



The Milton H. Erickson Foundation NEWSLETTER

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SPECIAL EDITION

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SPECIAL EDITION • DECEMBER 1990 The Evolution of Psychotherapy Conference

The Milton H. Erickson Foundation Past, Present and Future

by Linda Carr McThrall

In the life of any organization are events to commemorate with an anniversary celebration.

The Milton H. Erickson Foundation was incorporated October 29, 1979, but its history began earlier. The Foundation marked its Tenth Anniversary of incorporation last year, but the roots of the organization precede the establishment of the business. The seeds were sown in 1974. A young psychologist, Jeffrey K. Zeig, Ph.D., had an inspiration: to hold a meeting to attract and provide educational material for mental health professionals throughout the world.

He described the scenario to Roxanna Erickson, his mentor's daughter, and Zeig, who in 1979 was studying with Dr. Erickson, approached his teacher with a proposal to organize an international congress on Erickson's approaches to hypnosis and psychotherapy. Zeig, one of numerous people whom Dr. Erickson taught and supervised without a fee, wanted to express his appreciation to Dr. Erickson as well as offer an opportunity for Erickson's work to be presented at an international Congress.

"I had been Dr. Erickson's student intermittently for more than six years," Zeig said. "I was grateful to him for teaching me so much. He didn't charge me for any of the time he spent with me."

"When I presented the idea about the Congress to Dr. Erickson, he did not immediately agree to the concept. In retrospect, I think he was testing my motivation to hold the meeting."

Three months later, Dr. Erickson gave his approval. Zeig, his fiancée, Sherron Peters, Dr. Erickson's wife, Elizabeth, and countless others began to work on the meeting. The Congress was scheduled for Dec. 3-7, 1980, to coincide with Dr. Erickson's 79th birthday, December 5.

Dr. Erickson was accustomed to fledgling groups. He was involved in organiz-

ing the American Society of Clinical Hypnosis. He also was founding editor-in-chief of *The American Journal of Clinical Hypnosis*, a position he held for 10 years.

The four principals, Dr. Erickson, Mrs. Erickson, Dr. Zeig and Ms. Peters, became the Board of Directors of The Erickson Foundation. As plans for the meeting pro-

ceeded, a need to incorporate developed. In October 1979, The Foundation was incorporated, and within a few months its nonprofit status was established. The organization had taken its first step toward becoming an important contributor to the field of psychotherapy.

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A Stroll Down the Newsletter Memory Lane

The Newsletter was established early in 1981 as the official vehicle for communications relevant to the functions of The Milton H. Erickson Foundation. In the first issue, appearing in the summer of 1981, Bill O'Hanlon described how *The Newsletter* came about under his editorship:

"This newsletter came about as a result of a luncheon meeting I had with Jeff Zeig. He was looking for a way to keep in touch with participants and faculty of the Erickson Congress and others who have an ongoing interest in Ericksonian approaches. Because of my previous editing experience and established interest in Ericksonian approaches, he asked me if I would edit a newsletter for the Erickson Foundation."

Starting a newsletter is no easy task. Bill got it off and running, and continued as its editor until his resignation in 1987, at which time I became *The Newsletter* editor.

The Newsletter has served well as a source of information and as a vehicle for sharing perspectives. It helps set trends, and it reflects trends. Here are some headlines and storylines from years past, and remember when . . .

1981

- Welcome to *The Erickson Foundation Newsletter* . . .
- We are actively looking for commercial property in the Phoenix area suitable to house the Foundation and Archives

[The First] Erickson Congress —
A Summary

- . . . Approximately 2,000 people attended, coming from Europe, Canada, Japan, Australia and South America, as well as from all over the United States. The meeting was the largest ever held on the

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The Milton H. Erickson Foundation Welcomes You to Anaheim



Past, Present, Future *continued*

The first year of existence was one of hard work and learning experience. Hundreds of hours were donated for the first Congress. In the beginning, there was no seed money, and a local attorney, because of his own gratitude to Dr. Erickson, charged a nominal fee to handle the incorporation.

The Board needed funds to publicize the meeting and to provide a salary to Ms. Peters, who was appointed Administrative Director of The Foundation. The other Board members took no remuneration. Volunteers provided the core of the work. Dedication to the cause was the driving motivation.

Zeig contacted Brunner/Mazel Publishers, Inc., to ask for an advance for a proposed book on the proceedings of the Congress. The publishers provided an advance, but it was not sufficient to meet expenses.

"Earlier, Jeff had videotaped some of Dr. Erickson's seminar classes," Ms. Peters said. "One of those seminars was exceptionally well done. The Board decided to transcribe the videotapes of that seminar, and the idea for the book, *A Teaching Seminar with Milton H. Erickson*, was born. Contracts for that book and the Congress proceedings were signed. Brunner/Mazel provided us with an advance sufficient to continue the project of the Congress."

The work was under way, and the small operation made do with limited funds. Foundation headquarters were two rooms in the Zeigs' home. The two rooms soon were too few, and the paperwork was expanding.

Volunteers continued to pitch in to provide the manpower to complete many of the jobs.

"Volunteers worked on all the mailings in our living room," Ms. Peters said. "Each mailing required 15 to 20 hours of long, tedious effort."

The reward for that work came in the response from professionals around the world. There were days when 50 registrations arrived in the mail.

Registrations were coming in, and the meeting planners were ecstatic about the interest in Dr. Erickson's work.

"One of the goals for the Congress was to offer Dr. Erickson the tribute of witnessing the dramatic impact of his life's work," Zeig said.

The Foundation had received more than 750 registrations when Dr. Erickson died March 25, 1980, nine months before the meeting would be held in his honor.

"Dr. Erickson had derived a great deal of personal gratification from knowing that the plans were well under way for the Congress," Mrs. Erickson said. "He was pleased that various speakers, including the keynote speakers already were lined up and so many registrations had been received."

After Dr. Erickson's death, Mrs.

Erickson, other family members and Foundation staff worked many hours notifying every speaker and registrant of his death. Numerous donations came in to the Foundation honoring Dr. Erickson's memory.

"The Erickson family's support and courage renewed our energies to continue plans for the Congress," Zeig said. "I envisioned Dr. Erickson would be the emotional center of the meeting. After his death, the Erickson family came together to encourage us to go forward with plans for the Congress. We did continue, and the meeting was extremely successful."

After Dr. Erickson died, the Board of Directors was left with a vacancy. Dr. Erickson's youngest daughter, Kristina, was asked to take her father's place on the Board. Kristina Erickson brought with her a medical degree and a strong understanding of her father's goals.

The Foundation Board moved ahead with its efforts to complete the meeting plans. However, another blow came in July, when Gregory Bateson died. He was to provide a keynote speech, along with Jay Haley. Dr. Erickson was to have been the featured speaker. The Board contacted several faculty members. The consensus was that a replacement speaker for Bateson should be found immediately.

After long deliberation, the Board decided to go outside the field of Ericksonian therapy. Carl Whitaker, M.D., was invited to present a keynote address. He accepted. Whitaker proved an excellent choice. His speech, "Hypnosis and Depth Therapy of the Family," was a masterful example of psychotherapeutic communication. It tied in well with Dr. Erickson's approach to psychotherapy.

"All of us were awed by the Congress," Zeig said. "When we saw those 2,000 attendees there, we realized the task we had undertaken. Our expectations after Dr. Erickson's and Bateson's deaths were not what actually occurred."

Not only was the Congress an educational event, it also offered an opportunity to share memories and honor the two deceased. Some faculty members told personal stories of the experiences they had with Erickson and Bateson.

"Through workshops, papers and conversation hours, the faculty presented Erickson's influence in the fields of medicine, dentistry, psychiatry, psychology, anthropology and forensics," Zeig said. "The Congress, unexpectedly being presented within the framework of a memorial meeting, provided attendees with an extraordinary blend of insights into the work, the person and the genius of Milton H. Erickson, M.D."

The success of the First Congress was a result of volunteer efforts in every respect.

"In a way, the faculty also volunteered their time and talents," Zeig said. "They agreed to come to the meeting, even though

we offered to pay only partial expenses and no honorarium. There was just a possibility that they would receive additional payment if sufficient revenues were generated."

The "charter" faculty of The Erickson Foundation provided the type of meeting envisioned by the planners. They offered new insights into the developing field of Ericksonian therapy.

At that time, the 1980 Congress was the largest meeting ever held on the topic of hypnosis. Also, it is likely it was the largest gathering to honor a person who was strictly a clinician rather than a theorist in the field of psychotherapy.

After the First Congress, The Erickson Foundation began its transformation from a vehicle for that meeting to a more permanent organization.

The First Congress created a financial base for The Foundation. The Board of Directors decided to purchase property for The Foundation offices. The first building, 3606 N. 24th Street, in Phoenix, Arizona, remains Foundation headquarters. The property originally was a home. The building was remodeled to serve as offices and a training facility for small Foundation functions. A closet was converted into an observation room with a two-way mirror. The room can seat up to eight students.

The Board was aware of the need to make Erickson's work more familiar to the mental health community. Plans for training events began to form. Future large meetings also were put on the drawing board. The primary goal of The Foundation was to continue to advance Erickson's approaches in the field of hypnosis and psychotherapy.

At the Congress it was announced that The Foundation would establish The Erickson Archives to serve as a repository of historical materials about the late Dr. Erickson, including audiotapes, videotapes, letters, autographs and historical interviews. Valuable donations of letters, books, transcripts and tapes continue to come in from contributors all over the world, enriching The Foundation's archival and educational resources.

There are numerous videotapes of work by Dr. Erickson in The Archives, as well as taped demonstrations and workshops sponsored by The Erickson Foundation. Audiotapes also are available for individual study at The Foundation.

Organization of The Archives is an ongoing task. While part of The Archives is available, steps are being taken to make all aspects readily accessible.

The Archives are a place to protect one-of-a-kind articles, such as audio- and videotapes, books and other rare Ericksonian materials.

The Archives is open to mental health professionals with a minimum of a master's degree from accredited institutions. Full-time graduate students from like programs also may use The Archives. Materials are used by appointment at The Foundation

and are not available on a lending basis.

Professionals from around the world visit The Archives throughout the year. Hundreds of hours are spent viewing videotapes, listening to audiotaped programs or reviewing printed materials.

At present, there is only limited use of the printed materials. A goal of the Board is to have The Archives become the definitive source of information on Ericksonian approaches to hypnosis and psychotherapy, as well as a place where scholars can learn about Dr. Erickson.

Shortly after the First Congress, Zeig met with a colleague, William O'Hanlon, to discuss another goal of The Foundation: to keep in touch with participants and faculty of the Congress. The Board also wanted to reach others who had expressed an interest in Ericksonian approaches to hypnosis and psychotherapy.

O'Hanlon was invited to edit a newsletter for The Foundation. The inaugural issue was published June 21, 1981, as a quarterly newsletter. It continues to be published three times a year, currently under the editorship of Michael Yapko. The purpose of the Newsletter is to promote communication among professionals interested in Ericksonian approaches to hypnotherapy.

The Newsletter has evolved and now appears in a newspaper-style format. Interviews with professionals in the field, profiles of faculty members, book and videotape reviews and other features appear regularly. *The Newsletter* also serves as a mechanism by which persons offering training in either Ericksonian methods or other psychotherapy disciplines can advertise.

Workshops, seminars and Congresses became the mainstay of The Foundation's business in the early years. In 1981, the First Seminar on Ericksonian Approaches to Hypnosis and Psychotherapy was held. The four-day clinically-oriented meeting took place in San Francisco, California. The Second Seminar was held in Dallas, Texas, in 1982.

The format provided registrants an opportunity to attend skill-development workshops with some of the faculty members from the First Congress. Attendance at the Seminar was limited to 450.

The Second International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy in 1983 was more diverse than the First Congress. There was another feature added that year: The Pre-Congress Institute. The four-day program was held the weekend prior to The Congress, and at a separate site in Phoenix. The Institute was organized by O'Hanlon, and it provided a structured training program consisting of beginning, intermediate and advanced tracks.

Unlike that First Congress, the original organizers were flanked with a paid staff, along with volunteers. The work was done out of The Foundation's offices. Along with

Memory Lane continued

subject of hypnosis. . . The Congress was a great success on all levels.

- The Seminar on Ericksonian Approaches to Hypnosis and Psychotherapy. . . offered ample proof that interest in Ericksonian approaches is growing geometrically. . .

1982

- We are proud to announce the opening of the Milton H. Erickson Foundation's new offices. . .
- . . . announcing the Erickson Foundation Seminar on Ericksonian Approaches to Hypnosis and Psychotherapy to be held December 2-5, 1982, in Dallas. . .
- The Erickson Foundation Scholarship is established with a donation from Anthony Gaito.

1983

- The second International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy was held in Phoenix. 2,100 in attendance!
- Erickson family reunion; 76 members attended, 48 of whom were direct descendants of Milton H. Erickson.

- The Family Therapy Networker devoted its September/October issue to "The Legacy of Milton Erickson."

1984

- The Milton H. Erickson Foundation established *The Erickson Monographs*, Stephen Lankton, editor.
- The Foundation expands with the purchase of a new building.
- The 1984 Seminar on Ericksonian Approaches to Hypnosis and Psychotherapy is held in Los Angeles in December.

1985

- The landmark Evolution of Psychotherapy conference is held, featuring a faculty of 27 internationally renowned experts. 7,000 attended, representing 29 countries!
- A bronze bust of Dr. Erickson is donated to the Foundation by Mrs. Elizabeth Erickson.

1986

- The Erickson Foundation organizes the "Sessions with the Masters," advanced trainings in therapy.

- The Foundation establishes two Evolution of Psychotherapy scholarships.
- The Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy is held in December in Phoenix. 1,800 attend.

1987

- "Bill O'Hanlon Resigns: Michael Yapko Named Newsletter Editor."
- Linda Carr McThrall has been named successor to Sherron S. Peters, who has resigned as administrative director of The Milton H. Erickson Foundation.
- The first newsletter interviews are published, featuring Paul Watzlawick and William Kroger.
- The Milton H. Erickson Center for Hypnosis and Psychotherapy opened. Michael Liebman is named Director of Clinical Services.

1988

- The new newsletter format — a newspaper style — is established in order to increase the number of newsworthy items.

- Interviews are published with David Cheek, Stephen Gilligan, and Virginia Satir. The interview with Satir was most ironic, as it was in press at the time of her untimely death. Also, Ernest Hilgard was profiled.

1989

- Interviews are published with André M. Weitzenhoffer, Martin E.P. Seligman, and Jay Haley. Kay Thompson and Stephen Lankton are profiled.
- **The Foundation turned 10!**

Keep your eye on the future — the best is yet to come.

— Michael D. Yapko, Ph.D.

1990

- The dates for the second Evolution of Psychotherapy Conference were announced.
- Albert Ellis, Ernest Rossi and Jeffrey K. Zeig were featured interviews.
- Bruno Bettelheim died.
- Six new Erickson Institutes were approved.

Past, Present, Future continued

a dedicated staff, there were 79 graduate student volunteers who were instrumental in making the Second Congress successful.

The tone of the Second Congress was somewhat changed. The first event was organized to honor Dr. Erickson and offer a means for professionals to teach and offer their contributions. The Second Congress was intended to broaden and advance Ericksonian methodology.

In addition to format changes to include academic, experiential and interactive events, there were keynote presentations by special guests including a panel featuring some of Dr. Erickson's children, who offered their observations of the childrearing techniques of Milton H. Erickson.

The Foundation's first training tape also was introduced at the Second Congress. Entitled "Symbolic Hypnotherapy," the videotape features a lecture on symbols and hypnosis in psychotherapy with a videotaped demonstration of hypnotherapy by Dr. Erickson with the same client over two consecutive days in 1968. Zeig interspersed commentary on Dr. Erickson's technique.

Following the Second Congress, The Foundation had revenue to purchase additional property. A small building was acquired two doors north of the original building. Soon after, the building immediately north of the headquarters was purchased. The Foundation staff expanded into two buildings. The third building was rental property and an income source.

The next event sponsored by The

Erickson Foundation was another seminar on Ericksonian approaches. The event was held in 1984 in Los Angeles. The program was clinical in nature, similar to the Dallas and San Francisco seminars.

That year, the Board decided to establish *The Ericksonian Monographs*. Stephen Lankton, MSW, was invited to be editor. Lankton performs a valuable service as editor of this excellent and scholarly publication, which appears up to three times a year.

The Ericksonian Monographs serve the educational needs of the professional community in the same way other professional journals serve other organizations. The publications provide in-depth coverage of specific aspects of Ericksonian approaches and offer a vehicle for publication of studies and articles. There are six published *Monographs* with two in press.

Throughout the first four years, in addition to the seminars and congresses, there were small workshops. These activities gave faculty members an opportunity to work closely with attendees and spend time at The Erickson Foundation.

In the early years of The Foundation, Zeig had been considering another idea for a large conference.

"The idea of the First Congress was to help establish Ericksonian therapy within the psychotherapeutic community," Zeig said. "By organizing The Evolution of Psychotherapy Conference, Ericksonian therapy could be further integrated into the mainstream."

After the 1984 Seminar, Erickson Foun-

ation staff members began working earnestly toward the fruition of The Evolution Conference. It was scheduled for December 5-11, 1985, in Phoenix. Faculty members from other therapy disciplines began accepting invitations to speak.

"By September 2, 1985, we had sold out with 7,000 registrations," Ms. Peters said. "We had to write about 3,000 others, telling them we were sold out."

The meeting created a sense of cohesiveness never before felt in the field of psychotherapy.

Tremendous amounts of work went into The Evolution of Psychotherapy Conference. A steering committee was appointed to oversee the numerous details of the event. More than 160 student volunteers assisted The Foundation staff in staging the meeting.

The Evolution of Psychotherapy Conference enabled The Foundation to give four \$2,500 academic scholarships to graduate students nationwide.

The first Evolution Conference stands as one of the outstanding achievements of The Erickson Foundation. Feature articles appeared in *Time*, *The New York Times* and *The Los Angeles Times*. A book on the meeting was published recently, and the printed proceedings from the conference are available.

The Foundation reached a turning point after The Evolution Conference. A certain maturity had been reached by the end of the organization's fifth year.

The Erickson Foundation had become one of the major organizations in the

United States providing a framework for the study of medical and therapeutic hypnosis. Two other organizations, The American Society of Clinical Hypnosis and The Society for Clinical and Experimental Hypnosis also offer educational programs to professionals. ASCH and SCEH are membership organizations, but The Erickson Foundation does not have members.

The Foundation held the Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy in 1986. The meeting again brought professionals from around the world to Phoenix for an opportunity to learn from the leading authorities on Dr. Erickson's work.

The first meeting of Erickson Institutes was held at the Third Congress. Representatives of many of 27 Institutes met with Foundation officials. The meeting was organized by Norman Katz, Ph.D., organizer of The Milton H. Erickson Institute of New Mexico and a student of Dr. Erickson.

The network of Institutes is a vital and growing body. Currently there are 40 active Institutes around the world. Other professionals have expressed interest in establishing Institutes.

The Foundation is in the early stages of coordinating the energies of these organizations. Sanctioning of Institutes began with Dr. Erickson. He granted permission to some organizations to use his name. After Dr. Erickson's death, The Erickson Foun-

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The Evolution of Psychotherapy Conference

dation assumed responsibility to authorizing the use of the Erickson name. Only those applicants who meet rigorous professional standards are granted permission.

The first Institutes meeting in 1986 provided an opportunity for The Board of Directors and Institute representatives to discuss the future enhancement of relationships among themselves and with The Foundation.

Although inter-organizational relations remain in early stages, the interest and groundwork have been furthered by the meetings held at Erickson Foundation Congresses.

The Institutes provide a referral network to which the Foundation can direct inquiries. They also independently conduct peer training workshops on Ericksonian approaches for professional colleagues. It is anticipated there will be continued development among Institutes, and with the growing number of Institutes, it is the desire of The Foundation to encourage and contribute to the networking process.

A second training tape, called "The Process of Hypnotic Induction," was introduced at the Third Congress. It also features taped demonstrations of Dr. Erickson's work in 1964 with commentary by Zeig.

After the well-received Third Congress and The Evolution Conference, The Board of Directors decided on some new directions for The Foundation. Two additional adjoining pieces of property were purchased. A fourth office building became The Milton H. Erickson Center for Hypnosis and Psychotherapy. A fifth building, a residential property, also was purchased.

A number of changes occurred at The Erickson Foundation in 1987. Ms. Peters resigned her position as Administrative Director but remained on The Board of Directors. Linda Carr McThrall succeeded Ms. Peters as Executive Director. O'Hanlon resigned as Newsletter Editor, and Michael Yapko was named the second editor of *The Newsletter*.

Ms. McThrall brought newspaper and public relations experience to the position. A graduate in journalism from Arizona State University, she joined the Foundation in 1986.

The Erickson Center for Hypnosis and Psychotherapy was established in 1987. The Center was created with two objectives: to serve as a sliding scale fee clinic where clients could get low-cost, brief, strategic hypnotherapy and family therapy, and to offer training services for professionals in the areas of therapy and counseling.

Michael S. Liebman, M.C., was appointed Director of Clinical Services at The Center.

The Center's training activities under the

auspices of The Erickson Foundation have given health professionals from around the world an opportunity to study at The Erickson Foundation and be exposed to the various facilities available. Students have come from Mexico, Iceland, Switzerland, Italy and from numerous states to participate in the Intensive Training programs. Staff members are developing techniques and workshops to provide the mental health community with a centrally located site to learn Ericksonian methods.

In 1987, The Foundation took a sabbatical from organizing large meetings. Small conferences, "Sessions with the Masters," were held throughout the year. The meetings featured speakers from The Evolution of Psychotherapy Conference.

A Fourth Congress also was conceived that year, and plans progressed for the Brief Therapy Conference, entitled, "Myths, Methods and Metaphors." The conference was held in San Francisco in December 1988. The educational objectives were to further the scope and integration of Ericksonian therapy.

In October 1988, Ms. Peters resigned from The Board of Directors, and J. Charles Theisen was invited to join The Board. Theisen, a long-time supporter of The Foundation, brought his strong business and legal background, as well as his graduate training in psychology to The Board.

Throughout its development, The Erickson Foundation's Board of Directors has donated countless hours toward accomplishing The Foundation's goals. In 1987, The Board voted to award Zeig a nominal salary. The other Board members continue to work without compensation. As director of The Foundation, Zeig works at The Foundation three days a week and spends numerous hours working on Foundation projects. He maintains a private practice and travels around the world teaching Erickson's approaches.

Dr. Kristina K. Erickson is an emergency room physician who has the rare distinction of being board certified in both family practice and emergency room medicine. In addition to her practice at a Tucson, Arizona, hospital, Dr. Erickson is married and has three young children. She continues to donate countless hours to The Foundation.

Mrs. Elizabeth Erickson also spends untold hours working on Foundation business. She lends knowledge only she can give. Her insight into the development of The Foundation is gleaned from the perspective of having lived and worked closely with Dr. Erickson.

J. Charles Theisen has been on The Board just over one year and has offered

his business and legal knowledge on numerous occasions both before and during his tenure on The Board. Theisen, a Phoenix, Arizona, businessman knew Dr. Erickson and worked with Zeig. He has a master's degree in psychology from United States International University as well as an M.B.A. in finance and economics from Arizona State University and a law degree from Stanford University.

Erickson family members, with their understanding of Dr. Erickson's philosophy, ethics and teachings, have been helpful in contributing guidance to The Foundation. The Foundation is privileged to have the close affiliation of the family as their familiarity and insight into Dr. Erickson's theories are most beneficial.

Unlike many organizational boards, The Foundation's Board interacts with the staff in numerous activities. Board members are involved in decision making and work closely with The Foundation staff in an advisory capacity.

The Brief Therapy Conference, which served as the Fourth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, attracted some 2,300 professionals from around the world. The theme provided a broad base of presentations, and attendees were exposed to different disciplines of brief therapy. The Ericksonian approach to hypnosis and psychotherapy was the strong thread throughout the meeting.

After the 1988 Congress, Foundation staff members began working toward the Tenth Anniversary Seminar, scheduled for November 2-5, 1989, in Phoenix, Arizona. The celebration marks the tenth anniversary of the incorporation of The Foundation.

The second decade of The Foundation starts with The Second Evolution of Psychotherapy Conference in Anaheim, California, December 12-16, 1990. Most of the speakers from the first Evolution Conference will be in attendance. Anaheim, an excellent convention site, will accommodate more attendees than could be housed in Phoenix in 1985.

The Future of The Foundation

In 1991, The Board of Directors will reassess directions. A move toward further development of The Erickson Center is in the offing. Among the top priorities for development will be The Erickson Archives and preserving historical materials into the next century.

Publications also are a vital part of the future of The Foundation. A book entitled, *What is Psychotherapy?: Contemporary Perspectives* (J.K. Zeig and W.M. Munion, Eds.), has been published. The book features experts who were asked to provide a

definition of their approach to psychotherapy. It follows the multi-disciplinary orientation established at The Evolution of Psychotherapy Conference.

Two additional books about Dr. Erickson also are in the works. A book of Erickson's letters, which is being edited by Brent B. Geary, M.S., and Zeig is under way. Additionally, Zeig has conducted interviews with 80 colleagues, friends and family members who knew Dr. Erickson. These interviews will be used in Erickson's professional biography, which has been family-authorized to be written by Zeig.

The large meetings have been the primary income source for The Foundation. Donations from interested persons have contributed to the support of Foundation efforts, and The Board and staff are grateful for the contributions. Royalties from most of the books go directly to The Foundation.

"We anticipate that we will continue to have a positive impact nationally and internationally in furthering ethical and professional education in the field of Ericksonian hypnosis, psychotherapy and theory," Dr. [Kristina] Erickson said. "We also want The Foundation to serve as a resource center for professionals interested in acquiring knowledge about the work of Milton Erickson."

She added The Erickson Foundation also will serve the community of mental health professionals by providing educational facilities for the development of psychotherapy, as well as serving as a counseling center for the community in general.

The first decade of The Erickson Foundation's history is full of memories.

"We expect to keep The Foundation evolving, not allowing it to become a rigid structure that merely memorializes Dr. Erickson's contribution," Zeig said. "Rather we want The Foundation's influence to grow as a part of the development of psychotherapy into the 1990s and the 21st century. Flexible creativity was the hallmark of Dr. Erickson's approach, and we intend to keep The Foundation guided along that path."

— *Contributing to this article were Elizabeth M. Erickson, Kristina K. Erickson, Roxanna Erickson Klein, Sherron S. Peters and Jeffrey K. Zeig.*

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