The Milton H. Erickson Foundation Newsletter

Vol. 15, No. 1

Spring 1995

Evolution of Psychotherapy Conference Plans Under Way

The Fourth Evolution of Psychotherapy Conference will be held December 13-17, 1995, in Las Vegas, Nevada.

Sponsored by the Milton H. Erickson Foundation, the meeting promises innovative ideas in the field of psychotherapy. Leaders in what have been disparate disciplines will offer their knowledge and insights into the changing world of mental health care.

A new feature of the program, "State of the Art," is being developed. A special lecture and workshop track will be instituted, and attendees will have an opportunity to select special workshops, along with panels, clinical demonstrations, invited addresses dialogues and triologues.

For a brochure, call or write the Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; (602) 956-6196; FAX (602) 956-0519.

Volunteers Needed for Evolution of Psychotherapy Conference

Openings for volunteers to assist with the December 13-17, 1995, Evolution of Psychotherapy Conference in Las Vegas, Nevada are available.

In exchange for a waiver of registration fees, a limited number of spaces have been set aside for full-time graduate students from accredited programs to serve as volunteers. Volunteers serve in a variety of areas including monitoring meeting rooms, assisting with registration and continuing education and helping faculty and staff.

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

For additional information, please contact Diane Deniger, Volunteer Coordinator, The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; telephone (602) 956-6196; FAX: (602) 956-0519.

Sexuality, Intimacy Topic of San Francisco Conference

Leading-edge theorists and practitioners will address the issues of sexuality and intimacy in treating couples at a San Francisco, California, conference sponsored by the Milton H. Erickson Foundation and the Couples' Institute of Menlo Park, California.

The conference, "Integrating Sexuality and Intimacy: The Challenge of Treating Couples in the '90s," will be held March 3-5, 1995, in the Cathedral Hill Hotel. Presenters are John Gottman, Ph.D., Harville Hendrix, Ph.D., Ellynn Bader, Ph.D., and Peter Pearson, Ph.D.; David Schnarch, Ph.D.; Michele Weiner-Davis, M.S.W.; Marty Klein, Ph.D., Ruth McClendon, M.S.W., and Les Kadis, M.D.; Jock McKeen, M.D., and Bennet Wong, M.D.; Jeffrey K. Zeig, Ph.D.; and Bernie Zilbergeld, Ph.D. * Lonnie Barbach, Ph.D.; and Pepper Schwartz, Ph.D.

Continuing Education credits are available for most disciplines. For information or a brochure, call or write The Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; (602) 956-6196; FAX (602) 956-0519.

An Interview with Harold B. Crasilneck, Ph.D.

by: Betty Alice Erickson, M.S.

Harold Crasilneck, Ph.D., Clinical Professor of Psychiatry and Anesthesiology at the University of Texas Southwestern Medical Center at Dallas, has been actively involved in the study and clinical applications of hypnosis since the early 1950s. He is co-author, with James A. Hall, M.D., of Clinical Hypnosis: Principles and Applications (Allyn Bacon Publishers); winner of the 1976 "Best Book" award from the Society of Clinical and Experimental Hypnosis (SCEH) and the "Best Book" award by the American Society of Clinical Hypnosis (ASCH) in 1977. The second edition of Clinical Hypnosis, published in 1985 and now in its third printing won the ASCH "Best Book" award in 1986. Dr. Crasilneck has written more than 50 papers, as well as chapters in text books and is an advisory editor of the official journals of ASCH, SCEH and Dissociation, as well as an editorial consultant to the Australian Journal of Clinical and Experimental Hypnosis.

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

ADDRESS CORRECTION REQUESTED
The only absolute constant in life is change. And the Milton H. Erickson Foundation Newsletter continues to change. This issue marks the inception of our changed structure—a change which we believe will continue to increase the quality of our Newsletter and our usefulness to our readers.

Carol Kershaw, Ed.D., a licensed psychologist, is our new Features Editor. Her responsibilities include soliciting authors and approving submissions.

Carol is well-suited to become Features Editor. Her highly successful book, The Couple’s Hypnotic Dance: Creating Ericksonian Strategies in Marital Therapy (Brummer/Mazel) has been translated into Spanish for publication in Latin America and German translation is in progress. Co-director and one of the founding members of the Milton H. Erickson Institute of Texas and co-director of the Milton H. Erickson Institute of Houston, Carol has taught numerous workshops, sponsored workshops, and has been a Primary Faculty member at Ericksonian Congresses. J. William Wade, M.Div., L.P.C., L.M.F.T., is our new Reviews Editor. His responsibilities include the solicitation of books and other materials from publishers and their distribution to selected reviewers. Matching a specific reviewer to the proper book or tape is an art as well as a science. Interests, background and ability must be considered.

Bill brings a wealth of background to this position. A founding member and co-director of the Milton H. Erickson Institute of Texas, he is co-director of the Milton H. Erickson Institute of Houston, and has been a practicing therapist for more than twenty years. He has sponsored workshops, and developed and taught year-long programs in Ericksonian Hypnosis for practitioners in the Houston area. Bill also authored and produced several audio tapes for mental health professionals as well as a set of audio tapes, “Enchanting Children,” which teach methods of creative discipline to parents.

I have the privilege of remaining closely involved with the Newsletter as Editor-in-Chief. This newly created position of oversight also gives me the opportunity to help both Carol and Bill and to relieve the Foundation staff of their duties of secondary editing.

The addition of two new editors continues the direction that Roxanna Erickson Klein and I initiated when we became co-editors in January, 1992. One of our goals then was to involve even more people in the development of the newsletter. The selection of Carol and Bill as Features and Reviews Editors is another milestone in the evolution of our publication.

Obviously, none of this would matter without our readers. Your continued support and submissions make all of our efforts rewarding not only to us, the editors, but to everyone who reads the Milton H. Erickson Foundation Newsletter.

— Editor in Chief: Betty Alice Erickson, M.S.
The Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

by Sandra Wooten, M.A.

The 15th anniversary celebration of the Milton H. Erickson Foundation was held in Los Angeles December 7-11, 1994. The warm tone of The Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy was set at the convocation by Mrs. Elizabeth Erickson. Mrs. Erickson spoke movingly of her late husband's work, his role in planning the Foundation and the current affiliation of more than 50 institutes around the world. She reflected Dr. Erickson's wishes that his work not be codified into a rigid style. Although the term "Ericksonian" is used to describe a general orientation and methodology, he did not want it to be considered to be a distinct, regulated or limited school of therapy. Mrs. Erickson went on to stress the importance of planning, preparation and grounding in scientific methodology.

Those central themes were reflected throughout the program in the three keynote addresses. Jay Haley, Philip Zimbardo and Bernie Seigel delivered midday addresses with humor and style, illustrating integration of topical contents with scientifically grounded foundations. Each of these presentations was exceptionally well-received.

A number of Foundation appointments were announced. Carol Kendrew, Ed.D., and J. William Wade, M.Div., were named Features Editor and Reviews Editor, respectively. Their work begins with this issue. William Mathews, Ph.D., was appointed new editor of the Monographs with John Edgette, Psy. D., as Associate Editor. Rodger Kessler, Ph.D., is serving as special editor for the upcoming Monograph on Mind/Body issues.

The two and a half day "track" approach, innovated for this Congress, proved popular with attendees responding enthusiastically to the opportunity of focused and participatory learning. The balance of new directions and continuity of program content facilitated a most constructive and productive educational program and meeting.

About 1,000 people attended The Congress from more than 20 countries.

The Evolution of Psychotherapy: A Conference

December 13-17, 1995
Las Vegas, Nevada U.S.A.

Featuring:

Sponsored by The Milton H. Erickson Foundation, Inc.
3606 N. 24th St., Phoenix, Arizona 85016-6500 U.S.A.
(602) 956-6196, fax (602) 956-0519

Write or call for brochure.

NEWSLETTER READERS: REGISTER EARLY AND SAVE!
REGISTRATION FEES:
$265 U.S. ($165 for full-time graduate students*) for registrations postmarked on or before April 1, 1995
FEES WILL INCREASE!!

REGISTRATION FORM
PLEASE COMPLETE ALL THE INFORMATION REQUESTED BELOW

Enclosed is my registration fee of $_____________________

Students Only: Enclosed is my certifying letter of full-time student status.

Physically challenged? ______ How can we accommodate you? ______

NAME: ___________________________ DEGREE: ___________________________

MAJOR: ___________________________ UNIVERSITY: _______________________

PROFESSION: _____________________

STREET: ___________________________ CITY: __________ STATE: _______ ZIP: _______

COUNTRY: ___________________________

TEL: (Daytime): ____________________ (Evening): ____________________________

CHECKS SHOULD BE MADE PAYABLE IN U.S. CURRENCY, drawn on an AMERICAN BANK and made payable to THE MILTON H. ERICKSON FOUNDATION, INC. DO NOT SEND CASH.

We honor: ______ VISA ______ MasterCard Exp. Date: __________

Account Number: __________ Signature: __________________________

*Students must provide a certifying letter from their school or department on letterhead stationery indicating proof of full-time student status as of December 1995.
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 $10 fee is required for each workshop submission.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TITLE/LOCATION/LEADER</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/29-4/2</td>
<td>Hypnotherapy: An Ericksonian Approach to Problem Solving; Pensacola Beach, FL; Carol Lankton and Stephen Lankton</td>
<td>10</td>
</tr>
<tr>
<td>3/31-4/1</td>
<td>Childhood Sexual Abuse and Memories: Current Controversies; Kansas City, KS; Faculty</td>
<td>11</td>
</tr>
<tr>
<td>3/31-4/2</td>
<td>Exploring New Paradigms of Psychotherapy; Houston, TX; Ernest Rossi</td>
<td>12</td>
</tr>
<tr>
<td>4/3-5</td>
<td>Hypnotherapy: An Ericksonian Approach to Problem Solving — Advanced; Pensacola Beach, FL; Lankton and Lankton</td>
<td>10</td>
</tr>
<tr>
<td>4/5-9</td>
<td>Residential Training in Clinical Hypnosis; Los Gatos, CA; Deborah Ross, Ph.D.</td>
<td>13</td>
</tr>
<tr>
<td>4/5-8</td>
<td>International Meetings of Researchers, Professionals and Students of Psychology; Puebla, Mexico; Faculty</td>
<td>14</td>
</tr>
<tr>
<td>4/8-9</td>
<td>Interactive Guided Imagery; San Francisco, CA; Bresler and Rossman</td>
<td>6</td>
</tr>
<tr>
<td>4/21-23</td>
<td>Ericksonian Hypnotherapy; Sao Paolo, Brazil; Jeffrey Zeig</td>
<td>15</td>
</tr>
<tr>
<td>4/22-23</td>
<td>Practical Applications of Hypnosis in Treatment and Therapy: The 32nd Annual Basic Workshop in Clinical Hypnosis; Berkeley, CA; Faculty</td>
<td>16</td>
</tr>
<tr>
<td>4/28-30</td>
<td>Ericksonian Hypnotherapy; Belo Horizonte, Brazil; Jeffrey Zeig</td>
<td>15</td>
</tr>
<tr>
<td>5/6-7</td>
<td>Key Concepts in Ericksonian Psychotherapy; Santa Clara, CA; Jeffrey Zeig</td>
<td>17</td>
</tr>
<tr>
<td>5/18-21</td>
<td>Residential Advanced Supervision Training in Clinical Hypnosis; Los Gatos, CA; Ross</td>
<td>13</td>
</tr>
<tr>
<td>5/18-21</td>
<td>Ericksonian Therapy and Hypnosis I; UQAM, Montreal, Quebec, Canada; Michel Kerouac, Leo Dobord</td>
<td>8</td>
</tr>
<tr>
<td>5/20-21</td>
<td>Interactive Guided Imagery; Los Angeles, CA; Bresler and Rossman</td>
<td>6</td>
</tr>
<tr>
<td>5/27-28</td>
<td>Practical Models of Brief Therapy; London; Geary</td>
<td>18</td>
</tr>
</tbody>
</table>

Contact Information

1. Dr. Med. Wolf Buntig; ZIST, Zist 3, D-82377, Penzberg, Germany; Tel. 49/8856/5192; fax: 49/8856/83180.
2. The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016; (602) 956-6896; fax (602) 956-0819.
3. Margaret Grone, Niedersachsisches Institut für Systemische Therapie und Beratung, Bodekerstr. 90, 30613, Hannover, Germany.
5. Bruce Tenenbaum, M.D., 628 Lake St., Reno, NV 89509; (702) 329-1777.
6. Academy for Guided Imagery, PO Box 2070, Mill Valley, CA 94942; (415) 389-9234; 1-800-726-2070.
7. Michele Weiner-Davis, M.S.W., PO. Box 197, Woodstock, IL 60098; (815) 337-8000.
9. Family Counseling Clinic, 11797 S. Freeway, Ste. 326, Burleson, TX 76028; (817) 551-7304.
10. Carol Lankton, PO. Box 958, Gulf Breeze, FL 32562; (904) 932-6819.
11. The University of Kansas Medical Center, Office of Continuing Education, 3901 Rainbow Blvd., Kansas City, KS 66660; (913) 588-4488.
12. Beverly Bolting, 2012 Bissonnet, Houston, TX 77005; (713) 529-4589.
13. Deborah Ross, Ph.D., Los Gatos Institute, Medical Hypnosis Seminars, 898 Skyline Blvd., Los Gatos, CA 95030; (408) 354-7738.
14. Psic. Vincente Martinez Valdez, Depto de Psicologia, Benemerita Universidad Autonoma de Puebla, 3 Oriente 403, Centro Historico, Puebla, Pue., C.P. 72000, Mexico; Tel. 52(22) 42 33 37.
15. Jose Carlos Vitor Gomes, Editorial Psy e Centro de Psicologia, Rua Barao Geraldo, de Rezende, 305, Bairro Guanabara, Caixa Postal 691, 103020.440 Campinas/SP, Brazil; Tel. 55/92-33 65 15.
16. Jan Brooks, Executive Secretary, SFHA-ERF, 615 27th St., San Francisco, CA 94131; (415) 282-3399.
17. Rita Wright, University of California at Santa Cruz, Santa Clara Extention, 740 Front St., Ste. 155, Santa Cruz, CA 95060; (408) 427-6610.
18. Peter or Jean Scott Chinnery, Integrated Therapies & Trainings, 173 Southway, Guildford GU2 6DJ, England; Tel. or fax: 44 843 502787.

Faculty Notes

Janet Edgerton, Psy.D., Co-director of the Milton H. Erickson Institute of Philadelphia, is pioneering the use of Ericksonian hypnosis and therapy in the (horse) equestrian sport industry. She recently was featured in a six-part series on equestrian sport psychology in Practical Horseman Magazine, a national publication and invited to follow up with a monthly column. She was also invited to write about the impact of competition stress on the family for The Morgan Horse and to speak on radio program, “Horse Sense,” in October. Janet currently is writing a book on sports psychology for the equestrian community of riders and their families, trainers, and instructors.

Items Found at Congress

A hard cover book by Leo Tolstoy and a Christmas brooch were found at the Sixth International Congress in Los Angeles.

Contact Betty Alice Erickson, 3516 Euclid, Dallas, TX 75205, to claim the items.
Eye Movement Desensitization and Reprocessing 1995 Level I Training Schedule

EMDR: "This has all the indications of being a major new resource in behavior therapy."
Joseph Wolpe, MD, Originator of Systematic Desensitization.

"EMDR is a powerful tool that rapidly and effectively reduces the emotional impact of traumatic or anxiety evoking situations. Consistent with Dr. Shapiro's current research, I have found the results of using SMDR to be stable over time."

"EMDR is by far the most effective and efficient treatment we have ever used with dissociative episodes, intrusive memories, and nightmares with Vietnam combat veterans"  
Howard Lipke, Ph.D., Former director, Stress Disorder Treatment Unit, North Chicago Veterans Administration Medical Center.

"EMDR is a powerful new tool for relieving human suffering. Its study opens new doors to our understanding of the mind."
Steven Lazzaro, MD  Yale Psychiatric Institute

St. Louis, MO - April 1/2  
Philadelphia, PA - April 8/9  
Sacramento, CA - April 22/23  
Boston, MA - April 29/30  
Milwaukee, WI - May 19/20

Francine Shapiro, Ph.D., originator of EMDR, is a Senior Research Fellow at the Mental Research Institute, Palo Alto, CA, and the recipient of the 1994 Distinguished Scientific Achievement in Psychology Award presented by the California Psychological Association. She has trained over 9,000 clinicians internationally. She was an invited speaker at the 1992 American Psychological Society Presidential Symposium on PTSD, the 1988 International Conference on Stress in Tel-Aviv, and at annual conferences of the Anxiety Disorder Association of America, the Association for the Advancement of Behavior Therapy, Biofeedback and Applied Psychophysiology, Family Therapy Network, Ericksonian Foundation, California Association of Marriage and Family Therapists, World Congress of Behavior Therapy, and the International Society for Traumatic Stress Studies. She has written numerous articles and book chapters on EMDR, and her book, Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols and Procedures, will be published by Guilford Publications, Inc. in 1995.

EMDR, a specialized approach, accelerates the treatment of anxiety-based complaints and self-esteem issues related to both upsetting past events and present life conditions. It requires supervised training for full therapeutic effectiveness and client safety. The training will consist of lecture, live and videotaped demonstrations, and supervised practicum.

Please call the EMDR office for registration form and further information on additional EMDR trainings.

EMDR INSTITUTE, INC., PO Box 51010 • Pacific Grove, CA • 93950 (408) 372-3900 fax (408) 647-9881  
PAID ADVERTISEMENT
VIDEOTAPES

DEMONSTRATIONS

- D-1: An Ericksonian Approach To Smoking Cessation, Jeffrey K. Zieg, Ph.D. $59.00
- D-2: Solution-Focused Brief Therapy: How to Interview for a Change, Scott Miller, Ph.D. $59.00
- D-3: Reفيning Treatment Contracts from Feedback Before and During Trance Session Stephen Landan, M.S.W. $59.00
- D-4: Enhancing Sports Performance Peter Sterne, E.D. $59.00
- D-5: Hypnotically Accessing and Contextualizing Resources Michael Yapko, Ph.D. $59.00
- D-6: Family Hypnotic Induction Camilo Lonardo, M.D. $59.00
- D-7: Enhancing Trances Betty Alice Erickson, M.S., L.P.C. $59.00
- D-8: Dreams: Strolling the Royal Road Enc Greenleaf, Ph.D. $59.00
- D-9: Self-Relations Psychology Stephen Gilligan, Ph.D. $59.00
- D-10: Ideomotor Method of Searching Birth Memories, David Cheek, M.D. $59.00

KEYNOTE ADDRESS

- V9: "Out of My Mind and Yours" $59.00 Bernie Siegel, M.D.

Order Today and SAVE !!!

Buy the Complete Set of Video Tapes (19 Videos) for ONLY $839.00 SAVE OVER .25%

AUDIOTAPES

TRACK ONE

"Brief Ericksonian Therapies: Strategic Therapies, The MRI Model, Solution-Oriented Therapy & HSP"

- M264-1 The MRI Approach Richard Fisch, M.D. $10.50

- M264-2AB Meta Model / Milton Model of NLP Norma Barnta, Ph.D. 2 Tapes $21.00

- M264-3AB Solution-Oriented Therapy Scott Miller, Ph.D. $21.00

- M264-4AB R.S.V.P. — Rapid Stabilization with Viable Programming, Norma Barnta, Ph.D. 2 Tapes $21.00

- M264-5AB Advanced Solutions Ben Ferman, M.D. $21.00

- M264-6AB Reframing in Brief Therapies Richard Fisch, M.D. $21.00

- BUY TRACK ONE FOR ONLY . . $90.00 (11 Tapes)

TRACK TWO

"Fundamentals of Ericksonian Hypnosis"

- M264-7AB The Observe-Suggest Process Brent Garry, M.D. 2 Tapes $21.00

- M264-8AB An Induction Format Jeffrey K. Zieg, Ph.D. 2 Tapes $21.00

- M264-9AB Induction Methods Michele Ritterman, Ph.D. 2 Tapes $21.00

- M264-10AB The Language of Hypnosis Nancy Napper, M.A., M.F.C.C. 2 Tapes $21.00

- M264-11AB The Hypnotic Phenomenon Janet Edgell, Psy.D. 2 Tapes $21.00

- M264-12AB Deepening Techniques Brian Alman, Ph.D. 2 Tapes $21.00

- BUY TRACK TWO FOR ONLY . . $90.00 (12 Tapes)

TRACK THREE

"Intermediate Ericksonian Hypnosis"

- M264-13 Review of Implicit Understandings in Formal Structured Techniques Kay Thompson, D.D.S. $10.50

- M264-14 Utilization Techniques When Two Sides Need to Be Separate From Induction, Betty Alice Erickson, M.S., L.P.C. $10.50

- M264-15AB Development of Language Skills Kay Thompson, D.D.S. 2 Tapes $21.00

- M264-16AB Metaphor/Analogy Development Betty Alice Erickson, M.S., L.P.C. 2 Tapes $21.00

- M264-17AB Pain Control Brian Alman, Ph.D. $21.00

- M264-18AB Case Presentations/Discussion/Ethics/Q&A Betty Alice Erickson, M.S., L.P.C. $21.00

- BUY TRACK THREE FOR ONLY . . $82.00 (10 Tapes)

TRACK FOUR

"Advanced Ericksonian Hypnosis"

- M264-19AB Indirect Suggestion Stephen Landan, M.S.W. 2 Tapes $21.00

- M264-20AB Aspects of Language Carol Landan, M.A. 2 Tapes $21.00

- M264-21AB Metaphor Carol Kershaw, Ed.D. $21.00

- M264-22AB Telling Various Traditional Inductions to Specific Clients, William Matthews. Jr., Ph.D. 2 Tapes $21.00

- M264-23 Inductions: Conscious/Unconscious Disassociation Stephen Landan, M.S.W. $10.50

- M264-24AB Flashback Feedback/Goal-Directed Metaphors Carol Landan, M.A. $21.00

- BUY TRACK FOUR FOR ONLY . . $90.00 (11 Tapes)

TRACK FIVE

"Therapist Development"

- M264-25AB The Relational Self: An Overview Stephen Landan, Ph.D. 2 Tapes $21.00

- M264-26AB Centers of Consciousness: Accessing Ego States of the Therapist Stephen Landan, Ph.D. 2 Tapes $21.00

- M264-27AB Staying Connected: Nonverbal Sensing Processes, Stephen Landan, Ph.D. 2 Tapes $21.00


- M264-30AB Traditions of the Aesthetic: Cultivating Practices Outside the Therapy Room Stephen Landan, Ph.D. 2 Tapes $21.00

- BUY TRACK FIVE FOR ONLY . . $82.00 (10 Tapes)

TRACK SIX

"Anxiety and Depression: Panic Disorders, Incest and Abuse, Obsessive/Compulsive Disorder, and Depression"

- M264-31AB Overview: Patterns vs. Issues; Stabilizing Clients; Group Induction, Michae Yapko, Ph.D. 2 Tapes $21.00

- M264-32AB Ericksonian/Solution-Focused Techniques for Anxiety/Concentration Difficulties Yvonne Dolan, M.A. 2 Tapes $21.00

- M264-33AB Depression/Helplessness: Building Hopefulness, Bernard Trelfke, Dipl. Psych. 2 Tapes $21.00

- M264-34AB Treatment of Post-Traumatic Stress Disorder, Magpie Phillips, Ph.D. 2 Tapes $21.00

- M264-35AB Ericksonian Methods for Obsessive/Compulsive Disorder, Reid Wilson, Ph.D. 2 Tapes $21.00

- M264-36 Hypnotic Treatment of Anxiety and Depression Michael Yapko, Ph.D. Yvonne Dolan, M.A. $10.50

- BUY TRACK SIX FOR ONLY . . $90.00 (11 Tapes)

TRACK SEVEN

"Behavioral Medicine and Mind/Body Approaches"

- M264-37AB Mind/Body Healing Ericksonian Approaches, Ernest Rossi, Ph.D. 2 Tapes $21.00

- M264-38AB Ericksonian Methods of Behavioral Medicine, Jeffrey Fidlerman, Ph.D. 2 Tapes $21.00

- M264-39AB False Memory Syndrome D. Corydon Hammond, Ph.D. 2 Tapes $21.00

- M264-40AB Psychoimmunology Ernest Rossi, Ph.D. $21.00

- M264-41AB Addictions (Chemical, Sexual, Behavioral) John Lowen, Ph.D. 2 Tapes $21.00

- M264-42AB New Approaches to Psychoemotional Healing, Sandra Sylveste, Ph.D. 2 Tapes $21.00

- BUY TRACK SEVEN FOR ONLY . . $99.00 (12 Tapes)

KEYNOTE ADDRESSES

- M264-61 "What is Therapy Supervision?" Jay Haley, M.A. $10.50

- M264-70 "Searching for Reason and Finding Madness: An Hypnosis Experimental Paradigm" Philip Zimbardo, Ph.D. $10.50

- M264-140 "Out of My Mind and Yours" Bernie Siegel, M.D. 2 Tapes $10.50

WORKSHOPS


- M264-44AB Workshop 8: Couples Work: A New Basis for Working With Couples, Robert McKeity, M.B.B.S. 2 Tapes $21.00
Audio and Videotape Order Form

The Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy
The Milton H. Erickson Foundation, Inc.
3606 N. 24th Street, Phoenix, AZ 85016, U.S.A.
Phone: (602) 956-6196 Fax: (602) 956-0519

All presentations are unedited, verbatim material and are available as audio/television cassettes. Mail orders must include $1.00 for each tape up to a maximum of $10.00 for shipping of audio cassettes. (Court "A" as one tape; "B" as second, etc.) Please allow four to five weeks for delivery.

ELIGIBILITY: These tapes may be purchased by professionals in health-related fields including physicians, dental or medical consultants and dentists who are qualified for membership in, or are members of, their respective professional organizations (e.g., AMA, APA, ADA) as well as professionals with mental health-related graduate degrees (e.g., MSW, MSN, MA or MB) from accredited institutions. Full-time graduate students in accredited programs in the above fields may purchase tapes if they supply a letter from their department verifying their student status.

DISCOUNTS

1-5 Audios - $10.50
6-11 Audios - $10.00
12-23 Audios - $9.50
24 or more Audios - $9.00

Send Orders and Remittance To:
The Milton H. Erickson Foundation, Inc.
3606 North 24th Street
Phoenix, AZ 85016 U.S.A.
(602) 956-6196

---

PLEASE CHECK THE BOX BY THE SESSION(S) YOU WISH TO ORDER

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M264-7A</td>
<td>M264-7B</td>
<td>M264-7C</td>
<td>M264-7D</td>
<td>M264-7E</td>
<td>M264-7F</td>
<td>M264-7G</td>
<td>M264-7H</td>
<td>M264-7I</td>
<td>M264-7J</td>
<td>M264-7K</td>
<td>M264-7L</td>
<td>M264-7M</td>
<td>M264-7N</td>
<td>M264-7O</td>
<td>M264-7P</td>
<td>M264-7Q</td>
<td>M264-7R</td>
<td>M264-7S</td>
<td>M264-7T</td>
<td>M264-7U</td>
<td>M264-7V</td>
<td>M264-7W</td>
<td>M264-7X</td>
<td>M264-7Y</td>
</tr>
</tbody>
</table>

---

VENUE

- **VIDEOS**
  - Buy the Complete Set of Audios (215 Tapes) for ONLY $1,689.00 SAVE OVER 25%

- **Audio Tapes**
  - All tapes are in VHS format. If you live outside North America, please indicate your video standard.

**Discounts**

- 1-5 Audios - $10.50
- 6-11 Audios - $10.00
- 12-23 Audios - $9.50
- 24 or more Audios - $9.00

**Pricing**

- Videotapes are priced at $59.00 per tape.

**Purchase Information**

- Total Number of Videos Ordered
- Number of Videotapes
- Number of Audios Ordered
- Number of Audio Tapes

**Shipping Information**

- Shipping & Handling: $10.00 for U.S. orders, $15.00 for international orders.

**Account Information**

- Account Number: [Please provide your account number]
- Exp. Date: [Please provide the expiration date]

**Signature**

- Please sign all orders. Orders must be prepaid in U.S. funds.

**City/State/Zip**

- Address: [Please provide your address]

**Daytime Telephone**

- Contact: [Please provide your daytime telephone number]

**Degree**

- [Please provide your highest degree obtained]

**University**

- [Please provide the name of your university]

**Lic/Cert Type & Number**

- [Please provide the type and number of your professional license or certification]

**Charge this to my Credit Card**

- [Please indicate your preferred credit card: MC, VISA, Amex, Discover]

**Send Order Form and Remittance to Address Above**

<table>
<thead>
<tr>
<th>Ship to: [Please print and complete all information below]</th>
<th>Name: [Please provide your name]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: [Please provide your mailing address]</td>
<td>Major: [Please provide your major]</td>
</tr>
<tr>
<td>City/State/Zip: [Please provide your city, state, and zip]</td>
<td>University: [Please provide your university]</td>
</tr>
<tr>
<td>Daytime Telephone: [Please provide your daytime telephone number]</td>
<td>Lic/Cert Type &amp; Number: [Please provide the type and number of your professional license or certification]</td>
</tr>
</tbody>
</table>
Case Report

Reported by Edward Selckman, M.S.
Landover, PA

Discussion by: John H. Edgette, Ph.D.
The Milton H. Erickson Institute of Philadelphia

Mr. E. is a 34-year-old male seeking therapy for job stress and feelings of dissatisfaction with personal relationships with women. He is in a supervisory position and uncomfortable "managing" and having authority over others; he prefers being a peer. His current position feels "unnatural" to him. He has requested transfers from both the position and the city. His job has taken him through many living transitions including moving 24 times in the last year.

He was born in England to parents whom he loves but who brought him up with limited and restricted ranges of emotional expression, and rigid, critical rules of behavior and conduct. His mother in particular, was very critical of him during his early adolescent years.

He finds himself feeling badly about himself at work, does not like having others angry with him and is upset over other peoples' reactions to necessary changes. He initially presented with reactive depression, as well low self-esteem and loss of self-confidence. He intellectually recognizes that the present job situation is contributory but emotionally he continues to feel badly. He feels most of the stress and bad feelings will be alleviated with a job and location change.

He reports problems in sustaining long term relationships. He suspects that he does not know how to move the relationship to a deeper level of intimacy, thus feeling frustrated and eventually leaving the person. He is impatient, frustrating being a constant internal state. He has limited interpersonal contacts in the area and views his therapeutic relationship and sessions as primary. He wants to relieve stress and begin to address deeper issues and feelings.

I have seen him for approximately three months — twice a week. I have included hypnosis at least once a week for about a half hour. The client finds this useful and is learning to use it on his own before bedtime, with some success, having reported that nights and mornings are difficult. He is discovering other feelings coming up but does not yet have a label for them.

Hypnosis definitely is deepening his internal experience and reducing his stress. At present I feel stuck in taking the hypnotic work deeper and adding "texture" to the trance experience. Using direct and posthypnotic suggestion as major techniques, I have worked with him to open up and "go through" the frustration and tension he feels. The therapeutic goal is to use hypnosis to help client relax and reduce stress, discover deeper feelings and regain self-confidence.

Discussion:

"Because I know you to be a nice hypnotist, I can compliment you on how well you have begun integrating hypnosis into your ongoing work with this client. A major challenge at your stage of development as a hypnotherapist is taking what you have learned and implementing it in an ongoing fashion rather than sporadically, as a one-shot intervention. Many professionals new to hypnosis either leave their learnings in the seminar room or sporadically haul out hypnosis like a cannon to be fired once. Your use of hypnosis in a process-oriented fashion is commendable.

Like most novice hypnotherapists, though you are wrestling with a major "developmental" challenge of figuring out what to do once your client is in trance, I very much like your idea of using neutral trance (hypnosis without intervention, per se). Learning to go inside more often and to deeper levels teaches one to become more comfortable with one's internal world and hence, to differentiate and become richer inside. The "turning inward" required by hypnosis will plow psychological roads that will be available for travel outside the hypnosis session. This a greatly under-utilized intervention.

I am less enthusiastic about your other use of hypnosis—that of an antidote to stress. I prefer to help people use hypnosis to deal with stress more effectively through changes in action or cognition such that stress is ameliorated. You describe stress on the job to assuming a role of "authority," then you mention what you seem to consider a different issue—that of developing intimacy in relationships. I deem these to be closely related problems emanating from the same developmental impasse. You say he was brought up with loving parents with a "restrictive range of emotional expression, and rigid and critical rules of behavior and conduct. His mother in particular was critical of him during his early and adolescent years."

I think these situations provide the key to this case. To assume the role of authority, one must successfully negotiate the murky and treacherous waters of conflict of the generations that is part and parcel of the adolescent struggle for separation and individuation. In short, it seems as if this man never learned to stand up to his parents' authority. Teenagers need to learn to fight a good fight, to win some, to lose some, and ultimately to declare a truce with a handshake as they leave home. I believe your patient has trouble in the role of authority because he never adequately dealt with the role of being submissive. It may not be impossible for him to imagine a dialog between an authority figure and those under authority. Can he see this process as being flexible, ongoing, negotiated and most of all, "do-able"?

Further, successfully separating an individuating as an adolescent is the gateway through which one exits childhood and embraces adulthood. This adulthood allows one to then engage in mature and intimate interpersonal relationships. It is as if successful separation and individuation permits and then potentiates the sweetness of adult closeness. To use the strategies of the Ericksonian approach to the end goal of enhancing interpersonal intimacy is what I have come to call existential Ericksonian therapy.

To accomplish the above you need to resolve the developmental impasse. One way to do this would be to use trance and metaphors having to do with the variety of ways in which teenagers successfully separate and individuate. Mr. E.'s subconscious mind is still living in the reality of that impasse. Successful transmission of ideas contained in the symbols of metaphors will "unstick" him. You can generate these metaphors in ways that you have learned or you can refer to the fine book by Steve and Carol Lankton entitled Tales of Enchantment (Bruner/Mazel: NY, 1989) which delineates the idea of targeting metaphors to developmental issues. One theme that comes to mind for a series of metaphors is "dealing effectively with authority."

Another way of accomplishing the goal is to use therapeutic strategies to help this man have a different view of his past. That experience could be healing and one upon which he could learn to base current actions. See Vol. IV of The Collected Papers of Milton Erickson (N.Y.; Irvington, 1980) for further details on this strategy. The advanced practitioner may consider therapeutic age regression and personal history reconstruction. Erickson's use of this approach is described in The February Man (Erickson & Rossi; Brunner/Mazel: NY, 1989).

I believe if you successfully accomplish the above in therapy, both of this man's issues will be resolved. If they aren't, I would recommend considering inter-generational family therapy so these issues could be addressed with the actual players, assuming they are still alive.

The Milton H. Erickson Foundation is compiling information on subscribers to the Erickson Foundation Newsletter.

We would be grateful if you would complete the coupon and return it to us by May 1, 1995. In return for your assistance, a coupon for a free audio tape will be sent to you. Thank you for your help.

Name: ___________________________ Degree: ___________________________

Address: ___________________________ Phone: ___________________________

City: ___________________________ State: ___________________________

Daytime Phone: ___________________________ ZIP: ___________________________

Evening Phone: ___________________________ E-mail Address: ___________________________

☐ Yes, add my fax and/or telephone numbers to the Erickson Foundation data base. I understand I may receive early discount information on conferences.

☐ No, please do not place my fax and/or telephone numbers in the Erickson Foundation data base.
This book will not change how you do therapy.

The Reframing of Performance Anxiety: A Constructivist View

Joan S. Inghals


NY State residents add $1.87 sales tax

PAID ADVERTISEMENT

THE TOP TEN FROM HAMBURG

The following are the best-selling English language sessions from the Evolution of Psychotherapy Conference in Hamburg, Germany, July 27-31, 1994.

Tape | Session Title | Price
--- | --- | ---
105 | CP20-Utilization, Methods of Ericksonian Therapy; Jeffrey Zeig | $10.50
133 | V4 - The Therapist’s Use of Self: How Nietzsche Might Have Invented Psychotherapy; Irvin Yalom | $10.50
76 | D9 - Projective Identification and Countertransference; Otto Kernberg, James Masterson | $10.50
114 | P16 - Philosophical Issues & Psychotherapy; James Hillman, Irvin Yalom, Paul Watzlawick, Eugene Gendlin | $10.50
96 | WS45 - A Systemic Approach to Psychosomatic Problems; Helm Sterlin (in German with Consecutive Translation to English) | $10.50
123AB | WS53 - Growth and Development of the Therapist; Jeffrey Zeig | $21.00
80 | P9 - Transference/Countertransference; Otto Kernberg, James Masterson, Erving Polster, Eugene Gendlin | $10.50
1AB | WS1 - Utilization: A Key Concept in Ericksonian Therapy; Jeffrey Zeig | $21.00
127 | D20 - The Self in Action; Erving Polster, Otto Kernberg | $10.50
19 | CP7 - Simple, Fail-Safe Hypnotherapeutic Approaches to Emotional Conflict; Ernest Rossi | $10.50
10 | CPI - Projective Identification and Countertransference; James Masterson | $10.50

(Call or write the Erickson Foundation about the ten best selling German-language sessions from Hamburg on Audiotape.)

Audio and Videotape Order Form

The Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

The Milton H. Ericksonian Foundation, Inc.
3606 N. 24th Street, Phoenix, AZ 85016, U.S.A.
Phone: (602) 956-6969 Fax: (602) 956-0559

All presentations are unedited, verbatim material and are available as audiotape copies on 90-minute cassettes. Major orders must include $1.00 for each tape up to a maximum of $60.00 for shipping of audiocassettes. (Cover A as one tape; B as second, etc.) Please allow four to six weeks for delivery.

ELIGIBILITY: These tapes may be purchased by professionals in health-related fields (including physicians, doctoral level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (e.g., AMA, APA, ADA); also by professionals with mental health related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Full-time graduate students in accredited programs in the above fields can purchase tapes if they supply a letter from their department certifying their student status.

Arizona Residents Add 13% Sales Tax: $______
Shipping & Handling: $______ (Includes $1.00 for each tape up to a maximum of $60.00)

Foreign Orders: Add 10% surcharge of total for additional shipping & handling: $______
TOTAL: $______

Enclosed is my check for $______
Signature
Charge to my □ VISA □ MasterCard Account No. __________ Exp. __________ Date: __________

Send Order Form and Remittance to Above Address.

Please allow 4 to 5 weeks for delivery in the U.S.A.
5 to 6 weeks for International Orders

Name: __________________________ Degree: __________________________
Address: __________________________
City: __________________________ State: __________________________ Zip: __________________________
Daytime Phone: __________________________ University: __________________________
Major: __________________________ Lic/Cert Type & No.: __________________________
ASKING QUESTIONS AS THERAPY

Olga Silverstein, M.S.W.


Olga Silverstein begins this videotape by pointing out that, in psychotherapy, "Every question is a therapeutic move!" With this as a context, and the caveat that all this hinges on what "Olga says," a fast-paced, lively demonstration of the use of questions in psychotherapy follows.

Four volunteers from the audience help Ms. Silverstein demonstrate her style of psychotherapy. Barbara, Debbie and Dennis present personal issues, while Martha, concerned with the ecological validity of "circumscribed" problems, role-plays an "overwhelming life problem" more characteristic of clinical practice. The "size" of the problem matters little as the unflappable Ms. Silverstein reels of question after question with each volunteer, thus demonstrating her confidence in what she is doing and where she is going.

In contrast, the questions posed by the audience reveal perplexity about this process. As usual, it is easier for an experienced therapist to demonstrate what they do than to explain how or why they do it. Ms. Silverstein's answers emphasize the use of questions to focus the patient upon the problem, letting the therapist guide the questioning, and getting the patient to think about the problem. While these are excellent guidelines, the viewer also becomes aware of what is not made explicit as Ms. Silverstein "jumps over" many issues in the interview. She does this due to her "clinical experience," but this answer communicates little to the audience.

This videotape is of excellent quality and is useful in teaching, particularly to demonstrate differences in therapist style. Comments from the volunteers attest to therapeutic impact. Ms. Silverstein's authoritarian style and her tendency to make huge assumptions are of great heuristic value.

Beyond this, the video demonstrates several Ericksonian values. Ms. Silverstein uses questions to structure a therapeutic climate within which the patient does the work. She does this through a problem-oriented approach and uses creativity and flexibility to follow the patient. She then designs her questions to access resources, getting the patient to think about the problem. All of this makes this video, asking questions as therapy, valuable and well worth viewing.

Reviewed by Richard E. Diamond, Ph.D., Springfield, Illinois

Editor's Note: This was the most highly rated Clinical Presentation at the Orlando Brief Therapy Conference.

To order audio- or videotapes, call or write The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016; (602) 956-6196; FAX (602) 956-0519.

Media of Note

Novelle Hypnose by Jean Becchio and Charles Jousselin has been published. It is available through epi la meridienne, Descee de Brouwe, 76 bis, rue des Saints-Peres, 75007 Paris, FRANCE. A copy of the publication has been placed in the Erickson Archives in Phoenix.

Betsy Alice Erickson, M.S., L.P.C., Editor-in-Chief of the Erickson Foundation Newsletter has an article on trance in the June 1994 (Vol. V, No. 23) issue of Phoenix (French). For information, write 24 rue des Ecoles, 75005 Paris, FRANCE.

COMING IN 1995

May 27-28
"Practical Models of Brief Therapy"
In the London area

June 1-5
"Advanced Development in Ericksonian Hypnosis"
Tenby, Wales

"Ericksonian Principles of Hypnosis and Brief Therapy"
September 10-22
September 25-29
Week I, Fundamental
Week II, Intermediate
Tenby, Wales

For additional information, please contact:
Peter or Jean Scott Chinnery
Integrated Therapies & Trainings
173 Southway, Guildford GU2 6DJ, England
Telephone/Fax: 44 483 502787

OR

Brent B. Geary, Ph.D.
Coordinator of Training
The Milton H. Erickson Foundation

956-0519
“Relaxation for Stress Management”

Audio tape by Robert B. McNeilly, MD, and Peter Thorneycroft, MA, PsS
Therapeutic Media Productions, Australia
FAX 01 61 3-592 0820
(US $15.50 including Postage and Handling)

Robert McNeilly, an Australian physician has collaborated with an associate, Peter Thorneycroft to produce a series of audio tapes on relaxation, pain management, sports improvement, smoking cessation and relaxation for bruxism and TMJ. The tape reviewed here is “Relaxation for Stress Management.” Side A is entitled “Accessing Resources;” Side B, “Utilizing and Building Resources.”

This tape uses naturalistic, hypnotic-like techniques and is well grounded in indirect patterns of communication. The two-voice method is an effective and infrequent approach to relaxation. This tape has been sold in Australia and the authors have received positive feedback for its efficacy.

McNeilly has a wealth of background from which to draw. He studied with Erickson in Phoenix and coordinates one of the premier training programs for Ericksonian related methods in Australia. Peter Thorneycroft’s expertise in offering suggestions parallels McNeilly’s.

This tape would be excellent for those seeking to build relaxation skills as well as for those experienced with hypnosis. The tape contains neither a formal induction nor clear termination instructions. Any clinician recommending this tape to patients for hypnotic purposes should also recommend a technique for reorientation. Those using the tape for relaxation or insomnia may prefer to drift and allow the learning to settle, and wake in their own time.

There are a number of enjoyable aspects to the tape: The voices are clearly recorded and there is no background music which sometimes makes productions seem overly “slick.” McNeilly and Thorneycroft work well together. Obviously they enjoyed making the tape. I recommend “Relaxation for Stress Management” to clinicians and believe that other tapes in their series probably are most worthwhile.

Reviewed by Jeffrey K. Zeig, Ph.D.
Director, The Milton H. Erickson Foundation
Phoenix, Arizona

To order audio- or videotapes, call or write the Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016; (602) 956-6196; FAX (602) 956-0519.
Interview continued

HC: Most physicians had heard lectures at one time or another on hypnosis during their training. I believe they were ready to learn to use it in their specialties. The faculty was young, they were dynamic, and they were not resistant to the use of hypnosis. Thermal injury is a very difficult problem to treat and work with. There really hadn't been much change in the treatment of thermal injuries up until the 1950s, even though surgeons and anesthesiologists had been intrigued with this problem over the years. Physicians were soon able to see the intrinsic value of hypnosis for treatment and realized hypnosis could act as a catalytic agent in thermal injuries. If this type of patient could respond with the many problems that they manifested, why couldn't their other types of problems respond equally well?

We discovered a very interesting factor in this treatment. Theicker the subject the better the response. The more pain the patient manifested, the better the response. We found that people with thermal injuries were so sick and in so much pain that they were tremendously motivated. It really moved treatment along and reduced the use of narcotics tremendously. It also helped control the nutritional effects.

Those were some of the responses that proved our program a success. These patients were anything but sadomasochistic. They wanted to escape from their pain. They were told that hypnosis could help them bring the pain under control, so they worked very, very hard with us. We also found we could control a great deal of the depression and the anxiety which was present in most patients.

The hospital administrators were pleased and fascinated. We were able to cut down the cost of hospitalization and the length of stay. I think that our cost effectiveness contributed to the success of the program.

Our program has spawned a number of other studies here in the United States and in Europe, Australia, Canada, Russia — throughout the world. But here at Southwestern is where it all started.

BAE: You seem to have integrated medical field and psychology in a very effective way.

HC: Lewis Wolberg, M.D., who was also one of Erickson's students, was my mentor. I really respected this man. It was his advice and counsel to me when he found out I was coming to Parkland Hospital for my internship for me not to work with just psychiatry, but to work with surgery, with internal medicine, with pediatric — to work with all these departments. Hypnosis has a place with all of them, not just with psychiatry. That was some of the best advice he could have given me.

Virtually every medical school in the country is now teaching hypnosis. Of course some are much more active than others. At Southwestern, I now teach to the entire junior class of medical students. I also have a senior elective class which lasts for a month. They watch films; they work in a pain clinic under supervision with all sorts of pain problems. The students work in the operating room where they use either formal trances or hypnotic techniques with people who are going to have anesthetics. They spend a day on the sleep clinic and they have a series of lectures from obstetricians and neurologists and then I give then a number of lectures mostly in the evenings. It is one of the more popular electives at the school. We have a lot of people from other schools wanting to take the elective, but we are limited in capacity.

I also teach the third year residents in psychiatry and the second year residents in anesthesiology. I supervise the residents who request additional training.
Interview continued

were outstanding scientists to begin with and they saw a place for hypnosis. I was lucky enough to be there at the same time in the same institutions or else I have been fortunate enough to meet them as I lectured and taught across the country. They saw applications for hypnosis in their specialties and they would ask me to lecture at their universities and hospitals in their various specialties.

Hypnosis is now considered the method of choice for many problems. Just a few weeks ago, there was a young physician who had been hiccupping for a week. He had a history of coronary disease and the hiccups could not be controlled. Heavy sedation would wear off and the hiccups would start again. His physicians asked me to see him as a patient to see if hypnotherapy could be effective in controlling his problem. I had lectured to him when he was in medical school and he was an excellent subject. In medical hypnosis, the sicker the subject, the better response to the hypnosis. His hiccups stopped following the first session of hypnotherapy. This is the power of mind over body, the psyche over the soma.

BAE: Both ASCH and SCEH have as a goal the furthering of ethical and professional uses of hypnosis. As a former president of both ASCH and SCEH, can you provide us with some insight about the current difficulties in uniting these two organizations?

HC: I attended my first SCEH meeting in 1952, which was during the early phase of the organization. I was aware that a schism had already started. One of the most powerful members of SCEH demanded difficult standards of their members. For example, it was a requirement that a certain number of publications be written as a prerequisite for full membership. This was an impossible task for some. Other members had no interest in writing papers as they were interested in the clinical application of hypnosis.

The ASCH grew out of the Seminars on Hypnosis which Erickson and some of his colleagues had founded. ASCH did not require publication of papers for membership and so that was very attractive to clinicians. (Editors Note: The founding of ASCH is discussed in more detail in Vol. 14, No. 1, in the interview with Kay Thompson, D.D.S.).

When I was president of SCEH, in the early 1960s, I was called on by key members of the ASCH proposing a conference between the two organizations. At that time, an influential member of SCEH called me and emphatically stated that such a meeting was not going to happen and not to pursue it. The conference never occurred although I saw nothing wrong with it.

In the past few years the hostility has virtually ceased between most members of both groups. Today about 80 percent of the members belong to both groups. It seems to me that most members have heard the arguments about amalgamation; the members of both organizations are very bright and sophisticated persons who are capable of making their own decisions about what organizations they want to join and how they want to spend their money.

Frankly, I don’t think a formal union of the two groups is ever going to occur. There are just a few individuals who continue to advocate for the two separate societies. I may be wrong. Only time will tell. But it has not occurred yet. Everyone has been saying, “Well, someday, when the youngsters have taken over . . .” Well, the youngsters are now middle-aged and amalgamation has not occurred.

Scientifically the two groups have always gotten along well. Although I have been more a political active in ASCH in the last few years, I will never give up my membership in either group. One last comment — in the 1950s, as

continued on next page

10th Regional

CONFERENCE ON TRAUMA, DISSOCIATION, AND RELATED DISORDERS
April 27 & 28, 1995
Sheraton Suites Hotel
Akron, OH

Focus:
From Survival to Recovery

Featured Faculty: Peter Barach, PhD, Sandra Bloom, MD, Stephen Braulik, PhD, James Chua, MD, Moshe Torrem, MD, Bissel van der Kolk, MD, John Wilson, PhD
Sponsors: Akron General Medical Center, Department of Psychiatry and Behavioral Sciences, Northeastern Ohio University College of Medicine, The Ohio Society for Study of Dissociation, American Society of Clinical Hypnosis
Conference Fees: Professionals...$225
Students...........$125
For a detailed brochure, call (216) 384-6525

DEVELOPMENTS IN FAMILY THERAPY

Sao Paulo, Brazil
June 29 - July 2, 1995

FEATURING
Lynn Hoffman, ACSW
Brad Keeney, Ph.D.
Joseph LoPiccolo, Ph.D.
Chlo Madanes, Lic. Psychol.
Peggy Papp, ACWS
Paul Watzlawick, Ph.D.
Jeffrey K. Zeig, Ph.D.
plus Brazilian experts.

FOR REGISTRATION INFORMATION
Write The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016
or
Jose Carlos Victor Gomes, Editorial Psy e Centro de Psicologia, Rua Barao Geraldo de Rezende, Caxa Postal 691, 10302-440 400 Campinas/SP, Brazil.

Hypnotherapy: An Ericksonian Approach To Problem Solving

CAROL LANKTON & STEPHEN 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, 21U20.003 & #491, 21CC7.002 for PSY, MFT, SW, and MHC.

Five-Day Intensive Training
March 29 - April 2 1995
Tuition $425
22 CEU credits for MFT, SW, MHC, & Psych.
Eligibility: Masters or Doctorate in Mental Health Disciplines.

Three-Day More-Advanced Training
April 3 - April 5 1995
Tuition $285
18 CEU credits for MFT, SW, MHC, & Psych.
Eligibility: Masters or Doctorate in Mental Health Disciplines.

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-31-96.
Interview continued

a strong advocate and a member of SCEH, I vehemently stated, "We will never affiliate with the ASCH. We
never will." Two years ago I was appointed the ASCH representative to ASCH/SCEH liaison in the hopes
that amalgamation could occur. It did not and ironically the same rhetoric that I heard 25 years ago was repeated —
same arguments, no real changes.

Certainly we are not the first organizations that cannot agree and communicate concerning basic goals. This is
nothing unique. It is interesting, however, that a few individuals still strive for this union.

BAE: What caused the change in your perception?

HC: Originally I had the feeling that people in ASCH were hostile individuals who were primary clinicians who
had little or no interest in research or theory and who were prone to the removal of symptoms that had meaning
to the patients without getting into the basic causes. Then after a while, I realized I was completely and totally
wrong and that these people were excellent clinicians with fine training. They weren't trying to hurt anybody
and they weren't trying to destroy symptoms. They were trained scientifically and taught at some of the finest
universities in the country. I had been told that ASCH was bound and determined to destroy SCEH and that they
would hold weekend workshops as close to a national meeting of SCEH as possible. That just wasn't true. It might
have happened accidentally a time or two but it wasn't part of a grand plan to destroy SCEH.

Then I would go to international meetings like the one in Mexico City with Drs. Erickson, Kroger, Wolberg and
others. There would be some of the finest and best trained scientists in the world lecturing on hypnosis. There we
were, all talking, communicating and getting along just fine. We had the same goals; there were no hostilities. We
were just working together and teaching together, saying the same things, teaching mutually related theories and
clinical methods.

BAE: Your work in and teaching of hypnosis is done with an authoritarian approach. Would you comment on

HC: Yes, I teach an authoritarian approach and I personally advocate this approach. I am more comfortable with
this particular method. I am well versed in nondirective methodology. I actually studied one summer with Carl Rogers
and I've seen Erickson, on many occa-
sions, use a nondirective approach. I am personally more comfortable and clinically quite successful in using what
is called an authoritarian methodology.

I think one reason I use an authoritarian method is due to the kinds of patients I see in my practice. I see
many smokers, many obesity patients, and many psychogenic impotencies. I think being more directive with these
type problems makes for best results. Certainly it does for me and it obviously works best for my patients since they
do show an 80 percent success ratio with a four year follow-up. This includes the smokers, obesity patients and
psychogenic impotencies. Sherry Knopf, my wife & colleague has kept very careful records, and these are the
statistics we have found over the years.

BAE: I know you're aware that Erickson also used a very directive approach at times. Ericksonian Hypnosis
includes both directive and non-directive work.

HC: I know that. I have heard Erickson used a very direct approach. I believe the current emphasis by some of
us advocating a more structured and formal technique will produce a greater use of a directive approach. Right now
there is a tremendous amount of interest in brief therapy. Incidentally insurance companies frequently associate
hypnosis with brief productive therapy rather than long time treatment. I believe the authoritarian approach
is more productive in such instances.

BAE: What is your perspective about the future of hypnosis?

HC: I think it is bright, exceedingly bright. Many high-power scientists are trained in the use of hypnosis and these
folks are attaining chairs at universities. They are attaining positions of pro- continued on next page

The Mission Statement of The
Milton H. Erickson Foundation
is as follows:

The mission of The Milton H. Erickson Foundation, Inc., is to provide
educational programs designed for professionals in the health sciences. It is to
further the worldwide understanding and practice of medical and clinical
hypnosis and hypnotherapy by promoting in every ethical way the con-
tributions made in the field by the late Milton H. Erickson, M.D. It is to in-
tegrate Ericksonian techniques into all reputable fields of psychotherapy and
through this, it is to promote the further evolution of psychotherapy and
health sciences. The Erickson Foundation is committed to developing,
preserving and maintaining the Erickson Archives which relate to the
previously stated mission.

C-JADE PUBLISHING INC.
441 INGLEHART STREET, OAKVILLE, ONTARIO, CANADA L6J 3S5
TEL: 905 844 0864 FAX: 905 844 3212

The Knife Without Pain
by
Dennis K. Chong and Jennifer K. Chong

We unconsciously spin the web of our personal verities and the fabric of our subjective reality. If there is an ontological
manifold for this, is there a way to influence its operations? Can it be done in a consistent manner? Can it be replicated?
This work has implications and applications well beyond what these authors did.

From the introduction
Dennis and Jennifer Chong have broken new ground. We find their
discussion of language and reality to be a fascinating contribution,
and a cornerstone of this work.

Daniel Araoz and Robert Beuka

From the overview
This book offers encouragement to practitioners who would like to
see a greater use of hypnosis in surgery, healing and all of medicine.

Norma and Phillip Barretta

From the foreword
I admire the breath of clinical research that has obviously been undertaken and know that the reader will feel as rewarded as I have
when the following pages have been assimilated.

Edgar A. Barnett

From the preface
What could be more fascinating than discovering the structures that
govern the combinatorial possibilities for the weaving together of
human experience? The material in these pages may begin to reveal
those patterns for you, as well as give you some tools to continue
exploring on your own.

David Gordon

PAID ADVERTISEMENT

BARRETTA PSYCHOLOGICAL CORPORATION
2075 PALos VERDES DR. NORTH, SUITE 200
Lomita, CA. 90717-3726
TEL: (310) 326-5545 Fax: (310) 534-3515
If you are distressed by anything external, the pain is not due to
the thing itself but to your own estimate of it. This you have the
power to revise at any moment.

-Marcus Aurelius

We specialize in helping you to revise your estimates with

HYPNOSIS

COMPETENCY BASED BRIEF THERAPY
Private Consultation
310/326-5545
Norma Barretta
Philip Barretta
PAID ADVERTISEMENT
Interview continued

minence in their fields. Hospital boards and medical schools have seen the value of hypnosis. I think it is a tremendously fine tracking tool and a tremendously fine experimental tool. It is a method of choice in many problems. As it is being used successfully, more and more people are seeing its value. Recently, one of my patients gave the University of Texas Southwestern Medical School $1 million to establish a chair in my honor. Al Gilman, M.D., Ph.D., Chair of the Department of Neuropharmacology, now holds that chair and is the recipient of the Nobel Prize in Medicine in 1994. I believe this sort of thing will happen more and more. I think other people will receive awards like this as time goes on. It’s not out of the realm of possibility that someone someday will win a Nobel prize for work with hypnosis—perhaps when they discover the basic cause of hypnosis or why it works. We’re getting closer to those answers.

B.AE: You have walls full of honors, awards, citations, and accolades. What do you consider your most important contribution?

H.C: (without hesitation) The thermal injury study. The use of hypnosis in the treatment of the patients who were so sick and recovered through hypnotherapy was by far the most important clinical contribution I have made. The fact that so many others have become intrigued and published various aspects of this procedure is most gratifying. I have taught thousands of medical students and hundreds of residents in psychiatry and in various fields of medicine. I have a teaching career and a publishing career and I have received most professional honors and awards that either the ASCH or the SCEH presents. But the burn study was by far my best.

B.AE: You have mentioned your wife, Sherry Knopf, in your conversation. I’d like to recognize some of her contributions to your work.

H.C: Sherry Knopf, my wife, my research associate and my partner and closest friend has always been my motivating source and my inspiration. Sherry edited my last 24 research papers and on the two editions of Clinical Hypnosis: Principles and Applications (with co-author James Hall). Also, she has edited works by other medical authors. Sherry and I work as a team and as a professional unit in my practice. She is, indeed, a fantastic and wonderful individual. She is a very brilliant person who challenges one’s thinking and thus making an excellent source of motivation.

In 1988, she was given the ASCH Award for Notable Service for “her guidance, advice and expertise to enhance the growth and the development of ASCH.” Then in 1991, she was elected to Honorary Fellowship of ASCH.

B.AE: Thank you for the most interesting interview.

H.C: Thank you for the opportunity.

SCEH Meeting Held
by Ardyth A. Norem, Ph.D., L.P.
Minnotoka, MN

The Society for Clinical and Experimental Hypnosis met for its 45th Annual Workshops and Scientific Meeting in San Francisco October 4-8, 1994. A variety of hypnosis workshops were held for the first two and one-half days, followed by a special symposium on “Boundary Problems and the Use of Hypnosis.” Papers and energetic discussions of scientific issues regarding the use and function of hypnosis, especially with respect to retrieved memories also were presented.

Donations

The Milton H. Erickson Foundation has had $915 in donations since the last issue of The Newsletter.

We would like to especially thank Ken Cato, M.S.N., Henry T. Close, Th.M., Samuel E. Hodges, M.S., LPC, Donald Mansfield, M.A., Susan Miro, Ph.D., M.D., and Annellen Simpkins, Ph.D., and Alex Simpkins, Ph.D.

Thanks also go to:
John C. Bush, Ed.D.
Marie Dallowey, Ph.D.
Hope M. Douglas, MA.
Charlene M. Easter
Beatrice Elkeles, Ph.D.
Ann Gaudet, M.A.
Jack Gerhard, M.S.
Lynda Grant
Gail Lampert Greenberg, M.S.W.
Thomas M. Haislip, Ph.D.

There was a great deal of discussion on the plausibility of true dissociative identity phenomena and amnesia for actual experience, and on the accuracy of memory and recollection. Carefully documented arguments for several perspectives were presented by a number of experts including Kenneth S. Bowers, Ph.D., Fred H. Frankel, MBChB, DPM, Michael R. Nash, Ph.D., and David Spiegel, M.D.

The 46th Annual Meeting of the Society is scheduled for November 7-11, 1995, in San Antonio, Texas. For information contact the Society for Clinical and Experimental Hypnosis, (703) 556-9222.

William H. Harrison, Ill, Ph.D.
Rue Anne Hass, M.A.
Tina Keagy Jansen, M.S.
John Klinkhardt, M.Ed.
Esther Langlois, M.S., M.A.
Phyllis M. Linhart, M.A.
Celinda Madera de Nido
Steven D. Marcal, Psy.D.
Julien Mercure, M.A.
E. Ann Norman, M.A.
Charles Pace, M.A. MFCC
Donald Rosen, Ph.D.
Paul G. Seymour, M.A.
Karen LaJoy Smith, M.A.
Martin Sowa, M.A.
Steve Straus, M.S.W.
Paul M. Wislocki, M.Ed.

The Milton H. Erickson Foundation is a nonprofit corporation, and donations may be tax deductible within IRS guidelines.

Please check:

NEWSLETTER SUBSCRIPTION AND DONATION FORM

Please find my donation of $______ to support the activities of the Milton H. Erickson Foundation.

(The Foundation is a nonprofit corporation and donations may be tax deductible within IRS guidelines.)

I have moved. Please correct my address on your mailing list as follows below:

I am not currently on your mailing list. Please add my name so that I may receive the NEWSLETTER and other information about activities of the Milton H. Erickson Foundation. (NOTE: Students must supply a letter from their department indicating full-time status in an accredited graduate program.)

I no longer wish to be on The Erickson Foundation mailing list. Please remove my name from your mailing list.

Eligibility: The Newsletter is available to professionals in health-related fields including physicians, doctoral-level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (e.g., AMA, APA, ADA). The Newsletter also is available to professionals with mental health-related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Applications from graduate students in accredited programs leading to a degree in the above fields will be accepted if they supply a letter from their department on letterhead stationary certifying their full-time status.

*Due to rising postal costs we ask a two-year subscription for overseas readers be delayed with a $20 donation. Thank you for your continued support.

We accept VISA and MasterCard Card Number Exp. Date

NAME: ____________________________ DEGREE/DATE: ____________________________

STREET: ____________________________ DAYTIME PHONE: ____________________________ MAJOR: ____________________________

FAX NUMBER: ____________________________ EVENING PHONE: ____________________________ UNIVERSITY: ____________________________

RETURN TO: The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500. Phone: (602) 956-6196; Fax: (602) 956-0519