NOTES FROM THE FOUNDATION

NEWSLETTER BUSINESS

Closing date for submissions to the next Newsletter is December 1, 1984. All business and money matters, including subscriptions, should be addressed to the Foundation's offices in Phoenix. Articles and informational notices should be sent to the Editor.

THE LETTERS OF MILTON H. ERICKSON

The Milton H. Erickson Foundation will publish THE LETTERS OF MILTON H. ERICKSON, M.D. (J. Zeig, Ed.). The volume will consist of five sections: historic letters (e.g. letters to Bateson and Mead); letters to colleagues; letters to students; letters to patients; and autographs in books.

If you possess any of the above materials, please send copies to the Erickson Foundation by October 15, 1984, so that they can be evaluated for inclusion.

NEW ERICKSON INSTITUTES

The Board of Directors has authorized the use of Dr. Erickson's name by five new institutes. They are:

- The Milton H. Erickson Institute of Western Australia
  60 Kings Park Road
  West Perth 6005
  West Australia 322-4206
  Contact: George W. Burns, B.A. (Hons.)

- The Milton H. Erickson Institute of Chicago
  2723 North Clark Street
  Chicago, Illinois 60614
  Contact: Philip Welch, Ph.D.

- The Milton H. Erickson Institute of San Diego
  2525 Camino Del Rio S., Suite 225
  San Diego, CA 92108
  (619) 295-1010
  Contact: Michael D. Yapo, Ph.D.

- The Richmond Ericksonian Institute
  1506 Willow Lawn Dr., Suite 200
  Richmond, VA 23230
  Contact: Robert N. Glenn, Ph.D.

- The Milton H. Erickson Institute of Colorado
  300 S. Jackson, Suite 200
  Denver, CO 80209
  Contact: Yvonne Dolan, M.A.

CONTRIBUTION TO THE ARCHIVES

Herbert S. Lustig, M.D., has donated a copy of his 16 millimeter film production of "The Artistry of Milton H. Erickson, M.D." to the Erickson Foundation Archives. His donation is appreciated.

VIDEOTAPES AVAILABLE FROM THE 1983 CONGRESS

Videotapes of demonstrations from the December, 1983 International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy are available for purchase through The Erickson Foundation. For information and order form, see page 9.

TRAINING PROGRAMS AT THE FOUNDATION

This year's training programs at the Foundation include a 4-day workshop with Stephen Lankton on "A Systems Approach to Ericksonian Hypnosis and Family Therapy." For details, see page 8.

THE TEACHING TAPES OF MILTON H. ERICKSON

The Milton H. Erickson Foundation is proud to announce that it is making available for purchase a series of audiotapes of Milton H. Erickson, M.D. Tapes selected for distribution will cover a broad assortment of topics and will concentrate on the years of Dr. Erickson's career when his voice was strong. The first issue of the series, the 1982 U.C.L.A. lectures, is described on page 2.

EULOGY: Frederick William Hanley

The Board of Directors of the Milton H. Erickson Foundation is grieved to report the recent death of Frederick William Hanley, M.D., due to complications following surgery. Dr. Hanley was a close friend of Milton Erickson. Dr. Erickson valued Dr. Hanley both personally and professionally.

Dr. Hanley served as a faculty member of the 1980 Erickson Congress. His paper for the 1983 Erickson Congress was presented in absentia due to his illness.

Dr. Hanley made significant contributions to the field of hypnotherapy. His expertise was in the areas of psychiatry, psychotherapy, and forensics. During 1973-1975, Dr. Hanley was a member of the Board of Directors of the Canadian Psychiatric Association. He had been a vice-president of the American Society of Clinical Hypnosis. He was a Life Fellow of the American Psychiatric Association.

Dr. Hanley was known as "Mr. Hypnosis" in western Canada. He was a warm and courteous man, and an astute clinician and teacher. His presence will certainly be missed. The Milton H. Erickson Foundation extends sympathy to Dr. Hanley's wife, Elaine and his other family members.

— Jeffrey K. Zeig, Ph.D.
Elizabeth M. Erickson
UPDATE ON THE ERICKSONIAN MONOGRAPHS

Stephen R. Lankton, M.S.W., is pleased to announce that Brunner/Mazel has been selected by the Board of Directors to publish The Ericksonian Monographs. The first issue is expected during the first half of 1985.

AUDIOTAPES OF
MILTON H. ERICKSON, M.D.
NOW AVAILABLE FOR PURCHASE

1952 Lecture of Milton H. Erickson, M.D. on "Control of Physiological Functions by Hypnosis" and "Hypnotic Approaches to Therapy"

For the first time, audiotape recordings of Milton H. Erickson, M.D. are available for purchase from the Milton H. Erickson Foundation Archives. A series of lectures given by Dr. Erickson at U.C.L.A. in 1952 were recorded with exceptionally high fidelity. These tapes were donated to the Archives by Marion R. Moore, M.D. from his collection. During approximately 5 hours of presentations, Dr. Erickson gives 2 lectures, reports many interesting case examples, and responds to a variety of questions from the audience. The lectures are available on four cassette tapes for $38.00, postage included.

ELIGIBILITY: These tapes may be purchased by professionals who meet the educational criteria of The Milton H. Erickson Foundation, Inc. as outlined in the Los Angeles Seminar program.

ORDERING INSTRUCTIONS: Send this order form and your remittance to The Milton H. Erickson Foundation, Inc., 3606 North 24th Street, Phoenix, AZ 85016. Allow 4 to 6 weeks for delivery. Make checks payable to The Milton H. Erickson Foundation, Inc.

(Number set contains four cassettes.
Single tape not available)

NUMBER OF SETS ORDERED

COST OF SET(S) @ $38.00 per set,
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The Milton H. Erickson Foundation is grateful to The American Journal of Clinical Hypnosis, Elizabeth Erickson, and Ernest L. Rossi, Ph.D. for granting permission to distribute the audiotape of Dr. Erickson's lectures at the 1952 UCLA symposium. The topics of "Control of Physiological Functions by Hypnosis" and "Hypnotic Approaches to Therapy" were originally written in the July, 1957 issue of The American Journal of Clinical Hypnosis and were collected in The Collected Papers of Milton H. Erickson, Vols. II and IV (E. Rossi, Ed.) respectively. Except for these lectures, the material on these audiotape has not been published previously. An edited and annotated transcript of the 1952 Los Angeles Seminars will be published in Mind/Body Connections in Hypnosis, which is Volume 3 of The Seminars, Workshops, and Lectures of Milton H. Erickson, edited by Ernest L. Rossi and Margaret G. Ryan (New York: Irvington, 1989).

To receive advance notification of The Ericksonian Monographs, write Brunner/Mazel, 19 Union Square, New York, NY 10003. You will be placed on the standing order list and receive The Monographs at reduced prices.

The theme for the first issue is "Elements and Dimensions of the Ericksonian Approach." Several authors have submitted articles and others are anticipated covering topics such as specific interventions, diagnostic tools, hypnotherapy, and family therapy. For the first issue the deadline for submissions is October 31, 1984. Manuscripts should be mailed in quintuplicate (5) to Stephen R. Lankton, P.O. Box 958, Gulf Breeze, Fla. 32561. Articles are to be in accord with guidelines in the Publication Manual of the American Psychological Association (2nd edition). An advice and information letter for prospective authors is available upon request.

The Editorial Board of The Ericksonian Monographs is now complete with the addition of Associate Editors Bill O'Hanlon, M.S.; Robert E. Pearson, M.D.; Jeffrey S. Laskin, Ph.D. and International Advisory Editors: Michael Vancura, Dipl. Psych. (Czechoslovakia); Hans-Ulrich Schachter, Dipl. Psych.; Gunther Shmidt, M.D.; and Bernhard Trenkle, Dipl. Psych. (Germany) Moris Kleinhaus, M.D. and Nachman Alon, M.A. (Israel); and Camillo Leo, M.D. (Italy).

THE ARTISTRY OF
MILTON H. ERICKSON, M.D.
and
A PRIMER OF
ERICKSONIAN PSYCHOTHERAPY
AVAILABLE ON VIDEOTAPE

THE ARTISTRY OF MILTON H. ERICKSON, M.D.

Five years before his death and after several years of collaboration with his colleague Herbert S. Lustig, the late Milton H. Erickson completed an historic project: the creation of his definitive clinical documentation. This documentation is The Artistry of Milton H. Erickson, M.D., a two-part audiovisual presentation showing Dr. Erickson conducting therapy with two patients and demonstrating his innovative combination of hypnosis and psychotherapy. The Artistry of Milton H. Erickson, M.D. was recorded in Phoenix, Arizona, at the facilities of a commercial television station. Thousands of students, clinicians, and researchers in audiences throughout the world have viewed and acclaimed it.

PART ONE — Dr. Erickson dramatically elicits many of the classical hypnotic phenomena and integrates them into the therapy.

PART TWO — Dr. Erickson powerfully utilizes the transference to impart new attitudes and concepts.

A PRIMER OF ERICKSONIAN PSYCHOTHERAPY

In 1962, as part of his invited presentation at Temple University School of Medicine's 23rd Frontiers of Psychotherapy Conference, Dr. Herbert S. Lustig was commissioned to produce a video tape explicating the psychotherapy of his mentor and friend, Dr. Milton H. Erickson. The result is A Primer of Ericksonian Psychotherapy, a program demonstrating Erickson's fundamental clinical strategy. The program introduces and explains The Mastery Model of Erickson's therapy, and then shows Dr. Erickson and Dr. Lustig illustrating The Mastery Model in therapy sessions that they each conduct. A Primer of Ericksonian Psychotherapy was recorded in professional television facilities. It provides invaluable guidance to students of Dr. Erickson's clinical genius.

VIDEO STANDARDS AND FORMATS

The video tape presentations are in color and can be viewed with both color and black and white capable videocassette players/recorders, adjusted for the NTSC standard of North American television or the PAL standard of Western European television, and are available in Beta II, VHS or U-matic videocassette formats.

Please fill out completely, enclose check or money order in U.S. funds, and mail to: Herbert S. Lustig, M.D., Box 261, Haverford, PA 19041 U.S.A.

FEE

PURCHASE

Artistry: One (58 minutes) $225
Artistry: Two (55 minutes) $225
Artistry: Set $400
Primer (32 minutes) $150
Artistry Set and Primer $475

DISTRIBUTOR:
Herbert S. Lustig, M.D., Box 261, Haverford, PA 19041, U.S.A.
215/642-5755

"There's a whole biological history of the separation of the unconscious mind—which is a convenient concept, because it describes a certain type of behavior. The biological history of the human race discloses that a great deal of human behavior never comes to conscious awareness, yet it is employed extensively to govern people."

— 1961, "Utilizing Unconscious Processes in Hypnosis"
Healing in Hypnosis, p. 65
1958
Milton H. Erickson
Hypnotic Induction

A newly discovered film of Dr. Erickson at work when he was physically at his best. Introduced by Jay Haley.

Rental: $150.00    Sale: $425.00
Format: Videotape, 3/4 inch or VHS

For information contact:
THE FAMILY THERAPY INSTITUTE OF
WASHINGTON, D.C.
5650 Hubbard Drive
Rockville, MD 20852
(301) 984-5730

NEWS OF INTEREST

Reid Wilson, Ph.D., one of our Editorial Board members for The Ericksonian Monograph, has relocated from Cambridge, Massachusetts to Chapel Hill, North Carolina. He will serve as Director of the Clinical Hypnosis Training Program, Southeast Institute and as Southern Regional Governor of the Phoenix Society of America. His new address is Route 5, Box 214A, Chapel Hill, NC 27514.

George Sargent, Ph.D., will present at the American Association of Pastoral Counselors (Pacific Region) Fall meeting at the Franciscan Renewal Center in Phoenix, Arizona on October 12-14, 1984.

Laura Macht, Ph.D., who served as a demonstration subject for Joe Barber at the 1983 Pre-Congress Institute (and worked on her struggle to complete her dissertation) is pleased to announce she completed her dissertation in April. She can be congratulated at Martinez V.A. Hospital, Psychiatry Dept., 350 Muir Rd., Martinez, CA 94953. You may remember Laura as one of the photographers at the Congress.

An unaffiliated, informal study group on Ericksonian Hypnosis and Hypnotherapy meets periodically in Los Angeles area for review of audio and video tapes, and to share and discuss problems, successes and work in progress. Professionals and graduate students in health related fields are invited to participate. Contact Ernest Lewis, M.A., 11, MFCC 13210-0 Fiji Way, Marina Del Rey, CA 90292, (213) 821-0184.

The University of Dayton Department of Counselor Education is offering a course on Ericksonian approaches this fall. It is titled "An Introduction to Uncommon Counseling Techniques" and is being taught by Thomas South, M.A.

TRAINING SERIES

For September 1984 through May 1985 the Brief Family Therapy Center (6815 W. Capitol Drive, Milwaukee, W153216, (414) 464-7775) is offering 3 training series: Advanced Training in the Ericksonian Tradition; Introduction to Ericksonian Hypnotherapy; and Skill Building in Ericksonian Hypnotherapy. The courses will be taught by James Wilk (who has recently joined the staff of BFTC after moving from England), Steve de Shazer and guest faculty, John Weakland and Bill O'Halloran.

The Northwest Family Training Institute, now in its 21st year of program offerings, has scheduled Stephen Gilligan for Introductory Training in Ericksonian Hypnosis on January 25-26, 1985, and for Advanced Training in Ericksonian Hypnosis on January 27-28. Contact Marianne Goss, P.O. Box 1786, Tacoma, WA 98401, (206) 838-3689.

"To assume that the original maladjustment must necessarily come forth again in some disturbing form is to assume that good learnings have neither intrinsic weight nor enduring qualities, and that the only persisting forces in life are the errors."
— 1954, "Special Techniques of Brief Hypnotherapy"

MEDIA NOTES

As mentioned in the last issue of the Newsletter, the April 1984 Readers Digest contained an article on self-hypnosis which mentioned the Foundation as a referral source. Over 1,700 requests for referrals were received by the Foundation and responded to by providing names from the Foundation's mailing list.

The proceedings of the Second Erickson Congress has been edited by Jeffrey K. Zeig, Ph.D., and will consist of 2 volumes (77 chapters). They are entitled Ericksonian Psychotherapy, Vol. I: Structures, Vol. II: Clinical Applications. The books will be published shortly by Brunner/Mazel Publishers, Inc., 3 Union Square, New York, NY 10003.

An article describing the use of Ericksonian hypnosis appeared in the American Journal of Clinical Hypnosis (Vol. 26, No. 3, January 1984), authored by William Nugent, Nick Carden and Daniel Montgomery. It is entitled "Utilizing the Creative Unconscious in the Treatment of Hypochondria, Phobias and Sleep Disturbances." Volume 26, No. 1, the July 1983 issue of that same journal, contains an article by J. Adrian Williams on "Ericksonian Hypnotherapy of Intractable Shoulder Pain."

The Journal of Strategic and Systemic Therapies ($21/yr.; P.O. Box 2484, Station A, London, Ontario, Canada N6A 4D7), Volume 3, No. 2, Summer 1984, has a section on "Reframing" with several articles relating to Erickson's work edited by Bill O'Halloran.

A case study by David Calof, entitled "An Exchange of Identities" in which Ericksonian hypnosis is used in marital therapy was published in The Family Therapy Networker (new address: 7703 13th St. NW, Washington, D.C. 20012, $15/yr. for individuals).

The NYSEP Newsletter Volume I, No. 4 (Feb. 1984) contained several items of interest to readers, including an interview with Virginia Satir (in which she discusses Erickson's work) and a book review by Sidney Rosen of Cooper and Erickson's Time Distortion in Hypnosis.

An article by D.W. Morgan in Portuguese on "Ericksonian Approaches Applied to Meditation" is available in English from the author. Contact address: Nanaimo Treatment Unit, Box 316, Nanaimo, British Columbia, Canada, V9R 5L3.

Todd Publications, P.O. Box 1097, Lenox Hill Station, New York, NY 10021 offers many of the Ericksonian books by mail order.

Trancework: An Introduction to Clinical Hypnosis, by Michael D. Yapko, Ph.D., is now available from Irvington Publishers and from The Milton H. Erickson Institute of San Diego.

The Indian Society for Clinical Hypnosis and Research has initiated a journal, the "Indian Journal of Clinical Hypnosis and Research." Contact the President, Dr. J.B. Athavale, 2/9 Sion Cosmopolitan Cooperative Housing Society, Plot Nos. 272/273, Sion, BOMBAY-400 022, INDIA.

Ericksonian Training in TAHITI
with
Paul Carter, Ph.D.
January 18-27, 1985

Contact: M.E.T.A.
Institute; P.O. Box 2591; La Jolla,
CA 92038;
619/454-5638

Eligibility: Mental health professionals with graduate degrees.
THE SEMINAR ON ERICKSONIAN APPROACHES TO HYPNOSIS AND PSYCHOTHERAPY

The Seminar provides a comprehensive, structured training program in Ericksonian hypnosis and psychotherapy that develops skills at the basic, intermediate, and advanced levels. The emphasis is on supervision of the participants as they practice the skills being taught. The Seminar offers a more "hands-on" rather than a "didactic" approach. Participants can expect a great deal of practicum experience and intense interaction with the trainers due to the structure of the Seminar and the relatively low student-teacher ratio.

The program is divided into three-hour segments. Each segment presents and develops a specific skill, and consists of lecture, demonstration, and small group practice sessions.

Participants will register for either the Basic, Intermediate, or Advanced Track. Switching tracks during the meeting will not be possible because registrants will be reassigned to practicum groups. Practicum groups will have a limited number of participants.

The BASIC track is designed for students who are either new to Ericksonian hypnotherapy or who want to ensure that they have good basic skills in the Ericksonian approach. The track has been designed to maximize the opportunity for supervised practice. The first hour consists of lecture and demonstration; the second two hours consist of small group practice.

The INTERMEDIATE track is designed for those who have basic knowledge and experience in Ericksonian hypnotherapy. One- and one-half hours will be devoted to lecture and demonstration and one and one-half hours will be devoted to small group practice.

The ADVANCED track has been designed for those who have extensive knowledge and practice in Ericksonian hypnotherapy. It consists of two hours of lecture, demonstration, and discussion and one hour of small group practice.

Instructors and practicum supervisors for the Seminar are: Joseph Barber, Ph.D., Norman Katz, Ph.D., Stephen Gilligan, Ph.D., Carol Lankton, M.A., Stephen Lankton, M.S.W., Herbert Lustig, M.D., Marion Moore, M.D., Bill O'Hanlon, M.S., Michele Ritterman, Ph.D., Sidney Rosen, M.D., Ernest Rossi, Ph.D., Sandra Sylveste, Ph.D., Kay Thompson, D.D.S., and Jeffrey Zeig, Ph.D.

PROGRAM OBJECTIVES

Attendees will increase their overall communication skills by learning:
1. Techniques of inducing and utilizing hypnosis from an Ericksonian perspective.
2. To use naturalistic techniques of Ericksonian hypnotherapy in clinical practice.
3. Ericksonian principles of diagnosis thereby improving observational skills.
4. The use of multilevel therapeutic communication.
5. Methods of utilizing hypnosis in specific situations encountered in the practice of medicine, dentistry, psychiatry, psychology, social work, and counselling.
to Hypnosis and Psychotherapy
1984; Los Angeles, California

SATURDAY, December 1, 1984
9:30-12:30 p.m. Basic Track: Varieties of Trance Phenomena
Stephen Gilligan, Ph.D.
Intermediate: Pain Control Panel
Marion Moore, M.D.,
Stephen R. Lankton, M.S.W., and
Sandra M. Sylvester, Ph.D.
Advanced: How to Teach Hypnosis and Self-Hypnosis
Norman W. Katz, Ph.D.
2:00-5:00 p.m. Basic Track: Metaphor—Stephen R. Lankton, M.S.W.
Intermediate: The Language of Ericksonian Hypnosis
Kay F. Thompson, D.D.S., and
Norman W. Katz, Ph.D.
Advanced: The Disturbance Technique
Jeffrey K. Zeig, Ph.D., and
Stephen Gilligan, Ph.D.
7:00-10:00 p.m. One-hour Demonstrations of Ericksonian Hypnosis and Therapy by Herbert Lustig, M.D.,
Bill O’Hanlon, M.S. and Sidney Rosen, M.D.

BOOK EXHIBIT
Brunner/Mazel, Inc. will conduct the book exhibit. Publishers and authors who would like their books sold at the meeting should contact B.L. Mazel, 19 Union Square, New York, N.Y. 10003.

SMOKING POLICY
Smoking will not be permitted in any of the meeting rooms.

HOSPITALITY EVENT
There will be a no-host reception on Thursday, November 29, 1984, from 7:00 to 8:00 p.m. All attendees are invited.

PARKING
Parking is available at the Downtown Los Angeles Hilton. A special rate of $3.50 per day is available for those who commute. Over-night guests receive a 50% discount on the regular overnight parking rate.

GROUND TRANSPORTATION
The Airport Express Bus goes from the Los Angeles Airport directly to the Downtown Los Angeles Hilton. The current rate is less than $5.00 each way.

TRAVEL INFORMATION
American Airlines has been selected as our official carrier. Information on discount travel will be sent to registrants with their letter of confirmation. Use of the seminar travel service is appreciated because it supports the Milton H. Erickson Foundation.

REFUND POLICY
Requests for refunds must be made in writing and are subject to a $25.00 administrative service charge. Full refund less the service charge will be made if the request is postmarked by November 1, 1984. No refunds will be made for requests postmarked after the refund deadline. Agencies billed should assume responsibility for payment of administrative charges if cancellations are made.

REGISTRATION
All checks should be in U.S. money and drawn on an American bank. Checks should be made payable to: The Milton H. Erickson Foundation, Inc. Potential attendees should register in advance. Are advanced registration deadline is November 1, 1984. If space is available, on-site registration may be held. However, space is limited and on-site registration may not be available. Registration confirmation will be sent by return mail prior to the Seminar. Registration material and badges will be distributed at the registration desk in the Downtown Los Angeles Hilton at the following times:
Wednesday, November 28, 1984—7:00 to 9:00 p.m.
Thursday, November 29, 1984—7:00 to 9:00 a.m.

SYLLABUS
Each registrant will receive a syllabus which contains descriptions and educational objectives for each session. A limited supply of additional copies will be available for purchase.

TAPE RECORDING
No tape recording will be permitted. Professionally reproduced audiotapes will be available for purchase. Some of the demonstrations may be professionally videotaped and made available for purchase.

SEMINAR REGISTRATION FORM

Regular registration fee: $300.00
Student registration fee: $200.00 (A letter certifying full-time status in an accredited graduate program in a mental health field must be submitted.)

This is a nonprofit endeavor for the benefit of The Milton H. Erickson Foundation. Advance registration is strongly recommended. As of September 15, 1984, there are only 100 registrations still available. Space limitations will probably preclude on-site registration. Please register at your earliest convenience.

All checks should be in U.S. money, drawn on an American bank and made payable to The Milton H. Erickson Foundation. Registration fees do not include meals, lodging, or transportation. All registrants will receive a letter of confirmation, a hotel registration form, and travel information.

Cancellation Fee: $25.00 if received in writing and postmarked by November 1, 1984. No refunds will be made after that date.

RETURN TO:
The Milton H. Erickson Foundation, Inc.
3606 North 24th Street / Phoenix, Arizona 85016 / U.S.A.
Telephone: (602) 956-6196

Please select the track you wish to be in:
[ ] BASIC [ ] INTERMEDIATE [ ] ADVANCED

Note: Changing tracks will not be possible because registrants will be pre-assigned to practice groups.

[ ] Enclosed is my registration fee $______
(Payable to: The Milton H. Erickson Foundation, Inc.)

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Account # _______ Exp. Date _______
Name: ____________________________________ Degree/Date: _______________________
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Advanced Registration Deadline: November 1, 1984
ADVANCED WORKSHOP ON HYPNOSIS & PSYCHOTHERAPY

with
Bill O'Hanlon, M.S.

October 11-13, 1984
Syracuse, New York

Presented by the Institute for the Study of Applied Behavior Analysis which is approved to sponsor workshops for continuing education credits by the American Psychological Association and the National Association of Social Workers.

Contact:
Mrs. Anne Sienkiewycz
Office of Graduate and Lifelong Learning
Box Al
State University College of Arts and Science
Potsdam, New York 13676
(315) 267-2167

THE 1985 ERICKSON FOUNDATION SEMINAR IN ITALY

The Erickson Foundation will co-sponsor a seminar on Hypnosis and Family Therapy in Rome, Italy, May 27-31, 1985. Interested professionals in the United States should write to the Foundation for information. Professionals in Europe should write to Camillo Lordeo, M.D., Centro di Studi e di Ricerche per la Psicoterapia, Viale Regina Margherita 37, Rome 00198, Italy.

ERICKSON HYPNOSIS & THERAPY

Principles and a demonstration of technique

A one-day workshop to benefit and promote the scientific and educational activities of The Milton H. Erickson Foundation and the Indianapolis Society of Clinical Hypnosis.

with STEPHEN R. LANKTON, M.S.W.
and CAROL H. LANKTON, M.S.W.

Cospoonded by:
The Milton H. Erickson Foundation, Inc.
The School of Social Work, Indiana University
The Indianapolis Society of Clinical Hypnosis, Inc.

NOVEMBER 19, 1984 • INDIANAPOLIS, INDIANA • COST $50.00

Participant eligibility is restricted

For information contact:
Lawrence R. Gindhart
The Indianapolis Society of Clinical Hypnosis
4836 Park Avenue
Indianapolis, Indiana 46205

AMA Category I, Continuing Medical Education Credits have been applied for.

CONFERENCES INTERNATIONAL

The Milton Erickson Gesellschaft fur Klinische Hypnose (Tal 18, 8000 Munchen 2, West Germany, Telephone: (089) 220224) is holding a congress on hypnosis and Ericksonian hypnotherapy October 17-20, 1984 at the University of Munich, West Germany. Special invited guests include Sidney Rosen, Jeffrey K. Zeig, and Bernauer Newton.

An International Congress on Folklore Psychotherapy, Ritual Trances and Terpsichoreantherapy will be held in Rio de Janeiro, Brazil, December 28-31, 1984. Contact David Akstein, International Association for TTT, Av. Princesa Isabel, 150 GR-204, Copacabana, Rio de Janeiro, 22.011, Brazil. The fee until October 31 is $100 (U.S.).

The 13th International Balint Meeting will be held in Ascona, Switzerland, March 28-31, 1985. For information contact: Prof. Dr. Med. Boris Luban-Ploza, Piazza Fontana Pedrazzini, 6600 Locarno (Switzerland).

The Ninth Congress of the International Society of Hypnosis will be held in Toronto, Canada, August 10-16, 1985. For information contact: 10th International Congress, 200 St. Clair Avenue West, Suite 402, Toronto, Ontario, Canada M4V 1R1.

NATIONAL


The Milton H. Erickson Institute of San Diego (2525 Camino Del Rio S., Suite 225, San Diego, CA 92108, (619) 295-1010) is sponsoring "The San Diego Conference on Hypnotic and Strategic Interventions", February 8-10, 1985. Featured presenters include Jeffrey K. Zeig, Ernest Rossi and Paul Carter. There will be a 5-day preconference workshop for those with little or no background in clinical hypnosis. The registration fee is $185.

DONATIONS

Since the last issue of the Newsletter the Erickson Foundation has received a total of $2,104.49 in donations. Heartfelt thanks to the following contributors:

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The Education Center at Shepard Pratt
UPCOMING WORKSHOPS

(NOTE: The Erickson Foundation lists workshops as a service to newsletter subscribers. We cannot attest to the quality of training provided in these workshops.) A $10.00 DONATION IS REQUESTED FOR EACH SEMINAR/WORKSHOP SUBMISSION; A BROCHURE CONTAINING ELIGIBILITY STANDARDS MUST BE SUBMITTED.

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<td>Ericksonian Hypnosis and T.A., Germany, Lounsbury/Winston</td>
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CONTACT ADDRESSES FOR UPCOMING SEMINARS/WORKSHOPS

1. Camillo Loride, M.D., Centro di Studi e di Ricerche per la Psicoterapia, Viaolo Regina Margherita 37, Rome 00198, Italy.
2. Continuing Medical Education, Alton Ochser Medical Fnd 1516 Jefferson Highway, New Orleans, LA, 70121, (504) 838-3000
3. M.E.T.A. Institute, P.O. Box 2591, LaJolla, CA 92038, (619) 454-5638
4. Medical Hypnosis Seminars (San Francisco), 1466 7th Ave., San Francisco, CA 94122, (415) 753-5968
5. Discoveries, 2235 Broadway, Denver, CO 80302, (303) 449-0798
6. Family Learning Center, (219) 232-1405
7. David Shiverick, Dept. of Psychology, SUNY, Potsdam, NY 13676, (315) 267-2017
9. Ken Perry, 377-1771
10. Jim Gerber, 256-2600
11. Beryl Bock, 927 8th Ave., Ft. Worth, TX 76104, (817) 335-4763
12. Medical Hypnosis Seminars (Los Gatos), 19845 Skyline Blvd., Los Gatos, CA 95030, (408) 354-7738
13. The Problem Solving Center, 19 Overlook Rd., Arlington, MA 02174, (617) 643-8062
15. Fran Schwartz, Grant Center Hospital, 20601 SW 157th Ave., Miami, FL 33187, (305) 251-0710
16. Esther Enterline, 144 W. 95th St., New York City, NY 10025, (212) 865-9645
17. Therapeutic Learning Center, P.O. Box 24471, Omaha, NE 68124, (402) 391-4223/426-9205
18. Annette Korner, Christian-Beher-Strasse 75a, D-7000 Stuttgart 70, Germany, Tel.: (0711) 603468
19. The Education Center at Shepard Pratt, P.O. Box 6815, Baltimore, MD 21204, (301) 823-8200, Ext. 2257
20. IEP, Drs. Jaap Hollander, Staringenstraat 1, 16511 Pl., Nijmegen, Holland, Tele: 080-230837
21. UT Soc Cl. Hyp., D. Corydon Hammond, Ph.D., 2024 Hubbard Ave., Salt Lake City, UT 84108, (801) 581-2267
22. PASH, W.I. Cohen, M.D., 315 Melwood Ave., Pittsburg, PA 15213, (412) 687-1133
EUROPEAN CONGRESS ON HYPNOSIS & PSYCHOTHERAPY & PSYCHOSOMATIC MEDICINE

The Third European Congress on Hypnosis and Psychotherapy and Psychosomatic Medicine was held May 22-27, 1984 in Abano Terme (Padova), Italy. It was organized by the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine and the Institute for Studies in Clinical Hypnosis and Psychotherapy “H. Bernheim” (Verona). Much of the success of the congress was due to the work of the congress chairman, Gualtiero Guantieri, M.D.

Eleven workshops were ably organized by workshop chairman, Peiro Roncaroli, Ph.D. Both clinical and research issues were discussed at the workshop. Workshop faculty with interest in Ericksonian approaches included Jeffrey K. Zeig, Ph.D. (U.S.A.), Basil Finer, M.D. (Sweden), Lars-Eric Unestahl, Ph.D. (Sweden), and Kay Thompson, D.D.S. (U.S.A.). Other workshop leaders included Bengt-Goran Fasth, Ph.D. (Sweden), Stanislav Kratečký, Ph.D. (Czechoslovakia), and Campbell Perry, Ph.D. (Canada).

The scientific meeting was chaired by David Waxman, L.R.C.P., M.R.C.S. (England). A keynote address was presented by Germain F. Labovitz, Ph.D. (Canada) current president of the International Society of Hypnosis. Presenting at the scientific sessions were a number of faculty who are well known among those with interest in the Ericksonian tradition including Richard Van Dyck, M.D. (Holland), Kees Hoogduin, M.D. (Holland), Simon Chiasson, M.D. (U.S.), and Camillo Lorido, M.D. (Italy).

Attendees were not only from Europe. In all there was participation by colleagues from 27 countries.

An announcement for the Fourth European Congress of Hypnosis in Psychotherapy and Psychosomatic Medicine will be featured in an upcoming issue of the Foundation's newsletter. It is hoped that more United States colleagues can attend and that those with an Ericksonian interest will offer to present their work.

—Jeffrey K. Zeig, Ph.D.

TRAINING PROGRAMS AT THE FOUNDATION

The Erickson Foundation is sponsoring two on-site training programs. Participation in these programs will be limited to Masters or Doctoral level mental health professionals and graduate students in accredited programs:

A 4-Day Workshop with Stephen R. Lankton, M.S.W. on A SYSTEMS APPROACH TO ERICKSONIAN HYPNOSIS AND FAMILY THERAPY

The workshop will run for four days, February 21-24, 1985. The focus of the workshop will be on learning how to create interventions that reorganize family structure by using paradoxes, therapeutic binds, ambiguous function assignments, and homework assignments; develop treatment plans; balance the use of the individual's inner experience with systems interventions; and how to do family therapy with only one individual in sessions.

Attendance at the workshop will be limited to 30 participants. The registration deadline is February 1, 1985.

Regular Registration Fee: $275.00
Student Registration Fee: $175.00
(a letter must be submitted certifying full-time status in an accredited program in a mental health field.)

For registrations received or postmarked on or before November 15, 1984.

Regular Registration Fee: $225.00
Student Registration Fee: $125.00

REGISTRATION FORM

Name: ____________________________
Street: ____________________________
City State Prov. Zip: ____________
Telephone: ____________________________ Degree: ____________
Lic./Cert. # ____________________________ Occupation: ____________

Registration Deadline: February 1, 1985
There will be a $25.00 cancellation fee if received in writing on or before February 1, 1985. No refunds will be made after that date.

PLEASE COMPLETE:
☐ Please find enclosed my registration fee $ ____________
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TRAINING AND CONSULTATION GROUP

John A. Moran, Ph.D. Associate Director of the Foundation, will lead an ongoing group for professionals who seek training and consultation in Ericksonian psychotherapy and strategic family therapy. Live supervision, didactic presentations and case discussions will be offered.

The group will meet the 3rd Friday of each month 11:30 a.m. to 1:30 p.m. The fee is $25.00 per meeting. For information contact the Foundation.
Videotapes Available from the Milton H. Erickson Foundation

I. Training Tapes:

   Length: 2 hours $150.00 Beta or VHS ½" (1 tape):*
   $200.00 U-Matic ¾" (2 tapes)

2. Symbolic Hypnotherapy
   Jeffrey K. Zeig, Ph.D. presents information on using symbols in psychotherapy and hypnosis. Segments of hypnotherapy conducted by Milton Erickson with the same subject on two consecutive days in 1978 are shown. Zeig discusses the microdynamics of Erickson's symbolic technique.
   Length: 2 hours, 40 minutes $200.00 Beta or VHS ½" (1 tape):*
   $275.00 U-Matic ¾" (2 tapes)

II. Professionally Produced Video Demonstrations from the 1983 Erickson Congress (1 hour):

1. Clinical Use of Trance Phenomena for Therapy and Pain Control, Stephen R. Lankton, MSW
2. Indirect Techniques of Hypnotherapy, Jeffrey K. Zeig, Ph.D.
3. Utilizing Different Parts of a Person Simultaneously, Stephen Gilligan, Ph.D.
4. Hypnotic Alteration of Pain Perception, Joseph Barber, Ph.D.
5. A Fail Safe Double Bind Induction Procedure, Ernest Rossi, Ph.D.
6. Conversational Induction with Utilization of Spontaneous Trance, Kay F. Thompson, D.D.S.

Prices: ½" Beta or VHS - $70.00 each; ¾" U-MATIC - $80.00 each.*

III. Professionally Produced Video Demonstrations from the 1981 and 1982 Seminars on Ericksonian Approaches to Hypnosis and Psychotherapy (1 hour):

FROM 1981 SEMINAR:

A. Naturalistic Approaches to Hypnosis: Utilizing Hypnosis in Pain Treatment in Psychotherapy, Joseph Barber, Ph.D.
B. Induction with Children and Adolescents, Franz Baumann, M.D.
C. The Parts Model: Demonstration of Work with Phobias and Anchors, Paul Carter, Ph.D.

FROM 1982 SEMINAR:

D. The Varieties of Ericksonian Hypnotic Suggestion, Stephen Lankton, M.S.W.
E. Ericksonian Induction Strategies, Robert Pearson, M.D.
F. Conversational Introduction to Trance, Kay Thompson, D.D.S.

G. Utilizing Hypnosis in Psychotherapy, Joseph Barber, Ph.D.
H. The Initial Interview in Brief Psychotherapy, Richard Fisch, M.D.
I. Accessing Unconscious Processes, Stephen Gilligan, Ph.D.
J. A Dual Induction Using Dissociation, Stephen Lankton, MSW, & Carol Lankton, MA
K. The Constructive Use of Hypnotic Phenomena, Marion Moore, M.D.
L. Ericksonian Induction Methods, Robert Pearson, M.D.

Prices: ½" BETA or VHS - $65.00 each; ¾" U-MATIC - $75.00 each.*

Ordering Instructions: After circling tapes desired, checking the format required to playback on your equipment, send this order form and your remittance to the Milton H. Erickson Foundation, 3606 North 24th Street, Phoenix, Arizona 85016. Make checks payable to The Milton H. Erickson Foundation.

Please add $5.00 per order for postage and handling. These programs are only available for sale to professionals.

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BASIC WORKSHOP OUTLINE DAY 1: 10:00 a.m.-5:00 p.m.
- Orientation
- Facilitating rapport
- Pacing and leading techniques
- Myth and realities of hypnosis
- Indications and contraindications
- Relaxation and stress control techniques
- Demonstration of traditional induction
- Deepening methods
- Introduction to hypnotic phenomena
- Facilitating a learning context
- Diagnostic considerations in hypnosis
- Language, imagery and trance
- Supervised practicum

BASIC WORKSHOP OUTLINE DAY 2: 9:00 a.m.-5:00 p.m.
- Ericksonian approaches to hypnosis and therapy
- Demonstration of indirect methods of induction
- Self hypnosis
- Utilization of trance
- The use of hypnosis in individual, group, marital and family therapy, including applications to such issues as smoking, weight control, pediatrics, stuttering, sexual dysfunction, phobias and ego strengthening, insomnia, pain control, drug and alcohol abuse.
- Group hypnosis
- Multi-level communication
- Supervised practicum

INTERMEDIATE WORKSHOP OUTLINE: 9:00 a.m.-4:30 p.m.
- Prerequisite: The Basic Workshop or its equivalent
- Ericksonian approaches to hypnosis continued
- The structure of the therapeutic trance
- Demonstration of non-verbal inductions
- Use of confusion techniques
- The use of symptoms in therapy
- Cognitive and behavioral approaches
- Use of bips and double bips
- Facilitating amnesia
- Managing resistance to change
- Reframing
- Supervised practicum

ADVANCED WORKSHOP OUTLINE: 9:00 a.m.-4:30 p.m.
- Prerequisite: Intermediate Workshop or equivalent
- Strategic hypnosis
- Use of hypnosis in pain control and pediatrics
- Utilization of various hypnotic phenomena such as time distortion, regression and progression
- Paradox
- Utilization of deep trance
- Metaphor as communication
- The hypnotically unresponsive person
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**Results**

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**Recommendations**

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