training listing is required. Deadline for the August 2020 issue (mailed mid-August) is June 5, 2020. All workshop submissions are subject to approval by the Erickson Foundation.

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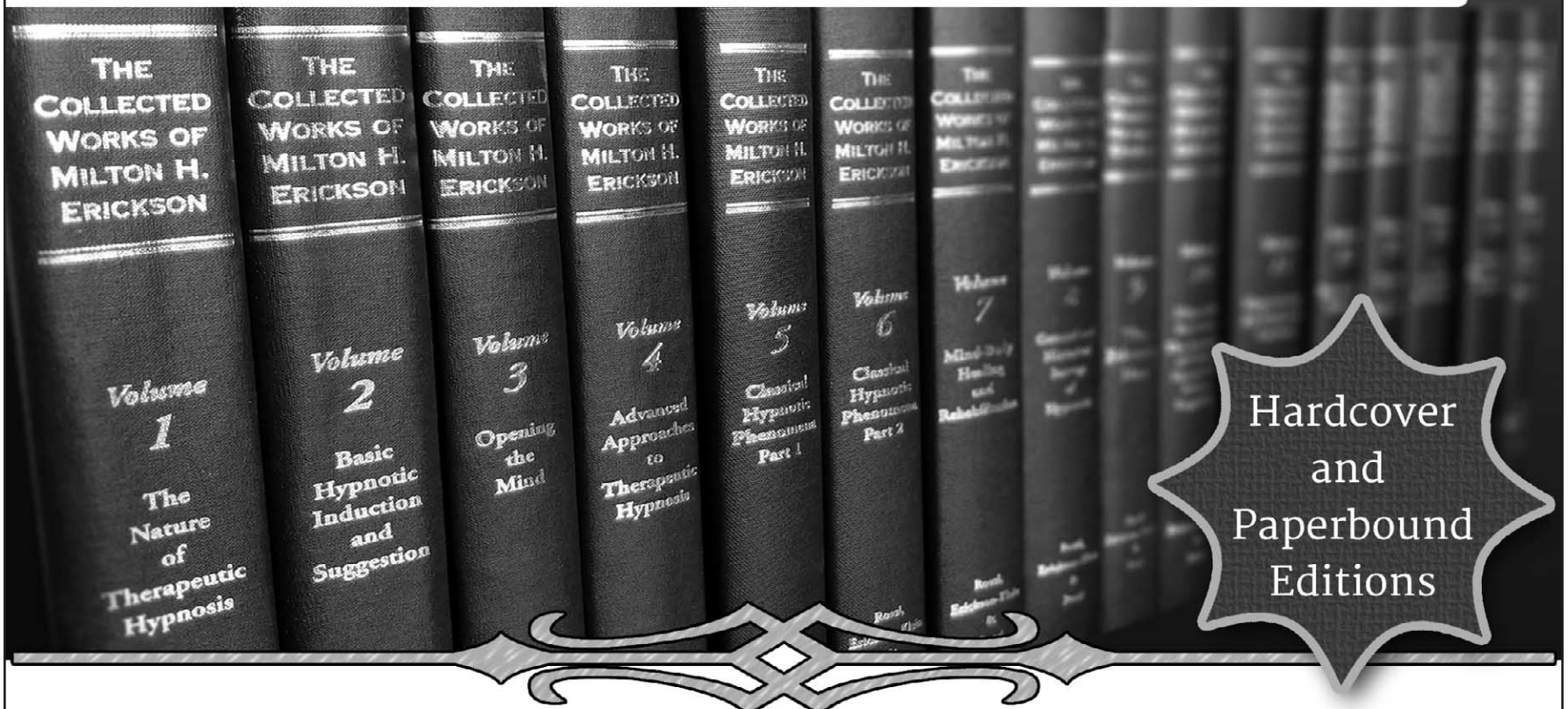
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INTERVIEW*continued from page 11*

apists are often about down regulation: being calm and being collected. But music uses discordant tones in order to get to a tonic conclusion. So how do you teach people to think in terms of dissonance and consonance?

RK: I happen to be on Beethoven a lot this year, since this is his 250th birthday year. And one of the wonderful things that Beethoven did was to show that everything belongs in a piece of music. Before him, music was far less discordant, far less aggressive, far less overtly emotional, and Beethoven's music demonstrates that even ugly is part of music. In Beethoven's music there's room for it all. And no matter how discordant it may get in the middle of the piece, by the end you always resolve home. But not until the end of the piece, do we feel that everything has been wrapped up. It's the way we wish our lives would be -- including the complete spectrum of human emotions, but still having it all balanced.

I often make a distinction between something that's finished and something that's complete. Finished means done or ended -- like the concert is done or the dinner has ended. But something that's complete is whole and entire, with nothing lacking. In a Beethoven piece, you may go to the most dissonant realms and the most turbulent development sections imaginable. But at the end, the piece is both finished and complete. It's not only done or ended, it's whole in its entire, with nothing wanting. And that's a message that we would all like to get. We don't want to shut down the middleness, the aggressiveness, the emotionality that the music contains; the vast amounts of dissonance that Beethoven explores. But we want to somehow come to an ending, which is often a complex ending. But at the end, we feel that the whole thing is both finished and complete.

JZ: And that should be the story of a psychotherapy session too --starting with something mun-

dane and building it and establishing a drama with some discordant things, that leaves the client with a sense of being finished.

RK: Yes, but that includes everything -- with the worst; all of the dissonance. But then finishes not in a simple way -- not denying the pain, not denying the difficulty, not denying the dissonance -- but coming to a finish that is both finished and complete; whole and entire, with nothing wanting.

JZ: It's easy for me to see the parallels in the grammar of music and the grammar of conceptual communication. And if we can use something that we know --namely, music -- and apply it to embellish and embroider our communication, our communication becomes more powerful, and that is a good thing.

RK: Yes, in a way, it's exact. You're starting off, you meet a person at the opening of the first session [Rob play first four chords of

Beethoven's Fifth Symphony]. We don't know who that person is. Then you discover as you probe deeper and deeper in session after session, all the possibilities of that person, who we barely knew at the beginning, which is what a piece of music does. It's literally a therapeutic session, an exploration on an opening idea. We discover all the possibilities, both beautiful and ugly, in a piece of music or in a person. And by the end, we come full circle. And hopefully as a "we," we've figured out that here's this whole person with a stable personality.

JZ: Rob, it's fabulous to talk with you and to share ideas that dovetail so nicely. I'm glad that you'll be presenting at the December 2020 Evolution of Psychotherapy Conference. I look forward to seeing you there. I know that our audience will be enchanted and educated.

RK: I look forward to being there.

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