EDITOR’S NOTES

Whose Newsletter is it? Yours. Although the Foundation has editorial powers, the Newsletter is really created from your participation. Many people get stuck with thinking, “It’s their Newsletter and my contribution isn’t wanted or welcome.” Please consider this an invitation to send me anything that you’d like to contribute.

Business Matters: Closing date for submissions to the next Newsletter (Summer, 1983) is May 19, 1983. All business and money matters should be addressed to the Foundation’s offices in Phoenix. Workshops to be announced should be accompanied by brochures to verify that minimum standards for inclusion have been met. That standard requires a minimum of a master’s degree in a clinical program (or a full-time student in a program leading to such a degree). A donation of $10.00 is requested for each announcement. Display ads are available and rates can be obtained from the Foundation’s office in Phoenix.

BILLY O’HANLON

Policy Concerning Advertisements appearing in the Milton H. Erickson Foundation Newsletter

The acceptability of an ad for publication in the newsletter is based upon legal, social, professional and ethical considerations. The general policy is as follows: The Milton H. Erickson Foundation Newsletter is published for and on behalf of its subscribers to advance hypnotherapy as a science and as a means of promoting human welfare. The Foundation, therefore, reserves the right to unilaterally reject, omit or cancel advertising which it deems not to be in the best interests of those objectives.

Advertisers are encouraged to describe the products advertised in accurate and complete manner. The Foundation reserves the right to refuse to accept ads because of omissions or inaccuracies which seem to provide misleading information. Before a workshop is listed in the newsletter, the organizer must send the editor a copy of the flyer which indicates the eligibility requirements. Only those workshops whose eligibility standards match those of the Erickson Foundation will be included in the newsletter. We ask a $10 donation for each listed workshop or training series.

BOARD OF DIRECTORS

INTERNATIONAL CONGRESS ON ERICKSONIAN APPROACHES TO HYPNOSIS AND PSYCHOTHERAPY

November 30 - December 4, 1983 — Phoenix, Arizona

LAST CHANCE to take advantage of the early registration fee. Submit your registration by March 31, 1983 and register for $150.

$225.00 for registration postmarked after March 31, 1983 but before November 9, 1983.
$100.00 for student registration postmarked before March 31, 1983.
$150.00 for student registration postmarked after March 31, 1983 but before November 9, 1983. (A certifying letter from your school or department indicating proof of full-time status as of January, 1983 is required.)
$350.00 for on-site registration if space is available.
(There will be no fee reduction for student on-site registration.)

The meeting is sponsored by the Arizona State Hospital, the Department of Psychology, Arizona State University, and the Phoenix Society of Clinical Hypnosis. The keynote speakers for the meeting are Jay Haley and Ernest Rossi. Invited addresses will be presented by Paul Watzlawick and Cloe Madanes. Members of the Erickson family will offer a special panel. The faculty of the meeting will be comprised of almost 100 people. The program is approved for AMA Category One Continuing Education Credits. Other continuing education credits will be applied for.

ELIGIBILITY

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

Register by phone: (Only if you use MasterCard or VISA) Call in all information on the registration form including your credit card number and expiration date to the Milton H. Erickson Foundation, (602) 956-6196.

Please inform your friends and colleagues about the meeting. Enclosed is a poster announcing The International Congress. Please help us to publicize the Congress by placing the poster on the bulletin board of a local hospital, clinic or training institution. We are very gratified to report that more than 375 people have already paid their registration fees to the December, 1983 meeting.
INTERNATIONAL WORKSHOPS:


"The London Workshop for Ericksonian Psychotherapists" and "Strategic Therapy Training Associates" are cospromising a spring training series in 1983 entitled "Creating a Context for Therapeutic Change." The workshops are:
1.) Oxford; March 25/26, 1983. Steve deShazer and Insoo Berg. "Brief Family Therapy: Change is Inevitable"
2.) London; April 21. Bill O'Hanlon. "Information Gathering and Assessment in Ericksonian/Strategic Therapy: Diagnosis becomes Treatment"
3.) Oxford; April 23/24. Bill O'Hanlon. "Developing Skills in Ericksonian/In-
direct Approaches to Hypnosis"

5.) Oxford; May 7/8. Bill O'Hanlon and James Wilk. "Strategic Approaches to Therapeutic Intervention: Emerging Paradigms for Brief Psychotherapy"

The Oxford Branch of the (England) Association for Family Therapy will be presenting an evening seminar with Bill O'Hanlon, M.S. on Monday, April 25, 1983. The topic will be "Clinical Epistemology and Family Therapy: Creating a Context for a Change."


Peter Nemetschek. For information, contact Bert Hellinger, Heuberstr. 26, D-8229 Ainring 1, Mitterfelden, West Germany; Tel: (06564) 8879.

The 1983 International Congress of the Israel Society of Hypnosis in Psychotherapy and Psychosomatic Medicine is being offered in collaboration with the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine in Haifa, Israel, August 28 - September 2, 1983. Lectures and introductory and advanced workshops in psychotherapy, therapy with children, dentistry, etc., will be offered. M. Kleinhaus, M.D. is the President and K. Fuchs, M.D. is the Chairman. For further information, including registration fees, travel and hotel arrangements as well as an abstract form, please write to: The Secretariat, P.O. Box 4413, Tel-Aviv 61044, Israel.

In March, 1983, Jean Godin, M.D. and Professor Clapier of Paris, France will be giving lectures on Milton Erickson's psychotherapies to doctoral level students in Psychology at the University of Nice.


Jeffrey K. Zeig, Ph.D. will be presenting two workshops in Italy June 24-26, 1983 and July 1-3, 1983. For information contact: Camillo Loriedo, M.D., Centro di Studio e Ricerche per la Psicoterapia, Viale Regina Margherita 37, Rome, Italy 00198. Telephone: 852006.

DONATIONS

Donations totaling $5,781.00 were received since the Winter 1982 Newsletter. We wish to thank the following people for their contributions:

Beryl Boch, M.S.S.W.; Neil R. Scott, M.D.; Rubin Battino, M.S.; W.S. Kelly; Arlie V. Albrecht, A.C.S.W.; Dr. Mark Jarmel; Karl Fuchs, M.D.; Naomi Schecter, Ph.D.; Shirley E. Bless; Lunsford P. Yandell; David M. Tucker, M.S.; Roxanna Erickson Klein; Bernice Tuoff, M.S.; Margot Weinshein, R.N.; M.S.W.; David Bersin, M.A.; Carmella Weinstein, Ph.D.; William I. Cohen, M.D.; Capt. T.R. Fielding; Michael K. Kohler, M.S.W.; James Waun, M.D.; Marsha Louchard, M.S.W.; Richard E. Stepp, M.S.W.; Marcha R. Ortiz, D.N.Sc.; Ellen Woods; Dr. Michael L. Masterson; Livingston Otis, D.H.S.; Carol A. May; Victoria Bruner, R.N., M.S.W.

A special thank you goes to Shirley Bliss' most generous donation. In honor of her donation her name will be inscribed on The Foundation's patron plaque.
BASIC, INTERMEDIATE & ADVANCED WORKSHOPS IN CLINICAL & SELF HYPNOSIS

As a result of several years planning and development of workshops for the professional, Associate Clinicians in Training was formed in 1978 to meet the needs of the clinical practitioner. We have since trained thousands of professionals in the use of clinical hypnosis. Our faculty has been pleased to accept invitations from universities, local and regional agencies, hospitals and professional organizations including the American Orthopsychiatric Association, The American Psychological Association, The Family Service Association of America, The National Association of Social Workers, and The Society of Clinical Social Work Psychologists.

OBJECTIVES: To develop competency in the application of hypnosis and hypnotic approaches to professional practice. PROGRAM: Theoretical and practical considerations including demonstration, supervised instruction and practice in a workshop program that averages nineteen participants. Ample time is available during discussion periods and the supervisory protocol to address the specific concerns of the participants. Workshops are designed so that participants can immediately apply their basic training with the intermediate and advanced workshops. ELIGIBILITY: Open to graduate students and professionals in the allied health and education services.

TUITION: Basic Workshop, $160.00; Intermediate and Advanced Workshops, $80.00 per day. Persons may enroll in the Basic, and/or Intermediate and/or Advanced workshops.

EARLY PAYMENT: Deduct 5% when full tuition is sent in with application postmarked at least twenty-one days in advance of workshop.

STUDENTS: Deduct 20% when application is accompanied with verification of full time status in a college or university.

GROUP DISCOUNT: Deduct 10% when three or more register at the same time; 20% when six or more register at the same time.

DEPOSIT: A $50.00 deposit will guarantee reservations.

TAX DEDUCTION: An income tax deduction is allowed for educational expenses (including tuition, travel, meals and lodging) undertaken to maintain and improve professional skills. (See Treasury Regulation 1162-5).

CANCELLATION POLICY: Deposits and fees are refundable for full in full less a $25.00 service fee when request for refund is made at least fourteen days in advance of workshop; thereafter balances will be applied to any other workshop within twelve months.

CERTIFICATE: Upon completion.

CONTINUING EDUCATION UNITS: Approved NY NASW et al.

SPECIAL PROGRAMS: We invite inquiries for basic/advanced workshops on a contractual basis to agencies, schools and hospitals. Weekly/individual/group supervision and consultation available in Nassau Co., NY and New York City.

LOCATION

Rochester, NY Holiday Inn Airport
Apr. 15, 16
Apr. 17
Apr. 18

Philadelphia, PA Holiday Inn
Apr. 22, 23
Apr. 24
Apr. 25

Univ City
Apr. 22, 23
Apr. 24
May 2

Springfield, IL Hilton
Apr. 15, 16
Apr. 23
May 1

Portland, OR Sheraton Inn
Apr. 29, 30
May 1
May 2

Jackson, MS Holiday Inn
Apr. 29, 30
May 1
May 2

Convention Crit
May 13, 14
May 14
May 15

San Antonio, TX Menger
May 13, 14
May 15
May 16

Pittsburgh, PA B/W
May 13, 14
May 15
May 16

Pittsbrugh, PA B/W
May 13, 14
May 15
May 16

Kansas City, MO Marriott
May 20, 21
May 22
May 23

Denver, CO Holiday Inn
May 20, 21
May 22
May 23

Owensboro
May 17, 18
May 19
May 20

East Hartford, CT Radisson
May 20, 21
May 22
May 23

Milwaukee, WI Marc Plaza
May 27, 28
May 29
May 30

Anchorage, AK Westward
Jun. 3, 4
Jun. 5
Jun. 6

Baltimore, MD Holiday Inn
Jun. 3, 4
Jun. 5
Jun. 6

BWI
Jun. 3, 4
Jun. 5
Jun. 6

Columbus, OH
Jun. 3, 4
Jun. 5
Jun. 6

Sheraton Plaza
Jun. 3, 4
Jun. 5
Jun. 6

Detroit, MI Special Workshop (see brochure)
Jun 20, 21
Jun 22
Jun 23

San Francisco, CA
Aug. 5, 6
Aug. 7
Aug. 8

San Francisco, CA
Aug. 12, 13
Aug. 14
Aug. 15

Miami, Fl Marco Polo
Aug. 12, 13
Aug. 14
Aug. 15

Orlando, Fl Radama
Aug. 26, 27
Aug. 28
Aug. 29

Resort (Kissimmee at Disney World)
Aug. 26, 27
Aug. 28
Aug. 29

New York City, NY
Sep. 23, 24
Sep. 25
Sep. 26

Doral Inn
Sep. 23, 24
Sep. 25
Sep. 26

Cleveland, OH Marriott
Sep. 23, 24
Sep. 25
Sep. 26

Airport
Sep. 23, 24
Sep. 25
Sep. 26

New Orleans, LA
Sep. 23, 24
Sep. 25
Sep. 26

Montepele
Sep. 23, 24
Sep. 25
Sep. 26

Dallas, TX
To be announced
To be announced
To be announced

Minneapolis, MN
To be announced
To be announced
To be announced

Spartan, WA
To be announced
To be announced
To be announced

Livingston, KY
To be announced
To be announced
To be announced

Atlanta, GA
To be announced
To be announced
To be announced

Albany, NY
To be announced
To be announced
To be announced

REGISTRATION: Application should include name, degree, address, home and office telephone, workshop location and date(s). Basic, Intermediate and Advanced Workshop outlines available upon request. Mail to: Anthony Gale, ACW, Director, American Institute in Clinical Hypnosis, 26 Cedar St., Syosset, NY 11791. (516) 384-0100.

PAID ADVERTISEMENT

Milton H. Erickson Foundation
Spring 1983 Training Programs

This is a five-session program limited to six to eight participants. The training will consist of supervision, didactic instruction, demonstration and practice. The trainer for the program is Jeffrey K. Zeig, Ph.D.

The beginning session will meet from 6:30 - 9:30 p.m. on Tuesdays, April 12, 19, 26 and May 3 & 10.

The advanced session will meet from 6:30 - 9:30 p.m. on Thursdays, April 14, 21, 28 and May 5 & 12.

The cost of the training program is $250.00 (approximately $17 per training hour). Each participant is expected to bring in a hypnotic subject (which can, but does not have to be, an actual patient) for one hour behind-the-scenes supervision session. If a patient is brought in, fees from that session will be paid directly to the therapist.

Training at the Spring Programs is open to health and mental health professionals with graduate degrees and graduate students in accredited mental health programs. (Students must supply a letter from their departments certifying their status.)

Contact The Erickson Foundation for application forms.

CALL FOR PAPERS:

The First International Congress on Multiple Personality Disorder is to be held in May, 1984 in Seattle, Washington. The steering committee, consisting of David Coloz, Steven Feldman, M.A., and Owen Clark, M.D., is interested in receiving abstracts for papers and special topic presentations. They are especially interested in contributions from Ericksonian practitioners and those with a family therapy/systems orientation. Their address and phone number is: Montlake Professional Building, 2200 24th Avenue East, Seattle, WA 98112, U.S.A. (206) 328-0910.

ERICKSON INSTITUTES

Three new Erickson Institutes have been formed: The Milton H. Erickson Society of Psychotherapy of British Columbia, Brian Pound, Suite 206, 1595 McKenzie Avenue, Victoria, BC V8N 1A4; The college of Education and Research in Clinical Hypnosis Milton Erickson, Dr. Jean Godin, 41e Rue Frederic Saulton, 75005 Paris, France; and The Milton H. Erickson Institute of Italy, Elia Cimino, M.D., Via dei Bardi 52, 50125 Firenze, Italy.

MEDIA OF INTEREST:

"Remembering Erickson" is a 50 minute color videotape of a conversation between Jay Haley and John Weakland talking about experiences with Milton H. Erickson, M.D. It can be rented for $100 for one week from the Strategic Therapy Training Center, Department VT, 4602 North Park Avenue, Chevy Chase, MD 20815.


The second issue of the newsletter from the New York Society for Ericksonian Psychotherapy and Hypnosis has been released. It includes brief articles by Steve Gilligan and Kay Thompson, as well as other articles and news. The NYSEPH will be sponsoring a memorial service for Dr. Erickson in Central Park on May 2, 1983. For information or to join the Society, contact them at 434 East 52nd Street, 6G, New York, NY 10022.
A SECOND
CHANCE...

Is now yours to hear the outstanding presentations from the seminar on Ericksonian Approaches to Hypnosis and Psychotherapy held in Dallas Texas.

The seminar was professionally recorded by InfoMedix under the auspices of the Milton H. Erickson Foundation, Inc. Take advantage of this special limited offer by ordering your tapes from the order form on the other side. Thank You.

HALF-DAY WORKSHOPS

NO. 1AB  Freedom of Choice,  
            B. Rodger, (2 tps.)  
            $18.00

NO. 2AB  The Training Process For Becoming an  
            Ericksonian Hypnotherapist, S. Gilligan (2 tps.)  
            $18.00

NO. 3AB  The Strategic Use of Trance Phenomena,  
            S. Lankton, C. Lankton (2 tps.)  
            $18.00

NO. 4AB  Introduction to Ericksonian Hypnosis,  
            J. Zeig (2 tps.)  
            $18.00

NO. 5AB  Learning To Utilize Autohypnosis,  
            K. Thompson (2 tps.)  
            $18.00

NO. 7AB  Demonstrations, S. Rosen, M. Moore, R. Pearson (2 tps.)  
            $18.00

NO. 20AB  Preparing Patients For Medical and Dental  
            Procedures M. Moore (2 tps.)  
            $18.00

NO. 21AB  The Ultradian Theory of Hypnosis,  
            E. Rossi (2 tps.)  
            $18.00

NO. 22AB  The Naturalistic Approach To Hypnosis,  
            J. Barber (2 tps.)  
            $18.00

NO. 23AB  Helping People With Pain,  
            R. Pearson (2 tps.)  
            $18.00

NO. 24AB  Erickson Annotated: Disentangling The Yarn,  
            E. Goodman, A. Griffin (2 tps.)  
            $18.00

NO. 25AB  Non-Clinical Application of Brief "Therapy",  
            R. Fisch (2 tps.)  
            $18.00

NO. 26AB  Demonstrations, K. Thompson, R. Van Dyck,  
            B. Rodger (2 tps.)  
            $18.00

NO. 27AB  Self Hypnosis For Therapists,  
            S. Rosen (2 tps.)  
            $18.00

FULL-DAY WORKSHOPS

NO. 34ABC  Ericksonian Approaches In Family Therapy,  
            J. Zeig (3 tps.)  
            $27.00

NO. 36ABCD  A Symptom-Oriented Approach to  
            Hypnotherapy, R. Van Dyck (3 tps.)  
            $36.00

NO. 37ABC  Multiple-Embedded Metaphor and Generative  
            Change, S. Lankton, C. Lankton (4 tps.)  
            $27.00

NO. 38ABCD  The Use of Paradox,  
            B. Hanlon (4 tps.)  
            $36.00

NO. 39ABC  The Management of Chronic Pain  
            J. Barber (3 tps.)  
            $27.00

NO. 40  Erickson's Professional Life, A Conversation  
            Hour With Members of the Erickson Family.  
            $8.00

DEMONSTRATIONS

NO. 11  A Fail Safe Double Bind Approach to Hypnotic  
            Inductions, E. Rossi  
            $9.00

NO. 12  A Dual Induction Using Dissociation,  
            S. Lankton, C. Lankton  
            $9.00

NO. 13  The Effective Utilization of Multilevel  
            Communication, J. Zeig  
            $9.00

NO. 31  Utilizing Hypnosis in Psychotherapy,  
            J. Barber  
            $9.00

NO. 32  Accessing Unconscious Processes,  
            S. Gilligan  
            $9.00

NO. 33  The Initial Interview in Brief Psychotherapy,  
            R. Fisch  
            $9.00

PANELS

NO. 8  Ericksonian Approaches To Induction,  
            S. Rosen, S. Lankton, C. Lankton, B. O'Hanlon  
            $9.00

NO. 9  Hypnosis & Psychotherapy  
            S. Gilligan, R. Pearson, R. Van Dyck  
            $9.00

NO. 10  Autohypnosis  
            E. Rossi, R. Rodger, K. Thompson  
            $9.00

NO. 28  Resistance,  
            R. Fisch, S. Gilligan, M. Moore  
            $9.00

NO. 29  Using Anecdotes,  
            E. Rossi, M. Moore, S. Rosen  
            $9.00

NO. 30  Pain Control,  
            J. Barber, S. Lankton, S. Gilligan  
            $9.00
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Presentations are available as individual tape copies at the rate of $9.00 per 90 minute cassette. Mail orders must include $1.00 for the first tape and $.50 for each additional tape for postage and handling charges, up to a maximum of $5.00. (Count 'A' as one tape; 'B' as second, etc.) All mail orders must be accompanied by payment in full. Please allow three to four weeks for delivery.

All InfoMedix tapes are guaranteed for one year from the date of purchase. Please return defective tapes for replacement.

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Order Form

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## UPCOMING SEMINARS/WORKSHOPS

( NOTE: The Erickson Foundation lists Seminars as a service to newsletter subscribers. We cannot attest to the quality of training provided in these workshops.)

<table>
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<th>DATE</th>
<th>TITLE/LOCATION/LEADER</th>
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<td>3/16</td>
<td>Ericksonian Therapy, Forest Park, IL, Zeig</td>
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<tr>
<td>3/18-19</td>
<td>Introduction to Hypnosis and Hypnotherapy, Baltimore, MD, Citraquam/Kohmen/King</td>
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<td>Ericksonian Psychotherapy, Berkeley, CA, Zeig</td>
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<td>Ericksonian Psychotherapy Institute, Zeig/Gilligan</td>
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<td>Medical Hypnosis &amp; Therapeutic Communication Integrating Ericksonian Approaches, Lake Tahoe, NV; Tannenbaum/Brown/Rich</td>
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<td>Advanced Ericksonian Hypnosis &amp; Therapy, Vancouver, BC; Carter/Gilligan</td>
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## REGISTRATION FORM

Second International Congress on Ericksonian Approaches to Hypnosis & Psychotherapy
Nov. 30, 1983 - Dec. 4, 1983
Phoenix, Arizona

Please note that there is a substantial discount for registrations received by March 31. Register at your earliest convenience. Interest in the meeting is high.

All checks should be in U.S. currency, drawn on an American bank and made payable to The Milton H. Erickson Foundation. Registration fees do not include the banquet, meals, lodging or transportation fees. All registrants will receive a Congress information packet including a final Congress program; workshop and hotel registration forms; and banquet and travel information. (Available in March, 1983)


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<th>CONTACT ADDRESSES FOR UPCOMING SEMINARS/WORKSHOPS</th>
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<tr>
<td>1. The Ninth Annual Francis J. Gerty Lecture Series, Riverdale Hospital, 8311 Roosevelt Rd., Forest Park, IL 60130</td>
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<td>2. Northern California Society of Clinical Hypnosis, Jessie Miller, Ph.D., 918 Hilldale Ave., Berkeley, CA 94708</td>
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<td>3. The American Orthopsychiatric Assn., 1775 Broadway, New York, NY 10019, (212) 986-5800</td>
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<td>4. Sierra Valley Health Service, (702) 329-1717</td>
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<td>5. Reid Wilson, (617) 864-9310</td>
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<td>6. Milton Erickson Institute of New Mexico, 824 Gold S.W., Albuquerque, NM 87102, (505) 242-2998</td>
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<td>7. Sheppard Pratt Hospital, Division of Professional &amp; Public Education, P.O. Box 6815, Baltimore, MD 21204, (301) 823-8200, ext. 2257</td>
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<tr>
<td>8. Carol May, 6119 East Calle del Paisano, Scottsdale, AZ 85251, (602) 941-9121</td>
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<td>9. The Louisiana Group Psychotherapy Assn., Al Vuglerie, Ph.D., 116 Oak Crest St., Lafayette, LA 70503</td>
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<td>10. Dr. Gene Waterman, P.O. Box 1106, Hot Springs, AR 71913, (501) 624-7111</td>
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<td>11. Jane Parsons, NYSEP, (212) 873-4557</td>
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<td>12. Bennett Gadev, M.D., (413) 584-6005</td>
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<td>13. Family Learning Center, (219) 232-1405</td>
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<td>14. META Institute, (619) 454-5638</td>
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<td>15. N.W. Family Training Institute, (206) 838-3689</td>
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<td>16. Jack Bloom/George Anderheggen, 23 Sherman Street, Fairfield, CT 06430, (203) 255-9600</td>
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<td>17. Pittsburgh Assn. for Hypnosis, (412) 687-1133</td>
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<td>18. Toc Carncoress, (303) 422-3344</td>
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<td>19. Marilyn Atkinson, MA, (604) 872-1185</td>
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**Pre-Congress Institute on Ericksonian Hypnotherapy**

The Erickson Foundation will offer an extended Training Institute prior to the Erickson Congress. The Institute dates are from noon Friday, November 25th to noon Tuesday, November 29th. Faculty for the Institute will include Stephen Lankton, Carol Lankton, Bill O'Hanlon, Sidney Rosen, Ernest Rossi and Robert Pearson. Beginning and advanced sessions will be offered. Foreign attendees for the Congress are especially invited to participate in the PreCongress Institute. Further information will be forthcoming in the next issue of the newsletter and in the final Congress brochure.
ERICKSON ANECDOTE

I was a graduate social work student at the University of Michigan and had my second year psychiatric placement at Wayne County General Hospital’s Psychiatric Service in 1947-48. As you probably know, this was a large training hospital with social work students, psychology trainees, psychiatric residents, etc. Many of the staff presentations, Grand Rounds, etc., were open to all of us. Most of us preferred to attend those sessions that Dr. Erickson presided over!

My fondest memory is of a day that Dr. Erickson attended one of our social work staff meetings. Our training psychiatrist was Dr. Belisle. He was fairly young and very Freudian (as were most of us those days). We all knew(!) that Dr. Belisle was not a fan of Dr. Erickson. Students always knew these things. There was a lot of misinformation about hypnosis and its therapeutic uses.

Anyway, this particular day Dr. Erickson joined in a discussion we were having about family therapy and we students were all enthusiastic about his comments. Dr. Belisle appeared somewhat annoyed about one of Dr. Erickson’s comments and challenged him. My recall is that he was challenged about the possibility of hypnotizing “the whole family” and changing their behavior. This of course led to a group discussion of such methods. Before most of us realized what was happening, he had us all place our heads on the conference table and close our eyes. In a short time, of course, none of us were able to lift our heads, including Dr. Belisle.

Naturally, all of us were excited about this experience. As I have learned more about the use of hypnosis in therapy, I have always remembered that occasion.

Blanche B. Newhall, Chief, Clinical Social Services
Martin Luther King Jr. General Hospital
Los Angeles, CA

Ongoing Training Series

An intensive 12-day supervision by Steve Gilligan will be offered May 9-12, September 13-16, October 20-23, 1983 at the Family Learning Center, 1724 Sherman Avenue, Evanston, IL 60201. The cost is $1,700.

The Problem Solving Center, 133 Coolidge Street, Brookline, MA 02146, offers ongoing training and supervision by Phillip Hill, M.D.

Steve Lankton will be doing a 6-week intensive training on Ericksonian Hypnosis and Therapy through the Grant Center Hospital, 20601 SW 157th Avenue, Miami, FL 33187. Twelve days total training; total cost is $625, payable in 3 payments. The series starts in March, 1983.

BOOK REVIEW:

THE ANSWER WITHIN: A Clinical Framework of Ericksonian Hypnotherapy
by Stephen and Carol Lankton

This book has been long awaited. The Lanktons are consistently highly rated and in demand throughout the country, and indeed the world, for their trainings and demonstrations of Ericksonian hypnosis and therapy. Steve’s first book, Practical Magic, is widely regarded as the best single book on NLP.

The Answer Within is a rich book. Rich with case examples and analyses, rich with conceptual frameworks. Rich with “laundry lists” to help organize the data. There is a lot of material packed into this volume.

In one sense, this is the first “post-Erickson” book on Ericksonian approaches. The Lanktons have not merely mimicked Erickson’s ideas or procedures, but have attempted to extend the approach and adapt it to current clinical practice. While they do offer a framework for understanding Erickson’s work, they are more concerned with making Ericksonian approaches immediately accessible and useful for clinicians.

The book is organized into various frameworks: Historical, Attitudinal, Diagnostic, Cognitive, Interpersonal, Resources and Trance Phenomena, Multiple Embedded Metaphor, Anticipation and Closure.

There is an audiotape to accompany the book, a case example of the Lankton’s treatment of “acute hysterical anxiety.”

Despite Steve’s former association with NLP, there are few references to the works of Bandler and Grinder in this book. However, their influence is apparent throughout, not only in the language and syntax — but in the content. For example, the “principles” of Ericksonian approach that they supply are almost all verbatim or restatements of the “assumptions” of NLP.

A criticism I have of the book is the overemphasis on psychodynamic processes and the use of hypnosis and metaphor. Analytic terms like “child-like narcissism,” “superego” and “internalized parent figures” are peppered throughout and seem inappropriate to me. I’m wary of notions like “unconscious treatment contract.” Also, there seems to be a sense in this book (and maybe in Ericksonians in general) that the conscious mind isn’t really worth much, and is at best to be placated and usually to be bypassed by the therapist. I guess I would like to see a more balanced approach. In fact, the Lanktons do provide some balance by discussing interpersonal and observable aspects of therapy.

The book contains many useful ideas. The most comprehensive framework is their work on multiple-embedded metaphor, which provides a structure for each session. I particularly enjoyed the short discussion on drama and suspense in metaphors. The Lanktons’ work on metaphors is the most sophisticated to date, certainly a quantum leap beyond earlier publications on metaphor.

While there is much useful information in the book, it fails to provide a comprehensive framework for all of Erickson’s work (including his strategic assignments and other “non-hypnotic metaphorical” work). With each new book I hope for a clear, concise model of Erickson’s work. Bandler and Grinder constructed a model of Erickson’s induction style in Patterns, but no one has yet done the same with his psychotherapy. Each new book adds a piece and with this volume the Lanktons provide a large single piece.

Despite my objections, it is an essential addition to any library of “Ericksonian” books. It is published by Brunner/Mazel and the pre-publication price of $25.95 is still available. The book has been selected as book of the month of the Behavioral Science Book Service, so look for it at a discount there in the near future. List price is $30.00.

The accompanying tape is listed at $10.95.

BILL O’HANLON

CAPSULE REVIEWS

by Bill O’Hanlon

“Rapid Induction Analgesia” is an audiotape by Joe Barber, Ph.D. Side A describes the technique and the research that has been done with it. Side B is a recorded induction. The quality of the tape is both sound and content is excellent. The taped induction is a fine example of the permissive, naturalistic, indirect approach that Erickson developed. A number of analogically marked interpersals are used to facilitate the achievement of pain control. The tape is available from Dr. Barber for $10 at 2714 Pico Blvd., #308, Santa Monica, CA 90405.

Reframing is the newest book by Bandler and Grinder (edited by Steve and Connirae Andreas). Despite my disbelief in NLP these days, this book impressed me. It is not about the 6-step reframing technique that NLP has touted in the past. It is mainly about the structure of reframing and special uses of the technique. As such, it has extended the work of Erickson and other strategic therapists by making new distinctions in this area. Although much more needs to be said about this technique, this book is a significant contribution and should be of interest to Ericksonians. It is available in paperback from Real People Press.
The Milton H. Erickson Foundation, Inc.

NEWSLETTER

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