Professional Biographical Chronology

Milton Hyland Erickson, M.D.

Born
December 5, 1901, in a log cabin in Aurum, Nevada

1916
First Publication: "Why Young People Leave the Farm." *Wisconsin Agriculturist*

1919
High school graduation. Reeseville, WI (class of 2 boys and 4 girls; captain of debate team)

1919
August—Became paralyzed from infantile paralysis (polio)

1920
Summer—Canoe trip for recuperation from polio

1921
Fall—Entered University of Wisconsin

1923-24
Led study group on hypnosis at University of Wisconsin under Professor Clark L. Hull

1924
Completed course work for Bachelor's Degree, University of Wisconsin

1924-27
Clinical & Research Psychologist at State Board of Control of Wisconsin

1928
Master's Degree in Psychology, University of Wisconsin

1928
Medical Degree, University of Wisconsin Medical School

1928-29
General internship at Colorado General Hospital, Denver, CO

1929
Psychiatric internship (3 months) at Colorado Psychopathic Hospital, Denver, CO

1929
Junior Physician, Rhode Island Hospital for Mental Disease, Howard, RI

See BIOGRAPHICAL on page 15

Milton H. Erickson:
Sketch of a Youth
by Jay Haley, M.S.
La Jolla, CA

Milton Erickson was always delighted to recount that he was one of the few people who traveled East in a covered wagon. His love of doing things differently was a theme in his life as well as in the way he practiced psychotherapy. His unique approaches have impacted and changed psychotherapy in a pivotal way.

Born in 1901, in Aurum, Nevada, a long vanished silver-mining town, he was Albert and Clara Erickson's second child. When he was five, the family moved to Lowell, Wisconsin, and began farming on 80 acres.

The family eventually grew to 7 girls and 2 boys, which was a distinct disadvantage in the epoch of clear male and female work roles. The family frequently "loaned out" a girl for kitchen duties in exchange for an extra hand at crop time.

See YOUTH on page 2
EDITOR'S COMMENTS

This year marks the 100th anniversary of the birth of Milton H. Erickson. For this special occasion, we have prepared a centennial issue of the Newsletter.

In honor of Erickson’s accomplishments, this issue begins with a list of his professional achievements followed by Haley’s illuminating sketch of Erickson’s childhood (front page). In recognition of the extraordinary impact Erickson made on the lives of others, this issue contains an interview with Erickson’s wife, Elizabeth Erickson (Interview, p. 3), and Jane Parson-Fein’s personal account of her life changing encounter with Erickson (Connections, p. 16). The brilliance of this extraordinary practitioner is highlighted in a case reported by Milton Erickson and discussed by a team of leading experts in Ericksonian hypnosis (Case Report, p. 14). Erickson’s vision and pioneering achievements form the basis of a fascinating review of current developments in neuroscience (Speaking of Research, p. 10). Adding to the uniqueness of this centennial issue is a previously unpublished manuscript written by Erickson, around 1960 (Therapeutic Frameworks, p. 7).

While examining the culmination of Erickson’s work, it is essential to recognize the accomplishments of those inspired by him. Erickson’s greatest accomplishments are, in some ways, obscured by his ability to work, undetected, through the lives of others. The incredible accomplishments of Jeff Zeig (Leading Contributors, p. 8, Historical Times, p. 18) is only one example of the Erickson legacy. While asking Zeig about his six years of training under Erickson, I got the impression that he originally had no idea about the actual magnitude of the achievement for which he was being presented. Zeig recounts that Erickson postulated possible nationwide recognition for Zeig in hypnosis circles. Erickson followed this remark with a question answered by a powerful declaration, “Do you want to know how to get ahead in an organization...Drag people up with you.” (Experiencing Erickson, 1985. Brunner/Mazel, p. 63). As many well-known leaders in the field will acknowledge, Zeig has done exactly that. Erickson’s contribution to the worldwide acceptance of hypnosis is partially seen in his seminars with participants from around the world. However, it is only after studying the impact of individuals such as Jeff Zeig or Burkhard Peter that Erickson’s legacy is fully appreciated.

During his 1978 visit to the world’s leading expert in hypnosis, Peter was encouraged by Erickson to found a professional society for hypnosis in Germany. When asked if his name could be used, Erickson responded, "You can use my name in any way you find appropriate." Since hearing these words, Peter has served on The Board of Directors for The International Society for Hypnosis (ISH), organized the 15th International Congress of Hypnosis in 2000 (with more than 1500 participants), and helped found the incredibly successful Milton Erickson Gesellschaft (MEG) (Introducing the Institutes, p. 6). When I asked Peter to describe his meeting with Erickson, Peter recalled a particularly enduring suggestion, "Do the best you can." As you will see throughout this issue, Erickson’s strength extends far beyond the reach of his own hands.

In closing, I would like to offer a special thanks to those who helped make this centennial issue of the Newsletter truly unique. Our list of remarkable contributors includes accomplished authors and teachers: Marilia Baker, M.S.W.; Goran Carlsson, Psych.; Betty Alice Erickson, M.S.; Eric Greenleaf, Ph.D.; Jay Haley, M.S.; Richard Landis, Ph.D.; Carol Lankton, M.S.W.; Steven Lankton, M.S.W.; Jane Parsons-Fein, C.S.W.; Ernest Rossi, Ph.D.; and Jeff Zeig, Ph.D. Appreciation is also given to literally hundreds of other contributors who, throughout the years, have helped make the Newsletter possible. Most importantly, we thank Milton H. Erickson for his lasting impressions, footprints that have helped pave the way for many professionals dedicated to the well-being of humanity.
Elizabeth Moore Erickson
Interviewed by Marilia Baker, M.S.W.

Interviewing Mrs. Elizabeth Euphemia Moore Erickson has been an extraordinary honor and privilege. In addition to being Milton Hyland Erickson’s wife, companion and caregiver in his later years, mother to his eight children, partner and fellow researcher, hypnotic subject, editor, assistant writer and proofreader, Mrs. Erickson has witnessed, participated in and helped shape hypnosis and psychotherapy in the second half of the 20th Century.

In addition to the professional work, Mrs. Erickson collaborated with Dr. Erickson and esteemed colleagues over the decades. She was the ‘C.E.O.’ of a busy household, raising a lively family of eight children including three children he brought into the marriage and the five they had together. Their 1936 marriage was synergistic and happily successful, finding creative solutions to the everyday family issues as well as facing the difficult challenges of a varied professional life compounded by times of severe physical illnesses.

The Erickson offspring are engaged in a variety of professions—teaching, farming, medical arts and mathematics. Today there are 34 grandchildren, and 41 great-grandchildren. Mrs. Erickson does her best to keep track of them all!

Dr. Erickson had a fundamentally naturalistic orientation. His worldview included the idea that therapy occurs ‘out there’ in life more than in the consulting office. He believed in the utilization of common-everyday trance phenomena and the use of directives to elicit people’s unique resources. Elizabeth Erickson shared this life. Her intellectual curiosity, professional acumen, indefatigable dedication, and devotion to a modern genius in an ‘everyday married life’ of almost 44 years – about 16,000 days – gives her an inextricable genius of her own.

Her intellectual curiosity, professional acumen, indefatigable dedication, and devotion to a modern genius in an ‘everyday married life’ of almost 44 years – about 16,000 days – gives her an inextricable genius of her own.

The beginning of your contact with Margaret Mead and Gregory Bateson was your participation in reviewing and analyzing their Balinese trance films. Much was written recently in the book The Letters of Milton H. Erickson. (Zeig & Geary, Eds. 2000. Zeig, Tucker & Theisen). Can you tell us about the ‘everyday’ facets of your relationship?

Mrs. Erickson (Mrs. E): Margaret and Milton developed a friendship over the years. After their initial exchange of letters, which focused on studies and conferences on Balinese trance experiences, Margaret came to include our family among the places to visit when she was on her many professional tours. She and Milton also continued to coordinate their invitations to lecture so that they could combine work with visits to each other’s homes and meet with each other’s colleagues, families and friends.

She visited us several times when we lived on Cypress Street where we lived from 1949 to 1970. Sometimes she would be put up at a hotel as part of a professional meeting, but she frequently stayed with us, crowded as it was. We all enjoyed it! We had three bedrooms; the baby crib was kept in our bedroom during the day and pushed into the dining room at night. The front bedroom was for the girls and the larger back bedroom for the boys. One of the girls would sleep on the living room couch and her bed would be turned over to Margaret. For years, she continued to be amused by the fact that she was made so much part of our family that even the mouse cage, full of pet white mice, was at the foot of her bed!

As the years went by, more and more, she seemed to me to be the beloved older sister I always wished I had. She always kept up with all of our family relationships, events and interact with anyone at exactly his or her level. Milton and she had vigorous and long-standing intellectual debates. She treated me as a colleague as well as a loved sister. She also interacted with the children. Betty Alice particularly remembers her sage advice on motherhood: Roxanna remembers, as a small child, happily digging through Margaret’s suitcase and trying on Margaret’s favorite hat. Not only could she engage in an interested conversation with the maid about various cleaning techniques, but also she would talk to family friends about every day life. She would make everyone feel important and comfortable. Margaret died of cancer in 1978, in New York. Milton and I were both deeply grieved at her passing.

MB: The Erickson family moved to Phoenix in the summer of 1948. Could you describe those early years in Arizona, and how those times helped shape the evolution of your husband’s professional footprint?

Mrs. E: Milton had serious health problems in Michigan throughout the 1940’s, although he was able to work very hard and for long hours between episodes of illness. Although it is now recognized that victims of poliomyelitis often suffer severe muscle loss and periods of intense pain many years later, this was not known then. In 1948, my husband had such a severe bad spell...
CENTENNIAL CELEBRATION OF MILTON H. ERICKSON, M.D.

The Milton H. Erickson Foundation will celebrate the centennial of the birth of Milton H. Erickson, at the Eighth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, to be held December 5-9, 2001, at the Phoenix Hyatt Regency and Phoenix Civic Center Plaza, in Phoenix, Ariz. The Congress theme will be "Ericksonian Footprints: Past, Present and Future."

The faculty for this meeting includes the foremost leaders in Ericksonian Hypnosis, including: Alman, Andreas, Argast, Battino, Beaths, Bell-Gadsby, Edgerton, BA, Erickson, Fisch, Fryman, Geary, Gilligan, Greenleaf, Hammeslag, Havens, Hoyt, Kimm, Kershaw, Landis, C, Lankton, S, Lankton, Lorigo, Madanes, McNeeley, Miller, Mills, Munion, Parsons-Fein, Phillips, Ritterman, Robles, Rosen, Rossi, Ruelas, Schefflin, Schmidt, Short, Siegner-Fischer, Tafaya, Trenkle, Weitenhofer, Wilson, Yapko, and Zeig.

Keynote Addresses will be given by Stephen Lankton, Cloé Madanes, Ernest Rossi, and Jeffrey Zeig. Carl Hammeslag will present the Invited Address.

The Congress program was designed by Stephen Lankton and includes a special new Ericksonian Footprints Track. Congress workshops will be presented Friday, Saturday and Sunday. A Fundamental training program also will be offered. Accepted Short Courses will be offered on Thursday, December 6, from the Milton H. Erickson Institutes, both national and international, as well as from other professionals worldwide.

A special hike is planned to the Squaw Peak Mountain Preserve on Wednesday, December 5, for the dedication of the Milton H. Erickson bench that will be built this summer. In addition there will be an evening celebration for the 100th birthday of Milton H. Erickson, M.D., including music, dancing, special door prize memorabilia, and celebratory birthday cake. More information is included in the Conference brochure.

See the ad and registration form on page 5 to register at the special rate of $349. This is $50 off the current fee of $399! This offer is valid until August 29, 2001, and is not valid with any other offer and cannot be used retroactively.

If you would like to receive a brochure for the Congress, contact The Milton H. Erickson Foundation, Inc., tel. 602/956.6196; fax, 602/956.0519; E-mail, mhefvol@aol.com. Information is also available on our web site, visit: www.erickson-foundation.org/cong01.htm

VOLUNTEERS NEEDED FOR DECEMBER CONGRESS

The Milton H. Erickson Foundation is looking for full-time graduate students to assist the staff and faculty at the upcoming Eighth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, December 5-9, 2001, at the Phoenix Hyatt Regency and Phoenix Civic Plaza.

Volunteer duties include assisting with registration procedures, continuing education, assisting faculty and monitoring meeting rooms. In exchange for the registration fee, volunteers are asked to send a $100 deposit that will be refunded after successfully completing volunteer duties.

Full-time graduate students and interns are the first to be accepted as volunteers. Professionals will be accepted as the meeting draws closer, if there is need. Volunteers are assigned on a first-come, first-served basis.

Accepted volunteers must attend a mandatory volunteer meeting on Wednesday morning, December 5, 2001. To volunteer, please submit the following:
- A letter requesting to volunteer.
- A letter from your university stating full-time graduate student status as of December 2001. Interns should send a letter from their supervisor stating their status as of December 2001.
- A completed registration form.
- A $100 deposit (To be refunded after successful completion of volunteer duties.)

Send all of the above information to: The Milton H. Erickson Foundation, Inc., Attn. Ann Webb, Volunteer Coordinator, 3606 N. 24th Street, Phoenix, AZ 85016-6500. For more information contact, Ann, at the Foundation: tel, 602/956-6196, ext. 201; E-mail, mhefvol@aol.com

Funds Needed for Erickson Bench Dedication

A bench will be constructed this summer, dedicated to Milton H. Erickson, M.D., on the Squaw Peak Mountain Preserve located in Phoenix, Ariz. The bench will be constructed one-third of the way up the main trail.

Dr. Erickson sent many of his patients to Squaw Peak as a part of their therapy or training. In December 2001, those attending the Eighth International Congress in Phoenix are invited to a dedication ceremony on the Squaw Peak Park Preserve on the 100th anniversary of Milton H. Erickson's birth.

The Erickson Foundation must provide a stipend to the City of Phoenix for the bench. If you are unable to participate in the dedication, but would still like to help, you can send an ear-marked donation to the Erickson Foundation. All donations are greatly appreciated.

COUPLES CONFERENCE COMING IN 2002!


Presenters include Ellyn Bader, Christine Padesky, Pat Love, David Scharf, Janis Spring, and Jeffrey Zeig. Keynotes will be given by Helen Fisher and Frank Pittman. Additional presenters are to be announced.

To be placed on a list to receive the brochure (September 2001), contact the Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; tel., 602/956-6196; Fax, 602/956-0519; E-mail, mhefvol@aol.com; Web, www.erickson-foundation.org.
CENTENNIAL CELEBRATION
THE EIGHTH INTERNATIONAL CONGRESS
on Ericksonian Approaches to Hypnosis and Psychotherapy
DECEMBER 5 - 9, 2001
Hyatt Regency Phoenix and Phoenix Civic Plaza

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of
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1 - 4:30 PM - Erickson Bench Dedication &
Squaw Peak Climb (additional info in confirmation packet)
7:00 - 10:00 PM - Birthday Party

Complete the adjacent registration form and send with payment to THE MILTON H. ERICKSON FOUNDATION
3606 N. 24th Street, Phoenix, AZ 85016-6500
For more information and a complete brochure, contact us at:
Tel: 1-602-956-6196 * Fax: 1-602-956-0519
e-mail: mhreg@aol.com * www.erickson-foundation.org
The Milton H. Erickson Institutes
Past, Present and Future
by Sharon McLaughlin, M.A.
Lakeport, Ca.

Milton H. Erickson was a planter of seeds. His history reflects the lessons of farm life. Erickson taught his students that ideas, like seeds, that were planted in the past and nurtured in the present, continue to grow and flourish into the future. The network of Ericksonian Institutes is one example of such generative growth. During his life, Milton Erickson authorized the use of his name by five institutes. Three were in the United States, including New York, California, and New Mexico. Two of the institutes were in Munich, Germany. The Milton H. Erickson Foundation was established in 1979. One of the tasks of the Foundation is to oversee the use of Dr. Erickson’s name by institutes and societies that promote and teach Ericksonian psychotherapy and hypnosis. According to Foundation Director Jeffrey K. Zeig, “The purpose of the institutes is to foster local interest in Ericksonian theory, research and practice.” As the Foundation commemorates the 100th anniversary of the birth of Milton H. Erickson, it celebrates the spread of Erickson’s influence to almost 100 institutes located throughout the world.

Institutes and Societies, dedicated to teaching Ericksonian principles, can be found in North America, South America, Europe, Asia, Australia, New Zealand, and Africa. There are six registered Institutes in Germany, seven in France, eight in Mexico and 36 in the United States and Canada. Each of the Institutes has its own distinct personality, reflecting the interests of the individuals inside the Institute and in the surrounding culture.

The Milton Erickson Society for Clinical Hypnosis, Germany (MEG), is one of the first and perhaps the largest and most influential of the Institutes. MEG serves as an umbrella for a network of organizations, currently with 15 branches and 1500 members; it is the largest hypnosis society in Germany. Established in 1978, MEG’s activities include publishing and training in clinical hypnosis, Ericksonian therapy, medical and dental hypnosis. MEG publishes a newsletter biannually to a circulation of approximately 30,000 professionals. As a catalyst for fostering interest in Ericksonian theory and research, MEG has been extremely influential, including offering financial support for universities conducting research in hypnosis. MEG’s leaders believe this research is important because it is scientific approval that will lead to the general acceptance of hypnosis in society and ensure that it will be transmitted to future generations.

Another surge in interest in Ericksonian hypnosis and therapy has occurred in South America. The Instituto Milton H. Erickson de Buenos Aires was established in 1986 by Sylvia and Edgar Etkin. IMHEBA created Rapport, a Spanish language journal dedicated to Erickson’s work. Between 1995 and the year 2000, seven new institutes were established in Brazil and Argentina.

Of the 94 institutes currently active, two have recently gained distinction by obtaining recognition from their government education boards. El Centro Ericksoniano de Mexico, established in 1999 by Teresa Robles, Ph.D., was recognized by the Education Ministry and Health Ministry of Mexico, allowing them to offer a Masters Degree in Ericksonian Psychotherapy. In Italy, the Società Italiana Milton Erickson (SIME), directed by Camillo Loredano, M.D. has been recognized and approved by the Italian State. The instruction provided by this Institute is of such high quality that their students receive the same status as those with a university specialization.

In celebration of the 100th birthday of Milton H. Erickson, several Institutes planned important events. Some Institutes, such as the Milton H. Erickson Institute of Jeffersonville in Indiana, directed by John Lentz, planned special workshops. The Milton H. Erickson Institute of Turin, Italy, planned a series of ten one-day free workshops, addressing Ericksonian hypnosis and therapy for both professionals and patients. The series culminates on December 5, 2001. Also in Italy, SIME dedicated the International Congress "The Self of the Therapist" held on the Island of Capri, to the 100th birthday of Milton Erickson as well as the 20th year of Jeffrey Zeig’s teaching in Italy.

Erickson’s influence sustains its global expansion. The Foundation continues to review applications from new institutes around the world. This year, the Milton H. Erickson Institute of South Africa became the first on its continent. Mexico increased its continuing contribution to the spread of local interest in Ericksonian hypnosis and psychotherapy with the Instituto Milton H. Erickson de Queretaro. As requests are continually submitted to the Foundation, the exponential growth of Erickson Institutes insures that the ideas planted by Milton Erickson will continue to flourish in future generations.
**Analytical Techniques in Hypnosis**

by Milton H. Erickson, M.D.

Phoenix, Arizona, 1960

Editor’s note: The following is an abstract of an unpublished paper presented by Milton H. Erickson, M.D., at the Tenth Congress of the American Medical Association in Mexico City, May 4, 1960. Before presenting his paper, Erickson responded to comments made by an earlier speaker. In an effort to advocate for the use of hypnosis by experienced physicians, Erickson stated, "First of all, I disagree with the statement that the average medical man is "too immature" and "too incompetent" to use hypnosis...Nor do I agree that the average physician should be sent back to school for three years or for 400 hours, to be trained in some special school of psychoanalysis or theoretical interpretation of human behavior." These comments provide a context for the following presentation. During this era, psychoanalysis was preeminent and its elitism threatened the proliferation of hypnosis within the broader field of medicine. Congruent with his general approach to therapy, Erickson suggested that his colleagues should...”...take a kindler and more appreciative look at their fellow physicians and wonder if they are not underestimating their capabilities..." This statement reflects Erickson’s general perspective on hypnosis. Erickson saw opportunity in what others dismissed as inability. Where others saw resistance, Erickson saw potential for growth.

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**Ericksonian Footprints**

by Stephen Lankton, M.S.W.

Pensacola, Florida

I have developed the Ericksonian Footprints model by studying Dr. Erickson’s work directly and by evaluating my own model, as well as those of other students of Dr. Erickson. My goal is to synthesize a model from these varying views that may better represent the essence of Dr. Erickson’s work.

Many have suggested that clinical hypnosis typifies Erickson’s approach. Others believe that techniques like metaphor, paradoxical intervention, and indirect suggestion are the crucial signposts. But techniques are not the essence of Erickson’s work. It is, instead, a theory of change, a process of contact with clients that embodies the unique aspects of this approach.

There are obstacles to stating a minimum number of steps that identify this process. There are interactions that do not exhibit all of the phases. The process that identifies an Ericksonian approach includes six phases: Matching, Blending, Utilizing, Ambiguity, Reframing, and Co-creating Outcomes.

**Matching:** Erickson often emphasized the need to “speak the client’s language” as an initial phase of the change process. This included the vocabulary and the manner of expression used by the client. He matched word-salad, word-selection, and the nonverbal selection expressed by the client. The goal was not to remove the problem or cure the client. The goal was to begin to understand the client’s world at an intuitive level.

**Blending:** Matching and blending have sometimes been viewed as if they were the same thing, but this is not the case. Blending is to move at the proper rate for the client, with the therapist possibly taking a complementary, or a symmetrical role vis-a-vis the client. Erickson often took the opposite interlocking role with the client. For instance, if the client criticized him, he took the role of the victim. He did not simply do the exact thing as the client. In blending, Erickson gave no resistance to the client. He responded to all messages from the client in the manner in which they sent them. The goal of blending is to reduce possible resistance.

**Utilization:** Once matching and blending have occurred, Erickson suggested accepting the offerings of the client and to “encourage them and heap it up.” Therapists sometimes want to overlook this part of the process in favor of stopping the client’s ranting, complaining, aggression, etc. But, encouraging the presenting behavior begins the process of getting the client beneficially off balance.

**Ambiguity:** The interpersonal goal of metaphor, indirection, and confusion is not simply to disrupt the system, but rather to encourage the client to seek balance. Since there are many possible interpretations of a metaphoric story, clients rely upon information from the therapist. It is as if his or her balance is unstable. Various interventions include confusion, metaphors, anecdotes, indirect suggestions and binds, and homework assignments.

**Reframing:** As clients obtain a sense of balance, they are interested in the meaning it carries. Therapists have a wonderful opportunity to shift a meaning slightly to the most beneficial interpretation. Clients can get the certainty they seek from the framework of the therapist. Of course, if the client’s interpretation is already maximally beneficial, the therapist only needs to provide a reinforcing comment. The goal is to help clients realistically and beneficially interpret their found experiences as resources needed for a cure.

**Co-creating Outcomes:** Clients bring unique talents that affect how therapeutically retrieved perceptions, attitudes, emotions, and behaviors are implemented. This process is only partially guided by the therapist who is careful to allow clients to interpret successful outcomes that are ‘close to,’ but not exactly formed as the therapist expected.

Some interventions produce several phases simultaneously. Therapists continue to do preliminary phases as they advance through the others. Any phase can be omitted, depending on various factors of the case. When too many are omitted, however, one can no longer identify the intervention as something that exclusively identifies Erickson’s basic footprint.

This model is proposed to better understand the work of Milton H. Erickson and to provide a framework from which Ericksonian therapists can evaluate their own work. The model forms the core of the 8th Ericksonian Congress which will be held in Phoenix, December 5-9, 2001.
Jeffrey K. Zeig, Ph.D.
Phoenix, AZ

by Roxanna Erickson Klein, Ph.D.
Dallas, TX

Known world-wide as the leading proponent of Ericksonian psychotherapy, Jeff Zeig, Ph.D., has made contributions of such magnitude as to earn recognition as a leader of leaders. Founder and director of the Milton H. Erickson Foundation, Zeig has done more than any other individual to promote recognition of the work of Dr. Erickson. Even more remarkable, Zeig has engineered a series of remarkable conferences called "The Evolution of Psychotherapy" that has brought together more leaders in the field than any other person in history.

Zeig is an exceptionally talented organizer and planner. He has conducted workshops, congresses and conferences in 35 countries. However, in addition to being an accomplished teacher, lecturer, author and adept practitioner, Zeig is someone who diligently seeks-out and advances the work of those whose talent he admires.

Just after completing his master's degree in clinical psychology, fortuitous circumstances led Zeig to visit Erickson and meet the man whose work he had studied and admired. In that initial meeting, Zeig learned first hand about the power and the pivotal influence that can occur in moments of ordinary interaction.

Although a myriad of professionals sought to study with Erickson, only a handful were given the opportunity to work with him over a period of time. Zeig's interval of study, 1973-1980, occurred when Erickson was becoming widely recognized for his innovative approaches and contributions to brief therapy. Zeig, intrigued by the seemingly simple yet highly effective interventions, immersed himself in Erickson's teachings.

Upon completion of his doctoral degree, Zeig planned an event to honor the person whose teachings had been so central to his own professional outlook. He also wanted to broaden the opportunity for others to study and learn more about Erickson's work. In 1980, Zeig orchestrated a meeting to coincide with Erickson's 79th birthday that would focus on material relevant to the newly emerging "Ericksonian Approaches to Hypnosis and Psychotherapy." Although Erickson died nine months prior to the Congress, he enjoyed the knowledge that the meeting would be attended in monumental numbers.

Erickson worked with Zeig to establish the Foundation, which became the instrument through which conferences continue to be held. With the groundwork completed, and the success of the first Congress, Zeig continued to establish ways to provide cutting-edge training for a generation of therapists who were eager and ready to break-away from the constraints of traditional therapeutic thinking.

While continuing to promote Ericksonian approaches and to hone his own therapeutic skills, Zeig also forged relationships among leaders from diverse therapeutic ideologies. Nurtured by the Zeig's organizational genius, The Evolution of Psychotherapy emerged as a meeting in which leaders came together from virtually every major psychotherapeutic approach. In this venue, for the first time, dialogue and debate among great innovators in therapy was presented in a forum in which professionals could witness and participate. Held every five years since its inception in 1985, the Evolution of Psychotherapy conferences have stimulated continuing dialogues, commentaries and searches for common elements among diverse ideologies. Therapists who study these efforts are given an opportunity to reflect upon and refine their own ideologies and therapeutic positions.

Although Zeig has learned from his contacts with the most talented practitioners of our time, he has remained dedicated to the development of Ericksonian approaches as representative of his own core commitment to the best in psychotherapy.

Jeff Zeig's concern with human welfare, his readiness to embrace intellectual diversity and his devotion to personal and professional development has created a unique ability to bring forth the wisdom of others. He is the dreamer behind the Milton H. Erickson Foundation. Without him, there would be no Foundation, fewer Ericksonian Institutes around the world, and no Evolution of Psychotherapy conferences. Zeig's willingness to pursue a dream has resulted in a series of events that will undoubtedly have a lasting impact on the future of psychotherapy.

Perhaps the best birthday is one that belongs to somebody else ... while the best way to celebrate it is to buy a present for yourself.

With this in mind, please join us in celebrating the 100th anniversary of the birth of Milton H. Erickson — give yourself two great books at one great price:

The Letters of Milton H. Erickson and The Handbook of Ericksonian Psychotherapy

The Letters of Milton H. Erickson: Collected from the vast correspondence of Erickson, this collection of original letters sheds light on both the man and his work. Rich dialogues between Erickson and Margaret Mead, or Gregory Bateson, or Jay Haley, to name just a few, offer extraordinary insights into the intellectual power and tenacity of this seminal thinker. Sometimes stern, other times supportive, always lively, the letters reveal that Erickson, even long after his death, continues to show us how important it is to step off the straight line, to see things from a different angle, if we want to arrive at anything that resembles truth.

The Handbook of Ericksonian Psychotherapy: This long-awaited book will prove itself worth the wait the instant one begins to read. Erickson's ideas and innovations are woven into the very contemporary perspectives of this next generation of practitioners. From pain management to trauma resolution, B. A. Erickson, the Lankton, Mills, Ritterman, Schefflin, Yarps, and more than 50 premier professionals demonstrate the many and diverse applications of Ericksonian approaches in psychotherapy today.

So, toast the centennial of one who revolutionized our thinking about the human condition and its treatment — give a nod to Milton H. Erickson and then curl up with some good books.


Zeig, Tucker & Theisen, Inc.

CONFERENCE NOTES

International Congress for Psychotherapy in China, "Psychotherapy: Dialogues between East and West," will be held August 20-24, 2001, in Kunming, China. The Congress is sponsored by the German Chinese Academy for Psychotherapy. Eminent figures from all fields of psychotherapy and researchers from the extended field of human and social sciences in the East and West will share their expertise and discuss perspectives and experiences in this East-West dialogue on psychotherapy. For more information, please contact the Congress Bureau, Kunming Kongress 2001, Prof. Ille Oehlaff, Agathenstr.3, 20357 Hamburg, Germany; tel/fax, 0049 (0)40 41355196; E-mail, KunmingCongress@aol.com; web, www.deap-psychotherapy-china.de or contact First Affiliated Hospital of Kunming, Prof. Dr. Zhao Xu Dong, Xi-Chang-Way 153, 650032 Kunming, China; fax, 0086 (0) 871 5336015; E-mail, zylx@public.km.yn.cn

The American Psychological Association will hold its 109th Annual Convention, August 24-28, 2001, in San Francisco, Calif. More than 1,000 symposia, invited addresses, workshops, films, and other sessions continued on next page
### UPCOMING TRAINING

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### NOTES continued

...sions will focus on the latest research advances and public issues involving the spectrum of human behavior. A Workshop entitled, "Hypnosis in Brief Therapy," will be presented by Jeffrey Zeig. In addition, "An Ericksonian Perspective on Hypnosis and Brief Psychotherapy," symposium will be presented by Eric Greenleaf, Ernest Rossi, and Jeffrey Zeig. For Convention information contact the American Psychological Association at 202/336-6020; E-mail, convention@apa.org; Web, www.apa.org/convention.

The 59th Annual Conference of the American Association for Marriage and Family Therapy, with the theme, "Scientific Art: Evidence-Based Therapy," will be held October 18-21, 2001, in Nashville, Tenn. For information contact AAMFT, 1133-15th Street NW, Ste. 300, Washington, D.C. 20005-2710; tel, 202/452-0109; fax, 202/223-2329; E-mail, central@aamft.org; Web, www.aamft.org.

The Psychotherapy Networker (formerly Family Therapy Networker) celebrates the 25th anniversary of the Networker at their annual conference in Washington, D.C., March 7-9, 2002. Pre-Conference Workshops also will be available on March 6, 2002. For information contact Fred Freedman at the Psychotherapy Networker at 202-291-1257; Web, www.familytherapynetworker.com.

The American Society of Clinical Hypnosis (ASCH) is sponsoring the 44th Annual Scientific Meeting and Workshops on Clinical Hypnosis, "Integrating Brain and Behavior," March 15-19, 2002. The Workshop will be held at the Omni Severin & Crowne Plaza Hotels in Indianapolis, Ind. Full programs will be available in mid-November, 2001. For more information, contact ASCH at 630980-4740; E-mail, info@asch.net.

The Ninth Congress of the European Society of Hypnosis, "Hypnosis and The Other Therapeutic Modalities in The New Millennium," sponsored by the Società Italiana Di Ipnosis and the Società Italiana Milton Erickson, will be held September 25-29, 2002 at S. Thomas Aquinas University, Rome, Italy. The Congress consists of a Precongress Workshop, Scientific Program and a Postcongress Workshop. Keynote Addresses, Invited Addresses, Invited Workshops, Invited Seminars, Symposia, Research Panels, Clinical Panels and Supervision Panels will be offered. A Call for Papers also has been announced. Discounted registration fees are available until September 30, 2001. For registration and Call for Papers information, contact Società Italiana Di Ipnosis, Via Tagliamento 25, 00198 Rome, Italy; tel, 06 8542130; fax, 06 8542006; E-mail, ipnosis@tin.it; Web, www.hypnosis.it.

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2. The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Toll-free tel, 1-877-212-6678; tel, 602/956-6196; fax, 602/956-0519; E-mail, office@erickson-foundation.org; http://www.erickson-foundation.org
Speaking of Research

Updating Milton Erickson's Neuro-Psycho-Physiological Dynamics of Therapeutic Hypnosis and Psychotherapy
by Ernest Lawrence Rossi, Ph.D.
Los Osos, CA

Today it seems as if we all have our own favorite Milton H. Erickson depending on what we read and the anecdotes we hear about him. My favorite view of Erickson comes from a few of his early papers where he writes about the role of arousal, reassociation and the resynthesis as the essence of hypnosis and psychotherapy. In my forthcoming book "The Psychobiology of Gene Expression: Neuroscience, Neurogenesis, and Numinosum in Therapeutic Hypnosis and the Healing Arts" (Norton, 2002), I review recent research to update Erickson's views on "The Neuro-Psycho-Physiological Dynamics of Hypnosis." Remarkable research in neuroscience over the past decade indicates that, contrary to the past 100 years of dogma, the human brain does generate new brain cells from stem cells in adulthood. We now know that the experiences of novelty, environmental enrichment and physical exercise can activate gene expression leading to the development of new neurons and connections between them in the brain. This research is a striking confirmation of Erickson's ideas on arousal, reassociation and the resynthesis as the essence of hypnosis and psychotherapy. If we take this new neuroscience research seriously, I believe it will serve as the truly scientific psychobiological foundation of future developments in therapeutic hypnosis in medicine and psychotherapy.

Here are some of my favorite quotes from Erickson that gain new significance in the light of current research on novelty, gene expression, neurogenesis, and healing. In a basic paper titled "Hypnotic Psychotherapy" Erickson (1948/1980, pp. 38-39) writes the following about the role of suggestion in hypnosis (italics are added here for emphasis).

The induction and maintenance of a trance serve to provide a special psychological state in which patients can re-associate and reorganize their inner psychological complexities and utilize their own capacities in a manner in accord with their own experiential life. Hypnosis does not change people nor does it alter their past experiential life. It serves to permit them to learn more about themselves and to express themselves more adequately.

"Direct suggestion is based primarily, if unwittingly, upon the assumption that whatever develops in hypnosis derives from the suggestions given. It implies that the therapist has the miraculous power of effecting therapeutic changes in the patient, and disregards the fact that therapy results from an inner re-synthesis of the patient's behavior achieved by the patient himself. It is true that direct suggestion can effect an alteration in the patient's behavior and result in a symptomatic cure, at least temporarily. However, such a "cure" is simply a response to the suggestion and does not entail that re-association and reorganization of ideas, understandings, and memories so essential for an actual cure. It is this experience of re-associating and reorganizing his own experiential life that events in a cure, not the manifestation of responsive behavior, which can, at best, satisfy only the observer."

continued on next page
"For example, anesthesia of the hand may be suggested directly, and a seemingly adequate response may be made. However, if the patient has not spontaneously interpreted the command to include a realization of the inner need for reorganization, that anesthesia will fail to meet clinical tests and will be a pseudo-anesthesia.

"An effective anesthesia is better induced, for example, by initiating a train of mental activity within the patient himself by suggesting that he recall the feeling of numbness experienced after a local anesthetic, or after a leg or arm went to sleep, and then suggesting that he can now experience a similar feeling in his hand. By such indirect suggestion the patient is enabled to go through those difficult inner processes of disorganization, reorganization, reassociating, and projecting of inner real experience to meet the requirements of the suggestion and thus the induced anesthesia becomes a part of his experiential life instead of a simple, superficial response.

"The same principles hold true in psychotherapy. The chronic alcoholic can be induced by direct suggestion to correct his habits temporarily, but not until he goes through the inner process of reassociating and reorganizing his experiential life can effective results occur.

"In other words, hypnotic hypnotherapy is a learning process for the patient, a procedure of reeducation. Effective results in hypnotic psychotherapy, or hypnotherapy, derive only from the patient's activities. The therapist merely stimulates the patient into activity, often not knowing what that activity may be, and then guides the patient and exercises clinical judgment in determining the amount of work to be done to achieve the desired results. How to guide and judge constitutes the therapist's problem, while the patient's task is that of learning through his own efforts to understand his experiential life in a new way. Such reeducation is, of course, necessarily in terms of the patient's life experiences, his understandings, memories, attitudes, and ideas; it cannot be in terms of the therapist's ideas and opinions.

"For example, in training a gravid [pregnant] patient to develop anesthesia for eventual delivery, use was made of the [direct] suggestions outlined above. ...The attempt failed completely even though she had previously experienced local dental anesthesia and also her legs 'going to sleep.' Accordingly, the suggestion was offered that she might develop a generalized anesthesia in terms of her own experiences when her body was without sensory meaning to her. This suggestion was intentionally vague since the patient, knowing the purpose of the hypnosis, was enabled by the vagueness of the suggestion to make her own selection of those items of personal experience that would best enable her to act upon the suggestion.

"She responded by reviewing mentally the absence of any memories of physical stimuli during physiological sleep, and by reviewing her dreams of walking effortlessly and without sensation through closed doors and walls and floating pleasantly through the air as a disembodied spirit looking happily down upon her sleeping, unfeeling body. By means of this review, she was able to initiate a process of reorganization of her experiential life. As a result she was able to develop a remarkably effective anesthesia, which fully met the needs of the subsequent delivery. Not until sometime later did the therapist learn what train of thought she had initiated the neuro-psycho-physiological process by which she achieved anesthesia."

These are the essential dynamics of what Erickson called the naturalistic and the utilization approach to the neuro-psycho-physiological dynamics of therapeutic hypnosis (Erickson, 1958/1980, 1959/1980). Notice how Erickson distinguishes between direct and relatively superficial and short acting suggestion of traditional hypnosis that attempts to program the patient from the outside. Erickson, by contrast, tends to facilitate, evoke, prompt, and stimulate patients to continued on next page
**RESEARCH continued**

synthesize the inner dynamics of their own creative hypnotic process in their own personal way. In the language of modern neuroscience we would say that Erickson was facilitating unconscious processes with that we might today call "implicit processing heuristics." A number of these Ericksonian approaches are summarized in the following table (references will be found on the Newsletter website at www.ericksonnewsletter.org/archives.htm and in my forthcoming book "The Psychobiology of Gene Expression").

Ericksonian approaches to therapeutic hypnosis and psychotherapy that anticipated current neuroscience research on novelty, environmental enrichment, and physical exercise that facilitate gene expression and neurogenesis:

- **Facilitating Behavior State Related Gene Expression** by suggestions for hypnotic induction ranging from comfort, relaxation, sleep, dream, dissociation, and somnambulistic behaviors to states of emotional and cognitive arousal.

- **Facilitating Experience or Activity Dependent Gene Expression and Neurogenesis** by all the Naturalistic & Utilization Techniques (Erickson, 1958/1980,1959/1980; Erickson, et al., 1976; Lankton & Lankton, 1983; Zeig, 1997) such as those listed below.

- **Facilitating Immediate Early Gene Expression** with Psychobiological Shock & Surprise (Erickson and Rossi, 1979; Rossi, 1973)

- **Entrainment and/or Modulating Clock Genes** with time distortion and posthypnotic suggestion (Cooper & Erickson, 1959)

- **Experience Dependent Activities for learning, memory and arduous work** (Haley, 1985)

- **Experience Inducing Anecdotes** (Zeig & Geary, 2000)

- **Yo-Yoing Consciousness, expectancy & response sets** (Erickson & Rossi, 1976a & b, 1981); Lynn & Sherman, 2000; Kirsch, 2000)

- **Numinous Enchantment, Fascination, Wonderment, Stories, Metaphor, Humor** (Rosen, 1982)

- **Physical exercise in Erickson’s self-recovery from polio at 18 and his recommendations to patients to climb Squaw Peak.**

- **Utilizing Ultradian dynamics of 2 hour therapy sessions** (Rossi, 1996)

- **Creative Edge Therapy: Strategic Focus on most important life issues** (Haley, 1963)

- **Activity Dependent Learning, Education, Puzzles & Breaking out the Box thinking, and Posthypnotic Suggestion and Pantomime techniques** (Erickson, 1964a/1980; Erickson & Rossi, 1979)

- **Questions, Erickson’s healing version of Socrates (Erickson et al., 1976; Rossi, 1996)**

- **Therapeutic Double Binds** (Erickson & Rossi, 1975). Two-Level Communication (Erickson & Rossi, 1976), and other Implicit Processing Heuristics (Rossi, 2002)

- **Replaying memory and Re-Dreaming a Dream to explore new possibilities** (Erickson, 1952/1980) and recreate identity (Erickson & Rossi, 1989).

- **My Friend John & Resistance Techniques** (Erickson, 1964b/1980)

- **Replaying Sensory-Perceptual Experiences to facilitate the creative process** (Erickson, 1965/1980)

- **Experience Dependent Family therapy for schizophrenics and social encounters for the lonely** (Dolan, 1985).

Erickson’s patients often became excited and aroused emotionally so that they wept, became hot and would actually sweat during the psychobiological work of their hypotherapeutic sessions. The accompanying table lists some of Erickson’s approaches that were designed to heightened states of neuro-psycho-physiological arousal in hypnotherapy (Erickson and Rossi, 1976). Indeed, my very first published paper on Erickson’s work was titled "Psychological Shocks and Creative Moments in Psychotherapy," wherein I was myself shocked by the novelty of learning the fantastic extent to which Erickson went to arouse his patients on deeply challenging psychobiological levels so they could breakout emotionally and re-synthesize a new experiential reality for themselves (Rossi, 1973). Erickson described his approach to me in an informal manner as a "yo-yoing" of the patient’s consciousness and expectancies "to initiate response readiness and the hypnotic process" (Erickson and Rossi, 1989, pp. 1). In our first book, we initially described the secret of Erickson’s success as the facilitation of the patient’s "response tendencies" as follows. "We witness a simple secret of the effectiveness of Erickson’s approach: he offers suggestions in an open-ended manner that admits many possibilities of response as acceptable. Suggestions are offered in such a manner that any response the patient makes can be accepted as a valid hypnotic phenomenon. These open-ended suggestions are also a means of exploring the patient’s response tendencies (the ‘response hierarchy’ of learning theory and behavior therapy). The therapist can utilize these response tendencies to facilitate the therapeutic goals" (Erickson et al., 1976, pp.27-28).

Particularly noteworthy in the Table is how the facilitation of each patient’s personal patterns of arousal and responsiveness is a common theme. Psychobiological arousal is evident in Haley’s early interpretation of Erickson’s approach as "arduous therapy" as well as current views of expectancy and response set theory by Kirsch (2000) in socio-cognitive models of hypnosis (Lynn and Sherman, 2000). The highest research priority is now needed to document how Erickson’s innovative neuro-psycho-physiological approaches can continued on next page

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RESEARCH continued
provide a road map for the neuroscientist’s inspired search for the cognitive-behavioral-environmental-psychosocial processes of optimizing novelty and neurogenesis in animals and humans.

Novelty, Fascination, and Neuro-Psycho-Physiological Work in Erickson’s Innovative Approaches to Hypnotic Induction and Psychotherapy

A careful study of Erickson’s case reports indicates that he was always engaging his patients in their own deeply motivated inner neuro-psycho-physiological work rather than “miracles” (Erickson & Rossi, 1976, 1979, 1980; Siegel, 1986, 1989). This was clearly expressed in a paper he wrote-titled, "The Burden of Responsibility in Effective Psychotherapy" (Erickson, 1964/1980).

"The three persons reported upon are examples of dozens of others that this author has seen over the years, and the results obtained have been remarkably good despite the fact that the patients were seen only on one occasion for an hour or two. [Italics added to emphasize Erickson’s casual mention of what later came to be known as Kleiman’s 90-120 minute ultradian rhythm of activity and rest (Kleiman & Rossi, 1992).]

"In each instance, hypnosis was used for the specific purpose of placing the burden of responsibility for therapeutic results upon the patient himself after he had reached a definite conclusion that therapy would not help and that a last resort would be a hypnotic "miracle." In this author’s understanding of psychotherapy, if a patient wants to believe in a "hypnotic miracle" so strongly that he will undertake the responsibility of making a recovery by virtue of his own actual behavior and continue his recovery, he is at liberty to do so under whatever guise he chooses, but neither the author nor the reader is obligated to regard the success of the therapy as a hypnotic miracle. The hypnosis was used solely as a modality by means of which to secure the patient’s cooperation in accepting what was wanted. In other words, they were induced by hypnosis to acknowledge and act upon their own personal responsibility for successfully accepting the previously futilely sought and offered but actually rejected therapy. . . . the use of hypnosis as a technique of deliberately shifting from the therapist to the patient the entire burden of both defining the psychotherapy desired and the responsibility for accepting it” (Erickson, 1980, 210-211).

Many patients seek hypnosis hoping the therapist has the magic to heal them. Erickson constantly taught, to the contrary, that patients must become engaged in their own numerous and creative healing work just as he did in his own struggle with polio all his life. Notice Erickson’s emphasis on the patient’s personal responsibility for reorganizing and re-synthesizing the neuro-psycho-physiological foundations of their own experience. This is contrary to the common misunderstanding of therapeutic hypnosis as a technique of programming people where the ultimate locus of control is in the therapist rather than the patient. This focus on the patient’s responsibility for their own neuro-psycho-physiological inner work is entirely consistent with the pioneering work of Thomas Szasz (1997) in re-visioning the patient’s response-ability the medical model of psychotherapy as well as the novelty-gene-expression-neurogenesis research of current neuroscience. We are all ultimately responsible for facilitating novelty, neurogenesis and the numinosum in our own personal development.

Editor’s Note: Publication information for references listed above is available in the article posted at www.ericksonnewsletter.org/archives.
Case of Airplane Phobia

Milton H. Erickson, M.D.
Edited by Richard Landis, Ph.D.
Discussion by Betty Alice Erickson, M.S.; Carol Lankton, M.S.W.; Erik Greenleaf, Ph.D.; Göran Carlsson, Psych.; and Steve Lankton, M.S.W.

Editor's Note: Steve and Carol Lankton, Eric Greenleaf, Göran Carlsson and Betty Alice Erickson were asked to discuss one of Erickson's classic cases, "Case of Airplane Phobia." The following is an excerpt from that discussion. A complete transcript of this case, as described by Erickson in his teaching seminars, can be found on the Newsletter website at www.ericksonnewsletter.org/archives.htm.

Steve Lankton (SL): The "Case of Airplane Phobia" or "Two Phobias" is explained at varying lengths in the different literature references (Experiencing Erickson, pp. 122-125; Hypnotherapy Casebook, pp. 314-347; Teaching Seminar, pp. 64-70). This is a case of a woman having anxiety that is related to an earlier mild air travel trauma that was beginning to generalize to situations where she is destined to experience disruptive air turbulence. The first intervention is preceded with a demand that she agree to a "total commitment" of anything Erickson might ask.

Carol Lankton (CL): The next part is pure and practical and vintage Ericksonian intervention.

He has her experience the anxiety of being on an airplane, while in a trance. Erickson then lets that fear slide off her and remain on the chair as she comes out of trance comfortably and safe. She learns a quick self-induction and leaves with the instruction to enjoy her upcoming airplane trip (not just survive it) using self-hypnosis any time that she might like. Erickson then supplies her with differently developed pictures of the chair as the eternal resting-place of her anxiety. I think it's nice that even her anxiety is safely resting. And all of her attention has been successfully turned to enjoying the trip!

Erickson concluded that what she was really afraid of was being absolutely committed in closed spaces where there was no visible means of support.

SL: Erickson's assessment most assuredly went beyond the few facts we are given in print. He would have assessed her word selection, nonverbal behavior, self-awareness, degree of congruity, cadence, and so on. My understanding of Erickson's work leads me to believe that these sort of interpersonal and personal features are essential to proceeding with meaningful personal interventions. So, lacking that knowledge, we are only given his dramatic interventions.

CL: The client asked for hypnosis to cure her airplane phobia. After discovering her anxiety only occurred when the plane was airborne, Erickson concluded that what she was really afraid of was being absolutely committed in closed spaces where there was no visible means of support. This highly specified, operational definition went beyond the more abstract label of "airplane phobia."

Erickson maintained that "we er based problem to which she alluded. He is domatic even while he works indirectly and symbolically. Interventions are separate yet intricately woven so the thread of each merges with the whole.

Setting the stage

Erik Greenleaf (EG): Erickson uses a paradoxical combination of reasonable goals and unreasonable constraints.

Göran Carlsson (GC): I'm most fascinated about the way Dr. Erickson challenges the patient, both to help her go into a trance and to help her change and take control over her problems: "Well, I don't know if you are a good hypnotic subject." She said, "I was in college, it's been a long time ago." "The question is, are you a good hypnotic subject now. I'll have to test you." How could she not go into a trance right then?

BAE: Fear, which she defined as trembling and shaking and wanting to run away, was given a new emotional frame. Erickson stated obvious facts in a way to elicit anxiety.

GC: That's when he said, "There's one more important thing. You're an attractive young woman, and I'm a man. I'm in a wheelchair."

You do not know the extent of my disability. Now listen carefully. I want you to promise me that you will do anything, good or bad I ask of you. I want the promise to be absolute."

BAE: He was also respected psychiatrist, in a wheelchair, with his office in his busy home. Clearly there was nothing to fear. Most fear is not the fear of a hungry tiger walking in a room, as Erickson often said. Setting the stage so she would define one fear as invalid, also set the stage to redefine other fears.

EG: "You do not know the extent of my disability. This is intriguing, and seems to me paradoxical. It induces fear of the therapist, who "may do anything," but, while speaking of the therapist, raises two important possibilities for the patient: 1. She may not know the extent of her disability, or her abilities. 2. She may be willing to do absolutely anything to recover.

GC: She wanted Dr. Erickson to help her, she trusted him. Her motivation to change was high. He knew that. Of course, she promised.

CL: He chose to hint that it could be an inappropriate sexual thing that could happen between her as a woman and him as a man simply because he believed she would find this most disagreeable in her newly married state.

In making this absolute commitment to whatever might happen, she voluntarily placed herself in the most feared circumstance of having no control over anything. She did this under the impression that it was important to the treatment. And it was important for two reasons: 1) "she found out that she could live through a commitment, and 2) the actual problem including a bodily threat was present as a reality in the office and could be worked on in the session and then left in the chair.

SL: I felt that Dr. Erickson's demand that she agree to a "total commitment" of anything he might ask, is useful as it heightens the gravity in the session and forms a basis for the client's fear. This is admittedly done at some risk. The therapeutic reliving and subsequent post-hypnotic suggestions were an acceptable method of treatment (especially, for a trauma that is not debilitating).

EG: "I want you to promise me that you will do ... just anything, good or bad, I ask of you. I want the promise to be absolute." Having switched the greatest fear from the phobia to the therapist, Erickson then asks that she choose to experience compelling, helpless change for the better. This shifts her from her experience of helpless fear. She replies, "Nothing you could do or ask is going to be as bad as my airplane phobia, so I'll promise."

CL: Based on this specified understanding about the scope of this client's anxiety, Erickson was able to create a parallel anxiety that contained her fears of absolute commitment, closed space, and no visible support. It could be experienced in the present, namely her absolute commitment to accept anything he might do to her, good or bad, in the treatment session.

The Focused Intervention

BAE: Hypnosis was the vehicle for her to experience flying in ways Erickson directed—as she had promised she would do. Hypnosis allowed her to see the fears separate from her, and become very real in the continued on next page
AIRPLANE continued

chair. His communication with her about those fears was paradoxical.

SL: The remainder of the transcript provides a wonderful example of how Erickson helps the client disassociate or split affect from the traumatic fear while at the same time blending with the client’s twists and turns of thought.

EG: “All the devils of torture have slipped off your body, into the chair... not on you, but all around you.” In trance, Erickson induces the fearful flight. Then, when she is shaking, he has the plane descend. “And when you arrive on the ground, you’ll find all your devils appear...” He moves the place of fear from the airplane to the ground, then, from the patient’s interior feelings to the space around her. He distances these fears further by taking photos of the chair, labeling them “The eternal resting place of your fears, phobias, anxieties.”

BAE: One message was carried by the phrase “the eternal resting place,” which every adult knows means a final end. The other by giving her the pictures to carry like a child carries a lucky penny. In a trance, this made perfect sense and the convulsion of the paradox became impossible to dissect or refuse.

EG: Erickson demonstrated changing places, that identify problems, changes symptoms, meanings, and the status position of patients. He stayed close to the psychological and interpersonal experience of his patients in crafting seemingly eccentric interactions. As he explained, “She was talking about fear of an enclosed space that had no visible means of support, and her life in the hands of some stranger.”

CL: The second part brings the other two problems with the common elements (elevators and bridges) to the client’s conscious attention while at the same time demonstrating to her that she has, in fact, already solved them back in the first session before she had even mentioned them. This was accomplished by having her hallucinate (in trance) in detail a delightful and completely comfortable sightseeing trip across the San Francisco Golden Gate Bridge. This was quite remarkable since she previously went over bridges (even in trance) in great discomfort, cowering and with her eyes closed.

Similarly, he asked her to report on how she had recently been able to comfortably ride 20 floors in a glass elevator instead of getting off at each floor and taking a different elevator one floor at a time as she had previously done.

SL: He ultimately associated her feelings of success with overcoming the bridge trauma, to provide the solution of her previous homework concentration problem.

BAE: Most Ericksonian of all, she didn’t have to understand exactly why she changed.

SL: Again, this shows that it is the process and not the content used by Erickson that must be learned and recreated for successful treatment. It is important to realize the idiosyncratic nature of intervention in these cases. Dr. Erickson would be quick to dissuade a therapist from trying to generalize from this case to any other and quick to discourage the use of an intervention that appears to be decisive in such a case. These interventions were used with a specific person about whom we have insufficient information to be able to generalize and replicate the therapy.

Erickson Books Reviewed

Conversations with Milton H. Erickson, M.D., edited by Jay Haley, M.A. (Triangle Press) and The Letters of Milton H. Erickson, edited by Jeffrey K. Zeig, Ph.D., and Brent B. Geary, Ph.D. (Zeig, Tucker & Theison) are reviewed by Ivan Tyrrell, in “Human Givens,” (p. 44, Vol.8 No.1, Spring 2001). For a copy of this publication, contact Human Givens, The Barn, Church Farm, Chalvington, East Sussex, BN27 3TD; E-mail, info@human-givens.com; Web, www.human-givens.com
The Strange Attractor
by Jane A. Parsons-Fein, C.S.W., D.A.H.B.
New York, NY

In our relationships we touch each other to the quick. From moment to moment we change each other. Milton Erickson changed me before I even met him.

In 1978, I was working in the Department of Psychiatry at Mount Sinai Hospital. I was restless and discouraged. I saw little improvement in many of our patients, even with finely-trained staff and tremendous expenditures of energy and money. One Saturday morning I was reading a book in Central Park. Suddenly a paragraph jumped off the page into my head and into my heart. It was as if a lightening flash had hit me hard in that one moment. For the first time that I can remember I made an instant decision with fierce and absolute clarity. I did not care where he was or how long it would take me to find him, I vowed that I was going to learn from this man.

The book was Uncommon Therapy by Jay Haley. The case was the suicidal girl with the space between her two front teeth. When I read how Erickson worked with this girl, I almost leaped into the air with joy. Erickson's way of thinking, which Haley communicated so superbly, was lasered into my brain. His mind was complex, yet the intervention seemed so simple. Something happened to me in that minute that redirected my life. My heart has never beaten the same way since.

As luck would have it, right after I made that momentous decision I met Steve Lantkon who was bringing videotapes of Erickson to an ongoing group in New York. After absorbing the tapes for a number of months, I found myself sitting with about ten other people in a tiny office in Phoenix. I felt like a kid on the first day of school. There we sat expectantly, our tape recorders ready.

The door opened and a lovely, bright-eyed, somewhat shy woman wheeled him in. I noticed how neatly his hair was combed. His face was open, kindly. Then I looked closely at him. Wherever he looked, his gaze was unwavering, yet the expression deep in those eyes was continuously changing --flickering, smiling, sparkling, and darkening. When they were serious they were very serious. Later, I learned that what I experienced he called his "ocular fix."

I had watched him for hours on videotape, but was unprepared for the impact his presence had on that room. It was like the difference between looking at reproductions of Van Gogh's paintings and then standing before the actual canvas...and experiencing the vibration of this artist's perception of color - - the texture, the depth, the luminosity. There right in front of me was the same awareness that I had sensed watching the videotapes -- the intelligence, impishness, humor, and rigor -- a vigorous and agile mind in a leathery body. He was all there.

I experienced the same bolt of consciousness as I had on that spring day in Central Park.

The two weeks went by in a very short time. I was often early -- an unusual experience for me. He talked, he told stories, often about his children. I was absorbed for hours at a time. Afterwards, I was so exhausted I sometimes skipped dinner. I had not a clue about what he was doing. Something was shifting in my internal world -- something glowing and powerful, a kind of quiet energy. I could not put words to it. I think I was beginning to hear my own drumbeat.

After those two weeks, my life started to change. I returned to New York and without my usual catastrophising I made plans to go part-time at Mt. Sinai and increase my private practice. I gave up wanting to marry Arnold Fein, a widower who had announced loud and clear he would never remarry. Erickson had remarked that he would probably keep circling around me and never land, so I decided to enjoy what I had with Arnold and dedicate myself to my career. This decision improved our relationship. Now my name is Jane Parsons-Fein.

Another pattern broken: Always teased by my family about my ineptitude with mechanical equipment, when I returned to Phoenix I stubbornly carried all the necessary video equipment, including tripod and cassette player. I proudly came home with forty-eight wonderful hours of Dr. Erickson.

During the next years, a group of us met continuously, absorbed the tapes, started the New York Milton H. Erickson Society for Psychotherapy and Hypnosis, began teaching classes, presenting at conferences and consulting. I edited our first newsletter, which came out in 1982, and continued as editor for the next fifteen years. NYSEPH grew and I learned and expanded a tremendous amount by teaching and direction its training program. NYSEPH continues to grow. In 1997, I left to start my own training institute.

Now, twenty-one years after I met him, I see how my relationship with Erickson moved me into parts of myself I hadn't even known were there. I went far beyond what I had thought were my capabilities. Now, twenty-one years later, I see how my response to his particular kind of awareness carried me into many areas I would never have tried -- taking risks that surprised and delighted even me, transforming my way of working, changing my relationships. His influence brought me to people I could not have conceived of working with and counting as my dear friends -- Virginia Satir, Moshe Feldenkrais, Kai Thompson. Erickson was so at home with his own unconscious that I learned self-trust. Somehow I think his African violet metaphor wove itself into my life.

I never had a sister. After I met Erickson, I found my sister. Her name was Kai Thompson. She was passionately committed to his work and she and I were on the same wavelength.

There is not one area of my life that has not been richly colored by Erickson's turn of mind, his agility with language and the awarenesses that have reverberated in me long after my first experience with him. And I am not alone. I know many eight-cylinder people who were going on two cylinders when they met him who are now going on full power.

In 1983, NYSEPH dedicated fifteen smoke bushes to Dr. Erickson's memory in Central Park. In her dedication, Kay Thompson said: "All I can do is teach what I think he taught me...Then the second generation Ericksonians teach the third generation Ericksonian and then it goes on and it gets changed and it gets modified the same way that the trees get modified when there is too much wind."

After she died, we dedicated to Kay, a flourishing young blue spruce that stands where she stood when she dedicated the smoke bushes sixteen years before.

As a result of travel, teaching and training, I have beloved friends in Sweden, Germany, Poland, Italy, Denmark, Croatia, New York, and in many parts of the United States. I think we are connected by an invisible bond. Perhaps we self-selected because we were drawn to a man who said: "There are two things in life we can be sure of: change and suffering. Our job is to bring as much joy into life as we can." That is a vision worth evolving and teaching -- each in our own unique way.

Even though my work and life have been profoundly changed by my contact with Milton Erickson, it is hard for me to put into words the essence of his impact on me. His consciousness transmitted something that I still carry around with me. Recently I watched a moving presentation of vibrating fractals radiating brilliantly-colored designs, each one a powerful work of art. I am still resonating to it. I keep thinking about chaos theory and the strange attractor. I think Erickson was my strange attractor.
Changing A Violent Family

by Jay Haley
& Madeleine Richeport-Haley

Videotape, 43 minutes

From the video series “Learning and Teaching Therapy with Jay Haley”

P.O. Box 8094, La Jolla, CA 2000, Triangle Productions
http://www.haley-therapies.com/

As the market becomes saturated with books and training videos promising quick cures using seemingly magical techniques, it is nice to know that some materials still provide an honest look at the complex and sometimes frustrating experiences that are a part of the therapeutic process. Jay Haley’s Changing A Violent Family is one in a series of training videotapes that provides a rare look into the interchange between a master teacher (Haley), a therapist in training, and a family torn apart by violence. Jay Haley, who has been recognized as one of the founders of family therapy, shares with the viewer the type of insight and wisdom that can only come from many years of watching families grow and develop. During Haley’s one-on-one supervision with a group of interns, the viewer is carefully guided to a better understanding of Haley’s methods of change. Haley states in the beginning of the narrative that he is not teaching any particular approach to therapy. Very little of the applied technique is shown. Instead, Haley’s narration of this case provides a lesson in humanity.

Similar to his mentor, Milton Erickson, Haley encourages both the therapist-trainee and client-family to develop their own resources as gradual progress is made toward problem resolution and ongoing family development. Haley describes his approach as brief and problem-focused. In this tape, several weeks of training and therapy are reduced to 43 minutes. The viewer has the opportunity to watch a variety of techniques employed toward a single goal, which is to eliminate violence in the family. The father has been sent to prison for beating his son with such severity that he had to be hospitalized. The mother has recently won back the right to guardianship, after losing her children to a placement in foster care. However, the ongoing violence among the siblings leaves her doubting whether she is capable of keeping her children. The odds against this family seem overwhelming. The young therapist-trainee is anxious for instruction on what to do. In answer to this mixture of confusion and despair, Haley offers brief, common sense suggestions. The excitement and enthusiasm of the intern builds as the family makes incremental steps forward. However, it is what occurs within the family that is spellbinding.

As is true with most conscientious, master-therapists, Haley carefully protects the trust and confidentiality of the family. Similar to watching a 1950’s mystery thriller, the viewer is left with gaps that invite imagination to complete the picture (i.e., the faces and identities of the mother, son, two twin girls, and the estranged stepfather). The names are covered by sound edits. Video clips of the family are masked using various editing techniques. In addition to respecting the family’s need for privacy, this approach shifts the focus from the family to the observation room where Jay Haley is at work providing direct and immediate intervention. As Haley reminds us in the tape, the goal is not only to change the family but also to change the therapist, as she learns to become more capable of bringing change to those in need.

The International Conference on Thinking XI

Creating the Future:
Paradigm Shifts in All Disciplines

The International Conference on Thinking XI, hosted by Ottawa University, will be held July 21-27, 2003, in Phoenix, Ariz. It is a highly respected, world renowned, inter-disciplinary academic conference in the world. The Conference will review past, present, and anticipated paradigm shifts in major academic disciplines. The Milton H. Erickson Foundation is a nominal co-sponsor.

The first Thinking Conference was held in 1982 at The University of the South Pacific, Suva, Fiji, with 250 scholars from more than 40 universities in 14 nations. The Conference drew scholars from major disciplines, from anthropology to zoology. Some of the presenters included: Howard Gardner, Professor of Psychology at Harvard; Mihalyi Csikszentmihalyi, former University of Chicago professor of psychology, author of the bestseller "The Flow"; Peter Senge, professor of management at MIT, author of the best selling "The Fifth Discipline"; Charles Stevens, Neurophysiologist and one of the leaders in brain research; Edward de Bono, pioneer who advocated the teaching of thinking skills in the 1960s; Laura Jansson, Sport psychologist, Finland former European Diving Champion and member of the Finnish Olympic Committee; Sir Edmund Hillary, the first man to set foot on the summit of Mt. Everest, and many more.

Call for Papers and Proposals:

To submit a paper or proposal for this Conference, please contact The International Conference on Thinking, Ottawa University, 13402 North Scottsdale Road, Phoenix, AZ 85254, Attn. Dr. William Maxwell; tel, 602/749-5207; E-mail, willgai@aol.com

Registration for this Conference began in January 2001. For more information and to register, contact Ottawa University, 13402 North Scottsdale Road, Phoenix, AZ 85254; tel, 602/749-5207; E-mail, willgai@aol.com
The Milton H. Erickson Foundation

by Dan Short, Ph.D.
Dallas, Tx

The Milton H. Erickson Foundation was incorporated in 1978 but its history began earlier. The seeds were sown in 1974. A young psychologist, Jeffrey K. Zeig, Ph.D., had the aspiration of holding a meeting to promote and advance Erickson’s contributions to mental health professionals throughout the world (see Leading Contributors p. 8).

Zeig’s primary goal for the original Congress was to offer Dr. Erickson the opportunity to witness the dramatic impact of his life’s work. Because Erickson had taught Zeig, and many other students, without charge, Zeig organized this tribute as a way of expressing gratitude. As the enrollment reached large numbers there was need to have a more formal body making decisions and managing the finances. Dr. and Mrs. Erickson agreed to work with Zeig and Peters to form a non-profit educational foundation. The Milton H. Erickson Foundation was officially established October 29, 1979, with Dr. and Mrs. Erickson, Jeff Zeig and Sherron Peters comprising the Board of Directors.

The Foundation’s first year was one of dedication and hard work. To maintain low overhead, volunteers worked in Zeig’s living room, mailing more than 70,000 brochures. The response was phenomenal with as many as 50 registrations arriving each day in the daily mail. As administrative tasks increased, it was decided to establish a paid position of Administrative Director, and Sherron Peters, then Zeig’s wife, assumed this role.

There was no seed money to establish the Foundation. Brunner/Mazel contracted for a proposed book on the proceedings of the Congress. Additionally, a decision was made to transcribe videotapes taken by Zeig during one of Dr. Erickson’s seminar classes, which was published as, A Teaching Seminar with Milton H. Erickson.

The advances for these books paid for the incorporation of the Foundation.

On March 25, 1980, Dr. Erickson died, nine months before the meeting would be held in his honor. He had worked until the week prior, and his calendar was booked for the year. Erickson received some of the intended gift because 750 people had already registered, at the time, the largest number to attend a hypnosis conference. Each registrant was notified of his death. Unexpectedly, donations came in to the Foundation honoring Dr. Erickson’s memory. According to Zeig, “The Erickson Erickson and Zeig, brought expertise in business and a strong commitment to the advancement of the study of Erickson’s pioneering approaches. In 1994, Kristina Erickson, M.D., retired from the Board and her position was filled by Roxanna Erickson Klein, R.N., Ph.D., another of Erickson’s daughters. Both of these practicing professionals, having strong familiarity and insight into Erickson’s theories, have contributed uniquely to the guidance of the Foundation.

Recognizing the importance of fostering an international perspective, the Board elected Camillo Loriedo, M.D., in 1998, as one of its members. Having established the Erickson Institute in Rome, Italy, Loriedo has also served as President for the Italian Society of Hypnosis, The Italian Society of Family Therapy, and has served on the Board for the International Society of Hypnosis. In 1999, the Board added another internationally renowned figure to its roster, Bernhard Trenkle, Dip. Psy. Trenkle is Director of the Erickson Institute in Rottweil and president of the German Erickson Society (M.E.G.). He has served as a mainstay of Erickson Conference faculty for many years.

Jay Haley became the first recipient of the Foundation’s Lifetime Achievement Award. This award was created by the Board of Directors as the Foundation’s highest recognition of professional contribution, not only to Ericksonian Psychotherapy and Hypnosis, but to the field of psychotherapy and to the well-being of society. Others who have since received this prestigious award include Ernest Rossi (1986), Paul Watzlawick (1988), Elizabeth Erickson (1989), Kay Thompson (1992), Steve Lankton (1991), Bernhard Trenkle (1999), and Burkhard Peter (1999).

From the beginning, the Board was aware of the need to make Erickson’s work more familiar to the mental health community. Plans were begun for future training events and other educational opportunities. At the 1980 Congress, it was announced that the Foundation would establish The Erickson Archives to serve as a repository of historical materials about the late Dr. Erickson, including audiotapes, videotapes, letters, and historical interviews. Valuable donations of letters, book, transcripts and tapes continue to be received from contributors all over the world. Today, The Erickson Archives house an extensive collection of audio, video, and written documents from the work of Erickson, as well as many influential theoreticians and clinicians in the field of modern psychotherapy.

Guest archivist Wendel Ray, Ph.D., said, “The materials in the Archive represent some of the most lucid teaching I have ever experienced. The study of clinical hypnosis and many approaches to psychotherapy as they are currently practiced owe an immense debt to Erickson’s pioneering work. His contributions to assessment and intervention techniques in the fields of brief, individual, couple, and family therapy are simply too numerous to count” (for more information see Feature Interview, Vol. 20, No. 1). Professionals from around the world visit the Archives throughout the year and hundreds of hours are spent viewing videotapes, listening to audio-taped programs or reviewing printed materials.

Shortly after the First Congress, William O’Hanlon, M.S., took the responsibility of establishing The Milton H. Erickson Foundation Newsletter. The inaugural issue was published June 21, 1981. Michael Yapko, Ph.D., replaced O’Hanlon as Editor-in-Chief in 1987. After expanding the content of the Newsletter, Yapko was succeeded in 1993, by co-editors Betty Alice Erickson, M.S., and Roxanna Erickson-Klein, Ph.D. In 1996, Dan Short, Ph.D., was invited to participate in the Newsletter’s publication, thereby completing the current editorial team. Carol Kershaw, Ed.D., and Bill Wade, M.S., served as the first Guest Editors in 1995.

In recent years, the scope and content of the Newsletter have increased substantially. The Newsletter continues to be published three times a year, currently under the editorial team of Dan Short, Betty Alice Erickson and Roxanna Erickson-Klein. The distribution of the Newsletter has grown to over 13,000 readers and now includes an electronic issue, which archives continued on next page
Following the landmark Evolution of Psychotherapy Conferences, the Foundation has served as a resource for professionals, from a wide variety of backgrounds, interested in acquiring knowledge about the life sciences and healing arts. The Foundation does not merely memorialize Erickson's contribution. In the words of Jeff Zeig, "We want the Foundation's influence to grow as a part of the development of psychotherapy into the 21st century. Flexible creativity was the hallmark of Dr. Erickson's approach, and we intend to keep the Foundation guided along that path."

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that he was hospitalized at the University of Michigan Medical Hospital and was advised that he should take a leave of absence for the summer and see if the Southwest climate would help him.

We chose Phoenix as it was the only western location where we knew anyone. The superintendent of Arizona State Hospital, the only public mental health hospital in Arizona was a good friend.

MB: That was Dr. John Larson, with whom Dr. Erickson collaborated on matters of police psychiatry and forensic work investigating the 'criminal mind.'

Mrs. E: Yes. John A. Larson, who was a M.D., and a Ph. D., was a brilliant psychiatrist Milton had known in Michigan. He had been assistant director for the Recorder's Court Clinic for the City of Detroit. Larson had come to Arizona for the health of his only son, a teenager with severe asthma. Larson was a fine gentleman and an outstanding scientist, who pioneered the lie detector before Leonard Keeler, even though the lie detector was called, for many years, the Keeler polygraph. I remember Larson referred to it jokingly as "my Frankenstein's monster" as he thought it was greatly misused.

I think conversations between Milton and Larson contributed greatly to my husband's understandings of the criminal mind and his concepts of forensic medicine. Milton was always interested in criminal behavior. His bachelor's thesis in 1927 was on some aspects of low intelligence and crime. He also worked with the prison system in Colorado before we were married and continued to work, for many years, with police departments and with parole boards. Milton worked with investigators on interrogation techniques helping them to understand the methodology of gathering all the information available, but recognizing when a subject begins to conflate. They even brought witnesses over to our house a continued on next page
few times for criminal investigations.

MB: It is interesting that Dr. Erickson’s work with John Larson in Michigan was the deciding factor for the choice of location. Will you tell us about the difficulties in this move to Arizona?

Mrs. E: Milton was so sick at that time that I made arrangements for him to travel to Arizona by train. Two young medical interns took care of him on the train trip. Then they flew back to Michigan and I paid their fares. Dr. Larson put up Milton at his home while I drove out from Michigan. Our oldest sons, Bert and Lance, both had summer jobs and stayed behind. I brought Betty Alice, Allan, Carol and Robert. It took almost a week of driving and stopping at motels. Quite an ordeal—they were four children between the ages of 14 and three, driving all that way in the summer before the days of air conditioned cars! But we made it! Milton was already a lot better. We stayed for a week in Phoenix at a motel called ‘The Autopia,’ and then moved to a little house that I rented for the summer, partly furnished. The address was 22 South 30th Place.

Milton was so much better by late summer that we decided to move to Phoenix permanently. He resigned from El Paso State Hospital (Wayne County General Hospital and Infirmary), the giant mental hospital. Larson invited Milton to join the staff of Arizona State Hospital with the hope that together they would bring its medical care into the 20th Century. The rest of the psychiatric staff consisted of two or three elderly psychiatrists with no specialization.

MB: How did you manage, with the four small children, all these rapid and drastic changes in your life?

Mrs. E: It was a very busy and very difficult time for all of us. I flew back to Michigan, stayed one week and hired a small moving company and got all of our stuff packed and shipped by train. Bert decided to stay in Michigan. Lance came to Arizona on the bus later that summer and entered college.

Sadly, this was also the final week of my mother’s life. My father had cared for her for two or three years of illness and she died at home of breast cancer. I attended her deathbed and her funeral. I am grateful I saw her again.

MB: In addition to Dr. Erickson’s work at Arizona State Hospital with Dr. Larson, what other projects took his interest during these early years in Arizona?

Mrs. E: There was an organization named “The Seventh Step Foundation” for ex-convicts who were seriously attempting to go straight, keep out of trouble and be good citizens. Milton and Larson would make periodic trips to the State Prison, which was located in the town of Florence. There was a special division and confinement area there for mentally ill lawbreakers and the two of them worked with those prisoners. On one of the trips, Milton found out about "The Seventh Step" which was founded in Phoenix.

The small town atmosphere of Phoenix in the 1950’s worked very well for this program. There was an old three-story mansion, as I recall, over on the southwest area of downtown. "The Seventh Step" provided a place where paroled or discharged convicts could stay for a few days, get cleaned-up, have good meals and look for work. I remember that when Milton would pay a visit to the halfway house. I would usually pack up some clothes for him to donate and I always included a necklace with every shirt so the ex-con could look neat and nice. There were a number of these men who really appreciated the personal interest and counsel that was provided, and the group continued with its work for many good years. It was still functioning when Milton died in 1980, but I don’t believe it is in existence anymore.

When it was going strong, they even had a pre-release branch out at the prison. Milton went there to a banquet attended by full members from the Phoenix site and by prisoners who were near release. I still have a card dated 1974, which made him a "Honorary Ex-Convict." He was told that he was the first and only "honorary ex-con" they had ever made. This was meant completely seriously and Milton took it that way. He knew they regarded it as an honor. Milton did not tell many people about this. He did not want it regarded as a joke.

MB: What an extraordinary story!

Mrs. E: At our house on Hayward, I remember one ex-convict who came over and did lawn work for several days. Milton let him sleep on a big padded lounge chair we had in the back yard. I left the back door to the office unlocked so he would have a bathroom. He did very well. Milton gave him quite a bit of help. My daughters remember being a bit doubtful about this arrangement. But they knew that their father could really size up people well. The ex-con told us he had been shot in the heart. Kristina, who was in medical school at the time, was quite skeptical until he showed her his scar!

MB: It sounds as though Dr. Erickson was involved with community resources as well as unusual and innovative programs.

Mrs. E: Milton was a strong supporter of Alcoholics Anonymous. He donated quite a bit of time to many members who were seriously committed to the program.

A more unusual project Milton was very involved with was a private residence for homeless teenage boys run by Mr. and Mrs. Tex O’Leile. In Arizona, at that time, there were virtually no formal resources for these boys. Tex had some land and ran a small farm outside of Phoenix. He had a son of his own and took in four or five homeless teenagers. Mrs. O’Leile was a wonderful mom to all the boys and took it for granted that anyone available would help with whatever needed doing from preparing vegetables from the garden to washing dishes, doing laundry and other such chores.

Milton let Tex know he would help with counseling and psychological care for the boys, on an ongoing basis.

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**BOOK REVIEW**

The Angry Self: A Comprehensive Approach to Anger Management

by Miriam M. Gottlieb, Ph.D.


www.zeigtucker.com

I purchased this book from the publisher long before I was asked to review the text. My reason for buying the book was to use with groups of adult males who are violent toward women. I was hoping for some new material on anger management to use with my clients. To clarify my intention, anger management is not a piece of the work with violence, so I was not using this book as an entire program for men who use violence against women.

Gottlieb presents the information on anger management in an elementary, well-organized manner. It is written for a lay population or for therapists to use with clients. I was able to successfully use some of the content and assignments with my batterer intervention groups. The information on assertive, aggressive and passive behavior worked with the men, as well as some of the information about recognizing anger.

The book provides not only techniques for anger management, but stories to follow the process of developing control over reactions to anger. Gottlieb uses storytelling, metaphors, graphics, and homework in a way that the operator understands the process of anger development and management. She urges our attention to the emotion of anger being in the physical, emotional and behavioral realms. The information on physical cues and the anger journal is helpful to a motivated client. Using relaxation as an anesthetic to tension and showing how to express anger in an appropriate way is also presented well by Gottlieb.

After reading and applying this book, I think it is best used with a young or less sophisticated audience because the language is so clear and, although there are some adult situations, her examples relate more to youth. Anyone working with adolescents or impulse control disordered adults would find something beneficial for their clients in the text. Gottlieb’s organization of the material and the easy to read nature make The Angry Self an important contribution to the toolbox of anger management work.

Reviewed by:

Mimi Jelenak, MSW, LCSW, CCH

New Orleans, LA
basis and did so. Tex and Mrs. O’Leile gave many youngsters a lot of help and did a good, if informal, job with their facility. I have no idea when it came to an end. My daughter Betty Alice remembers several of the young men coming to the house. She could never figure out where they fit—they were not really patients but they had private sessions with Milton. One day, one of them was indulging her with a game of jacks on the front porch, and told her all about living at the O’Leile's. She remembers that the best part, for the boy, was the multitude of dogs and small animals on the farm.

MB: Dr. Erickson understood the importance of animals and nature. In addition to the well-known outdoor assignments - Squaw Peak, Desert Botanical Garden - were there other places he sent patients to?

Mrs. E: Yes, there were quite a number of places. I don’t recall when Milton first learned about Mr. Bernard Roer’s Bird Farm but it was when we were on Cypress Street. Milton was still in good physical shape and could walk around with ease. Mr. Roer died in December of 1999. His obituary cites him as a “noted expert on the care and breeding of rare and exotic birds” and his bird farm as “a Valley landmark and a Mecca for bird lovers, offering tours for thousands of school children over the years.” Milton really enjoyed visits there. Mr. Roer not only had large comfortable pens with shelters in every one for his rare and exotic birds, but also big areas where the birds would gather or stop off while migrating, and take advantage of the bird feeders and shady rest stops. The farm had chickens, roosters, pigeons, finches, canaries, parakeets, parrots, pheasants, waterfowl, peacocks and exotic birds.

Milton referred many patients there for many reasons as he sent people on various other outings. He suggested to many individuals that they go to Encanto Park to spend a day, to have a picnic and to enjoy nature and to learn whatever they could learn from the outing. He also sent many people to Sunset Point, to the Boyce Thompson Arboretum near Superior, and to the Arizona-Sonora Desert Museum in Tucson, which is one of the finest zoos in the United States! He was a great believer in seeing the grandeur and beauty of nature everywhere not only to enjoy the striking beauty all around us to also to elicit, indirectly, inner resources for problem solving.

In his later years, he became known for sending individuals to the Botanical Gardens and Squaw Peak. But those were only two of the many places he enjoyed and enjoyed sharing the beauty of.

MB: Dr. Erickson had a tireless ability and the endless imagination to generate utilization of the world and construct positive circumstances. How did this kind of creativity show in the ways he interacted with children?

Mrs. E: Milton was fond of “pretend” and fantasy. He believed it should play a fairly major role in contact and communication with small children. I have always believed that well. We both agreed that many children can carry on a belief system in Santa Claus, fairies, talking animals and the like which is very sincere. Even though they believe it, they know, on another level, that these fantasies are a part of childhood. I recall, once, as a child, marveling over hearing about an elderly Irish household worker who really believed in fairies and elves. A grown-up woman!!

Milton and I felt it was perfectly all right and even good for children to believe in fairies, Santa Claus, the tooth fairy and so on. His special addition to this fantasy world was the frog named “White Tummy.” He could always compose a story about White Tummy with no special effort at all. Our youngsters always loved the White Tummy stories and some of them carried on the tales to their own children.

My husband loved magic. He liked the illusion of a good magic trick. He liked trying to figure out just what the magician had done and how the audience had been distracted. He also had several magic tricks and some he did with strings and magnets. He taught some of our children these tricks. But he first always enjoyed amazing them with his magical powers.

One of his students, years ago, had been a professional magician. Milton asked him to perform many magic tricks for the children sometimes even explaining how he did them as he went along. It was a very powerful demonstration to the children of how distraction affects perception. He and the student also had extended discussions about the subliminal cues people give off when their "mind is being read," as well as the importance of timing, distraction techniques.

Milton also loved to read comic books. He enjoyed the funny ones as well as some of the more "magic" ones such as Captain Marvel, Superman and my son Allan’s favorite, Plastic Man. Milton and Allan would discuss ways in which Plastic Man could stretch and manipulate his being. Allan was just a little boy but these discussions were quite serious. Milton’s favorites were Little LuLu, Pogo and Donald Duck. The children all knew they better not misplace them before Milton got to them!

MB: Roxanna commented to me that her father’s work with an artist friend who suffered a serious injury, was one of his major therapeutic successes. This occurred early in his career as a private practitioner. This work was a testimony that reinforced Dr. Erickson’s conceptualization of the infinite resources within people and illustrates the profundity of the healing capacity that he was able to elicit.

Mrs. E: Yes. This friend had a career primarily as an artist and he was especially talented as a sculptor. He earned his daily living and supported his wife and four children mainly by carpentry and fine cabinet-work at which he was also an expert. In 1951, while working on house repairs for another doctor, as I recall, he accidentally cut off three fingers of his right hand.

Milton was called to the hospital immediately after the emergency surgery. The artist felt his life was over. He was distraught from the pain of this terrible accident. Worse, he could no longer imagine being able create in the way he loved.

In this first visit, Milton looked at our friend and promised him he would "teach him to shake hands so no one would even notice he had lost three fingers." This unexpected promise became part of a deep trance induction.

This unexpected promise became part of a deep trance induction.
Celebrating 100 YEARS of Milton H. Erickson

We look forward to seeing you as we celebrate the centennial of the birth of Milton H. Erickson.

*Eighth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy*

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Keynote Addresses will be given by Stephen Lankton, Cloé Madanes, Ernest Rossi, and Jeffrey Zeig.

Carl Hammerschlag will present the Invited Address.
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The Milton H. Erickson Foundation, Inc., would like to thank the following colleagues for their generous donations since the last issue of The Milton H. Erickson Foundation Newsletter: Delores Argast, M.A., Mary Ann Bull-Ehinger, MSW, Annette Long, Ph.D., Nancy Ritsko, Ed.D., Tutsie Silapalikitporn, Marion P. Kostka, Ed.D. Thank you for your continued support of the Foundation and its activities.

The Erickson Foundation would also like to extend a special thank you to Leon Lalsingh, MSW. Leon made a very generous donation to the Foundation that will be used for the activities of the Milton H. Erickson Foundation and the Milton H. Erickson Foundation Archives.

The Foundation is engaged in a massive project of making new masters of audio and videotapes in the Erickson Archives to preserve them into the new millennium. For those interested in participating in The Archives Fundraiser, the Erickson Foundation has bricks from the former Erickson home on East Cypress Street still available. With a donation of $25 U.S., you will receive a commemorative brick; with a donation of $100 U.S., you will receive a limited edition commemorative brick (numbered and signed by Mrs. Elizabeth Erickson); and with a donation of $250 U.S., you will be sent a limited edition commemorative brick and a pencil sketch of Dr. Erickson's, "Home of Hypnosis," 32 W. Cypress Street in Phoenix. In the United States, please add $7 U.S. for postage and handling charges. All foreign requests, please add $20 U.S. postage and handling charges. Please contact the Milton H. Erickson Foundation at 602/956-6196, ext.210, for more information. We thank you for your help in preserving audio and videotapes of the late Milton H. Erickson, M.D.

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