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INTERVIEW

Dr. Erving Polster

Interviewed by Jeffrey K. Zeig

Dr. Erving Polster is best known for his work in Gestalt therapy. Since 1958, he has practiced, written about, and taught students worldwide about Gestalt therapy. He was initially part of the founding faculty of the Gestalt Institute of Cleveland. In 1973, Polster moved to San Diego where he and his late wife Dr. Miriam Polster formed the Gestalt Training Center. He is the author of many books and his most recent is entitled, "Enchantment in Gestalt Therapy: Partners in Exploring Life".

Jeffrey Zeig: Hello Erv. I vividly remember meeting you in 1974 at the Western Institute for Group and Family Therapy. Bob Goulding and Mary Goulding invited you to be faculty member for a session. Erv, I think you are the best therapist on

the planet. There is nobody I love watching do therapy more than you.

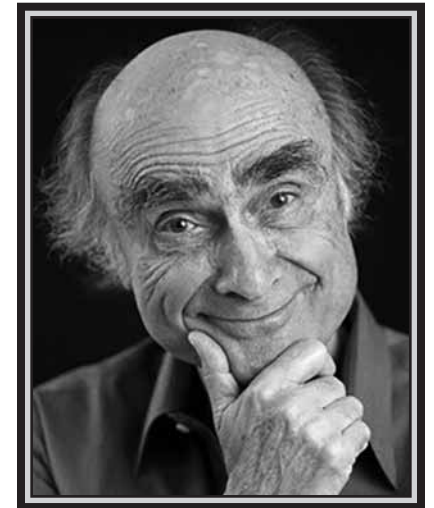
The commonalities that we share are that we both come from an atheoretical point of view, we are both experiential rather than didactic, and we both have an interest in Gestalt. I have a lot of training in Gestalt psychotherapy, and there is not a week that goes by that I do not use it in my practice.

Can you talk a bit about your history?

Erving Polster: I earned my PhD in 1950. About four years later, I was running out of a sense of applicability of what I was doing, and was glad to hear about Gestalt therapy, particularly the action orientation and concern with everyday experience. I was invited to a workshop in Cleveland by some people who knew Fritz Perls and I was quite enthralled with the way he worked. He had a certain charisma that went beyond the theoretical matters he was describing. I was impressed with the vitality he aroused in the people he worked with, and his great attention to what they were doing, and a sensibility for what was going on. And I have explored Gestalt therapy ever since.

JZ: What is it about Gestalt that intrigues you so much?

EP: The primary thing is the transformation from an orientation to the things people are doing and what they mean, and that they are doing them, which is basically a split between meaning and orientation. And I went for the here-and-now principle, but recognized later that it was insufficient. So, I adopted a fundamental Gestalt therapy principle of figuring ground -- the ground being wherever people come from, what stories they may tell, and what experiences they may have been affected by, whether it's literature, music, family, where they were born, their neighborhoods, etc. And I like



Erving Polster

that everyday interest matters.

JZ: In 1953, were you examining the roots of the problem?

EP: Yes. It was a fundamental orientation then, and that was exciting for me because for the first time, my mind opened up to the incredible range of what matters to people, the importance of parental relationships, and all the other sets that people developed in this world.

JZ: I have never seen anyone so present to ongoing process in therapy as you. Normally when we think about Gestalt we think about an empty chair, and people switching chairs. But when we did therapy together, I did more two-chair work than you.

EP: I hope you don't report me to the Gestalt police!

JZ: How are you able to be so present with someone, and also track their ongoing progress?

EP: It's a difficult phenomenon to describe, but here's some background: I'm from a large family. I grew up as a silent person and I listened to a lot. I can remember lying on the floor in the living room listening to my family talk.

INTERVIEW continued on page 9

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EDITOR'S COMMENTS

The 2020 Evolution of Psychotherapy Conference was the first Evolution conference to be presented totally online. It may have been the only time I could enjoy experiencing an Evolution conference while lounging on the couch in my sweats surrounded by comfort food. It was just like taking a break at my almost “home-office.” (Doing so many remote therapy sessions this past year has saved me a ton in dry cleaning bills.)

And while I missed being able to elbow-bump friends and colleagues in person at the conference, the online format allowed more presenters to share their wisdom and more colleagues from around the world to attend. The scope of this iteration of the conference was grand and inspiring. And thankfully this time I did not have to choose some presentations over others, since registrants are able to stream presentations throughout this year. I can now watch several presentations a week at my leisure and stop any time. This allows me to take notes without missing what is being said. I should be finished with this process by June, just in time for the 2021 virtual Couples Conference, which should be an amazing conference.

The Couples Conference (June 5-6, 2021) is truly the conference on romantic relationships in the 21st century. In the last several decades, what it means to be a couple has been redefined and restructured. Gender, sex, and what couples see as the true nature of a relationship has expanded far beyond that of TV couples from the '50s and '60s. Today, each couple has their own unique set of commonalities, cultural factors, and therapeutic concerns. The upcoming conference will cover the scope of couple permutations that you might encounter in a therapy session.

Our spring newsletter issue always follows an Evolution conference, so we traditionally focus on the highlights of the conference. In this issue, we begin with Jeff Zeig's interview with Erving Polster, who is the embodiment of Gestalt therapy. Zeig's interview with Polster is warm, insightful, and vibrant. At the 2017 Evolution conference, I had the honor of introducing Polster at one of his demonstrations. The standing ovation he received lasted several minutes. His humility and genius lit up the auditorium. He told me he felt that that Evolution conference would be the last one he could present at because of the difficulties of travel. At that time, he was luminous at 95 years old. I am so grateful that at 98 years old and still vibrant, he was able to share another Evolution with us.

As with many of our previous post-conference issues, we are including some mini-reviews of some of the Evolution presentations. All the presentations are worthy of inclusion, but to do so would not be possible, unless our newsletters were more like tomes.

John Lentz interviews Lilian Borges for his *In the Spirit of Therapy* column. Borges responds to Lentz's questions with candor and a sense of delight. Borges' energy and enthusiasm for learning is an excellent metalogue for how she works with students in the Foundation's Intensives Program. The Intensives and The Art of Psychotherapy trainings have evolved to fill the need for a more specialized in-depth training that complements the conference experience.

Eric Greenleaf's column, *Case Reports* presents *Division of Pain* by Cheryl Becker. Becker, an experienced *Feldenkrais Practitioner*, elegantly combines her Ericksonian insights with congruence and embedded assumptions.

Rubin Battino writes *Facets and Reflections* for this issue and we are gifted with his practical insights and knowledge. His article, *The Importance of Pauses*, was inspired and influenced by measuring the length of pauses Erickson used in his trance work. And Battino is the master of strategic pauses.

It seems appropriate that we included a book review by John Lentz that demonstrates Battino's scope of application. His book, *Using Guided Imagery and Hypnosis in Brief Therapy and Palliative Care* is another example of how his books not only provide practical applications, but they also show insight into the nature of the human condition. His focus in the book is on the therapist's role in approaching the many aspects of end-of-life care for both the patient and the patient's caregivers. The book is useful, compassionate, and brilliant.



John Lentz wraps up his media reviews with Robert Staffin's book, *More Common Therapy: The Experiential Psychotherapy of Jeffrey K. Zeig, PhD*. Lentz writes about Staffin's unique perspective as a highly experienced hypnotherapist attending Zeig's master class. But it is far more than just a chronicle of Staffin's experiences. Staffin shows "... Zeig's deep connections, commitment, and kindness, coupled with his broad capacity to offer therapeutic experiences that transform people's lives and opportunities."

In this issue, Jeff Zeig introduces his new column: "Historical Hypnotic Procedures," in which he explores the roots of hypnotic practice by providing segments from historical books on hypnosis and offering his commentary.

"Hypnosis" is the name of a process in the same way "consciousness" is. We know what the experiences of hypnosis and consciousness are and what they correlated with, but their definition and causes are better described in terms of metaphor and correlation than they are in scientific fact. Zeig's column presents the evolution of the understandings about the nature of hypnosis and the historical assumptions that underlies its practice. What is important about this new column is that it reminds us that each generation thought they got it right – and we are no different. The column presents the hypnotic procedures of our predecessors, which intersect with today's science and our current thought. We are the next generations predecessors, and the evolution continues.

I am looking forward to experiencing this year's Couples Conference. After more than 50 years of clinical practice, this conference still inspires and informs me of what it means to be a couple in the 21st century.

Rick Landis, Orange, CA

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IN THE SPIRIT OF THERAPY

Interview with Lilian Borges

By John D. Lentz, D.Min.

John Lentz: Lilian, we have known each other for some time, and you have been teaching the Intensives for many years. I browsed the Erickson website and discovered that the Intensives program has changed a lot.

Lilian Borges: Yes, but I have been positively surprised at the outcome. My first class was last week. Each class is now two hours long and I had to be trained to teach others because the Foundation is using a whole different system. There are now modules: A through D on different topics.

JL: How have you been positively surprised?

LB: There are a lot of people working behind-the-scenes. It is a team effort. In the breakout rooms there are coaches to help students with the exercises and we have volunteers who help by being demonstration subjects. Jess Rapenshek, the Foundation's IT specialist, provides technical assistance to students. We have many people delivering the classes, plus a good faculty -- Jeff Zeig, Steve Lankton, Brent Geary, Wei Kai Hung, and me.

JL: Those changes sound good.

LB: Because classes are recorded, students and teachers can watch sections or the entire class as many times as they like.

JL: That makes the learning so much more powerful.

LB: Jeff has also been thinking about having me teach other topics, including spirituality.

JL: Great. In his book, *Mindsight*, Dan Siegel speaks of four parts of the mind: The brain, the body, language and culture, and the relationship of two people in conversation. But I would add a fifth part: Spirituality. Because a person's concept of this, whether it is God, a higher power, truth, or science, is as important as the other four parts in influencing what they do.

LB: I wonder if the mind is an extension of God, or if the mind comes from our relationship with God.

JL: I do not know.

LB: Well, if you come from an attachment perspective, you could have a relationship with your partner, with your family, or with God. It does not matter which one. It makes me think of the Jungian perspective -- that the mind only exists in a relationship with each other and the culture and in relationship to that notion of something bigger than us.

JL: Yes! It is always there in the background of everything we do. Bill O'Hanlon has a great definition of spirituality. He says it is commitment, compassion, and connection. I am minister and a bit embarrassed that he thought of this and not me.

But I applaud your thinking and look forward to you teaching about spirituality.

LB: Yes, I think that it would bring so much to the program. Years ago, no one would have thought about combining spirituality and science. I remember as a young therapist not wanting to bring my spiritual beliefs into a session, or even for the patient to bring theirs into the session. Nowadays, it is seen as an intrinsic part of the person and not including that part is like excluding a limb. Maybe because I am studying more couples therapy and attachment theory, and seeing many more couples, I realize that connection is important.

I believe that people who do not have a sense of spirituality are missing something and may find themselves depressed. They do not have a connection with a

higher power and they sometimes have lost their connection with others and that puts them in a state of despair.

In Never Be Lonely Again, Pat Love and Jon Carlson write about the connection between loneliness and not believing in a higher power. I think that spirituality allows us to feel connected, not only with a higher power, but with others, and that is important with human beings. It is not only physical, but also psychological.

JL: When I started this column years ago, science and spirituality were like oil and water. Over the years the culture has changed, and now it is not only possible but also fashionable to bring the two together. This concept is more realistic. As you said about relationships, we cannot fragment the person from their relationships. Their relationships are who they are as people.

LB: Yes. Our identity is based on our relationships. They are essential for human beings. And our relationship with a higher power is also important. We are talking about spirituality not religion.

JL: If we were really talking about religion, then the churches would be growing by leaps and bounds. But they are not.

LB: Yes.

JL: I am impressed that you can work so easily and amicably with an ex-husband. This speaks volumes about you.

LB: About us.

JL: Of course, about Jeff, too.

LB: Once you love someone, you do not stop loving them.

JL: I think you are right.

LB: As professionals who want patients to forgive and overcome difficult things, we should strive to be an example. That is integrity.

Jeff and I share an important mission in life: Teaching Dr. Erickson's approaches to help people become their best selves. We could have been attached to the petty things and anger, but that is not the important thing.

JL: Holding on to negative feelings does not further anything positive or your mission. Mature people heal and they move on.

LB: Yes.

JL: I am delighted that you may be bringing the spiritual dimension to the Intensives program. You might formally put a label on it, but I feel that you already doing this.

LB: Yes. In my daily sessions, there is the concept of the higher self. For a while I struggled with the concept of the unconscious self. Because I am such a spiritual being, I believe we have a divine part; I believe in the existence of the soul. And I began thinking of the unconscious part of us as being the soul. Not everyone believes that or wants to discuss it, so I leave that part out of my sessions. In my inductions, I usually bring in some notion of the higher self, as a resource. It is everything that you are -- your past, present, your essence, the best part of you.

JL: By allowing the other person to think of what it means to them is elegant.

LB: Yes. I do not bring in any religious connotations and this allows the person to understand it in their own way. Ericksonian approaches allow us to bring that in as the unconscious mind, as a powerful and positive part.

JL: In Judaism, you do not have a soul; you are a soul.

LB: That is beautiful.

JL: In essence, that is what you have said Since the last time I interviewed you, you have changed a lot.

LB: I hope for the better.



Lilian Borges



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HISTORICAL HYPNOTIC PROCEDURES

By Jeffrey K. Zeig, Ph.D.

This new column explores the roots of hypnotic practice. I will present segments from a historical book and then provide comments.

From: *The Psychology of Abnormal People*; John J.B. Morgan, Ph.D.;

Publisher: Longmans, Green & Co. 1928, pgs. 430-431.

"Suggestion and Hypnosis"

Our purpose in studying hypnosis is to discover what light it sheds upon the personality of the person hypnotized. We shall find that hypnosis is not the result of any mysterious power possessed by the hypnotist, as has been often alleged, but that it is solely the result of an attitude of the person hypnotized. This attitude is suggestibility. We shall examine the nature of suggestibility, study how it operates in the extreme form found in hypnosis, and finally indicate how hypnosis may be used to learn something about personality.

An illustration of hypnosis:

"Mr. X., forty-one years old, seats himself on a chair. I tell him that he must try to sleep. 'Think of nothing but that you are to go to sleep.' After some seconds I continue: 'Now your eyelids are beginning to close; your eyes are growing more and more fatigued; the lids quiver more and more. You feel tired all over; your arms go to sleep; your legs grow tired; a feeling of heaviness and the desire for sleep take possession of your whole body. Your eyes close; your head feels duller; your thoughts grow more and more confused. Now you can no longer resist; now your eyelids are closed. Sleep!' After the eyelids have closed, I ask him if he can open them. (He tries to do so, but they are too heavy.) I raise his left arm high in the air. (It remains in the air, and cannot be brought down in spite of all his efforts.) I ask him if he is asleep. 'Yes.' 'Fast asleep?' 'Yes.' 'Do you hear the canary singing?' 'Yes.' 'Now you hear the concert?' 'Certainly.' Upon this I take a black cloth and put it into his hand. 'You feel this dog quite plainly?' 'Quite plainly.' 'Now you can open your eyes. You will see the dog clearly. Then you will go to sleep again, and not wake till I tell you.' (He opens his eyes, looks at the imaginary dog and strokes it.) I take the cloth out of his hand, and lay it on the floor. (He stands up and reaches out for it.) Although he is in my room, when I tell him that he is in the Zoological Gardens he believes it and sees trees, and so on. In this case X. is thrown into the hypnotic state by my arousing in his mind an image of the sleep... On my assurance, he thinks he hears a canary, or hears music. He takes a black cloth for a dog and believes himself to be in the Zoological Gardens when he is in my room. But the following phenomenon is still more striking. X. hears all

that I say to him, and allows himself to be influenced by me in every way. Yet two other men, A. and B., who are present, appear not to be observed by the hypnotic at all. A. lifts up the arm of the subject; the arm falls loosely down, and when A. desires the arm to remain in the air the subject takes no notice. He obeys my orders only, and is en rapport with me only. In order to wake him I now call to him: 'Wake up!' He wakes at once, but only remembers going to sleep; of what happened during the sleep he knows nothing."

This illustration indicates how completely a man under hypnosis obeys everything he is told to do, even to the point of absurdity. The essential factor in hypnosis is suggestibility. Consequently, in order to understand the extreme suggestibility involved in hypnosis, it will be necessary to examine the nature of suggestibility in general. Such an examination will deprive hypnosis of much of its apparent mystery and place it in the realm of any ordinary psychological process.

This textbook passage presents hypnosis as it was commonly practiced in 1928 when Milton Erickson was 27 years old.

A few reflections on the procedure:

- At that time, "sleep" was commonly associated with the hypnotic state.
- The method of induction is direct and authoritarian.
- Minimal effort is directed to the details of induction. It is a rote procedure.
- Following eye closure, there is a challenge suggestion. The inability of the subject to open his eyes is "proof" of established trance.
- Direct suggestions are given for hypnotic phenomena, including hallucinations in a number of sensory spheres.
- Two phenomena emerge independent of suggestion: 1) rapport and 2) amnesia.
- The operative mechanism is the effect of suggestibility.

It is important to understand the foundation from which modern hypnosis has evolved. From an Ericksonian perspective, suggestibility is supplanted by responsiveness. We are biologically designed to respond to signals without conscious mediation. It is the same mechanism that leads cattle to herd and birds to flock.

Historically, therapeutic hypnosis evolved in the hands of medical practitioners. Hypnosis was practiced as if it were a medicine: Use a nostrum and results will follow. The procedure was based on the principle of cause and effect.

Social communication does not adhere to cause and effect. If you throw a rock, there is a predictable outcome. But when you are communicating something, there is no predictable outcome.

Hypnosis is an art. Hypnotic communication is the art of evoking response to inherent meaning. And we can credit Milton Erickson for bringing hypnotherapy into modern practice.

SPIRIT OF THERAPY

continued from page 4

JL: Yes. It is much easier to relate to you.

LB: I was probably nervous on the first interview.

JL: I was probably nervous too. It seems that that you have made a lot of internal changes, some of them spiritual. You now talk more freely about spirituality. Do you see spiritual and emotional changes in yourself?

LB: One of the things that I struggle with in spiritually is finding community in shared beliefs and values. I came to realize that I should not rely on anyone else to be the guru or guide. I need to do it myself. It is between me and God. I am the one who is ultimately connected with God. I need to believe in my instincts and my feelings instead of relying on someone else to do this practice or that. It is really being in silence or in nature that gives me that connection.

JL: It has been an honor to speak with you again. Thank you for your openness and your friendship.

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INSPIRING MOMENTS WITH THE MASTERS

Virginia Satir

By Jeffrey Zeig

I never met anyone who could make a human connection as intently as Virginia Satir. She did this when working with clients; she did it with her colleagues; and she did it when she was on stage. I remember one keynote that she offered in Phoenix at one of the Erickson Foundation conferences. People left the room marveling and commenting. Many said she was talking directly to them. I thought she was talking to me.

Virginia graced the podium of several Erickson Foundation meetings. She was someone who did not let the grass grow under her feet. At the 1985 Evolution of Psychotherapy Conference, she organized an evening session on world peace, which drew in a few thousand people. In her clinical work, she was a peerless improviser.

After the first Evolution conference, I had lunch with Virginia and my then wife, Sherron. Virginia went through the faculty list, pointing out flaws in several faculty members. I was naive to these flaws, probably because I was often in awe of many of the faculty. Virginia left me with no illusions. We all have our strengths and weaknesses.

Virginia was not so keen on Milton Erickson's work. She found him to be too strategic and she felt that he was too manipulative. We talked about her connection with Bandler and Grinder. She was frustrated that she had not done more to help them.

I have some personal regret with Virginia. She promised me a family re-


construction, and when Virginia made a promise, she kept it. At that time, I did not realize what an honor it would be for me to receive family reconstruction from her. She called me around Thanksgiving the year before she died and asked that I fly to California for the therapy. I demurred, weighing the benefits and difficulties in juggling my schedule, which I now deeply regret.

After Virginia died in September of 1988, I was invited to several conferences held in her honor. I have kept in contact with the Satir network. Over the years, we continued to honor Virginia Satir at the Evolution Conference by inviting Maria Gomori, one of Virginia's most talented students.

Virginia Satir was an exceptional therapist. The wizardry of her work will never be replicated. I distribute one of her workshops on my website: psychotherapy-video.com. It demonstrates her unparalleled talent and expertise in family therapy and includes her most renowned techniques, including a Parts Party.



Virginia Satir



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CASE REPORT

Division of Pain

By Cheryl Becker, GCFP

I am not sure how old I was when I learned fractions and division, but I know that I was very young because my little sister and I were sleeping in the same bed. My father had not yet finished building our separate bedrooms in the attic. By that time, my sister and I already had a lot of experience dividing things between the two of us.

Almost year-round my sister and I enjoyed running around outdoors. One day I hurt my foot, although I do not recall how it happened. But I do vividly remember the pain; my big toe hurt so much I could barely sleep. As I struggled with its throbbing, my sister slept soundly next to me.

As I tossed and turned, it occurred to me that if I could divide the pain in two, I could bare it more easily. So, I attempted to transfer half the pain into my other big toe, and it worked! Then I thought, "Why not divide it again?" I doled out half the pain from my toes into my thumbs. I got so carried away with my success that I kept dividing the pain until eventually I no longer had any pain anywhere. Thrilled, I jostled my sister. "Wake up! I just invented something!" (Invention must be in my blood as my father was an amateur inventor.) I told her what I did and declared, "I'm going to call it 'Division of Pain'!"

She looked at me still sleepy and said, "You're crazy." Then she turned over and went back to sleep. I thought to myself, "I don't care what you say. This is very important."

Ever since my childhood discovery that pain can be divided, it became just an ordinary tool that I have used from time to time—like people would use a Band-Aid—especially if I happen to hurt a toe. For example, my right big toe took some

straight-on "hits" in Argentine tango dancing while I was learning to "follow." So, I divided the pain once again step by step.

Pain has led me to attempt self-healing and teach self-healing several times, with mixed success. Belief in the process has a lot to do with it, and as Kay Thompson maintained, motivation is critical. Once, my 5-year-old neighbor came to me crying with a scraped knee. I told her matter-of-factly, "Well, just put your hands over it and heal it." The next day she ran over to me excited and happy to show me her overnight success. I was amazed to see that her wound was almost healed.

Later, on two separate occasions, I was highly motivated to heal some benign tumors when I was facing the prospect of surgery without health insurance. Both times the tumors reduced in size and one eventually completely dissolved. Apparently, the treatments of an Oriental Medical Doctor (OMD) using "Sugi," or energy did the trick. The OMD was convinced me that the body can heal itself, if given the opportunity. I surmise that he did for me what I did for the 5-year-old girl.

Especially in the case of pain and illness, if something works, why not use it?

Commentary

By Eric Greenlead, PhD

Cheryl Becker, an experienced *Feldenkrais Practitioner*^{CM}, knows movement inside out. Like Milton Erickson or Kay Thompson, she was prompted by painful circumstances to do something to make her body feel better. So, she utilized math, specifically division, as Erickson did in his own pain reduction methods, and became convinced of its success. As Erickson said, "To initiate this kind of therapy you have to be yourself as a person...you have to do it your own way." And, as Moshe Feldenkrais said, "You only have to be your own self." guide.



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INTERVIEW

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My cousin wanted to go out and play. Even though play was a big thing for me, I wanted to listen to my family. Not that I understood what they were talking about, but I heard it almost like music. I was enthralled with how vibrant they were, how attentive, how humorous, and how unabashedly they were simply talking to each other.

JZ: Another thing...you are good at pointing out incongruities and holding a mirror up to the client.

EP: I think one of the guiding principles in life is that we have a unified energy underneath. The world of experience is so extensive, so infinite, and so many things can happen, that we need to use our built-in organic capability to integrate diverse events. However, we are limited in our ability to do that. Some are more interested than others and some black out areas of contradiction -- what they can't include or don't care about -- and if they've been able to reintegrate it into their minds, they are left with what's left over. Integration is a fundamental quality of moving forward in life and feeling at peace.

Therapy made me aware of this, with its concept of polarities. The job of living is learning how to transform diversity into unity. And it's a difficult job because there are many aspects of a diverse experience that we can't readily find a place for --and some we don't want to find a place for.

In any case, it's a guiding requirement to be able to incorporate diverse experiences into one. So, when I'm doing therapy, and a person says something that is interfering with their movement, I don't object to it. But if they're repeating one thing again and again and it interferes with movement, then I need to help them to incorporate that so they can become more unified.

If someone said to me, 'My brother has always bullied me and bossed me around. And I am really fed up with him and don't want anything to do with him,' I would say, 'Well, what have you done with him?' And if he tells me some things he's done with his brother, I might say, 'Well, the way you're describing it sounds interesting.' He might say, 'Yeah, well, it's interesting, but it doesn't matter because he tortured me.' 'What would you like to say to him about being tortured?' And he

might say something, and I would again see if this were a unity that came at the price of cutting out disunity. And if so, I would bring that into the picture.

JZ: I can identify three principles that seem to be fundamental in Gestalt and in your therapy. One, you notice the disparity, the incongruity that's happening. Second, you have an elegant way of confronting it. Carl Whitaker used to say, 'Don't do surgery without anesthetic.' Your care for the client is obvious. And third, as an experiment, you exaggerate one aspect of the polarity.

EP: I'm oriented to always trying to restore fluidity because people get stuck and stuckness is troubling. Fluidity is a natural phenomenon, but stuckness works against fluidity.

JZ: At the age of 98, you're doing great about being fluid.

EP: The idea is to be able to move ahead, despite all the many things that can interfere with your life. The curious thing is that people find that the things they're saying are not important, because it's not solving the problem. And I try to restore a sense of the importance by emphasizing certain things they're doing or by my attention. They know that everything they say to me is important. Now that doesn't get through to everybody, because stuckness can be a very stubborn problem. But it's a step in the right direction.

In my recent writings, I use the concept of therapy as being an enchanting experience. I try to restore that sense of enchantment, which I think is fundamental to the therapeutic experience. I think people who come for therapy could allow themselves to take a most exciting journey, the journey of a lifetime. And that quality can't help but be exciting to people, if they don't stand in the way of dealing with things that keep them flowing. If they're not interested, it's another story. There's more than one way to do therapy.

JZ: I remember listening to a group therapy session where Fritz Perls did a specific artificial experiment: He told the members of the group to speak gibberish. When they started speaking gibberish, the neurotic layer emerged, and he was able to help somebody to get through

their immediate anxiety.

EP: That's a mild shock therapy in the sense of calling attention to something important but saying it in a way that may or may not move things forward. They are talking gibberish in relation to the connection between them and the therapist. Bringing that into importance, allows them to explore the question of gibberish and they wind up being influenced.

JZ: If I went to a Gestalt therapist with a specific problem like fear of flying, would that therapist be more interested in growth than having me overcome by phobia?

EP: Restoring attention is the crucial thing. It's an attention that moves us forward, rather than always attending to the same thing. In my early years, I was more interested in solving the pathological problem. But eventually I discovered that solving the pathological problem involves restoring ordinary function, and appreciation and attention. I learned that rather than naming it as a problem, if I engage with a person, the problem would be

addressed in a more organic way.

JZ: There is a way of understanding projection that is different in Gestalt than it is in psychoanalysis. Can you explain?

EP: The difference is that the ordinary concept of projection is transposing something inside yourself as though it were part of somebody else. The Gestalt view of polarities would make both parts a part of the person.

A long time ago in the 1960s, I was doing some groups in a coffee house. There was a probably 100 to 150 people. I would have people come up to give a demonstration. And the theme was hippies and policemen. This was in a very tangential college and the term 'hippies' meant a lot in those days. I had two people come up and one played the hippie, and one played the policeman. So, they start talking to each other and the guy playing the hippie said something that the policeman surprisingly accepted. And this guy went on as though nothing had happened. So I said, 'Do you realize that

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FACETS & REFLECTIONS

The Importance of Pauses

Rubin Battino, MS
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When I first began using hypnosis with clients, I talked nonstop after a trance had been induced. I suspect this is the case with many people starting out in this field. Novice hypnotherapists are often unsure of how to engage a client during the trance experience, so oftentimes they feel compelled to say what they have been taught to say.

Many years ago, when I first attended Erickson congresses, I found myself timing the pauses in clinical demonstrations – how often and how long clinicians paused in talking to demonstration subjects. (I also did this with Erickson as I listened to audio tapes or videos tapes.) In the live demonstrations at the congresses, I found that Ernest Rossi paused more than anyone else. The longest pause I recorded was more than four minutes! (Now think about how not saying something for 10 seconds can seem like eternity.)

Pausing when doing hypnosis is particularly important. It is generally accepted that when someone is in a trance or hypnotic state, they are more open to suggestions since the unconscious mind is being accessed. So, the client listens both consciously and unconsciously to what is being said to them. Whether suggestions are made subtly or via metaphor, they are being heard. It is the therapist's expectation that the client will hear a relevant suggestion that will resonate, and then the client will go within themselves to contemplate. Clients need time to internally search, and this is where pausing becomes beneficial. When the client has finished internally searching, they will begin to hear the therapist again. Therefore, it is the therapist's job to suggest many possibilities in vague and even poetic language. The client will then do the work of selecting realistic solutions.

Now let's say you are meeting with a new client, and your session is 50-60 minutes long. That is about one hundredth of the time that they have been awake and conscious in the previous week. And you know very little about the client, except for what they have written on the intake form and tell you up front in the first session. They have come to see you because they are stuck in maladaptive behaviors, responses, and emotions. It is our job as therapists to subtly encourage the new client to see myriad possibilities. Clients are the expert on what is realistically possible for them to change their lives, and via hypnosis (or other approaches) we provide them with an opportunity to discover these possibilities. You can set the stage at the beginning of the session by asking Mary Goulding's opening question, "What are you willing to change today?"

In researching what I have written in various publications about pauses, I came across the outline of a workshop I gave at the Erickson congress held in December 1994. The title of that presentation was "Stuttering -- and Pause-Power."

The following are some powerful statements taken from that workshop which can be used when pausing. Feel free to adapt them to your own style.

1. Stick with that.
2. Only tell me what I need to know.
3. Do so in a word or a phrase.
4. What is happening now?
5. Do more of that. Increase it.
6. Tell me when you are ready, or signal.
7. It's interesting just how fast the mind can work... isn't it?
8. Take all the time you need.
9. Just let your mind drift back to a significant time.
10. Your inner mind can work all by itself, can it not?
11. And, how many (interesting/better/more appropriate) ways have you already found (changed)?

12. This is your time.
13. I'll be quiet for a while.
14. And, what have you discovered?
15. And, how will it be different in the future?
16. What changes have already occurred (that you would like to adapt)?

Ronald Havens (1985, p. 129) cites Milton Erickson several times:

"Subjects must be given free time to explore and to master their hypnotic abilities."

"... they must be provided with the opportunity to give themselves suggestions, especially suggestions having a therapeutic orientation."

"Frequently, however, the hypnotist should just get out of the picture entirely, leaving subjects to their own devices with only the simple expectation of interesting and beneficial results of some unknown, and perhaps unknowable, type."

The following is an illustration of the use of pauses (signified by ellipses) for the enabling part of a guided imagery psychotherapy session (See Battino, 2020, for transcripts with commentary of many case studies using this method.) The client chose a healing presence to be her change agent.

While you are enjoying being in your safe haven Marilyn, please notice that something interesting is happening ... somewhere near you ... you sense your own healing presence ... I do not know exactly who that is ... or just what he or she or even it may be like ... yet, you do ... your own special healer. For now, I will just call it "It." Okay. [Marilyn nods her head indicating yes] Thank you. And, as It comes closer you begin to sense Its healing power ... and knowledge ... and energy, do you not? ... Wise and knowledgeable and powerful. ... And, It comes closer and touches you ... your shoulder or arm or hand. ... It knows just what has been troubling you, and how it started, and how to help you change ... so that from this time on you will be free of all of that old stuff ... It is now transferring to you through that contact the knowledge ... and ability ... and strength ... to do what you need, and will be able to do, to leave all of those troubles and concerns behind you ... and just be okay with being who you are. Yes ... and ... yes ... and yes ... Somehow, somehow It has already transformed and strengthened and changed you in the ways you desire ... slowly ... easily ... simply ... and naturally. And, again, somehow ... you know deep inside you ... that this has already occurred. Calmly and easily. And having helped you, It gently and slowly moves away, for It has more work to do and more people to help. ... And, within your mind now, you thank It for being with you and guiding you and helping you. ... Continuing to breathe slowly and easily and calmly ... knowing that you will remember what has happened this afternoon ... so that you can recall It whenever you need to. I want to thank you for your attention and trust and confidence ... and when you are ready ... just take a deep breath or two, blink your eyes, and stretch a bit. Thank You.

Take a pause now reader, and...

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EVOLUTION CONFERENCE 2020 REVIEWS

Program Reviews of the 2020 Evolution of Psychotherapy Conference

In our spring issue after an Evolution conference, we usually do a series of mini reviews featuring the highlights of the conference. For the 2017 Evolution conference as well as the 2020 conference, I polled moderators and newsletter family for their favorites, and both times we agreed that we would cover all the presentations. It seems as if this is becoming the new normal. Here are the reviews.

(*Denotes view-on-demand for 2020 Evolution registrants.)

Philip Zimbardo (Keynote)*
My Journey from Evil to Heroism
Moderated by Jeffrey K. Zeig
Reviewed by John Lentz

Jeff Zeig's enthusiastic introduction set the stage for Philip Zimbardo's dramatic and provocative keynote. I was inspired and fascinated with Zimbardo's useful suggestions, as well as the facts and statistics he provided. Zimbardo explained the three types of evil: Individual, situational, and systemic, and he offered genuine understanding of how, why, and where evil exists.

Zimbardo cited research noting that when a person witnesses evil, they are 90 percent more likely to follow suit. But if they witness someone rejects wrongdoing, that likelihood drops by 10 percent-- a compelling reason to be a person of good moral character.

Zimbardo also talked about research on time perspective. His six main time perspectives are past positive and past negative thought, present hedonistic-oriented and fatalistic-oriented thought, and future-oriented and transcendental-oriented thought. Research demonstrates that changing a person's time focus can change their level of anxiety and depression.

Philip Zimbardo is a master teacher. He discussed that how previous generations learned, may not be sufficient for the current generation, and pointed out how video games and porn have altered the brains of children, especially boys. They often become bored with traditional teaching, so new ways become necessary.

Zimbardo's most recent project is inviting ordinary people to view themselves as heroes and it is being used in different parts of the world.

Aaron T. Beck and Judith S. Beck (Keynote)
New Ways in Cognitive Therapy
Reviewed by John Lentz

In this keynote, Aaron and Judith Beck explained Recovery Oriented Cognitive Therapy (CT-R), which expands Aaron Beck's original Cognitive Behavioral Therapy for Psychosis (CBTp). While CBTp primarily focuses on symptom reduction, CT-R focuses on identifying and attaining an individual's desired life, which reflects the spirit of the recovery movement.

This keynote is exciting for psychotherapists and for a population that has long been a challenge. The presentation of research and special applications of CBT are useful, and CT-R was expertly applied to those experiencing distressing voices, hallucinations, novel and delusional beliefs, impaired motivation, and distortions in communication or connection with others.

I also could not help but notice the amazing relationship of love and admiration between Aaron and his daughter, Judith. It was a heartwarming experience. Aaron Beck is still sharp, innovative, and productive at 99 years old. It was obvious that the father and daughter's intellect, resonated with each other.

Rob Kapilow (Keynote)*
Listening with Impact: What Therapists Can Learn from Music
Moderated by Jeffrey K. Zeig
Reviewed by John Lentz

Jeff Zeig's insightful questions complemented Rob Kapilow's elegant teachings with his musical medium.

Kapilow is a gifted and talented musician, composer, conductor, and author, and therapists can learn from him. Music has influenced more people than therapy. So, to empower our communication as therapists, why not model musicians?

As I listened to Kapilow describe how music communicates, it reminded me of how Erickson composed and choreographed his words and gestures so eloquently. Kapilow demonstrated how repeating a theme in music, piques and heightens interest, and at the end of the piece there is a sense of resolution.

What was most striking about Kapilow's keynote was that he helped us understand what is being "said" in music. Kapilow discussed the impact of Beethoven's deafness and how Beethoven craved human contact, which is evident in his music. Yet he was known to be difficult and sometimes rude, and he often pushed people away. How many of us have worked with people who we consider genius and yet they push people away?

I was mesmerized by Kapilow's ability to teach us powerful lessons through Beethoven's work; how to connect with meaningful communication. Beethoven's music endures in part because we are all fundamentally the same. No matter what the outward differences, we all desire contact, and we all want to be heard.

I loved this presentation on several different levels, not only the musical level, but the way music translates central themes that make a difference to all of us. Beethoven's Fifth Symphony will never sound the same to me and it will continue to teach me.

Alanis Morissette (Keynote)*
The HeART of Communication
Interviewed by Jeffrey K. Zeig
Reviewed by John Lentz

Alanis Morissette addressed the audience with multilevel communication, communicating in between the lines and through our senses. Morissette creates music that is captivating because she is captivating. Her music is simply an extension of herself, and she invites us to learn from her. It was not so much what she said that made such an impact, it was what she did in communicating. And the communication she had with Jeff Zeig is an indication of why she is so successful.

Morissette's ability to entice the audience into a different way of thinking is extraordinary. And she did not use a logical strategy to do this, but rather allowed us to come around in our thinking organically. One of the lessons I learned from Morissette, is to utilize who I am when dealing with others. Her willingness to be human and talk about her own struggles was an example of this. It made her more attractive as a human being and deepened the connection she naturally has with an audience.

Irv Yalom (Keynote)*
An Interview with Irv Yalom
A Matter of Life and Death (Redwood Press, 2021)
In dialogue with Jeffrey K. Zeig
Reviewed by John Lentz

In Jeff Zeig's introduction of Irv Yalom and throughout the presentation, the feeling of admiration both men have for each other was palpable. Zeig affectionately called Yalom a mensch and said Yalom has inspired him to be his best self.

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While there are many examples that could have been used, Zeig spoke about small events that illustrate Yalom's character. Zeig said he would watch Yalom after an event, signing every book he was requested to sign, sometimes late into the evening.

This is a wonderful interview that touches on life, death, grief, philosophy, psychology, and Yalom's books. But best of all, it shows the humanness of one of the field's greatest living legends. Yalom's willingness to be open, honest, and vulnerable is incredibly powerful.

In his most recent book about his wife's terminal cancer that he coauthored with her, Yalom's inspiring words are heartwarming. Yalom's wife died before the book was finished, and in the final part we are privy to Yalom's honest emotions at the beginning stages of grief. His willingness to share his heartache is an act of courage and it better prepares us for our own inevitable losses. When Yalom talks about how difficult it has been to look at his wife's picture months after her death, you know he is speaking a universal truth. I found myself tearing up, being inspired, encouraged, and affirmed and I suspect you will too.

Christine A. Padesky*

Action and Dialogue in Psychotherapy: Dance of Equals

Reviewed by Robert Staffin

Christine Padesky offers an elegant presentation. Orienting her audience to the metaphor of dance as a segue to pattern recognition, she shares a story from an earlier Evolution of Psychotherapy conference, then skillfully outlines the content of her presentation. I was as enthralled with what she taught and how she taught it.

Dr. Padesky characterizes psychotherapy as an interpersonal dance consisting of patterns that can be identified and utilized within the course of psychotherapy. It is the recognition and implementations of these interactive patterns that led her to what she calls "strengths-based cognitive-behavior therapy." The four patterns she notes and expands upon are: 1) collaboration, 2) empiricism, 3) identifying clients' strengths, and 4) building clients' skills. Therapy, in her view, "is a collaborative quest for discovery."

Recognizing the patterns or ingredients of effective psychotherapy is only part of the process. It is through the implementation of what Padesky calls "action methods," that she teaches how to do the dance of psychotherapy. Based on the method of Socratic dialogue, she outlines a four-step process, which she characterizes as "strategic talk." Viewing therapy as a learning process, she argues that it should be "more walk and less talk." She models how strategic talk promotes the goals of fostering and maximized learning.

Dr. Padesky seamlessly moves between informational questions, empathic listening, summaries, and analytical and synthesizing questions. The net effect is an interactive dance in which the therapist's strategic utilization of self and the circumstances of the encounter are intertwined with attention to, and utilization of, the concerns, strengths, potentials, and goals of the client.

Christine Padesky bookends her presentation by closing with a return to the metaphor of dance, noting, "Effective psychotherapy is a dance between action and Socratic dialogue." Call it what you will, Dr. Padesky is a wonderful dance instructor.

Patricia Arredondo*

Culture Centered Psychotherapy: Embedding Multiculturalism, Diversity, and Social Justice into Psychotherapy Practice

Reviewed by Rick Miller

Dr. Patricia Arredondo presented Culture Centered Therapy: Embedding Multiculturalism, Diversity, and Social Justice into Psychotherapy Practice. This workshop stands out as a must view (now on demand for conference registrants) from the archives of the 2020 Evolution conference.

Dr. Arredondo defines intersectionality from a multitude of angles: Between client and therapist, spirituality and religion, and culture and biases. She provides her own research and frameworks for cultural competency development. In this workshop, she encouraged us to question ourselves as humans and as psychotherapists. How can we better address the various identities of our clients? While defining unconscious biases, the topic indirectly invited us, in an encouraging manner, to explore our own struggles.

Dr. Arredondo presented a strength-based approach of cultural competency, focusing on making improvements. She provided vast research and case examples to exemplify and define diversity, cultural centered therapy, and intersectionality. She included sexual identity and gender as part of these intersecting identities, and her research has been thorough.

In an era where we could all use further education on these topics, it was refreshing to learn from Dr. Arredondo's models, delivered in a respectful tone, inviting us to map out the areas where we need to learn and grow. What struck me the most was just how comprehensive her workshop was, given the time constraints and vastness of the topic.

A lengthy and energetic Q&A session revealed that participants were inspired. A variety of questions were asked, and Dr. Arredondo effortlessly answered them, educating us from a multi contextual and informed perspective. This workshop was enriching and wonderful.

Ellyn Bader

We Can't Communicate? What Does This Common Presenting Problem for Couples Really Symbolize?

Reviewed by Tobi Goldfus

Ellyn Bader offers a clear and concise roadmap for breaking through the smokescreens most couples bring to couples' therapy; namely, a "failure to communicate". Dr. Bader, who primarily works from a developmental model, says for most couples, the problem is never what the couple thinks it is. They often hide behind mechanisms of blame, lack of motivation, defensiveness, denial, lack of accountability, passivity, withdrawal, resentful compliance, and victimization, to name a few.

Dr. Bader says couples need to develop the emotional muscle for effective differentiation. The therapist can help identify core vulnerabilities which can lead to managing differences and provide the tools for developmental repair for each partner. Her goals of developing emotional muscle using experiential movements is beautifully shown in a video of a struggling couple. Dr. Bader divides the video into the stages of intervention with a wonderful deconstruction of therapeutic interventions. Slowing things down, connecting the past to the present, offering feedback and support in a nonjudgmental and factual way for integration, all support her goals for providing the experiential moments of repair. In the video, the couple moves from "we can't communicate" to a beautiful connection of accepting and identifying their vulnerabilities, and finally, giving each other support.

Martin Seligman with Tayyab Rashid*

The Past, Present and Future of Positive Psychology Live conversation hour

Reviewed by Bette Freedson

If you take a moment to imagine yourself sitting in a "salon" a couple hundred years ago with cultural innovators and creative thinkers, you may begin to get a sense of what it was like to moderate for, or moderately participate in, a virtual live conversation with Dr. Martin Seligman. "Marty," as he insisted on being called, and his invited guest discussant, Dr. Tayyab Rashid, with whom Dr. Seligman coauthored Positive Psychotherapy: Clinical Manual, were a joy to be with in this conversation hour.

Dr. Seligman immediately took us into the present day, discussing the significance of Positive Psychology, a timely subject considering we were the mid-

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dle of a world health crisis. With his professional expertise and unique personal sensitivity, he explained that Positive Psychology is “fractionated into two aspects: “Positive affectivity,” and “optimism.” He then guided us into discussion of which concept applies during a pandemic and which one applies when the pandemic is over. To get through the pandemic, Dr. Seligman explained, it is important to generate positive affectivity by feeling and making merry, accomplished by having fun in whatever way suits your situation. In the aftermath of the crisis, it is important to apply optimism, defined as a state of hope concerning the future.

Citing clinical cases to highlight the principles being discussed, Dr. Rashid described utilization of Positive Psychology concepts in the therapeutic setting. He made it clear that Positive Psychology does not focus only on positive emotions but is concerned with integrating the range of emotional states in the service of balance, i.e., hubris balanced with humility, grudges with gratitude. Mentioning historical and literary references that allude to conceptual aspects of what has now become “Positive Psychology,” Dr. Seligman explained that it is a “nascent science.” There is future investigation to be done, aspects of which he himself intends to explore.

One of the most important points made about the science of Positive Psychology: To increase your own positivity, find someone who needs help-- and go help them. In this workshop, Martin Seligman and Tayyab Rashid indeed helped participants. I left feeling inspired for my own work on intuition, as well as energized and uplifted by conversing with two vibrant thinkers who exude the optimism they reference and model the respect for human emotions that they teach.

Donald Meichenbaum***The Treatment of Depressed-Suicidal Patients and Those Experiencing Prolonged and Complicated Grief Disorders***Reviewed by Tobi Goldfus*

Dr. Donald Meichenbaum is both a monumental contributor to the field of cognitive behavioral therapy and a lighthouse of wisdom. For more than half a century, he has worked with the study of suicidal and grief issues in patients. As he outlined his goals of the workshop, so appropriate for the current COVID-19 climate, he focused on coping strategies/therapeutic interventions that highlight a Strength-Based Constructive Narrative approach. This starts with a strong risk assessment and management of suicidal behavior. Dr. Meichenbaum follows evidence-based models that have checks and balances for each step of risk assessment and management, and bolster resilience in depressed and suicidal clients using telehealth procedures.

Meichenbaum asked, “How do you nurture hope?” In this era of increased social isolation and loneliness, as well grief from the loss of loved ones, his clear message for therapists brightly shone through. His recommendation for therapists: Practice “exquisite listening,” develop the art of questioning, and listen to a client’s story from a sensitive, non-judgmental, accepting stance. The strength of the therapeutic alliance is the most important factor for effective informed treatment.

He also advised to “document, document, document” for this high-risk patient population, get advice from a supervisor or colleague, and use his evidence-based interventions. Therapists should also make clear their availability and available resources, such as hotlines or crisis apps. As you practice “exquisite listening” during the risk assessment and management phase, you will get a sense of the patient’s strengths on which to build. Strength-based treatment is the focus and collaborative goal setting is recommended.

High risk patients often feel like a burden on others. They are often marginalized and/or have a previous history of self-injury. Our job as therapists is to help them cope, but better yet, give them reasons to live. Dr. Meichenbaum’s generative goal is giving hope the chance to grow and be supported.

With great inclusivity and generosity, Dr. Meichenbaum offered his models

for treatment, resources for risk assessment and management, and resiliency and hope. He also discussed colleagues’ contributions and the studies done, free and available to all of us.

There are many resources that can significantly assist you with this population, including:

- roadmaptoresilience.wordpress.com (a free comprehensive eBook)
- A 73-page handout from the Evolution conference (title of his workshop)
- melissaproject.org (Melissa Institute for Violence Prevention)

Erving Polster***Three...Two...One...****Great Conversations with Erving Polster****(GC11* with Jeffrey Zeig and GC6* with Michael Yapko)***Reviewed by Diane Yapko*

I had the privilege to serve as moderator for several presentations at the 2020 virtual Evolution of Psychotherapy conference. A special highlight was moderating the two “Great Conversations” with Dr. Erving Polster. One was with Dr. Jeffrey Zeig and the other was with Dr. Michael Yapko. This was a particularly special treat for me because I know these three men personally. On many occasions, I have had the chance to hear them talk and discuss their innovative ideas. I consider myself lucky because most people don’t often get the opportunity to be a “fly on the wall” and hear the people they admire discuss their thoughts, feelings, experiences, and hopes.

As mentioned in the introductions, Dr. Polster is now 98 years old and continues to contribute to the field in meaningful ways. In fact, his most recent book, *Enchantment and Gestalt Therapy* (Routledge), made its debut at the conference. While Dr. Polster is most known for his pioneering contributions to Gestalt therapy, his knowledge and interests go far beyond psychotherapy. In his conversation with Dr. Yapko, the topic of depression was discussed, with both men viewing it from a larger and seemingly more realistic social perspective. They agreed that depression is more a social than medical problem.

In conversation with Dr. Zeig, the interaction was less focused on a specific topic, and formatted more like an interview in which Zeig asked Polster about his history, as well as his thoughts and perspectives on a wide range of personal and professional topics. The genuine love and respect that both Yapko and Zeig have for Polster is evident in these conversations. Just as evident is the affection and respect that Polster has for both Zeig and Yapko. It was touching to see.

In the conversation on depression, Polster and Yapko discuss how they view depression and its treatment, both lamenting how people too often look to medication instead of people who might help them. Although Polster acknowledges that he has not worked with clients for some time, his perspectives remain every bit as relevant today as they were when he was actively offering treatment. In contrast to many of his peers, Polster recognized long ago the value of promoting social connection as a healing mechanism. His emphasis on community support is something that he has described at length in his most recent book and in another book of his, *Beyond Therapy*. Yapko’s ability to help transform many of Polster’s philosophical considerations into practice brought into clear focus the commonalities in their views and methods. This is one of the many reasons that the Evolution of Psychotherapy conference is so unique and engaging: It allows participants a unique opportunity to compare and contrast perspectives, while being exposed to new ideas and fresh approaches.

Zeig’s interview with Polster took us on a whirlwind tour of his lifetime of rich experiences, ranging from the time he spent with the legendary Fritz Perls, to the development of his humanistic ideas that he has shared with eager students around the world. Zeig’s formidable interviewing skills were on display as he casually drew out many different ideas from Polster about his professional contributions and personal life experiences. He asked poignant and di-

EVOLUTION REVIEWS continued on page 14

EVOLUTION REVIEWS *continued from page 13*

rect questions, some of which could make a less grounded person uneasy, such as, “What is it like to know that you’re at the end of your life?” Zeig also discussed with Polster lighter topics that made for engaging banter.

In summary, I experienced three great men conducting two great conversations at one great conference! It was my privilege to participate.

Jean Shinoda Bolen*

Coronavirus Pandemic: A Liminal Time of Danger and Opportunity

Reviewed by Robert Staffin

lim·i·nal/ˈlimənəl/

Adjective: TECHNICAL

1. relating to a transitional or initial stage of a process.
2. occupying a position at, or on both sides of a boundary or threshold.

Who but a Jungian analyst would utilize a viral pandemic to highlight this invitation to be with ourselves, to mourn what was, and discover what will be? From where will it come? Will it be among the twists and turns of life’s labyrinth, or perhaps drawn from the wellspring of our personal or collective unconscious? Jean Shinoda Bolen, a psychiatrist and Jungian analyst, embodies the curiosity and loving patience that expectantly awaits the birthing of this transformational process.

Dr. Bolen is a gentle, unassuming powerhouse. Sitting with her you feel her centered strength, tempered by the wisdom of the ages, and forged through her life’s experiences. She lives what she teaches and teaches what she lives.

Having no familiarity with her work, I was delighted to spend two hours with her as she spoke extemporaneously about her family’s journey from California to New York to avoid internment following the bombing of Pearl Harbor; her rotation through and love of obstetrics; and her involvement worldwide with women’s rights in the American Psychiatric Association. Throughout her talk, the questions, “Who are you innately?” and “Were you encouraged or not?” were asked both explicitly and implicitly, all in the name of individuation – to become the person you were meant to be.

Those who are familiar with Dr. Bolen and her writing will find this workshop to be an intimate conversation. Those less familiar with her work will be inspired by her wisdom, strength, and spirit.

Michele Weiner-Davis

Founder of The Divorce Busting Center, Boulder, Colorado
The Sex-Starved Marriage: A Practical Model for Helping Couples
Bridge the Sexual Desire Gap

Reviewed by Tobi B. Goldfus

Michele Weiner-Davis jumps in, confronting the “elephant in the room” and the “red herring,” with couples that have mismatched sexual desire -- a formula for marital disaster. And she encourages therapists to get over any discomfort they may have in discussing sexual incongruity, because in effect that may support a couples’ discomfort in addressing it.

In a lively, engaging hour of presenting her intervention model, Weiner-Davis offers several examples of real couples facing this issue. Her goal is to increase empathy in both partners, and she provides ways to end the vicious cycle of rejection, persuading each partner to take personal responsibility for breaking patterns that have contributed toward emotional and physical disconnection. Weiner-Davis leaves no stone unturned, as she creates a climate that allows each partner to be heard and supported. And concrete steps are offered to begin the healing.

Weiner-Davis explains that “rejection” by a loved one has the same effect on the brain as physical pain (MRIs show an identical pattern) and presents the 5 Love Languages (Chapman), with her own adapted exercises as a cornerstone for each partner to understand his or her own top two love languages, and to understand their partner’s top two love languages. Weiner-Davis shares what

“real giving” entails and her clear steps for “getting over” what “doesn’t feel natural” with “just do it,” breaks the patterns of rejection and builds the road back to emotional connection. She suggests by focusing on the physical relationship first, one can end the rigid rejection cycle that attributes blame to one or the other partner. Her a practical model is a valuable gift to any therapist working with a sexually mismatched couple.

Steven Hayes*

Acceptance and Commitment Therapy as a Form of Processed-Based Therapy


Reviewed by Helen Adrienne

With clarity and comity, Steven Hayes engaged his audience with an invitation to appreciate his model for navigating new territory: Acceptance and Commitment Therapy, or ACT.

The six steps of the program are designed to deal with difficult emotional stuck points, so as to prevent being at the mercy of one’s moods, thoughts, and self-judgement, all of which block the path to well-being. His method requires that if we seek to smooth intrapersonal or interpersonal relationships and forge our path, we put into action these six core principles: 1) Feel inspired to scrutinize the problem, 2) accept the attendant feelings, 3) stay present, 4) encourage self-observation, 5) clarify values, and 6) set goals. Together these core principles, which can be taught, learned, and practiced, can be a lifeline to therapists as well as patients whose rigidity makes for misery.

Hayes’ presentation demonstrated an embodiment of this model. It was clear, decisive, encouraging, and rooted in his research. It’s hard to argue with success.

A PSYCHOLOGIST AND NEUROFEEDBACK



AN ACCOUNT ON THE USE OF A TECHNOLOGICAL
TOOL IN SERVICE TO HUMAN HEALING




FELIX CARRIÓN, PHD

A Psychologist and Neurofeedback is an attempt to stoke the conversation about what a psychologist in the 21st century actually does to help people relieve their mental and behavioral disorders. It is a small text about a big topic on a set of problems that face the field after the rise of psychology in the 20th century. The author provides a straight forward discussion about what he sees as a failure of the field to assess itself, and to take stock of the value of the research and progress in neurofeedback as a treatment. This is a method that is presently ignored, if not rejected by the professional psychological institutions. This book makes a plea for change and offers an example of how the author has used his background and training in psychology to make treatment with neurofeedback effective for a variety of problems.

Felix Carrión, PhD

Felix Carrión is both an artist and a psychologist. Raised in Spanish Harlem, he earned scholarships to various programs and schools in New York and New England. He has practiced psychology in El Paso, Texas for forty years. The purpose of this book is to make a contribution to the field of psychology and move closer to brain-based psychology. The first collection of his vision is *A Psychologist and Neurofeedback*, where he steps out of the confines of academic language to speak directly to psychologists and to the community.

AVAILABLE FOR PURCHASE

FOUNDATION NEWS

Meet Our New Hires

In November of 2020, Samantha Jaros was hired as a marketing intern and in January of this year, the Foundation hired Christian Marcum as a marketing manager.

Samantha is fulfilling an internship for her education at the University of Advancing Technology (UAT). She is interested in website building and has been gaining valuable experience on the job.

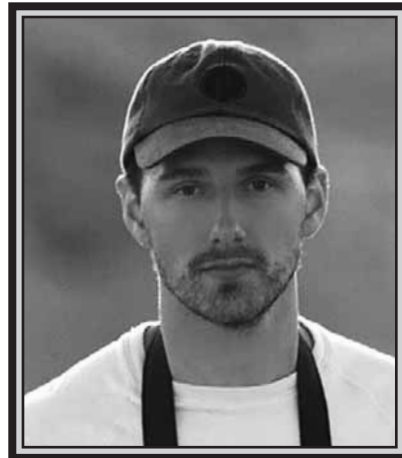
Samantha was born and raised in St. Louis, Missouri and wanted to leave the state to attend college. When she was only a sophomore in high school, she applied at UAT and was accepted. After graduating from high school, she moved to Arizona alone, however, her mother later joined her. “The Foundation promotes mental health,” she explains, “and my family has its share of mental health issues. I like being a part of an organization that personally resonates. The longer I am here, the more I learn about the Foundation, and about psychotherapy in general. I want to continue to work with the marketing team in promoting upcoming events.”



Samantha Jaros

Outside of work, Samantha is actively involved at school. She supervises club leaders at UAT, and is the club leader for Magic the Gathering, a card game at the university. She also participates in the school’s brand wars, which involves designing a logo, building a brand, and creating a brand strategy within 48 hours. In a recent competition she won first place.

Christian Marcum was raised in Prescott Arizona and has lived in Flagstaff for the last eight years where he attended Northern Arizona University studying strategic communication, advertising, and visual communications. He now lives in Scottsdale with his fiancé and two-year-old son.



Christian Marcum

After graduating from college, Christian began his career as a marketing specialist. “I have been fortunate to have worked as a director for large companies and as a consultant for small businesses,” he says. “Being new to the Phoenix area, I wanted to find a workplace that supports a work/personal life balance and has a genuine passion for making the world a better place. In my search, I found the Milton H. Erickson Foundation. The mission of the organization and leadership under Jeffery Zeig was just the icing on the cake. I can truly say that I enjoy my time here and people I work with. I hope to continue to promote Erickson’s legacy and the Foundation’s original mission with innovative marketing strategies. My goal is to strengthen the Foundation’s influence throughout the world with modern branding and design. I look forward to growing my career here at the Erickson Foundation for many years to come.”

Outside of work, Christian focuses on his family. “On top of my priorities list is being the best father and future husband I can be,” he states. Christian is an award-winning photographer who has contributed to *National Geographic* and *Arizona Highways*, as well as smaller publications and art galleries worldwide.

The Intensives: Same Valuable Program; New and Improved Format

For the past 30 years, the Intensives program has been held in Phoenix. But in response to the pandemic, the program has been recreated. The new online format has been such success and we have received so much positive feedback, that we will continue to use it for future Intensive programs.

When held in Phoenix with 20-30 students per class, many participants needed to make a considerable commitment for travel, hotels, and food. With the new format we can accommodate many more students throughout the world, and participants can save significant time and money taking classes in the comfort of their home.

The Intensives program is a unique opportunity to learn principles and applications of one of the most rapidly growing treatment models in contemporary psychotherapy. The scope of the program is comprehensive, but its incremental structure facilitates progressive learning. Participants learn Ericksonian approaches to hypnosis and psychotherapy and increase their overall communication skills.

The online format classes are divided into four levels A-D. Each class is two hours long and conducted via Zoom. Classes include lecture, practice groups, discussion, Q&A, and homework. All classes are recorded by the Erickson Foundation and participants can view the class recordings for six months after the class has ended. Class videos with an English text transcript are distributed. Each level of the Intensive Each level of the Intensive Training Program provides 16 hours of continuing education credit.

The instructors for the Intensives are Lilian Borges, Brent Geary, Wei Kai Hung, Steven Lankton, and Jeffrey Zeig.

Level D, an advanced level, begins May 5, 2021 and ends June 23, 2021 Level D requires some experience with Ericksonian hypnosis and psychotherapy. Topics addressed will be pain management, tailoring, anxiety, depression, and relationships. Classes are every Wednesday, from 10 am-12 pm, PST.

Make your reservation for Level D before April 28, 2021 and receive the Early Bird rate for \$349.50. See: www.Erickson-foundation.org

Master Therapist Continues to Teach About Grandmasters

Jeff Zeig continues to teach his online class on the masters of psychotherapy and the class was recently renamed The Grandmasters’ Approaches to Psychotherapy.

Participants will view videos of the grandmasters conducting therapy prior to class. Zeig will deconstruct the videos, identify the methods used and teach participants how to apply them in contemporary practice. Participants will learn to become more playful, powerful, and effective in their clinical work.

Classes are split into two levels – A and B. Level A begins in January and runs through June and Level B begins in July and runs through December. Each 90-minute class involves an interactive discussion regarding the signature technique of each grandmaster.

Classes are held one Friday per month, from 9:30am to 11:00am PST. The interactive portion of class will be conducted online through Zoom. Classes are recorded and made available for registrants to review for two months after the course is complete.

Continuing Education (CE) credit is available for some professions. Registrants must be licensed professionals in the health/mental health fields, or graduate students in accredited programs.

BOOK REVIEW

A Matter of Life and Death

By Irvin D. Yalom and Marilyn Yalom
Redwood Press/Stanford University
Copyright 2021
ISBN (hardcover):978-1-5036-1376-8

Reviewed by Jeffrey K. Zeig, PhD

I greatly admire Irv Yalom and I have learned a lot from his copious contributions. I met Irv in 1994 when he served as a faculty member at the first Evolution of Psychotherapy conference held in Hamburg, Germany and we have been friends ever since.

At his request, I interviewed him the keynote he gave for the virtual Evolution conference in December 2020. In our interview and in his keynote speech, Irv discussed his most recent and profound book, coauthored by his wife, Marilyn. In *A Matter of Life and Death*, the couple faces Marilyn's diagnosis of melanoma and her inevitable demise. The first part of the book is a series of chapters written separately by the authors on their respective reactions and thoughts about Marilyn's

diagnosis. The final part of the book was written after Marilyn's death, as Irv courageously shares his grief at the loss of his wife of six decades – a woman he met when the two were teenagers.

Marilyn Yalom was a brilliant and prolific feminist author, cultural historian, and scholar. She was a professor of the French language and literature at Stanford University. With her husband she had three sons and a daughter and was survived by them and eight grandchildren. Marilyn spoke at the 2017 Evolution conference.

A Matter of Death and Life is a richly textured love story, the love that can result from 60 years of a fulfilling partnership. For Irv and Marilyn, their love was a lodestar. For readers, *A Matter of Life and Death* reminds us that although death is inevitable, a meaningful life is the greatest contribution.

Through my tears, I read and reread this book of heart-piercing, honest revelations. Marilyn was Irv's compass, but without her, he is not lost. He has found his way through grief by reading his books and continuing to pursue his passion of writing.

A Matter of Death and Life looks at life and love and ultimately death and how that shapes us. It is a beacon that guides us to our best selves.

BOOK REVIEW

Using Guided Imagery and Hypnosis in Brief Therapy and Palliative Care

By Rubin Battino
Published by Routledge
New York and London
ISBN 978-0-367-53848-0
Copyright Rubin Battino

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

Rubin Battino has written a book that I wish every therapist who is serious about helping people with end-of-life concerns would read. Despite knowing Ruben Battino over the years and reviewing many of his books, I was not prepared for the impact of his most recent book. He has created a comprehensive book about psychotherapy that is far beyond a how-to book about using guided imagery and hypnosis. And it is evident that his years of experience has allowed him to provide such practical information and tips. But even more than that...this book offers insight, as seen through the unique lens Battino uses when he works with clients, which speaks to his genius.

Battino is a systemic thinker who sees data points as a cloud of interrelated information, rather than as set of lined up dominoes. And in thinking this way he is able to approach a client through multiple portals of entry that allow him to meld what may at first appear to be disparate approaches into a unified flow of intervention. And that is why he is able to cover so many apparently divergent presenting problems under the umbrella of this 237-page volume. Again, pure genius.

This book is useful at so many different levels. As a quick read, it is filled with tips and practical information for both beginning and seasoned therapists. On deeper reflection, it is possible to see interconnections between the tips and commonalities within different presenting problems. As the reader starts noticing the common themes that unfold, Battino's lens becomes clearer: He is treating human beings, not just presenting problems.

For example, the first chapter introduces the overarching scaffolding of *Expectation*, *the Placebo Effect* and *Chatting*, as its content. ("Chatting" is a term

that Battino has created which refers to his low-key, yet sophisticated method of inducing light trance while investigating the patient's abilities and preparing them for change.) And the chapter includes more than these methodologies. Within that content, he introduces the philosophical ramifications of the concepts of Disease/Cure and Illness/Heal. In the service of conducting single-session therapies, Battino presents his own unique version of the Miracle Question. The rest of the book flows seamlessly from there.

I especially appreciated that Battino provided an index, because there are so many applications in subsequent chapters. Readers can glean Battino's wisdom on preparing patients for surgery, the therapeutic alliance, case studies dealing with anxiety, self-regard, guided imagery, weight control, smoking, and a long list of others, including using "as if" as a healing factor.

Throughout the book, Battino's personal style shines through so you feel as if a wise, thoughtful, and well-informed friend is walking along with you. In the chapter, "Rumination on Turning 88," readers get even more of a glimpse into the author's personal life. Appendix B is filled with reference material and insights for therapists dealing with patients facing end-of-life issues. There's A wealth of practical information in this book, distilled in such a fashion that readers will understand what is important in the quality of living, living wills, and dying with dignity. Battino even includes a self-check with an ideomotor response. Appendix C includes Questions for People in Their Dying Time. And Appendix D: Patients Bill of Rights.

At the beginning of every chapter there is a short poem which sets the emotional stage. For example, Chapter 2 titled, "The Charlie Brown Exceptional Patient and Caregiver Group of Yellow Springs," begins with the following poem:

morning angel light
a small, irradiated cloud
we all watch and wait.

This book is a gift from a master therapist to the helping profession. It includes a lifetime of experience and insights, as well as proof that certain approaches are successful. In addition to being a therapist, Battino is a professor emeritus in chemistry at Wright State University. He has a scientist's sense of exactness and the metaphoric heart of a poet. I not only recommend this book, but I have also been talking it up to everyone I know, because it is just that good.

BOOK REVIEW

More Common Therapy The Experiential Psychotherapy of Jeffrey K. Zeig, PhD

By Robert Staffin, PsyD.
Zeig Tucker & Theisen Publishers
Phoenix AZ
ISBN: 978-1-93442-69-2
Copyright Robert Staffin 2020

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

This book is done well on many different levels. Through his own rich experience attending Jeff Zeig's master classes, Robert Staffin creates a vicarious experience which include multilevel learning. Staffin is aware of what those who take a master class in psychotherapy are seeking and he offers possibilities for meeting those needs. As he recounts his experiences and illustrates Jeff Zeig's wizardry, a smorgasbord of multilevel learning is the backdrop. Following along with

Zeig's teaching, on one level he talks about the possibilities for therapists, and on another level, the possibilities for an individual. He also explains the complexities and intricacies of Zeig's teaching, which is another level of learning.

Staffin relates how Zeig is deeply committed and kind, coupled with his broad capacity to offer therapeutic experiences that transform people's lives. Readers will sense how much Staffin admires Zeig for his gifts and capabilities.

This book can be used as a reference as well as a road map for enhanced learning. Techniques covered include paraverbal markers, compound suggestions, gestures, empowerment, credibility, setting limits, and word play, which make for a colorful pallet of possibilities.

The title of this book is a nod to Jay Haley's seminal book about Milton Erickson, *Uncommon Therapy* (1973), which put Erickson on the psychotherapy map. Staffin's book demonstrates how Zeig has carried forth the torch for more than 40 years, teaching what he learned from his mentor and friend. Even those of us who know and appreciate Zeig for his abilities will be inspired.

This 273-page book divided into four parts includes 51 chapters, an index, a bibliography, and a section called "Finding Your Way."

I not only recommend this book, but will use to teach students, and you will likely, too.

BOOK REVIEW

Enchantment and Gestalt Therapy: Partners in Exploring Life

By Erving Polster
Routledge
Copyright 2021
ISBN-10: 0367612712
ISBN-13: 978-0367612719

Reviewed by Jeffrey K. Zeig

As a gift of deep wisdom honed after years of intentional living, Erving Polster has written *Enchantment and Gestalt Therapy: Partners in Exploring Life*, a book about being aware of the present, which can provide the "steppingstones to enchantment."

Beautifully written with a poet's touch, Polster takes the Gestalt approach out of the therapy room and into ordinary life where it can be used to form more intimate relationships.

With engaging case studies and a Gestalt approach to life, Polster emphasizes how the telling of ordinary stories within a group can connect us to each other, forming a stronger, closer society.

Enchantment and Gestalt Therapy will prompt personal growth in readers and I highly recommend it for the professional as well as the layperson.

FOUNDATION NEWS

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Level B classes begin July 9, 2021 and run through December 10, 2021. The grandmasters in this level include (in order) Otto Kernberg/James Masterson; Aaron Beck/Albert Ellis; Robert and Mary Goulding; Sue Johnson/Cloé Madanes; Milton Erickson and Jeffrey Zeig. The Early Bird rate of \$249 will be honored through May 31, 2021.

To register, visit: <https://www.erickson-foundation.org/grandmasters-approach-psychotherapy-2021/>. If you have questions, please email: class.info@erickson-foundation.org.

In February of this year, Erving Poster, age 98, was featured and he joined the class. Here are some comments from registrants:

Cynthia Bojito Marrero: "It was an extraordinary opportunity meeting Dr. Polster and learning about him."

Karina S.: "This was treat."

Daniel Vattay: "Thank You Erv and Jeff! This was wonderful and very special."

Farah Tahir Saeed: "Thank you so much for such an enlightening talk."

In March, Virginia Satir was featured. Here are some comments from participants:

Patricia Bair: "I loved when Virginia said in the session, 'We are together as human beings joining our energy.'"

Reid Plum: "Jeff, you are a blessing."

Newsletter Volumes 1 - 40 Now Available in the Online Archive!

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

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

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2021		
4/18-5/8	The Art of Psychotherapy: Trauma / Online, Sundays / Jeffrey K. Zeig, Ph.D.	1.
4/22	Hypnosis Conference – Mexico (Spanish language - with translation) / Online / Invited faculty	2.
4/23-24	SCEH Midyear Clinical Workshops / Live Online / Invited faculty	3.
5/5-6/23	Intensive Training Program – Level D / Online, Wednesdays / Brent Geary, Ph.D.; Lilian Borges, MA; Stephen Lankton, LCSW; Zeig	1.
5/8	Anxiety and Depression - Mexico (Spanish language – with translation) / Online / Zeig	4.
5/14	Ericksonian Approaches to Hypnosis and Psychotherapy – China (with translation) / Online / Zeig	5.
5/15	Psychotherapy Conference - Mexico (Spanish language – with translation) / Online / Invited faculty	6.
6/5-6	Couples Conference / Online / Invited Faculty	1.
6/19-24	Therapist Development Workshop and Master Class – Austria (with translation) / Online / Zeig	7.
7/9-12/10	Grandmaster's Approach to Psychotherapy – Level B / Online, one Friday per month / Zeig	1.
8/27-29	International Master Class: Ericksonian Brief Therapy – Mexico / Online / Zeig	8.
12/1-5	Evolution of Psychotherapy / Anaheim, CA / Invited Faculty	9.

Contact Information:

- The Milton H. Erickson Foundation: 2632 E Thomas Rd, Ste 200, Phoenix, AZ 85016 6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, support@erickson-foundation.org; Web, www.erickson-foundation.org;
Art of Psychotherapy (formerly Interactive Master Class): <https://www.erickson-foundation.org/art-of-psychotherapy-trauma/>
Intensive Training Program: <https://www.erickson-foundation.org/intensive-training-online-spring-2021/>
Couples Conference: <https://www.CouplesConference.com>
Grandmaster's Approach to Psychotherapy (formerly Masters of Psychotherapy): <https://www.erickson-foundation.org/grandmasters-approach-psychotherapy-2021/>
- For information contact: Email, tere@grupocem.edu.mx
- Society for Clinical and Experimental Hypnosis (SCEH). For information: Web, <https://www.sceh.us/2021-midyear-workshops>
- For information contact: Email, Julieta.velez@anhucac.mx
- For information contact Mike Huang: Email, 1250947144@qq.com
- For information contact: Email, mayasigal@gmail.com
- For information contact: Email, c.mang@green-field.at
- For information: Email, sandra@ccipmexico.com
- Evolution of Psychotherapy Conference: www.EvolutionofPsychotherapy.com ; Email, registration@evolutionofpsychotherapy.com

Note: Due to the current global public health situation some of the above trainings may be postponed, cancelled, or modified. Please use the contact information listed for the most updated information.

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 2021 issue (mailed mid-August) is June 5, 2021. All workshop submissions are subject to approval by the Erickson Foundation.

Donations Needed for Erickson Museum



Donations are needed for the Erickson Historic Residence (museum) at 1201 East Hayward Avenue in Phoenix. Our goal is a minimum of \$15,000. All donations will be used for the future upkeep and beautification of the museum. Those who donate \$1,000 or more will receive a plaque on our donor's gate and a certificate of appreciation. We hope you will consider contributing any amount to further our mission of keeping Dr. Erickson's legacy alive.

All donations are tax exempt and the Foundation will provide a thank you letter to that effect. For those who donate \$1,000 and more, your name will be engraved on a bronze plaque and displayed on our donors' gate on the west side of the house. You will also receive a certificate of appreciation that can be framed.



Scan with camera phone
to donate

<https://www.erickson-foundation.org/donate/>



CONFERENCE NOTES

***Due to the current global health situation some of the dates and venues for the following conferences may change. Please contact each organization directly for the most updated information.**

The American Counseling Association (ACA) 2021 Conference and Expo is going virtual, April 5-30, 2021, with On-demand education options following the event. For information visit: <https://www.counseling.org/conference> or contact The American Counseling Association: Tel, 703-823-9800; Fax, 703-823-0252.

The Couples Conference Online Event will be held June 5-6, 2021, and is sponsored by The Milton H. Erickson Foundation, Inc. with organizational assistance from The Couples Institute of Menlo Park, Calif. Topics for the event include Couples Working Together, Working with Sexuality in an Online World, Polarization in Intimate and Civic Life, Love is Not Enough, Working Effectively with Issues of Desire, Couple Sensitive Individual Therapy: The interface between couples and individual therapy, Transgender and Gender affirmative couples therapy, Infidelity/Jealousy: Crisis and Repair and more. Faculty will include Ellyn Bader, William Doherty, Shawn Giammattei, Harville Hendrix, Helen LaKelly Hunt, Martha Kauppi, Terry Real, Stan Tatkin, Caroline Welch, Joseph Winn and Jeff Zeig. CE credits will be available. For information and to register go to: www.CouplesConference.com or contact the Milton Erickson Foundation: Email, support@erickson-foundaiton.org; Tel, 602-956-6196.

The 2021 Annual Conference of the National Association of Social Workers (NASW) will be held virtually June 22-24, 2021. Complete information and registration will be announced on the NASW website: <https://www.socialworkers.org/Events/NASW-Conferences> or contact NASW: 800-742-4089

The 18th SAMRM Biennial International Conference, "Bridging Worldviews: Inclusion, Partnership, and Collective Wisdom," will be held September 23-25, 2021 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. Registration to begin March 2021.

The Society for Clinical and Experimental Hypnosis (SCEH) is holding the 72nd Annual Workshops and Scientific Program: Protests, a Pandemic & Political Unrest: Hypnosis to Weather the Storm, October 13-17, 2021. The event will be held online. Registration opens Summer 2021. The conference includes Introductory, Intermediate/Skills and Advanced Clinical Hypnosis Workshops plus a Scientific Program. For information and to register: <https://www.sceh.us/2021-conference-details>

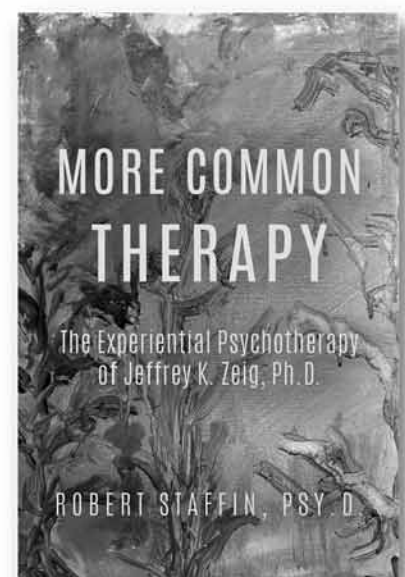
The Evolution of Psychotherapy Conference will be held December 1-5, 2021, at the Anaheim Convention Center in Anaheim, Calif. Since 1985, the Evolution of Psychotherapy conference has attracted worldwide attention as the most respected gathering of master practitioners in the field. Faculty will be announced soon and early registration is now open. For complete information including the full list of speakers when available and to register go to: www.EvolutionOfPsychotherapy.com or registration@evolutionofpsychotherapy.com or Tel, 800-766-6014.

The International Society of Hypnosis (ISH) and the Polish Milton H. Erickson Institute will hold the XXII World Congress of Medical and Clinical Hypnosis, "Cooperation in Hypnosis. Challenges and Benefits," will be held June 8-11, 2022, in Krakow, Poland. The Congress will be held at the Auditorium Maximum, the conference center of Jagiellonian University. For information visit <https://www.hypnosis2021.com/en> or Email, info@pie.pl



ROBERT STAFFIN

Dr. Staffin's debut is the result of being highly motivated to further disseminate the work of Jeffrey Zeig, to celebrate what he learned in his 17 years of study with Dr. Zeig, and to make accessible what is too often chalked up to the charisma or particularity of the teacher. Culling from the live encounters that took place in the NYC Masterclass, Dr. Staffin is meticulous in his investigation of Zeig's artistry as it comes through the actual sessions. The hope is that readers will walk away with fresh insight into this experiential way of working and inspiration for expanding their own ways.



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INTERVIEW*continued from page 9*

he said something that you really like, yet you're behaving as though it was never said?' The guy playing the hippie said, 'I don't want to hear anything good from him. I just want to hate him.' That's how polarities can go within a person. They just don't want to hear the other side.

If you think in terms of projection, what the psychoanalyst talks about, is assigning to somebody else what is true of you. That has merit and people do that without realizing it. It's much easier to handle your struggle with the other guy.

JZ: So, it's not looking at the individual parts but understanding the interweave of complementarity.

EP: Exactly. Become unified rather than disconnected within.

JZ: Gestalt is known as a group therapy. But really what you're doing is individual therapy in a group.

EP: Yes. That's an artifact of an individualistically oriented profession and society. And we really don't un-

derstand or know how to handle the fact that whatever issue is in the forefront, is not just one person's issue, it may be everybody's issue. And there's something about how you can address that reality. It transformed psychotherapy from an office procedure into a larger social instrument for exploring life itself and bringing into the picture the themes that matter to people. And this has to be integrated with the individual's specific problem. You have to have some groups where the universal problem is the central issue, rather than the individual problem. But for most people, that would be a distraction. You want to solve their problem. And they don't realize how their commonality with other people gives them a sense of worldliness, and a sense that they matter.

JZ: Let's say I was your patient in Gestalt therapy, and I'm scratching my head. Do you bring my awareness to that and increase the intensity?

EP: Well, my first question would be, 'Why is it important that you're

scratching your head?' It might be either a distraction or some new excitement. You may be scratching your head because it itches. But if you say, 'No. I just felt some impulse to scratch,' that's a response to your reflexes. It's an organically fitting thing to do. 'Does it feel good to do it?' You may say, 'I never thought about it.' 'Well think about it.'

JZ: Building on the ongoing process. Erv, you have dealt with a lot of adversity in life, death of loved ones for example. Did that become part of the ongoing process of your growth and development?

EP: The death of a loved one is not a casual experience. It stays with you for some time. When my wife died, it was a tremendous incursion into my life. But nevertheless, I walked home, breathed the air, and I continued to have a home, friends, relatives, activities, and responsibilities. But even while I was mourning and suffering, that was not all of me. I was still interested in discovering. It's a very difficult thing to deal with death, but we do

difficult things all the time.

JZ: There's a phrase that pervades Latin America: *Hay que seguir adelante*, which means there's only going forward. Erv, how are you dealing with being at the end stage of life?

EP: I don't know how to answer. I don't feel old, I feel handicapped with all kinds of vulnerabilities. I'm not frightened only because I'm old. I've been frightened before many times in my life. I flew 35 missions in WWII. Fright is not unresolvable. But if you are wedded to it, then you're missing out on the diversity of life experience.

JZ: For many people, life is overwhelming. I help them gradually realize what's important. If a client walks into my office and says hello, they already have an inkling of importance. And I feel the importance. And they feel my feeling it. And I'm listening. And they know they're being listened to. Does that help everybody? No, of course not. But it's a step in the right direction. And it's a step I've tried to foster.

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