Brief Therapy Conference Promises Education, Entertaining Venue

The Brief Therapy Conference: Essence and Evolution, set for Dec. 8-12, 1993, in Orlando, Fla., will provide attendees with a full array of educational opportunities as well as entertainment choices.

The Conference, sponsored by The Milton H. Erickson Foundation, features 50 preeminent practitioners of brief therapy or related disciplines. The program is clinically oriented and features interactive events, including workshops, case discussion and supervision panels, topical panels, debates and demonstrations.

Keynote presentations will be held Thursday, Friday and Sunday and will feature William Masters, M.D., Cloé Madanes, Lic. Psychol., and James Masterson, M.D.

The conference is designed to provide 30 hours of continuing education credit. Participants can choose from 100 workshops over the 4½-day event.

“The difficulty will be in the choosing,” according to Jeffrey K. Zeig, Ph.D., the Director of the Erickson Foundation and organizer of the conference. “The events from which attendees can select are excellent. There is a wide variety of presentations from these exemplary faculty members. The conference offers a great opportunity to learn from the leaders in the up-and-coming field of brief psychotherapy.”

In addition to the educational program, the conference venue offers numerous entertainment ideas. Orlando is home to Walt Disney World, EPCOT Center and other Disney properties, Universal Studios, and Sea World, to name but a few.

“We hope people will bring their families and take advantage of the wonderful activities and attractions,” said Orlando.

Zeig said.

Attendance figures indicate there is great enthusiasm for the conference, and newsletter subscribers interested in attending the conference are being offered a special registration deadline extension. Newsletter subscribers can register for $365 ($265 for full-time graduate students) up until Oct. 31, 1993. The fees increase Oct. 1. Customary fees are $415 ($315 for full-time graduate students).

Foreign registrants’ fees are $265 ($165 for full-time graduate students) until Sept. 30; fees increase by $100 after that date. The special deadline also is extended until Oct. 31 for foreign registrants.

For additional information and a brochure, call, write, or fax The Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; (602) 956-6196; fax, (602) 956-0519.

Weakland, Whitaker to miss upcoming conferences

It is with sincere regret that we announce that John Weakland, M.F.C.C., and Carl Whitaker, M.D., will be unable to present at upcoming conferences sponsored by the Milton H. Erickson Foundation. Both are seriously ill.

Mr. Weakland has been a member of the Erickson Foundation faculty since its first International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy in 1980. He was scheduled to present at the Dec. 8-12, 1993, Brief Therapy Conference.

Dr. Whitaker had planned to participate in the European Evolution of Psychotherapy Conference in Hamburg, Germany. He suffered a stroke in August and is recovering in Wisconsin.

We will miss them both at these conferences and hope for speedy and full recoveries.

Herbert S. Lustig, M.D.

Interviewed by Roxanna Erickson Klein, R.N., M.S.

Background

Dr. Lustig graduated from Franklin and Marshall College in Lancaster, Pa., in 1964. He graduated from Albert Einstein College of Medicine in New York City in 1968. Upon completion of his Pediatric Internship, he took a Residency in Adult Psychiatry at the Johns Hopkins Hospital in Baltimore and additionally was trained at the Philadelphia Child Guidance Clinic under Salvador Minuchin, M.D.

Dr. Lustig co-authored Tea with Demons with Carol Allen (Win. Morrow & Co., 1985) and produced the videotape and film of Dr. Erickson, The Artistry of Milton H. Erickson, M.D. He maintains a private practice in Philadelphia, and also is a Clinical Professor of Psychiatry at Temple University, School of Medicine. Dr. Lustig regularly is invited to conduct workshops and seminars in the United States and Europe.

Editors (Eds): What influenced your decision to enter psychiatry? Dr. Lustig: Since boyhood I had planned to become a physician and a pediatrician. During my third year of medical school, I had a clerkship on the inpatient psychiatric unit and worked closely with patients there. As a result of that close contact, I came to realize that it is possible to affect the healing of a troubled mind by just using spoken words. Early in my senior year I spent continued on page 2

The Milton H. Erickson Foundation, Inc.
3606 N. 24th St.
Phoenix, Arizona 85016
U.S.A.

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In keeping with our objective of creating an expanding perspective of Ericksonian approaches to hypnosis and psychotherapy in the Newsletter, a variety of features intended to inform and stimulate further reflection will be introduced. In addition to the features "Speaking of Research" and "Introducing the Institutes" initiated in the last issue, we are adding in this issue a feature column entitled "Case Discussion." Aspects of cases that stimulate professional interest, discussion and learning will be presented.

In the review section, we are adding a "Topic Review." This feature facilitates broader examination of specific materials, including books written in series, contrasts of the clinical directions by different authors on the same subject, and multi-media approaches.

We appreciate the generous contributions of those professionals who participated in the last issue of the Newsletter and shared their knowledge and expertise. We invite readers to communicate their ideas. We encourage readers to offer their impressions of the material presented, and suggestions for future inclusions.

We plan to develop an informational network on graduate study relevant to Ericksonian approaches, and welcome related information from those who have knowledge of, or are involved in, such studies.

Our overall goal continues to be the search for clearer definition of the basic principles that form the foundation of an Ericksonian approach in psychotherapy. We aspire to provide a forum for discussion of varied perceptions of seminal issues. This approach is one path for exploring the consensual base of the fundamentals of Ericksonian approaches in present day therapy.

CORRECTIONS AND CLARIFICATIONS:

(1) The medical degree for Walter Kempler, M.D. was incorrectly omitted. Dr. Kempler of Costa Mesa, CA, is one of the faculty members for the upcoming Brief Therapy Conference.

(2) In the last issue of the Newsletter, we invited Erika Fromm, Ph.D., to write a review of The Evolution of Psychotherapy: The Second Conference, specifying, however, that we ourselves wanted to review the chapters that related to the work of Milton Erickson. Dr. Fromm graciously consented to this division of labor. Our comments on Ericksonian Approaches were printed adjacent to Dr. Fromm's review but without adequately explaining to the readers why Dr. Fromm did not include the Ericksonian papers in her comprehensive review. It was at our request.

Newsletter Business

The Newsletter is published three times per year. Contributions are welcome. Please contact the editors, The Newsletter appears in late September, late February and late May.

Advertising copy should be sent to the Erickson Foundation. Other materials, including articles, reviews, training announcements, comments and suggestions should be sent to Co-Editors, Betty Alice Erickson, M.S., L.P.C., and Roxanna Erickson Klein, R.N., M.S., 3516 Euclid, Dallas, TX 75205.

Interview continued

most of my time sitting in my rocking chair and reading, deciding whether psychiatry had any redeeming practical value or whether it was too theoretical for me. I finally decided that psychiatry could become my specialty if I could find training that was outcome-oriented. At medical school I had a mentor, Dr. Herbert Birch, who was doing brilliant research in the phenomenology of child development. He expressed support for my decision and also recommended that I study child psychiatry in Dr. Minuchin's program.

Eds: How did you become acquainted with the work of Dr. Erickson?

Dr. Lustig: While I was in training at the Philadelphia Child Guidance Clinic from 1971 to 1973, Dr. Erickson's work was regarded as a "model" of strategic psychotherapy by some of the psychiatrists who taught us, and by Jay Haley who was on staff there.

After I completed my Child Psychiatry Fellowship and opened my office, I enrolled in locally sponsored hypnosis courses. Part of the curriculum was an unofficially designated "Milton Erickson Day." Dr. Kay Thompson, Jay Haley and Dr. Alexander Yalom each discussed Dr. Erickson. However, each lecturer's "Dr. Erickson" was very different from the others.

I realized the only way for me to truly know the work of Dr. Erickson was to meet and observe him. I obtained his telephone number from information operator, and was surprised when he personally answered the call. I explained that I had attended a hypnosis course, and three different people had presented three different perspectives of who he was, and I would like to come and study with him for a week or two. He asked about my credentials and said "All right" in his famous way. We agreed upon a couple of weeks in the fall of 1973.

Eds: The film The Artistry of Milton H. Erickson is one of the closest bonds of friendship with Dr. Erickson that he had. How did this come about?

Dr. Lustig: As my efforts to create Artistry expanded, Milton came to trust the sincerity of my intentions. The mutual respect and cooperation we developed led to our friendship. I became a loyal member of the extended Erickson family and was treated as a sibling by his children. I visited Milton every year for one or two weeks, to study with him, to learn from him, to do therapy together, and each to talk about topics that neither of us felt comfortable discussing with others.

Eds: Erickson was known for his ability to learn from those around him. Do you have any ideas what specifically he learned from you, as a unique individual?

Dr. Lustig: I don't know exactly what Milton learned from me. His agreeing to be videotaped by me certainly was

continued on page 14
"Tracking Ericksonian Methods"
The 15th Anniversary of the Milton H. Erickson Foundation
The Sixth International Congress on
Ericksonian Approaches to Hypnosis and Psychotherapy
December 6-11, 1994 — Los Angeles, Calif.

— PRESENTATION COVER SHEET —

1) Individual submitting proposal: (All correspondence will be sent to this address.)

Name ____________________________ Degree ____________________________

University ____________________________ Major ____________________________

Address ________________________________________________________________

City/State/ZIP/Country ____________________________ Telephone (Day) ____________________________

(Night) ____________________________

2) Names, Addresses and Degrees of copresenters (if any): ____________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

NOTE: All presenters must meet the Erickson Foundation’s academic requirements of a master’s degree or above from an accredited institution in a health-related field. Full-time graduate students enrolled in accredited programs also may present. Graduate students must submit a letter on letterhead stationery from their department certifying full-time student status.

3) Title of Presentation: ____________________________________________________________

4) The presentation is submitted as a:

   a. Short Course (one hour and 30 minutes)

   b. Symposium (one hour and 30 minutes; 3-4 speakers discussing a single topic)

NOTE: Only one presentation (short course or symposium) will be accepted for any prospective faculty member submitting a proposal.

5) Audiovisual equipment required:

   □ 35mm slide projector

   □ Overhead (transparency) projector

NOTE: Any other audiovisual equipment must have special approval prior to the Congress.

Enclosure checklist: (SEND FIVE COPIES OF EACH) Attach this cover sheet to only one copy. The other copies should contain only the title because the review process will be blind.

   □ 200 word presentation summary

   □ 75 word abstract (for publication in the program and syllabus)

   □ Educational objectives (minimum of two objectives). In your objectives, indicate what participants will have learned at the end of the presentation. Be specific, e.g.: 1) To list three principles of hypnotic induction; 2) To identify three techniques of hypnotic pain control.

   □ Curriculum vitae of all presenters. (Two copies only.)

If my proposal is accepted and placed in the program, I will be present at the Congress.

Signature ____________________________ Date ____________

Proposals must be postmarked by January 2, 1994. Acceptance or rejection will be sent by March 18, 1994.

Mail proposals to: The Milton H. Erickson Foundation
1994 Congress Committee
3606 N. 24th Street
Phoenix, AZ 85016-6500 USA
UPCOMING TRAINING

(Note: The Erickson Foundation lists workshops as a service to its Newsletter readers. We cannot attest to the quality of training provided in these workshops.) A $30 fee is required for each workshop submission.

DATE TITLE/LOCATION/LEADER CONTACT

1993
9/10-12 Treatment of Sexual Abuse and Other Traumas: An Ericksonian Perspective; Montreà, Quebec, CANADA; Yvonne Dolan.............1
9/13-17 Ericksonian Principles of Hypnosis and Brief Psychotherapy; Tenby, Pembrokehire, WALES; Brent Geary..............................2
9/15-16 Ericksonian Hypnosis and Psychotherapy, Sofia, BULGARIA; Jeffrey K. Zeig ................................................................. 3
9/16-19 Semi-Traditional Clinical Hypnotism; Quebec City, Quebec, CANADA; Gaetan Nadeau and Andre Weiznhofer ........... 1
9/19-21 Therapist Growth and Development; Vienna, AUSTRIA; Zeig ..................4
9/20-24 Ericksonian Principles of Hypnosis and Brief Psychotherapy; Tenby, Pembrokehire, WALES; Geary ........................................2
9/23-25 Ericksonian Psychotherapy; Rome, ITALY; Zeig ..................................................5
9/28-10/3 Ericksonian Psychotherapy; Rottweil, GERMANY; Zeig and Geary ..................6
10/1-3 Reflecting Observations: Constructing the Psychotherapy of Future Today; New York City, NY; Faculty .................................... 7
10/2-7 9th Annual Hypnotherapy Training Program: Integrating Ericksonian Applications into Clinical Practice — Introductory/Intermediate; Somerset, NJ; Harriett Holland ......................................8
10/8-10, 11/5-7 Weekend Intensive Training (Intermediate); Phoenix, AZ; Geary .................................................................9
10/14-17 American Academy of Pain Management Annual Meeting; Knoxville, TN; Faculty .........................................................10
10/15 Psychological Reality and Historical Truth in Sexual Abuse; Somerset, NJ; Faculty ...........................................................11
10/15-16 Relationship Trances: Ericksonian Utilization Approaches to Couples Therapy; New York City, NY; Geary and Mary Sant'Eufemia ..............................................................12
10/18-23 Phoenix Intensive Training (Fundamental); Phoenix, AZ; Geary .......................13
10/19 to Integrating Ericksonian Approaches into Classical Practice; Piscataway, NJ; Holland ........................................................14
10/23-24 Personal Growth and Development of the Therapist; La Jolla, CA; Zeig ........15
10/25-30 Phoenix Intensive Training (Intermediate); Phoenix, AZ; Geary .............................16
10/27-29 Fundamentals of Ericksonian Psychotherapy; Sao Paulo, BRAZIL; Zeig .................17
10/31-11/4 Intermediate Level — Ericksonian Psychotherapy; Sao Paulo, BRAZIL; Zeig ................18
11/1 Romantic Sexuality and the Individuation Process; Somerset, NJ; Enid Campbell, Ph.D., and Holland ..........................19
11/1-14 The Healing of Trauma; An Ericksonian Perspective; Montreal, Quebec, CANADA; Stephen Gilligan, Ph.D. ................20
11/13-14 Ericksonian Psychotherapy; Guadalajara, MEXICO; Zeig ..............................21
11/13-14 Utilizing Classical Hypnotic Phenomena in Ericksonian Psychotherapy; Naples, ITALY; Geary ................................................22
11/19-20 The Utilization Approach in Ericksonian Hypnosis; Rome, ITALY; Geary ..................23
12/8-12 Brief Therapy: Essence and Evolution; Orlando, FL; Faculty ..............................24

Conference Announcements

The 13th International Congress of Hypnosis is scheduled for August 6-12, 1994, at the World Congress Centre in Melbourne, Australia. A post-Congress Satellite Meeting, the 1994 Asia-Pacific Congress of Hypnosis will be held August 15-17, 1994, in Cairns, North Queensland, Australia.

For information, write Dr. Ifra Ayallon, P.O. Box 76, Tivon, Israel 36100.

The National Institute for the Clinical Application of Behavioral Medicine is sponsoring the Fifth International Psychology of Health Innuemoney and Disease Conference, December 8-11, 1993, in Hilton Head, S.C.

For more information, write NICABM, P.O. Box 523, Mansfield Center, CT 06250.


For registration information, call or write Paul Lounsbury, 161 W. 61st St., New York, NY 10023; (212) 581-0063; fax (212) 662-1480.
Foundation Faculty Notes
Sandra Sylvestre, Ph.D., is conducting a workshop in Bern, Switzerland March 17-20, 1994. For information write Dr. med. Chr. Ziegler, Obere Hauptgasse 74, 3600 Thun, Switzerland.

Stephen Lankton, M.S.W., D.A.H.B., recently was certified by the American Society of Clinical Hypnosis as an approved consultant.

Rodger Kessler, Ph.D. recently was selected by the Office of Alternative Medicine at the National Institutes of Health to be a reviewer for research grant applications coming out of that office. As a participant in the Mind/Body Panel, Dr. Kessler engaged in reviews of areas including psychoneurology, hypnosis, guided visualizations and imagery, therapeutic/healing touch, and faith healing/spirituality.

The purpose of the Office of Alternative Medicine is to encourage the investigation of alternative medical practices, with the ultimate goal of integrating validated alternative medical practices with conventional medical practice.

THE 5TH INTERNATIONAL PSYCHOLOGY OF HEALTH, IMMUNITY AND DISEASE CONFERENCE
Sponsored by
The National Institute for the Clinical Application of Behavioral Medicine
December 6-12, 1993
Hilton Head, South Carolina

Featuring: Larry LeShan, Bernie Siegel, Jeanne Achterberg, Christiane Northrup, Ernest Rossi, John Upledger, Diane Ulmer, Michael Samuels, Beverly Rubik, John Upledger, and many others!

Emphasis will be on hands-on training and practitioner-oriented techniques for mind/body medicine

For more information, please contact:
NICABM
Box 523, Mansfield Center, CT 06250
1-800-743-2226
(PAID ADVERTISEMENT)

A fascinating videotape by Jay Haley and Madeleine Richeport...

MILTON H. ERICKSON, M.D.
Explorer in Hypnosis and Therapy
A Documentary Videotape

As a brilliant pioneer in the fields of hypnotherapy and psychotherapy, Milton Erickson is viewed by many as an innovator in the same class as Sigmund Freud and Harry Stack Sullivan. This compelling 60-minute documentary videotape shows why.

Narrated by Jay Haley, this presentation offers an intimate and far-reaching portrait of this remarkable individual's life and work. You'll learn how Erickson overcame numerous adversities early in his life — dyslexia, complete paralysis from polio at age 17, and chronic pain — and how these events formed the genesis of his development as an innovator in hypnosis and therapy. You'll see how Erickson met, and often overcame, his life's substantial roadblocks with extraordinary creativity, determination, and courage. This is a man who, after paralysis from polio, took a 1,000 mile solo canoe trip to exercise his crippled body. When he began, no one could not walk or carry his boat. When the journey was over, he could swim a mile, and walk again.

Featuring abundant footage of Erickson during interviews and therapeutic sessions, much of which has never been previously released, you'll learn more about the man and his work through fascinating interviews with such noted authorities as Joseph Barber, Steve Gilligan, Jay Haley, Carl Hammerschlag, Carol Lankton, Stephen Lankton, Herbert Lustig, Ernest Rossi, John Weakland, and Jeffrey Zeig, as well as family members and patients. These interviews demonstrate the respect in which he was held and the profound influence he exerted over the lives of those he touched.

This inspiring portrait of one of the most humane therapists of our time will enrich the lives of all viewers, from mental health practitioners and students of all schools of psychotherapy to anyone interested in the extraordinary potential of the human spirit.

ABOUT THE FILMMAKERS
Jay Haley studied with Dr. Milton Erickson for 17 years, and has passed Erickson's teachings to his own students. He is a major editor of Erickson's works and has authored many books about him. One of the founders of family therapy, Mr. Haley is widely acclaimed as a teacher and author whose prolific work has influenced generations of therapists. Madeleine Richeport is a noted filmmaker whose work is based on her research in Brazil and the Caribbean. In addition to being a personal friend, Erickson guided her trance investigations for 10 years.

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BRUNNER/MAZEL Publishers 19 Union Square West, Dept. E19, New York, NY 10003
(PAID ADVERTISEMENT)
Early Planning begins for Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

The Milton H. Erickson Foundation staff is beginning work on the Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. The event will be held Dec. 6-11, 1994, in Century City, Calif., a suburb of Los Angeles. The Congress headquarters will be in the Century Plaza Hotel, a luxurious property near Beverly Hills.

The meeting will be clinically oriented, with presentations featuring workshops, panels, demonstrations and other interactive events. A call for proposals is under way. A form can be found on page 3 of this issue.

A brochure will be available soon after the first of the year. Persons interested in receiving additional information should call, write or fax the Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; (602) 956-6196; fax, (602) 956-0519.

Call For Proposals

A Call for Proposals form is included in this issue of The Newsletter. It is the only opportunity given to submit proposals for the Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, scheduled for Dec. 6-11, 1994, in Los Angeles, Calif. Proposals will be accepted for short courses and symposia. There will be no papers featured at the Congress. Professionals interested in submitting proposals may send information to The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500.

By D. Corydon Hammond, Ph.D.
University of Utah, School of Medicine

Milton H. Erickson, M.D., was strongly opposed to lay and stage hypnotists and their extravagant claims and misuses of hypnosis. These individuals can tarnish the image of hypnosis and of legitimate professionals who use these techniques. Today, thousands of persons call themselves "hypnotists" and often seek to practice psychotherapy and medicine without appropriate credentials and licenses.

More than 50 professional references indicate hypnosis, like psychotherapy, can be harmful when not conducted by appropriately educated professionals. Thus, considerable dangers can exist when lay or untrained persons use hypnosis to treat medical and mental disorders.

The American Society of Clinical Hypnosis, under my leadership, drafted legislation which would realistically reduce the scope of practice of lay hypnotists. Medical, psychological and social work organizations are being encouraged to present this information to state legislatures.

The legislation would require that lay persons who are not licensed in one of the health professions not use hypnosis to treat psychiatric, psychological, medical or dental conditions. The legislation also would eliminate stage hypnosis shows in middle and high schools.

Your support in this important effort is needed. For a copy of the legislation and supportive materials for your professional organizations or legislature, please contact: The American Society of Clinical Hypnosis, 2200 East Devon Avenue, Suite 291, Des Plaines, IL 60018 (708) 297-3317.

Editors' Note:

We support this important effort of the ASCH. Hypnosis is a powerful psychological tool. Its use should be restricted to trained professionals in the health professions.

Space available in Orlando for student volunteers

Openings are still available for full-time graduate students to serve as volunteers at the Brief Therapy Conference in Orlando, Fla., Dec. 8-12.

In exchange for a waiver of registration fees, students may work as monitors, registration and continuing education assistants and as helpers for faculty and staff. Other types of assistance also may be assigned.

Selected volunteers will be asked to submit a $50 deposit, which will be refunded after completing their participation in the meeting.

For additional information, write Diane Deniger, Volunteer Coordinator, The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500.

Restricting Lay Hypnotists

By Jeffrey K. Zeig, Ph.D., will co-edit Erickson Monographs III, which will deal with issues of behavioral medicine. Papers are also being solicited for this issue which is scheduled for publication in 1994.

Additionally, in 1994, Rodger Kessler, Ph.D., will co-edit an issue which will deal with the development of Ericksonian therapy over the last decade.

Readers are encouraged to submit articles on statistical research, case reports and practical aspects of intervention. Direct submissions to Stephen Lankton, M.S.W., Editor, Box 958, Gulf Breeze, FL 32562; telephone: (904) 932-6819.

Hypnotherapy: An Ericksonian Approach Toward Problem Solving

STEPHENV LANKTON & CAROL LANKTON

in Pensacola Beach, Florida

Participation in both of these workshops (8 days) provides 50 hours of content which applies to the requirements for "Qualified Practitioner of Hypnosis" as defined by Florida licensing code chapters #490, 21U200.003 & #491, 21CC7-7.002 for PSY, MFT, SW, and MHC.

Five-Day Intensive Training
April 23-27, 1994
Sept. 7-11, 1994
Tuition $425
CE credits (3.2) - MFT, SW, MHC, & Psych.
Eligibility: Masters or Doctorate in Mental Health Disciplines.

Three-Day More-Advanced Training
April 28-30, 1994
Sept. 12-14, 1994
Tuition $285
CE credits (1.8) - MFT, SW, MHC, & Psych.
Eligibility: five days previous Eleanor training since 1990.

For information & registration, contact: Carol H. Lankton, P.O. 958, Gulf Breeze, FL 32562, USA. (904) 932-6819.
CEUs offered by Ericksonian Training Seminar #CM-018-95 & P-51-94.
INTRODUCING THE INSTITUTES

By
George Glaser, M.S.W.
The Milton H. Erickson Institute
of Austin, Texas

THE NEW YORK MILDON H. ERICKSON SOCIETY
OF PSYCHOTHERAPY AND HYPNOSIS

Little did I realize the enjoyment that lay ahead when I accepted the task of introducing the New York Milton H. Erickson Society for Psychotherapy and Hypnosis (NYSEPH). I thought it would be just one more addition to my already busy schedule. Those thoughts came before I received copies of NYSEPH's rich and interesting newsletters dating back to March 1982. They were before I heard the excitement in the voices of Sidney Rosen and Jane Parsons-Fein as they recalled the magic of Erickson's stories, the founding of their organization, and their pleasure in reviewing the results.

In 1979, Sidney Rosen met with a small group of clinicians to discuss the work they had separately done with Milton Erickson. The group included Rita Sherr, Naomi Schecter, Joan Poelvoorde, Elaine Rosenfeld and Bob Mayer. As they met in their informal discussion group, they decided to form an organization which would sponsor workshops and teaching seminars. This would enable them to reach a larger group of professionals. Jane Parsons-Fein, who had recently met with Erickson, joined the group and Jeffrey Feldman also became an active founding member.

Parsons-Fein and Rosen shared some fond memories of those first meetings. As they conveyed, it became clear they had not suspected the small discussion group would blossom into an official, state-approved educational organization with a large membership, stimulating newsletters, year-long intensive training programs and a diversity of other educational activities.

The first official "meeting" of NYSEPH took place in Parsons-Fein's apartment with a grand total of five attendees. A mere 12 years later, there is a membership of 125 people, and average attendance at the monthly meetings range from 90 to 100 people! Recently NYSEPH held ceremonies for 40 graduates of their 100-hour training program. This program carries out NYSEPH's commitment to make the rigorous and effectiveness of Milton Erickson's approaches available to as many people as possible.

History

In addition to Rosen, Parsons-Fein, Sherr and Feldman the founding officers included Naomi Schecter, Ph.D., Jack Jaffe, Ed.D., Joan Poelvoorde, C.S.W. and Anthony Gabriele, Ph.D. Feldman coordinated efforts and paperwork required for incorporation. Naomi Schecter, Ph.D., Jack Jaffe, Ed.D., and Joan Poelvoorde, C.S.W., contributed their services as officials in the fledgling Institute. The group industriously worked to establish quality educational programs to interest and attract professionals into the organization.

The initial designation of NYSEPH was "The New York Society for Ericksonian Psychotherapy and Hypnosis." As the Society grew and evolved, application was made to the New York State Department of Education for charter as an educational institution. The state suggested the name Ericksonian Psychotherapy and Hypnosis might lead to confusion between Erik Erickson and Milton Erickson. The officers made the decision to add "Milton H." The state was satisfied with the further delineation of the name and the organization was formally chartered.

NYSEPH newsletters are fascinating. Volume I, Number 1, was published in March 1982 with Parsons-Fein as founding editor. The newsletters are published on an annual basis with periodic additional issues. These well-written and interesting chronicles provide a fascinating glimpse of ideas and energy of this group. There have been interviews with such talented professionals as Kay Thompson, Virginia Satir, Carl Whitaker, Michele Ritterman, Ernest Rossi, David Cheek and Candace Pert.

Summaries of some of the diverse activities sponsored by the NYSEPH are featured in the newsletter. These programs cover a broad range of clinical areas from the treatment of lupus, stress management, pain control, hypnosis for nurses and therapeutic communication for physicians to long-term sequential training in Ericksonian Hypnosis.

The Newsletter describes presentations given at monthly meetings. Presentations included the use of hypnosis in police work, anthropological sessions, Erickson-based treatments for eating disorders, dissociative states, multiple personality and smoking addiction, an overview of chaos theory in psychology, as well as a comparison of Moshe Feldenkrais and Erickson.

The Newsletters contain a wealth of book reviews and other material and are a pleasure to read.

Growth

The organization currently has 14 members on its Board of Directors. Membership has grown enough to add a secretary and an administrative assistant to facilitate the organization of training programs. There are five active committees participating in the Society. NYSEPH has a satellite location in New York State's Orange County and has conducted a separate training program at Lenox Hill Hospital. They are considering establishing a training program in the Boston area and are expanding the training of nurses and allied health care workers who work directly with hospitalized patients. There is a Speakers Bureau which matches various members with requests from the community.

Recently the group has initiated work on Ericksonian approaches with AIDS patients. Additionally there is strong support for research as it pertains to Ericksonian Hypnosis and Psychotherapy.

Members of NYSEPH have been active in teaching on the local, national and international levels. They have been on the American Group Psychotherapy Association, the Orthopsychiatric Conference, in France, Sweden, Austria and Germany and at the International Congress of Hypnosis and Psychoanalytic Medicine at The Hague, as well as at functions sponsored by the Milton H. Erickson Foundation.

The most well-known publication by members is My Voice Will Go With You: The Teaching Tales of Milton H. Erickson, by founding president, Sidney Rosen, M.D. James Warbke, C.S.W., a past president, is the author of Becoming an Everyday Mystic.

NYSEPH stands out as a highly professional organization, yet they emanate a gentleness of spirit and heart. Among their presenters was Erickson's late sister, Bertha Gallun, who offered insights that only a sister could offer. She reminded us about Erickson's parents, childhood and included tidbits such as the reason for Erickson's schoolboy nickname of Pat — he always had his school lessons down "pat."

After Erickson's death, the Society planted 15 purple flowering smokebushes in Central Park, by a lake in front of Belvedere Castle. Elizabeth Erickson and Bertha Gallun were honored guests at this memorial ceremony. Parsons-Fein takes photographs of the now flourishing bushes to send to Mrs. Erickson.

The entire membership of NYSEPH can take great pride in this vital and expanding organization. This Institute is a dynamic example of how the legacy of Milton H. Erickson serves as a foundation for interdisciplinary and multi-theoretical learning.

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Erickson's approach, the utilization of the common everyday trance has been a leitmotif in helping people recognize those optimal periods throughout the day when they could access their own creative potentials for solving problems in their own way.

The documentation and compilation of Erickson's clinical wisdom is one thing, but empirical research that can connect this wisdom with developments in the life sciences is something else. A major theme of current research is that Erickson's concept of the common everyday trance may be used as a window to access our natural mind-body rhythms that are associated with optimal well being and healing as well as stress.

My own basic hypothesis is that when we chronically ignore our natural mind-body signals to take regular breaks, we are interfering with our natural ultradian healing response and fall into typical stress problems. Erickson's long hypnotic therapeutic sessions (an hour and a half or more) enabled him to recognize and utilize the natural 20 minute ultradian healing response. "Hypnotherapeutic suggestion works because it entrains and synchronizes our natural mind-body rhythms of ultradian and circadian rest, restoration and healing. The secret of transformation from illness to health and higher levels of performance and well being is in recognizing and facilitating a person's own creative resources during these natural windows of inner focus and rejuvenation that arise periodically for about 20 minutes every hour and a half or so throughout the day."

Some of the basic questions guiding current research on Erickson's naturalistic approach outline a series of studies for the future:

1. Are ultradian and circadian mind-body rhythms associated with hypnotic susceptibility? Some of the leading edge chronobiological research has developed a methodology for shifting the human circadian pacemaker and attenuating endogenous circadian amplitude. Since numerous studies all found hypnotic susceptibility is a function of ultradian/circadian rhythms, we would expect that shifting and or temporarily attenuating a subject's circadian amplitude would be a way of temporarily shifting the peak period and/ or modifying the subject's hypnotic susceptibility. A double blind study utilizing the well controlled Jewett methodology for modulating human biological rhythms would be the most direct and convincingly documenting an association between hypnotic and chronobiology.

2. Can Erickson's naturalistic utilization hypnotic approaches shift the natural circadian and/or ultradian periods, pulses or phases of the endocrine system? Erickson believed that one of his key contributions to an understanding of the psycho-neuro-physiological basis of hypnosis were his clinical demonstrations of the hypnotherapeutic alteration of breast development and menstrual functioning. Since then a host of other researchers have documented these and other findings in gynecology and obstetrics that suggest hypnosis may modulate many hormonal and neuroendocrinological processes. Still, the critical research measuring how hypnosis can modulate the parameters of our natural ultradian pulses and rates of hormone flow remains to be done.

This would be an excellent opportunity to assess the relative merits of the different degrees of directiveness in the use of the therapeutic bind in facilitating creative choice. Recent research on the circadian/ultradian pulses of virtually all hormonal systems that have been measured provides very clear guidelines and experimental models about how such research could be conducted.

3. Can Erickson's naturalistic ultradian approaches modulate the molecular genetic level of mind-body communication? Here we come right down to the most intriguing developments of current mind-body research: Can mind methods be used to modulate the expression of our genes? This is a relatively easy research project since a practical model was already published by Glaser et al. Those familiar with the messenger model Interlueken 2 will recognize that it is one of the crucial links that the immunological system has in its fight against cancer. Establishing this mind-gene link may therefore be a dramatic step in establishing the actual mind-molecular pathway for the continuing reports of the amelioration of cancer by psychotherapeutic methods.

Ericksonian approaches could be used in two ways: (1) Use hypnotherapy on medical students before examination week to prevent stress and the decrement of their Interleukin 2 receptor gene expression and/or; (2) Use hypnotherapy after examination week to facilitate recovery from stress and Interleukin 2 receptor gene expression.

Research Money
I offer a $1000 prize to the researcher who first publishes in a designated journal a study unequivocally documenting how Ericksonian naturalistic utilization approach can shift, augment attenuate or augment the circadian/ultradian parameters. I am especially interested in encouraging graduate students to take a shot at these proposals especially for their Ph.D. dissertations. I would be happy to serve as a consultant to such research.


Editors' Note: Dr. Rossi submitted several pages of references in his original draft. Contact the editors for additional information, and for the specific criteria regarding this research award.

Media of Note
A recent issue of Phoenix, the journal of L'Institut de Milton H. Erickson de Paris, was dedicated to the contributions of Paul Watzlawick. The tribute appears in Vol. 5, No. 18, of the journal.

For information, write Jean Godin, M.D., Ph.D., L'Institut Milton H. Erickson de Paris, 24 Rue des Ecoles, 75005 Paris, France.
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(Paid Advertisement)
Case Report: Isabel

By Eric Greenleaf, Ph.D.
Berkeley, CA

Background
Isabel has suffered fainting spells since she was three. At age seven, in the Philippines, Isabel cared for her grandfather who was the sole support of the family. When she was alone with him, the grandfather exhibited himself to her. She responded by fainting and, in her helplessness, he raped her. This was discovered by the family doctor who was called to treat her. The family warned Isabel never to tell what had happened because everyone depended on grandfather's financial support.

Now Isabel is 18, living in California with her father and brother attending state college. A pretty girl, she was intimidated by the flirtation of the football players who gathered around her at school.

I asked her neurologist if he had ever seen patients with a long history of fainting to recover spontaneously. He confirmed this was possible.

Treatment
We did an hour's hypnototherapy with 12 clinic staff present. Isabel sat down in a dramatic, fearful posture. She sat far from her and spoke in a friendly, matter-of-fact way. She told me her goal was to use hypnosis to relax, to be less scared. She had had a fainting spell that morning. I said, "Show me how your face will look when you relax; show me so I'll know when I see it." She did, then showed, "warm, relaxed hands."

I asked, "What will I notice about the way you show your feelings?" I asked to see sad, silly, happy, angry and disgusted feelings. I had her choose a "yes" and a "no" hand and say the words, coaching her to project the "No!" and grading her performance.

Isabel asked, "Are you supposed to touch me?" I said, "No," and talked about doctors touching their patients without permission and how my son hated "having his hair mussed." I spoke of his childhood diseases and recovery, his fears, hurts and triumphs and about how he "will reach his majority at 18 to 21, when you get to say 'yes' and 'no' and people have to listen."

I told Isabel the opinions of the neurologist, the psychiatrist and the psychologist about "how long it takes to outgrow certain difficulties" as they nodded agreement.

Then, in a deep hypnotic trance, she saw a screen of the past-present-future of success at school, a friendly boy, laughter, the people in "this room, this city, this country."

When she opened her eyes and looked around the room, Isabel laughed and said, "How do you do that?" She giggled happily. "I saw some weird things, funny things," and then, with determination and resolve, "Now I can face my father!" Isabel left with thanks and a warm handshake.

Follow-Up
One month later, her psychologist told me Isabel was not so frightened out in the world: "She rides the bus and looks around. She has new clothes, a new hairdo. Now her brother praises her: 'You used to be a tomboy.' She notices some of the nice boys in her computer class. No fainting spells during the month."

Discussion: Isabel

By Michael A. Tompkins, Ph.D.
San Francisco, CA

To comment in 400 words on the case presented here requires I do much reading between the lines. However, as I understand Ericksonian hypnotherapy, reading between the lines was part of the therapeutic "magic" of Milton Erickson. The space between the lines of Erickson's therapy and between the lines of Dr. Greenleaf's remarkable therapeutic encounter with Isabel is filled with relationships, the fulcrum on which therapeutic leverage and psychological growth rest.

Most commentary on Ericksonian therapy has focused on technique, thereby overlooking the human, experienced quality of Erickson's therapeutic conversations. The humanism of Ericksonian therapy is apparent in Dr. Greenleaf's work as he first encouraged and then accepted the full range of Isabel's emotions: "I asked to see sad, silly, happy, angry and disgusted feelings." In this way, he communicated his acceptance of Isabel — his respect for who she is and for what she brings to their therapeutic conversation. In addition, Dr. Greenleaf brought to the therapy the expectation that Isabel knew the difference between Yes and No — "I had her choose a 'yes' and a 'no' hand" — and that Isabel could and would say Yes and No to him and to others, that her fainting spells need no longer speak Yes or No for her. As Malon (1989) suggests, such acceptance on the part of the Ericksonian therapist is both a strategy of utilization and an attitude of respect.

Then Dr. Greenleaf spoke to Isabel of his own son, how he hated to have "his hair mussed" by someone else. This creative metaphor enabled the therapist to speak to Isabel's feelings of victimization and to encourage her to regain control of her physical and emotional space. But, as importantly, through this metaphor, Dr. Greenleaf shared something personal with Isabel, something about him and his relationship with his son.

Anderson and Goodishian (1988) refer to such disclosure in a therapy as those times the "therapist takes a risk." They claim such risk-taking is central to true dialogue with another, that it builds trust and is essential to intimate conversation. As a therapist, Erickson took a great many risks. In part, the nature of his risk-taking provides the greatest material for his anecdotes who have labeled Ericksonian therapy "manipulative." Dr. Greenleaf is not "manipulating" Isabel but is conversing with her. I suspect Isabel knew the difference, as does Dr. Greenleaf, and as did Milton H. Erickson.

Quantum Psychology


Dr. Wolinsky seeks to integrate Eastern philosophy and Western psychotherapy with the principles of Ericksonian hypnosis in these two intriguing books. This undertaking is aided by descriptions of Wolinsky’s personal experiences and numerous vignettes and examples which convey an understanding of content and process.

In this pioneering effort, Wolinsky begins Trances People Live with a lengthy overview of trance states as phenomena which hold together a vast array of symptoms. To approach an understanding of the client’s pathology, the therapist must develop an awareness of the underlying deep trance phenomena by which the client’s symptoms are being maintained. Treatment then focuses on deconstructing the deep trance phenomena to bring about a “no-trance state.”

Wolinsky’s “no-trance state” in many ways, resembles Erickson’s therapeutic trance. The client’s move from a sense of being personally attached to both their symptoms and their therapeutic process to becoming witnesses or observer, thereby detaching from the process.

Wolinsky defines client resistance in terms of asking the client to engage in competing trance phenomena. Since the client already is in a trance state, the underlying deep trance phenomena can be therapeutically accessed, worked with and expanded. Once the trance state is taken off “automatic pilot,” the symptom structure maintained by the deep trance phenomena can be deconstructed.

Over the course of 14 chapters, Wolinsky provides an in-depth view of hypnotic phenomena. The relationship between deep trance phenomena, symptomatology and treatment is discussed with the aid of case examples. In the epilogue, the reader is left to ponder the possibility of moving beyond deep trance phenomena into the realm of quantum physics and quantum psychology.

It is evident that Wolinsky has synthesized the diversity of his experiences into a unique and pragmatically oriented approach to treatment. I found this book to be thought-provoking and insightful, although at times difficult to read. In his enthusiasm, Wolinsky occasionally made conceptual leaps that were difficult to follow and left me with the impression of theoretical inconsistencies. Despite these difficulties, my curiosity was piqued and I was eager to read Wolinsky’s advancement of these ideas which he presented in his next book.

Quantum Consciousness is a collection of more than 80 contemplations and exercises which comprise a selected sampling of the experiential designed learning based on Wolinsky’s 15-day Quantum Psychology Seminar.

Quantum consciousness is defined as unity consciousness, a consciousness which moves individual experiences beyond the simple cause and effect view of reality. A seven stage model for reaching quantum consciousness is presented. Accompanying each stage are case examples, workshop participant comments and Wolinsky’s personal experiences. Quantum psychology is grounded in the theories postulated in quantum physics, psychology, oriental healing, Buddhism, yoga, Sufi and western philosophy. Through this diversity, Wolinsky has outlined a way to facilitate individual growth and development which leaves behind the realm of pathology and trauma to explore the unfolding of consciousness.

The impact of this conceptualization is far reaching. By moving out of the individual micro-perspective of reality and into the quantum view of consciousness, Wolinsky has identified a gentle yet effective way to foster awareness and growth in the individual. Because consciousness is not linear, the exercises and contemplations can be approached according to the individual’s own internal prompting and needs.

I found this book to be well organized, logically presented and easily read. The exercises are readily adaptable to group as well as individual therapy setting. The theoretical principles of Quantum conscious blend well with a wide variety of approaches to treatment.

Quantum Consciousness builds on the previous book, Trances People Live. The two books in tandem move the reader from an understanding of pathological trances, through no-trance states, to quantum consciousness. Dr. Wolinsky’s exercises and contemplations will add diversity to any therapist’s repertoire.

—Reviewed by Paula J. Haymond, Ed.D., Licensed Psychologist Houston, Texas

Audiotaape Review

Languaging Learning
by Robert McNeilly, M.B.B.S.
Audiotaape E297-143AB (1992) Phoenix, AZ
Available from the Milton H. Erickson Foundation, Phoenix, AZ

In this taped workshop from the Fifth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, the listener immediately is struck by the informal quality of the presentation and the presenter’s style. What emerges within a short time is the awareness that this workshop is about utilization in a very pure sense. It is an excellent reminder that hypnosis is the client’s process. Although it is facilitated by the therapist, what matters most is what the client experiences. The tape begins with a somewhat difficult to listen to group go-around which determines the learning needs. However, the listener is then rewarded with a simple demonstration with a volunteer. McNeilly uses an economical style and provides a good illustration of utilization. He stresses the importance of learning as an essential part of the usefulness of hypnosis. Learning is then defined in action terms to emphasize the need for the clients to apply their learning.

—Reviewed by

David J. Hudson, L.C.S.W.,
The Milton H. Erickson Institute of South Florida

Foreign Book Review
terapia cortada a la media; un seminario ericksoniano con Jeffrey K. Zeig
by Teresa Robles
Published (1991), 143 pages
The Editorial House of The Milton H. Erickson Institute of Mexico City, Nicolas San Juan 854 20 piso, Col. del Valle, Mexico, D.F. 03000. U.S. Mailing Address: Suite MX10-134, 5 East Como, Hidalgo, TX 78537.

This book, written in Spanish, reviews a seminar given by Jeffrey K. Zeig, Ph.D., in Mexico City. Psychotherapeutic materials in the Spanish language are difficult to find and are much needed.

The seminar begins with the question: “What is hypnosis?” Zeig responds metaphorically. He uses the analogy of wrapping something valuable as a present and presenting it to the patient. Zeig describes how hypnosis can be used as a tool to wrap and present ideas in an attractive form. With this present, hidden potentials can be accessed and used. Formal trances are not always necessary; therapists can use the words and “wrapping” appealing to the patient. The book describes categories. Are patients introverted or extraverted? Is attention focused or diffuse? Is their thinking linear or mosaic? Are they visual, auditory or kinesthetic in their thinking? When they describe their world phenomenologically, do they tend to amplify or to reduce? Seeking balance and strengths within each patient is clearly emphasized and pursued.

Teresa Robles and Jeffrey Zeig are to be congratulated. terapia cortada a la media is a gift to health professionals practicing in the Spanish language.

—Reviewed by

Kay Cauthorn, CADAC
Dallas, Texas
Poetry, Hypnotist Values, and Breaking Social Inductions of Hate and Violence
by Michele Ritterman


(Editors Note: Jeffrey K. Zeig, Ph.D., and Robert Pearson, M.D., presented sessions 2 & 3 of this audiotape. The review covers only Ritterman.)

Listening to this tape made me feel I had missed a seminal event at the 1992 Internation Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. Michele Ritterman brings both passion and conviction to her presentation. She weaves poetic illustrations and illusions, challenges the inner standards and precepts we hold, and asks us to look, listen and react to the blizt of hate-filled messages we receive from newspapers, radio, T.V. and films. Hers is a refreshing attitude that counteracts the stance that places the therapist in the role of only observer and bystander. Ritterman asks that we utilize our own poetic muse that we call upon the most humane and norturnal values we possess, and that we utilize our craft of hypnotherapy to induce within our clients a healthful and loving acceptance of diversity. As gentle advocates and role models, we can incorporate the poetic metaphor to counteract past messages of hate and violence, to deter intentional violence within the family, among communities and between nations.

Sharing Ritterman’s five-part poetic induction as a model for therapeutic intervention, she strives to have us replace the warrior/poet/hero with that of peacemaker/singer. Her voice resonates with acceptances of the natural darker side of the human personality yet encourages us to reach for, and appeal to the gentler, kinder spirit of ourselves and our clients/patients. She states clearly we not only have the right to appeal to the kinder aspect of the human personality but we have the responsibility to bring a healing perspective that encourages the most worthy aspects of the individual, the group and society.

As one who has a cerebral approach to her subject, and who has been a social activist, interviewing victims of violence and oppression, Ritterman brings a special sensitivity to her subject matter. She has seen how the unintentional slurs, left to fester, can lead to desecration. She has seen, too, how intervention can lead to nobler human behavior. Thus, she asks that we act as interpreters of social suggestion and through our therapeutic interventions, as the practitioners of the art of induction, we encourage nonviolent solutions.

Ritterman cites an abundance of poetry and verse that can supplement our own inner voices. Indeed a trip to the local library or bookstore can fuel the imagination and lend poetic metaphors to a fertile mind. But most important to the process — most vital to the work — is our own inner conviction and loyalty to Milton Erickson’s belief in accepting people as they fully are, and our wish to transfer that belief via poetic inductions. We do not dictate, but we offer the opportunity and the possibility of the healing perspective as a way to “break the social inductions of hate and violence.”

Reviewed by Judith Palais, M.S.W.
New Castle, New Hampshire

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(PAID ADVERTISEMENT)
Combatting Cult Mind Control
by Steven Hassan
Park Street Press, VT (1990), 237 pages

Author and Rabbi Harold S. Kushner stated, "I came away from this book with a heightened sense of the urgency of the problem of mind-controlling cults, and a heightened admiration for Steven Hassan's work in understanding them and liberating people from them. It is a clear and valuable work." That statement expresses my sentiments exactly. The book's practical value is enhanced by the resource lists, usable definitions, extensive chapter notes, and exhaustive bibliography for a book of its size.

Combatting Cult Mind Control is a highly readable, 11-chapter combination of extensive research and authentic personal experience. Hassan explains the difference between coercion and personal freedom in this book. Through the step-by-step telling of his own story, "My Life in the Unification Church," I entered into his experience, identifying with him as a sincere, intelligent young person searching for answers to the deeper questions about God, life and human suffering. Hassan delineates the cult processes of constantly structuring activities with no possibilities of being alone or being permitted to talk unchaperoned. This process, "Love Bombing," creates an intense environment that produces emotional and physical exhaustion. Combined with a spiritual hungering "to do the right thing" the process can create negative mind control. Hassan defines "mind control" as "A system of influences that disrupt an individual's identity (beliefs, behaviors, thinking and emotions) and replaces it with a new identity." (p. 7)

In Chapte: Four, Hassan provides some guidelines for recognizing the signs of mind control when it is practiced in a group. He emphasizes that all mind control techniques are not inherently bad or unethical. The manner in which mind control techniques are used is of importance. When the locus of control remains with the individual, the integrity of the individual identity is protected. Cult groups deliberately create dissonance in people and exploit it for control. The term "mind control" as used in this book, refers to those systems that "seek to undermine an individual's integrity in making his own decisions." (p. 55)

Interview continued

Hassan cites the ethical therapeutic use of hypnosis as a tool that enhances personal control, promotes choice, and helps patients develop a more powerful self-autonomy. Therapeutic tools, including metaphors, surprise, and confusion, enable patients to move out of painful blocked areas while reconstructing a reality that enhances self-respect. I highly recommend this book for all mental health professionals. Since patient empowerment is the primary objective in the therapeutic process, knowledge of both the destructive and constructive power of mind control is vital. In the foreword, Margaret T. Singer, Ph.D., states, "Anyone with a relative or friend who has become involved with a group using mind control procedures will find it (the book) useful." Destructive mind control exists. Prevention and understanding can be heightened when the general population and health professionals are educated as to how vulnerable we all are to the results of destructive mind control.

Reviewed by Peggy J. Cook, Ph.D. Licensed Psychologist Fort Worth, Texas

Workshop Demonstration V
Brief Therapy Conference, 1992
by Carol Kershaw, Ed. D. &
Eric Greenleaf, Ph.D.
Videotape #E297/V12 Workshop 69 $75.00 —
2 Hours. Available from The Milton H. Erickson Foundation, Phoenix, AZ.

Viewers will be intrigued by the contrasting ways Ericksonian approaches are utilized in these two hypnotherapy demonstrations. In the first, a woman describes herself to her male partner as an overfunctioning wife and incurrigible rescuer. She believes her behavior demeanes and stifles her husband. Kershaw interweaves stories with multi-level suggestions about the relationship, with observations about the trance experience itself. Using the metaphor of singing, she talks about the importance of creating the right tune, and listening for the right note, despite anxiety.

She tells about a tree behind her office which cannot grow until the rigid concrete boundaries around it are broken. She suggests that, in trance, it is possible to develop physical warmth. She observes that although subjects may be seated separately they can connect. The woman's flowing trance experience triggers memories of her deep connection with her husband during courtship when he made spontaneous efforts to please her.

By way of contrast, Greenleaf makes a precise, targeted, diagnostic assessment of the expressive style of a woman, describing heaviness and headache associated with a masculinized, critical introject. He adopts her metaphor for hope, physical motion. As she goes into trance, he transforms "motion" into the metaphor of "dance." He connects her to her own unconscious while communicating to her through hand levitation. Quoting Yates he recites, "Labour is blossoming or dancing where / The body is not bruised to pleasure sole." She rejoins in a most amazing fashion. In trance, she was "at one with the dance," a paraphrase of the poem's last line, "How can we know the dancer from the dance.

In further spontaneous imagery, she mixes dough, a counterpoint to the abusive masculine part. Ultimately, she takes the criticizer and, recognizing his essential clumsiness, teaches him to dance.

Reviewed by Harriet E. Hollander, Ph.D.
The Milton H. Erickson Institute of New Jersey

Eds: Do you consider yourself to be Ericksonian?
Dr. Lustig: Absolutely NOT! I'm Lustigian.

I currently am working on a book about my therapy which addresses the ideas and methods I have refined over the last 20 years. My style has evolved into a process that couples a continuous therapeutic altering of the patient's state of consciousness, with a strategic and problem-oriented focus. My belief is that symptoms occur when a person is in a particular state of consciousness that allows symptoms to be present. The purpose of therapy is to discover what that particular state of consciousness is, and how to find a way to guide the patient into entering and maintaining a different state of consciousness so that comfortable and competent functioning can occur and continue. All of this is done in the course of a seemingly ordinary therapeutic conversation.

Eds: In your demonstrations, you have used techniques which have been referred to as "theatrical." Will you please discuss this in the context of serious clinical teaching?

Dr. Lustig: Most of my demonstrations produce immediate therapeutic results that occur while the audience is watching. Some people might call this "theatrical," but I prefer to call it "effective." In 1988, at The Fourth International Congress in San Francisco, I presented an invited address while having a juggler perform. The purpose for this was straightforward. Since I am a clinician, I prefer to teach by devising methods that assist my students to experience the various states of consciousness that I talk about. At the Congress, I attempted to create an environment that could allow the lecture to occur while the audience experienced an intense state of focused attention. The best method for inducing a trance is to provide a source of information that a person wants very much to concentrate upon, and then simultaneously to distract the person's attention by providing an analog of that information in a non-competitive sensory modality. While I was speaking, a woman silently juggled various objects at the side of the stage. She speeded up and slowed down with the rhythm of my
European Evolution Conference to feature new frontier

The Evolution of Psychotherapy Conference, scheduled July 26-31, 1994, in Hamburg, Germany, will provide the opportunity to professionals outside the United States to experience one of the most important meetings in the field of psychotherapy.

“While we have had two Evolution Conferences in this country, we wanted to give more professionals outside the U.S. a chance to take part in this event,” said Jeffrey K. Zeig, Ph.D., Erickson Foundation Director and organizer of the Evolution Conferences. “We had attendees from 27 countries in Anaheim in 1990. We hope by having the Conference in Germany, even more countries will be represented, and certainly more individuals from other countries can attend.”

Bernhard Trenkle, Director of the Milton H. Erickson Institute of Rottweil, is organizing the Conference in Europe. To date, Trenkle said there are nearly 1,000 registrations, and more are coming in each day.

Both organizers hope people from the U.S. also will attend the Evolution Conference.

“Hamburg is a beautiful city,” Zeig said. “The Congress Centre (site of the Conference) is state-of-the-art, and the attractions will appeal to everyone.”


For information, write M.E.T., Bernhard Trenkle, Dipl. Psych., Bahnhofstrasse 4, D-78628 Rottweil, Germany; or The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500.

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Interview continued voice. When she dropped one of her objects, I immediately used the word “drop” and accompanied it by lowering my voice tone. The juggler provoked audience members into sharply focusing their visual attention, either toward her or away from her. The dissociation that was produced by my talking and her juggl- ing induced an intense state of awareness in the audience. From what I could observe, there was not one person in that room who was not in a profound trance. The presentation went beyond the content of a lecture. It was an exer- cise in concurrent experiential and cognitive learning.

Eds: Thank you for the opportunity to learn more about Dr. Erickson, and about your own interesting work.

Dr. Lustig: Thank you for providing this larger forum.

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