



The Milton H. Erickson Foundation NEWSLETTER

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Spring 2002

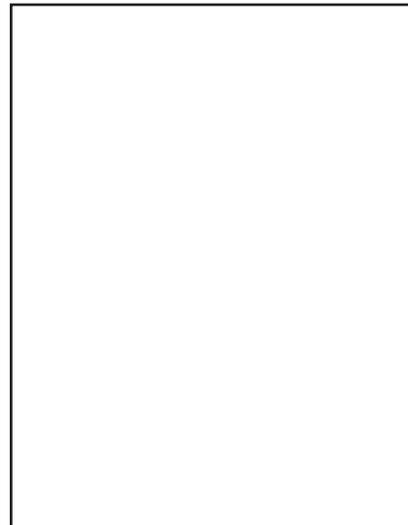
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INTERVIEW

Betty Alice Erickson MS, LPC

Interviewed by Teresa Robles, Ph.D.

BACKGROUND: *Betty Alice Erickson lives in Dallas, Texas, and received her Master's in Counseling at Texas A & M University in Commerce, Texas. She has an active clinical practice and does extensive teaching and workshops. As a daughter of Milton Erickson, her name has given her instant recognition in the arena of teaching workshops, and she has diligently endeavored to meet the high expectations that come with the recognition. She has brought together a career of teaching, a life-long interest and exploration of hypnosis and a deep interest in the practice of psychotherapy. From this framework, she has developed a style of her own that has brought her acclaim and appreciation as a leader in*



Ericksonian approaches.

Teresa Robles (TR): *You, as well as your mother and your sister Roxanna, have been quite involved in teaching your father's work. I wanted to ask you how you first became introduced to hypnosis, but I realize this is a nonsense question*

See INTERVIEW on page 14

THE 2002 COUPLES CONFERENCE: Treating Relationships for a Change!

The Milton H. Erickson Foundation, Inc. is getting ready for the 2002 *Love & Intimacy: The Couples Conference* to be held April 19-21, 2002, at the LAX Marriott Hotel, in Los Angeles, Calif. The Conference is sponsored by The Milton H. Erickson Foundation, organization by The Couples Institute of Menlo Park, and Co-Sponsored by the California State University, Fullerton.

In addition to the regular Conference schedule, a *Laws and Ethics* Workshop will be held on Saturday, April 20, presented by Mathilda Canter, Ph.D. Dr. Canter is the former chair of the Arizona Psychology Board. She also chaired

Inside This Issue

FEATURE INTERVIEW: <i>Betty Alice Erickson MS, LPC</i>	1
INTRODUCING THE INSTITUTES: <i>South Africa</i>	4
LEADING CONTRIBUTORS: <i>Brent Geary Ph.D.</i>	6
THERAPEUTIC FRAMEWORKS: <i>Mini-Max-Interventions</i>	8
CONNECTIONS: <i>Taking Therapy To The Top Of The World</i>	9
CASE REPORT: <i>Pat and the Search for Soul</i>	12
HISTORICAL TIMES: <i>James Braid</i>	14
SPEAKING OF RESEARCH: <i>Focus on Research</i>	15

However, it also may be taken as an individual course on Saturday for those not attending the full Conference

See the ad on page 5 to save \$50

Presenters include

*Constance Ahrons, Ellyn Bader, Pat Love, Christine Padesky,
David Scharff, Janis Abrahms Spring, and Jeffrey Zeig.*

Keynotes will be given by

Helen Fisher, Peggy Papp and Frank Pittman.

the American Psychological Association Ethics Committee and the subcommittee that developed the final draft of the current APA Ethics Code. In addition, Dr. Canter co-authored *Ethics for Psychologists: A Commentary on the APA Ethics Code*. The *Laws & Ethics* Workshop covers the topics necessary for professional license renewal, and is included in the Conference fee.

off the Full Conference onsite registration fee. (*Newsletter* readers only!). To receive a complete brochure, 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, ann@erickson-foundation.org. Or visit our web site: www.erickson-foundation.org/loveconf.htm.

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Erickson Bench Dedication

Approximately 100 attendees of the 2001 Congress on Ericksonian Hypnosis and Psychotherapy climbed Squaw Peak on December 5th to dedicate a bench to Milton H. Erickson on the 100th anniversary of his birth.

At the ceremonial unveiling, the assemblage was treated to memories of Erickson shared by Jeffrey K. Zeig, Kristy Erickson, Michael Yapko, Steve Lankton, Ernest Rossi, and Carl Hammerschlag, as well as informal sharing of stories from other students of Erickson, and Erickson family members along the climb. The bench itself is situated halfway up Squaw Peak, shaded by a Palo Verde tree, one of Erickson's favorite desert trees. From that spot, one can enjoy panoramic views of Phoenix, including the sunrise and sunset. Erickson often directed his patients to climb Squaw Peak for diverse therapeutic reasons; his former home can be seen from the bench site.

A plaque on the bench includes a relief of Dr. Erickson, and the inscription, "For providing a vaster point of view and a higher perspective to psychotherapy." Embedded in the seat of the bench is a brick from the Erickson Cypress Street home.

The bench itself is the result of diligent campaigning on the part of the Milton H. Erickson Foundation. For each of the past 20 years, the Foundation petitioned the city to place the memorial bench, but no benches were earmarked for the Summit Trail. The Foundation must pay a stipend to the City of Phoenix, and the fees total approximately \$3000. Donations are needed to cover the cost of this memorial. Those who donate \$100 dollars or more will have their name inscribed on a plaque at the Milton H. Erickson Foundation in Phoenix. All donations are greatly appreciated.



N E W S

Listserv Website

The Erickson Listserv is an email list for discussion of approaches to psychotherapy and hypnosis inspired by Milton H. Erickson M.D. Participants are invited to network with other clinicians, discuss cases, and share ideas. The Listserv administrator is Jim Keim.

Recent interest in the sharing of articles and photographs has generated the development of the "Papers Website." Keim has developed a site where members can post papers they would like to distribute, or photos from recent conferences they'd like to share. Materials should be submitted to Jim Keim via the Listserv. To join the Listserv go to <http://www.topica.com/lists/EricksonList> or send a BLANK email to EricksonList-subscribe@topica.com. To join the Papers website, go to <http://communities.msn.com/EricksonListPapers/Join>.

EDITOR'S COMMENTS

The theme of this Newsletter is the Ericksonian emphasis on human nature, rather than on psychopathology. In many of the articles in this *Newsletter*, we see how the Ericksonian perspective emphasizes the value of understanding the nature of humanity and the creative ways that humans attempt to solve their problems.

In her interview, Betty Alice Erickson identifies the mantra she learned from her father, "Observe, observe, observe." He viewed people's actions as "different but still normal" rather than labeling their actions as psychopathological or wrong. In the Case Reports, George Burns continues the theme of understanding human nature through the lens of intercultural imperatives.

The centrality of appreciating human individuality is further emphasized by Alex and Annellen Simkins' in the review of their book, *Timeless Teachings From the Therapy Masters*. Their central message is that to become a therapist, one must learn the nature of others and oneself as humans. When one looks through the eyes of many masters, the varying perspectives reflect the multi-faceted nature of what it means to be human.

The contributors to the Newsletter then bring us some excellent examples of how that appreciation of human nature can effect change. Manfred Prior's MiniMax Interventions provide several examples of how a therapist's use of precise language can potentiate solutions.

Bernhard Trenkle's *Ha-Ha Handbook* is a masterful compilation of highlights of what it means to be human through the use of humor. Humor, by its nature, makes us more aware of our underlying presuppositions, and then creates confusion by creatively violating those presuppositions. By laughing at his jokes, we are invited to step outside of our selves and to understand a bit more what it means to be human. The laughter itself brings about some resolution of confusion called forth by the joke or violation of our presuppositions. Trenkle masterfully engages the experiential process associated with the Ericksonian framework.

In the Connections section, George Burns discusses how the government of Bhutan understands the nature of what it means to be human and chooses those elements that enhance life. He tells us about the king of a sovereign nation who announces "...a plan of economic self-reliance" based not on gross national product but what he calls "gross national happiness."

Together, the articles herein explore the fascinating world of humans creatively attempting to solve problems as they see them. We are an interesting species. (Some of my best friends are humans).

Rick Landis Ph.D.
Los Angeles, CA

The Milton H. Erickson Foundation NEWSLETTER

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Brief Therapy Conference Returns to Orlando!

Plans for the *Brief Therapy Conference: Lasting Solutions*, are under way. The Conference will be held December 12-15, 2002, at the Hilton Hotel in the Walt Disney World® Resort in Orlando, Fla. The Milton H. Erickson Foundation organizes the only multi-disciplinary conference on brief therapy in the world. First convened in 1988 in San Francisco, Calif., the Conference also has been held in Orlando (1991), San Francisco (1996), and New York City (1998).

The Program will contain keynotes, workshops, topical panels, supervision panels, dialogues, conversation hours, clinical demonstrations and short courses.

The Multidisciplinary speakers will include Steve Andreas, Judith Beck, Insoo Kim Berg, Jon Carlson, Steve de Shazer, Robert Dilts, Albert Ellis, Arthur Freeman, Stephen Gilligan, Mary Goulding, Stephen Lankton, Scott Miller, John Norcross, Christine Padesky, Peggy Papp, Erving Polster, James Prochaska, Ernest Rossi, Michele Weiner-Davis, R.Reid Wilson, Michael Yapko and Jeffrey Zeig. Keynote presentations will be given by Nicholas Cummings, Pat Love, and Donald Meichenbaum.

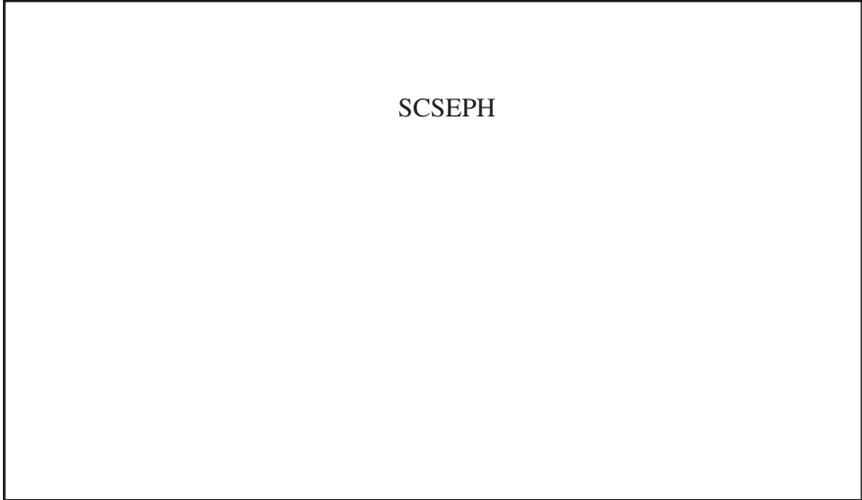
The *Brief Therapy Conference* features preeminent practitioners of brief therapy and will be clinically-oriented. This training experience is designed to make available a wealth of knowledge for all attendees - beginning, intermediate or advanced. Brief therapists from all disciplines are linked by their practical emphasis on the change process.

The Conference is still in the planning stages, and a complete brochure will be available in May, 2002. To receive a preliminary brochure with registration form, 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 Site, www.erickson-foundation.org/brfther.htm

CALL FOR PROPOSALS! Included in the Program will be 20 concurrent Solicited Short Courses with 90 minutes allotted for each Course on Thursday, December 12, 2002. To present a Solicited Short Course on the topic of Brief

Therapy (or closely related area), please submit a 200-word presentation summary, a 50-75 word abstract, a minimum of two educational objectives, two true/false questions to be used for continuing education purposes and curriculum vitae of all presenters in your program. Please see the Presentation Cover Sheet on page 16 of this Newsletter for more information on submission requirements. All proposals must be postmarked by April 26, 2002.

VOLUNTEERS NEEDED! In lieu of the registration fee, full-time graduate students and interns are needed to assist the staff and faculty of the *Brief Therapy Conference*. Duties include assisting with registration and continuing education, monitoring meeting rooms, and providing assistance to faculty. Please contact Volunteer Coordinator, Ann Webb, for more information and to volunteer: tel, 602-956-6196, ext. 201; fax, 602-956-0519; E-mail, ann@erickson-foundation.org.



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INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute of South Africa (MEISA).

by Marilia Baker, M.S.W.

The Milton H. Erickson Institute of South Africa is the first Erickson Institute on the African continent. It was officially established on April 18, 2001. Its founding directors are: Woltemade Hartman, Ph.D., Catharina Susanna du Plessis, D.Ed. and Jeannette Idillette Hartman, M.Log. These three professionals have been committed to disseminating the work of Milton Erickson for many years. Initial interest was activated at the joint conference of the International Society of Hypnosis (ISH) and the Milton H. Erickson

Society for Clinical Hypnosis Germany (MEG) in Jerusalem, 1992.

In Woltemade Hartman's words, "...At the Conference, during his workshop, Dr. Ernest Rossi announced he had two copies available of 'The Collected Papers of Milton H. Erickson'. Those interested could meet him in his room at 6 p.m. that night to collect the copies at first come basis. Of course, Cathrine Leonie Grove and I made sure we arrived at Dr. Rossi's room *two hours* prior to scheduled time...At about 4:30 p.m. As he approached the room, tired from his day's lectures, he could not believe we were already waiting for the available copies! Promptly at 6 o'clock, he slowly opened the door and called me into the room. All the Ericksonian books and tapes were in display. Dr. Rossi then asked me what I thought I could



use. Needless to say, I chose some of everything! He wrote in my copy of 'The Collected Papers'...*What are you going to do to continue this work?...*Well, the rest speaks for itself!"

The rest does speak for itself. The founders, already highly accomplished professionals in the fields of psychotherapy and clinical hypnosis, who had taught and presented nationally and internationally, became tireless students and disseminators of Erickson's wisdom and Ericksonian approaches. They came to Phoenix in 1994 and 1995 to participate in the *Intensive Training Program* with Jeffrey K. Zeig and Brent B. Geary. Subsequently, they invited Dr. Zeig to the *First African Congress of Hypnosis* (along with an African bush safari experience). After the congress, the interest in Erickson's work increased and Woltemade Hartman organized an Ericksonian "Interest Group" with about 50 participants initially, as part of the South African Society of Clinical Hypnosis.

In spite of obstacles to furthering Erickson's voice and approaches in the professional environment of South Africa, where "quasi-psycho-dynamic models dominate," as Hartman describes, these Ericksonian pioneers have persevered in integrating both approaches. In addition to Jeffrey Zeig, other Ericksonians of note have been invited to teach, among them Brent Geary, Michael Yapko, Bernhard Trenkle and Albina Tamalonis. Hartman, Hartman and du Plessis, have been indefatigable, persevering as members of the executive committee of the South African Society of Clinical Hypnosis, as well as being responsible for promoting Ericksonian intervention strategies in

the Society.

Another unique contribution of this Institute comes from Jeannette Idillette Hartman, a speech therapist. "Her speaking and communicative skills, coupled with her excellent training in the area of communication pathology, provides a marvelous platform from which she has pioneered work in the field of Ericksonian interventions with stutterers and other communication pathology related problems," says Woltemade.

The Milton H. Erickson Institute of South Africa (MEISA), Gauteng region, officially launched its first workshop in June 2001. Since then, eight others have been offered by du Plessis, the Hartmans, and M. Woudstra: a fundamental course combining Ego States techniques with Ericksonian techniques, training in Self-Relations techniques, clinical demonstrations at the annual meeting of the Psychology Society of South Africa, a five-day intermediate intensive training in October and another in November. MEISA also has applied and was accepted as an affiliate with the Psychology Society of South Africa, a noteworthy accomplishment!

Truthful to its vision and mission to disseminate and extend Ericksonian principles in South Africa, and to provide innovative, ethical training for professionals focused on the furtherance and education in Ericksonian approaches. MEISA has accomplished plenty in its young life. To conclude, the directors state, "in our opinion, the African-Ericksonian honor must be bestowed upon our ex-president, Nelson Rolihlahla Mandela, who spearheaded permissiveness, non-authoritarian methods, utilization and "gift-wrapping" and molded our country into a democratic model, spinning off a New African Renaissance, also in the domain of psychotherapy."

INSTITUTE NEWS

Latin-American Association Hosts Meetings

Announcing the *Third Meeting of the Latin-American Association of Erickson Institutes and Centers*: "Tercero Encuentro de Terapeutas Ericksonianos de America Latina" will take place in Florianopolis, Brazil, May 24-26, 2002 hosted by the Milton H. Erickson Institute of Florianopolis. The theme of the congress is: "Ericksonian Approaches to Health and Mental Health." All are invited to cooperatively develop Ericksonian psychotherapy and methodologies appropriate to the urgent and unique needs of our continent.

The recently formed Association aims to congregate and integrate Erickson Institutes and Centers in Latin America, as well as interested Ericksonian therapists, to create a common space for dialogue, collaboration and growth. Another objective is to provide support and incentives for scientific research to flourish in local Institutes. One of the vehicles is the annual meeting, designed to foster active and personal exchange of ideas, methodologies and clinical practices.

The meetings in Florianopolis will be held in Portuguese and Spanish. The host city is the lovely island capital of Santa Catarina, the second southernmost state in Brazil. It has approximately 500,000 inhabitants, and is surrounded by beautiful beaches. For information and registration, please contact: Marcia Alencar: marcia@institutomhefpolis.com.br; Marcia Mathias: mathiaspsi@alternex.com.br; Sofia Bauer: sofiabauer@terra.com.br; Omar Chogriz: omarchogriz@infovia.com.ar; or Mario Pacheco: ps_mpacheco@entelchile.net

A Fourth Meeting is already scheduled to take place in Mexico, May 2003. Please contact Centro Ericksoniano de Mexico at erickmex@hipnosis.com.mx

Ernest L. Rossi in Cannes

The Milton H. Erickson Nice Cote D'Azur Institute, L'ESPTNL (national College of Neuro-Linguistics and Psychotherapy) and ABC Opportunite are organizing a three day seminar featuring Ernest Rossi PhD. The seminar will be held September 20-22, 2002. Topics will include the *Theory and Practice of Gene Expression*, and *Healing and Neurogenesis* in the psychotherapy of the future.

Contact: The Milton H. Erickson Nice Cote d'Azur Institute, 21 Rue Tonduti de l'Escarene - 06000 Nice, France Tel./fax 00 33 4 93 13 81 69 - Port 06 11 16 11 87

Email: Francine-Helene.SAMAK@wanadoo.fr

***Zeig Elected To
National Academy of Practice***

It is with pleasure that the Milton H. Erickson Foundation announces the election of Jeffrey K. Zeig, Ph.D. as a Distinguished Practitioner in Psychology of the National Academies of Practice. He is being recognized for his significant and enduring contributions to practice, and will be installed at a black-tie dinner and ceremony in the Washington, D.C. area on April 13th.

Founded in 1981 to be the nation's interdisciplinary health policy forum, the National Academies of Practice is composed of the ten Academies representing

The NAP is active in the U.S. Congress and the White House in advocating improvement in patient care...

the ten major health disciplines: Dentistry, Medicine, Nursing, Optometry, Osteopathic Medicine, Pharmacy, Podiatric Medicine, Psychology, Social Work and Veterinary Medicine. Each Academy is limited to 150 Distinguished Practitioners. Dr. Zeig will be among a highly select group of about 80 psychologists and 690 Distinguished Practitioners from the other nine Academies. Election to this high honor requires national recognition by one's peers of significant and enduring contributions to practice, and once elected, Distinguished Practitioners pledge themselves to transcend turf considerations in the furtherance of collaborative care in the interest of national health. The NAP is active in the U.S. Congress and the White House in advocating improvement in patient care that is accorded by interdisciplinary collaboration and integration.

"Dr. Zeig is a giant in the innovative practice of psychotherapy," declares Dr. Nicholas Cummings, founding president of the NAP, "and it is our honor to recognize his contributions and to welcome him to this lofty endeavor. He joins less than 900 Distinguished Practitioners so honored from the entire field of American healthcare."

INTERNATIONAL NEWS

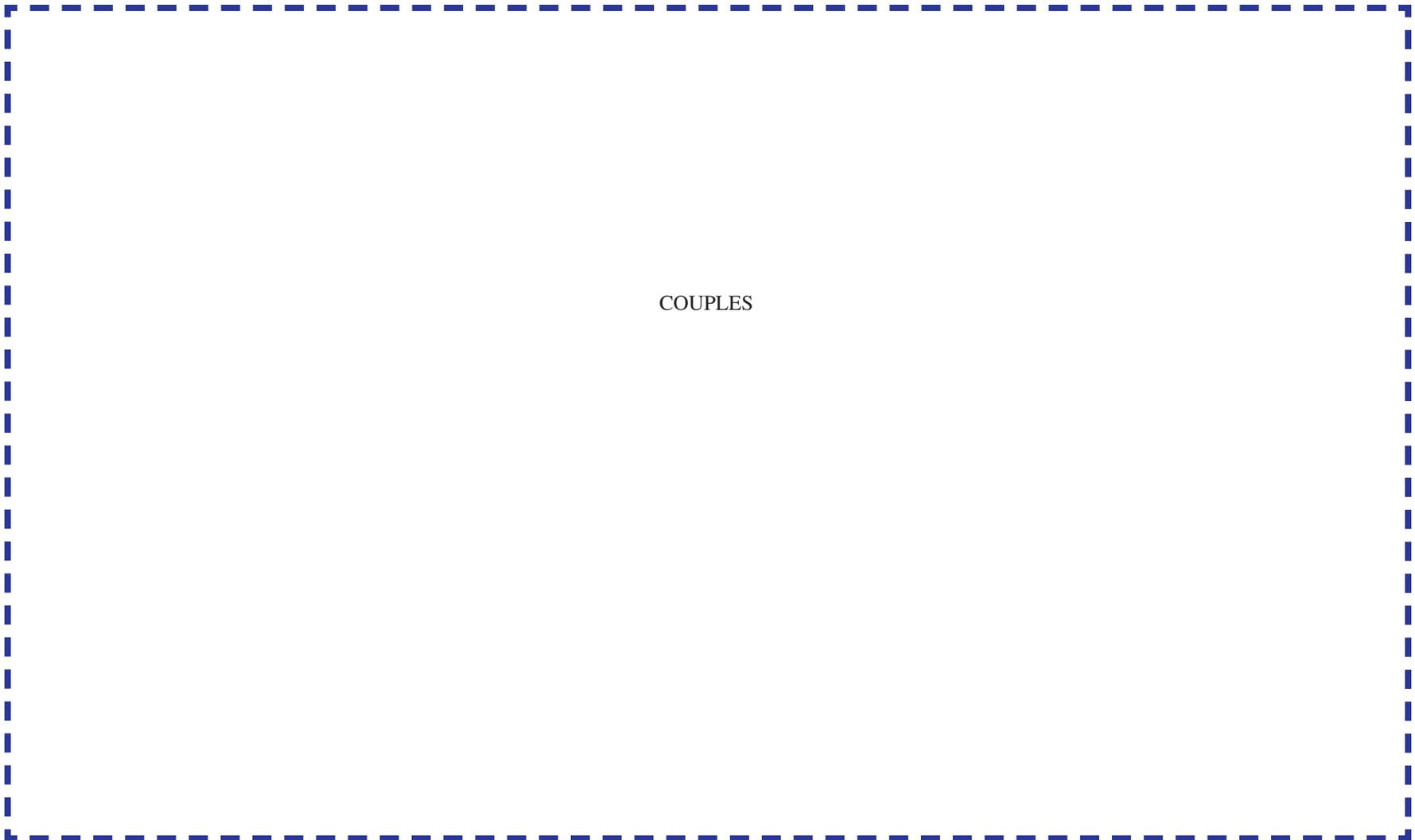
Betty Alice Erickson in Azerbaijan

Betty Alice Erickson, M.S., presented a three-day workshop for the Azerbaijan Psychologists' Association in Baku, Azerbaijan, October 26-28. Attended by a member of the Department of Health, university professors, psychiatrists, psychologists, medical interns and graduate students, it was the first exposure to Ericksonian Psychotherapy and Hypnosis for many.

Alexander Cheryhomukhin, M.S., director of the International Department of the Azerbaijan Psychological Society, and Vafa Asadova, M.S., APA's president, organized this conference after Alexander was first exposed to Ericksonian Psychology by surfing the internet. He wrote Jeffrey Zeig, Director of the Erickson Foundation, regarding his interest. Their correspondence resulted in an invitation to an *Evolution of Psychology Conference*. There, Alexander became even more dedicated in broadening the scope of therapeutic approaches available in his country.

Economic constraints in this Middle Eastern country are severe. Despite the lack of resources considered commonplace in more fortunate areas of the world, the Azerbaijan Psychological Association has begun an ambitious program of post-graduate education within the country. A workshop on Erickson's work was their first.

Approximately 12% of the population in Azerbaijan has refugee status and the Association has developed a course for social workers on the treatment of trauma. They have scheduled an international conference on "Surviving Trauma With Dignity," in Baku, this July. They are also in the process of developing a manual for workers of orphanages for disabled children. For information on these or other projects, contact Alexander Cheryomukhin at alexcherpsy@yahoo.com.



COUPLES

LEADING CONTRIBUTORS

Brent Geary, Ph.D.

Interviewed by Dan Short, Ph.D.

Dan Short (DS): Which of your professional accomplishments are you most proud of?

Brent Geary (BG): Following in my father's footsteps, following his advice, is the professional accomplishment I am most proud of. My father, Louis Geary, M.D., encouraged me from as early as I can remember to learn about Erickson. My father was a student of Erickson during the '50s and '60s. As I got older and became involved in the profession, he encouraged me to do things more and more that were Ericksonian, to study the teaching and principles of Erickson. I was able to earn my Ph.D. and to begin teaching Ericksonian methods to professionals for approximately 15 years before my father's death. We were able to discuss this, he would ask me questions and we shared ideas. That was the most satisfying thing for me. It has been very meaningful for me to do what my father recommended, to practice Ericksonian principles and to teach his methods. My father told me how proud he was and that is more personally meaningful than any other possible type of reward or recognition.

DS: Tell me about your experiences while traveling and teaching.

BG: I started teaching Ericksonian methods in 1980. My first overseas workshop was in 1991. During my travels I have been fortunate to see how popular Ericksonian Therapy can be when it starts on an equal footing with other forms of therapy. In countries such as Poland and Japan, the culture is such that Ericksonian principles and methods are right at the starting gate with other forms of psychotherapy. Ericksonian therapy is very strong in both of these countries. It has been interesting to see in countries around the world a burgeoning interest and growing acceptance of this approach. Ericksonian therapy has become something that is not only mainstream but also a generative and creative force within the field of psychotherapy. Playing a small role in helping other people become as



excited about Erickson as I have been is gratifying.

DS: How did you originally become connected with the work of the Foundation?

BG: While living in Spokane Washington, I began a correspondence with the Foundation. This was shortly after it was formed. In 1985, I was accepted into the doctorate psychology program at Arizona State University. I moved back to Phoenix. At that time I began volunteer work at the Foundation. I helped with the 1985 *Evolution of Psychotherapy Conference* and other volunteer activities. When the clinic was opened at the Foundation I helped with that project. At the same time the *Intensive Training Program* was begun. After 18 or so months the clinic was closed. At that time Jeff Zeig and I discussed continuing the Intensive Program. He encouraged me to keep it going. Organizing and conducting the Intensives, three times each year, has been my lasting connection to the Foundation since 1988.

DS: You worked with Zeig on *The Letters of Milton H Erickson, M.D.* This book is very popular among Ericksonian practitioners. How did you develop your skill as a writer?

BG: I started early. As a teenager I procrastinated before writing papers. I always waited until the night before they were due to start writing. I would then stay up all night completing the assignments. So my first draft always had to be the final draft. I utilized my talent as a pro-

crastinator and became a careful writer.

Also, I have learned a lot about editing after having worked with Jeff Zeig. He is extremely adept as an editor. I have edited two books with him. We edited a compilation of Dr. Erickson's letters, *The Letters of Milton H Erickson, M.D.* (2000, Zeig, Tucker, & Theisen); and the newly released *Handbook of Ericksonian Therapy* (2001, Milton H. Erickson Foundation Press).

I am currently co-authoring a book with John Moran, Ph.D., about the role of values in psychotherapy. We call it Value-Oriented Therapy. I have said for many years that one of the great shortcomings of psychotherapy has been the failure to coherently and comprehensively utilize principles of social psychology. I have always liked social psychology. There is a lot of important research from social psychology that psychotherapy simply does not integrate. Within the last decade, Shalom Schwartz, Ph.D., an Israeli social psychologist, has produced new research about values. His research has coalesced the whole field of values. Schwartz has conducted systematic research in more than 50 cultures around the world. When we are looking for common denominators, commonalities in language and meaning, values provide a direct route. One of the criticisms of brief therapy has been that it is superficial and does not really deal with the "deeper" aspects of people. When one utilizes a person's values, the deepest aspects of meaning and motivation in all human endeavor are available. I think it is important for values to become more a part of the awareness and mindset for psychotherapists. I hope that this book will contribute to this end.

DS: What is your area of specialization?

BG: My practice is divided into three components: psychological assessment, therapy, and teaching. While providing therapy, I enjoy working with patients who have anxiety. There is usually a lot of tangible and rather immediate progress. Anxiety can be quite debilitating, causing people to think really negative things about themselves. It can be remarkable to watch the progress as these individuals start to discover

new skills they can use to deal with the anxiety. Although this is my area specialization, I maintain a general practice. I see people for problematic habits, procrastination, depression, and other general issues.

DS: Tell me about your use of humor during therapy.

BG: I use lots of humor, particularly during hypnosis. People are responsive to humor. Erickson used lots of humor. Kay Thompson frequently used humor in the form of plays on words, double meanings and puns.

I began training myself in the use of humor from an early age. While studying for my bachelor degree, I worked my way through school bartending. There was another fellow I worked with, for nearly three years, and we both enjoyed puns. We would start on some topic and throw puns back and forth for ten minutes or more, until every possible pun was exhausted for that particular subject. This became a skill. Puns and other plays on words cause you to think laterally and in terms of associations, the real grist for hypnosis. This is the essence of hypnosis, stimulating associations. If I use a pun during hypnosis and then get a smile or a chuckle, that is every bit as hypnotic a response as arm levitation or amnesia. In fact, a good prognostic sign in psychotherapy is if people can utilize humor, in some way, to address their needs. Humor generates associations in a marvelous way.

DS: In what ways has Erickson influenced your life?

BG: Most of my experience of Erickson was through my father. I did not meet Erickson until 1979, about eight months before he died.

As a young boy, I remember my father being away for weekends. My mother said it was for medical conferences. My father was an Obstetrician-Gynecologist who later respecialized in psychiatry. He came home from his conferences on Sunday evening. We would greet him and then he would take my brother and me into the living room, set us on the couch, tell us to look up at a spot on the ceiling, keep our eyes on the spot, and then he would start to talk in these strange ways. It was fascinating as a five year-old to be experimenting with states of consciousness. My father used hypnosis often. He used it to help alleviate coughs, for pain

See GEARY on next page

management if we had an injuries, and when we needed shots.

My father often talked with me about these seminars with Erickson. I remember having mental images of this man talking before groups of physicians, able to suspend people's arms in the air. My father had said how amazed he was by this man and how much he respected him. So I grew up with the name "Erickson" always on the tips of my ears, so to speak.

As I grew older, my father continued to suggest that I learn more about Erickson. This idea remained latent until one day when I had a sort of epiphany. I was studying psychology in the strongly behavioristic psychology program at Arizona State University. While changing a poor pigeon from one cage to another the realization came to me, "This is not why I started studying psychology!" At that point I started to read books about Erickson and started attending seminars. I did not realize at first

why this approach was so easy and familiar for me. Then I had another insight, "Of course this is easy, my father talked like this to me for years and years." The language of hypnosis was like a second language I had learned as a child.

So I am immensely grateful to my father for what he did. Looking back, I realize he told me a lot of things that were beyond my immediate level of comprehension but this was seeding which really primed me to learn more about Erickson.

The major influence on my hypnotic style back into the 1980s was Stephen Gilligan. I learned an immense amount from him and I really admire his work. Jeff Zeig opened doors to opportunities for me that I never could have imagined. And, more recently, Camillo Loredio in Rome has really complimented me with his support and interest in my work. There are certainly others who I admire and value but these three are the ones who have most touched my life professionally.

N E W S***Bad Orb, Germany***

Milton H. Erickson Gesellschaft (MEG) is the largest society for clinical hypnosis in Germany. It held its annual meeting, "Psycho-Somatik-Trance, The Missing Link?" in Bad Orb, Germany, November 2-4. One full day of the meeting was dedicated to the 100th birthday of Erickson. This final day of the program was marked by interspersing celebratory experiences with serious papers. Refreshments, a children's choir and elaborate birthday cakes as well as audience involvement accentuated the birthday celebration while the selected papers paid homage to the more serious aspects of the work Erickson spearheaded. This unique balance created an experiential atmosphere of the joy of learning, one of the least frequently recognized and most central elements of an Ericksonian approach.

As part of the celebration, the Erickson family was honored with a monetary prize for their contributions to the advancement of Ericksonian Psychotherapy and Hypnosis. They decided to earmark this generous gift in two ways. Part will go to pay transportation costs to bring workshops to economically deprived areas and part has been allotted to further advance internet resources for these same areas within Europe. The Ericksons were especially pleased to be able to contribute this money to areas where MEG already has devoted considerable resources.

Visit Our Website: www.erickson-foundation.org

INTENSIVES

T H E R A P E U T I C F R A M E W O R K S

MiniMax-Interventions:

Minimal Intervention With Maximal Effect

By Manfred Prior PhD

Frankfurt, Germany

MiniMax-Intervention means minimal intervention with maximal effect. With these MiniMax-Interventions I want to direct attention to communicative possibilities that are: easily described; easily learned; as subtle as possible; useful to therapists; from all schools of psychotherapy; and suitable to be used in almost every session.

The following interventions are three of seven Minimax interventions: "In the Past," "Always is Never Correct," and "Constructive W-Questions."

MiniMax Intervention I: "In the Past..."

In almost every therapy session, it is wise for the therapist to assure, from time to time, that he has correctly understood the patient's problem or symptom within her/his own frame of reference and experience. A patient reports that she has suffered often from guilt imposed by her parents. If the therapist expresses his understanding of this problem with the little addition, "In the past," the therapist implies the future could be different, and directs the focus of attention to the possibility that the patient can find new ways in the future: "In the Past you often suffered from guilt imposed on you by your parents..."

MiniMax Intervention II: In Connection with a Symptom "Always" is Never Correct!

When describing a problem, patients often use the word "always". Typical examples are: "I always have a headache." "I am always so depressed," or "We always fight."

The little word "always" makes the problem appear worse than it is. The therapist can help the patient define the problem as being as little as possible. When the patient describes a problem or symptom as "always" occurring, the therapist's response should leave the door open for future solutions. This can be done by differentiating between when the problem or symptom occurred and when it did not occur. For example the therapist could react sympathetically: "In the past you often had headaches," and then continue with the question: "When did you have headaches and when not?" The word "always" is replaced with "In the past" (refer to MiniMax-Intervention No.1) and with "often." After this, the size of the problem can be further reduced by questions. Smaller problems are easier to solve.

MiniMax Intervention III: Constructive W-Questions

The form of a question plays a crucial role in determining how hard the patient will search for solutions and resources; to what extent the patient's attention is guided; and whether or not one makes it easier or unnecessarily difficult for the patient. In the following dialogue the therapist is asking "Yes-or-No" Questions.

Therapist: "First of all, could you please tell me, what your concern is?"

Patient: "I am always so depressed..."

Therapist: "Do you remember a time, in the recent past, when you were not so depressed?"

Patient: "Actually no...."

Therapist: "Is there a way for you to prevent yourself from being depressed?"

Patient: "No, I always slide back into such a hopelessness."

By the end of this dialogue, a secret and so far unverified fear seems to be verified and the patient "recognizes" that he is a "difficult case". However, a closer examination will reveal that this "recognition" is actually a result of the well-intended Yes-or-No-questions. If the therapist asks the same questions, but in a different way, namely with the help of "Constructive W-Questions" then the results could be completely different:

Therapist: "What can you tell me about your concern?"

Patient: "I am always so depressed..."

Therapist: "In the past you were often depressed. (MiniMax-Intervention No. 1 and MiniMax-Intervention No. 2). When, in the recent past were you not

as depressed, or perhaps, not even depressed at all?"

Patient (after a long period of thought): "Actually, only when I pulled myself together enough to go to a flea market."

Therapist: "What was it like when you had pulled yourself together?"

Patient: "At first I didn't feel at all like going there, but then, it somehow turned out to be quite nice. But that was more than four weeks ago..."

Therapist: "What was it like when you were not depressed. How were you then? For you, what is the opposite of depressed?"

Patient: "You know, it is a bit like I was in earlier times, I talk with the people, and somehow I forget everything what usually depresses me... Then everything doesn't seem to be so difficult any more..."

Therapist: "What possibilities could you somehow imagine, how could you become busy more often with things that interest you?"

Patient: "I guess I should just pull myself together more often, like I did then. Even if I first don't actually feel like I want to."

Thus, when you aim at searching for a certain direction with a patient, as is often seen in solution-focused therapy, one should formulate questions that imply the search as being there. It is best to start these questions with words like: "What..." "When..." "Where..." "How..." "Why..." "Who..." "Which..." Simply through the form of these "Constructive W-Questions," the therapist makes clear that he is interested, that he wants to get a comprehensive answer and that the answers are important. Constructive W-Questions are constructive in the sense that they are productive and useful and they help to construe what the patient and the therapist want.

Editors note: The preceding is a summary of three of Manfred Prior's MiniMax interventions. For more detailed information on the seven interventions see the Milton H. Erickson Foundation Online Newsletter at www.ericksonnewsletter.org

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Taking Therapy To The Top Of The World

By George W. Burns

"The world will never be the same." How many times have we all heard it said since September 11? It is hard to imagine any part of the world that remains untouched by an incident where a species—and believers in the same God—turns so viciously against itself. Pictures were beamed instantly to almost every corner of the globe. This is part of the trend toward globalisation: real time TV images, Coca Cola billboards, McDonald's take-aways, and multinational corporations—colourful flaunting of the differences between the haves and have-nots. Yet there are a few tiny pockets in the world where people are saying, "We don't want to change. We want to hold the traditions we value."

Bhutan is one. Landlocked between India, Tibet and Nepal, this tiny Himalayan Kingdom espouses political goals that should have world leaders assessing it as an international role model. After his succession to the throne almost thirty years ago, King Jigme Wangchuk announced a plan of economic self-reliance based not on gross national product but what he calls "gross national happiness." Can we in the West even begin to picture a country whose political agenda is based on happiness rather than economic rationalisation?

Yet Bhutan has not attempted to do an ostrich and bury its head in the sand. It has welcomed modernization—but has done so with the wisdom of selec-

tively choosing what it wants and what it doesn't. Developments in education, health services, rural programs and communications have rated high priority, while (based on a desire to preserve its unique culture and the integrity of its Buddhist philosophy) it has opted not to have television. The city of Thimpu proudly claims that it is the only capital in the world without traffic lights. One set was installed several years ago but removed within a few days when residents expressed their unhappiness about such an impersonal and ugly intrusion. Back came the traffic-directing policemen, who stand in the centre of the city's two main intersections waving and whistling to considerate drivers. The citizens are happy again, and that's the way it remains.

The democratically elected National Assembly has vowed to give precedence to ecological considerations over commercial interests. Unlike the scars of denuded forests that plague the rest of the Himalaya with frequent landslides and loss of life, Bhutan has legislated to permanently preserve at least 66% of the country as natural forests. It therefore maintains a richness of vegetation and wildlife found nowhere else in the world's highest mountain chain.

Let's not put on the rose-coloured glasses, for it is true that Bhutan has had its share of violence and war. In centuries gone monasteries (*dzongs*) were fortified with inclining walls to give the illusion of height and might—a part of the country's architectural beauty. Today, preservation of this living, intact Buddhist culture is now more at risk from the invasion of tourism than marauding armies. So, in another act of placing values and qual-

ity of life above dollars, the country has limited the number of tourists and restricted access to its living cultural centres.

When a colleague recently suggested the idea of a study tour of Bhutan to learn about its culture, style of meditation, and practices of traditional healing, I began to explore the options. Boldly, I sought special permission to visit temples, sit in on Buddhist ceremonies, meditate with masters of the tradition, and spend time learning about healing processes at the National Institute of Traditional Medicine. Surprisingly, I was assured that for a visiting group of health professionals we would have the opportunity to interact with "a great deal of traditional medicine, doctors and Buddhist meditation masters who practice healing in various ways."

The tour, organised by The Milton H. Erickson Institute of Western Australia, and is planned for October 2002, and also will include workshops in self-hypnosis/meditation (practiced

in some of the world's most stunning and meditation-inducing settings), metaphors and storytelling (drawing on aspects of the local culture and participants' experiences along the way), and nature-guided therapy exercises (incorporated into day treks along scenic mountain trails).

As one travel book says, "Bhutan is not an ordinary place." Buddhist monks transcribe ancient scriptures into computers; archery is the national sport; famous monasteries hang from cliff faces; spectacular snow-laden Himalayan peaks pierce the sky; and the land is replete with myths and legends of mountain leaping tigers, comical yetis and flying phalluses. While the world may never be the same after September 11, some parts of it wish to remain unchanged. Bhutan is a country pro-actively preserving the values that matter. Not just for itself but, hopefully, as a model for all.

WHATS NEW

W E B N E W S

Your Link to the Erickson Foundation

The Milton H. Erickson Foundation, Inc., has recently added a link on its web site to the *New Professional Resources Catalog*. The catalog contains audiotape and videotape sessions recorded at Milton H. Erickson Foundation conferences from 1981 to 2001. Sessions listed are the best sellers from each conference. Recordings may be available in Audiotape, Videotape and CD format! Visit www.erickson-foundation.org/whatnew.htm and follow the link to view the online catalog. All orders must be faxed or mailed to the Foundation.

A link to the transcript of the Keynote Address presented by Cloé Madanes, Ph.D., *The Therapist as Humanist, Social Activist and Systemic Thinker*, is now on the Foundation web site. This Keynote was presented at the recent Milton H. Erickson Foundation sponsored, *Eighth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy*, December 5-9, 2001, in Phoenix, Ariz. Visit www.erickson-foundation.org/whatnew.htm.

CONFERENCE NOTES

International Narrative Therapy and Community Work Conference, will be held June 19-21, 2002, at Spelman College, Atlanta, Georgia. The Conference is sponsored by the Dulwich Centre in Adelaide, Australia. For information, visit www.dulwichcentre.com.au ; or E-mail, dulwich@senet.com.au

Second Biannual International Conference on Personal Meaning: Freedom, Responsibility and Justice, sponsored by the International Network on Personal Meaning, and co-sponsored by The Milton H. Erickson Foundation, Inc., will be held July 18-21, 2002, in Vancouver, B.C., Canada. Confirmed speakers include James Garbarino, Howard Gardner, Alfred Langle, Jordan Peterson, Mary Pipher, and Jeffrey Zeig. For information, contact the International Network on Personal Meaning, c/o Derrick Klaassen, E-mail, DerrickK@twu.ca ; web site, www.meaning.ca

The Inaugural Conference of the International Gestalt Therapy Association will take place August 7-11, 2002, in Montreal, Quebec, Canada. The Conference will be held at the Holiday Inn - Centre Ville, near McGill University, overlooking Mont Royal. An informal event will be held on Wednesday evening, with the Conference beginning on Thursday. Presenters include Myriam Sas de Guitier (Argentina), Daan van Balen (Norway), Lilian Frazao (Brazil). The Conference also will hold a special event honoring the late Miriam Polster, Ph.D. For more information contact the International Gestalt Therapy Association, E-mail, tgjournal@gestalt.org

The New Zealand Society of Hypnosis is sponsoring the *10th Annual Scientific Meeting*, and will be held September 19-22, 2002, at the Museum Hotel in Wellington, New Zealand. The meeting includes a two-day workshop with the Keynote Presenter, Brent B. Geary, Ph.D., director of training for the Milton H. Erickson Foundation, Inc. Topics will include the use of hypnosis in the treatment of chronic pain, an introduction to clinical hypnosis, and the utilization perspective in clinical hypnosis, along with solicited paper presentations. Presenters include Dr. Bob Large, Consultant Psychiatrist at the Auckland Hospital Pain Clinic, and Dr. Pat McCarthy, Medical Hypnosis Practitioner.

Call for Papers: Those interested in presenting a paper on the topic of brief hypnosis, please contact the workshop organizer, Dr. Patrick McCarthy at patrickmccarthy@telstra.net.nz For more information on this workshop and to register, contact Dr. Patrick McCarthy, 9th floor CMC Building, 89 Courtenay Place, Wellington, New Zealand; E-mail, patrickmccarthy@telstra.net.nz

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 Ipnosi 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. For registration and Call for Papers information, contact Società Italiana Di Ipnosi, Via Tagliamento 25, 00198 Rome, Italy; tel, 06 8542130; fax, 06 8542006; E-mail, ipnosii@tin.it; Web, www.hypnosis.it

The Milton H. Erickson Foundation, Inc., is sponsoring *The Brief Therapy Conference*, December 12-15, 2002, at the Hilton Hotel in the Walt Disney World® Resort, in Orlando, Florida. The program will include Keynotes, Workshops, Topical Panels, Supervision Panels, Dialogues, Conversation Hours, Clinical Demonstrations and Short Courses. Multidisciplinary Presenters to include Andreas, J Beck, Berg, Carlson, de Shazer, Dilts, Ellis, Freeman, Gilligan, Goulding, Lankton, Miller, Norcross, Padesky, Papp, Polster, Prochaska, Rossi, Weiner-Davis, Wilson, Yapko and Zeig. Keynotes will be presented by Nicholas Cummings, Pat Love, and Donald Meichenbaum.

For a complete brochure (available May 2002), 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, office@erickson-foundation.org; Web site, www.erickson-foundation.org/brfther.htm

Announcing the Milton H. Erickson Foundation Extended Training in Brief Therapy

The Milton H. Erickson Foundation is now offering an *Extended Training Program in Brief Therapy*. Held in Phoenix, Arizona, this year-long training program consisting of twelve daylong sessions is designed to provide the skills necessary for providing brief therapy in today's health-care environment. The training is set to begin this summer.

The expert faculty for the training program consists of Nicolas Cummings, Ph.D., Brent Geary, Ph.D., Carl Hammerschlag, M.D., Steve Lankton, M.S.W., Joyce Mills, Ph.D., Dan Short, Ph.D., and Jeffrey Zeig, Ph.D. Topics presented by the faculty include Hypnosis, Children, Crisis Intervention, Trauma, Anxiety, Managed Care, Depression, and Therapeutic Rituals.

The program will center on developing the personal competency of the clinician. Following cornerstone principles of Ericksonian therapy, the training will prepare therapists to help others access existing strengths and resources.

Featuring a diverse faculty and a wide variety of topics, the program format provides the extra educational benefit of continuity and re-exposure to content that will be sequenced in a progressive manner. Attendees will get ongoing personal feedback to improve their practice no matter what level of

expertise they currently enjoy.

Another unique element in the training program is a consultation module. Participants will participate in specialized topical training tracks. Using conference calls faculty members will provide up to five hours of individual supervision and up to five hours of group consultation during the training year. There is proven educational benefit in providing this rare type of feedback and extensive follow-up.

Participants who complete the program will receive a certificate of advanced training in brief therapy. Embracing diversity among its participants, the training program is open to professionals with a doctoral or master's degree in the health professions, regardless of theoretical orientation. Full-time graduate students enrolled in an accredited institution may also enroll. Registration will be limited to a maximum of 30 participants.

The Erickson Foundation offers continuing education to physicians, psychologists, social workers and counselors.

For a complete brochure contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; phone, 602/956-6196; E-mail, mhefvol@aol.com; Fax, 602/956-0519; Web, <http://www.erickson-foundation.org/whatnew.htm>

Come to Phoenix for Intensive Training in Ericksonian Techniques

The Milton H. Erickson Foundation's *Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy* is presently in its 15th year. Courses are offered in the Phoenix area every Spring, Summer, and Fall. The Spring and Fall sessions are comprised of Fundamental and Intermediate sessions; an Advanced workshop is added to these in the Summer. Each program offers 30 hours of training in a five-day format, Monday through Friday. Attendance is limited to 25 clinicians each week.

The Intensives are designed to help clinicians incorporate Ericksonian hypnotic and psychotherapeutic approaches into their practices. The Fundamental week assumes no previous knowledge of or practice in hypnosis. The training focuses on basic principles and practices, beginning with induction techniques and proceeding through utilization of the hypnotic phenomena and indirection. The structure provides extensive opportunities for experiential learning. Participants learn about hypnosis both from practitioner and subject perspectives.

The Intermediate training concentrates on utilization of hypnosis for specific clinical situations, including Ericksonian approaches in the treatment of depression, anxiety, pain, and trauma. The emphasis is on "tailoring" therapy through individualized assessment of patient characteristics, resources, and expectations. Additional training in the use of anecdotes and metaphors is also included.

Advanced training is primarily case-consultation based. Whereas the Fundamental week explores general principles and the Intermediate particular clinical areas, the Advanced training focuses on individual cases to illustrate application of Ericksonian methods. The Advanced workshop is designed for practitioners who regularly utilize hypnosis in their work. They are asked to bring video and/or audiotapes for review, or to present detailed case accounts for discussion. Advanced instruction and practice centers on utilization of hypnotic phenomena, treatment planning and specific needs requested by participants.

Brent B. Geary, Ph.D., Coordinator of Training for the Erickson Foundation, is the organizer and primary instructor of the Intensive Programs. Jeffrey K. Zeig, Ph.D., the Foundation's Director and Dan Short, Ph.D., the Foundation's Associate Director, also teach every week. Professionals and students from every inhabited continent have attended the Intensives and there is usually a stimulating international flavor to the programs. Indeed, attendees often remark about how much they enjoy the diversity of cultures and professional backgrounds that are represented. The Erickson Foundation believes that the Intensive Training Program should be the ultimate small group experience for learning Ericksonian methods. We continuously strive to achieve this end.

N E W S

Elizabeth Erickson Announces Retirement

Elizabeth Erickson, widow of Milton H. Erickson, announces her upcoming retirement from the Board of Directors of the Foundation. She remarked that, "I've thought about retiring from a long time. So on my next birthday, April 22, I will make my retirement official. I will be 87-years-old and I want more time for myself.

"It's very hard to do this because I am so deeply interested in the work of the Foundation. This big step has been made easier because I am so pleased with the work that has been done. The Board, and the people who have contributed to the Foundation, have brought it to heights that Milton could have never even have imagined."

Mrs. Erickson has been a member of the Board of Directors since its inception in 1979. Current members of the Board are: Jeffrey Zeig, Ph.D., Charles Thiesen, J.D., both of Phoenix, Roxanna Erickson Klein, R.N., of Dallas, Bernhard Trenkle, Dipl. Psych., of Rottweil, Germany, and Camillo Loriedo, M.D., of Rome, Italy. Mrs. Erickson, who lives in Phoenix, will continue to serve in an advisory capacity.

ERICKSON PRESS

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
3/1-4	Fundamental and Intermediate Approaches to Ericksonian Hypnosis / Tokyo, Japan / Brent B. Geary, Ph.D.	1.
3/7-10	25th Annual Psychotherapy Networker Symposium / Washington, D.C. / Invited Faculty	2.
3/11-15	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Fundamental / Phoenix, Ariz. / Geary	3.
3/18-22	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Intermediate / Phoenix, Ariz. / Geary	3.
4/4-5	Anxiety & Depression / Tucson, Ariz. / Jeffrey K. Zeig, Ph.D.	4.
4/19-21	Love and Intimacy: The Couples Conference / Los Angeles, Calif. / Invited Faculty	3.
4/25-26	Anxiety & Depression / Scottsdale, Ariz. / Zeig	4.
5/2-5	Intensive Supervision Workshop / New York City, NY / Zeig	5.
5/11	Treatment Planning and Utilization in Ericksonian Therapy / New Orleans, La. / Geary	6.
5/24-26	Certificación en Hipnoterapia Ericksoniana / Queretaro, Qro., Mexico / Zeig	7.
6/6-7	Couples in Conflict: Resolving Ties that Bind / Risør, Norway / Zeig	8.
6/9-13	Ericksonian Supervision Workshop / Madrid, Spain / Zeig	9.
6/14	Ericksonian Psychotherapy / Manchester, United Kingdom / Zeig	10.
6/15-16	Ericksonian Psychotherapy / Dublin, Ireland / Zeig	10.
6/21-23	Ericksonian Psychotherapy / Paris, France / Zeig	11.
7/18-21	Conference on Meaning / Vancouver, B.C., Canada / Invited Faculty	12.
7/29-8/2	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Fundamental / Phoenix, Ariz. / Geary	3.
8/5-9	Putting "Marriage" Back into Marriage Therapy: A five-day Advanced Divorce Busting® Intensive Workshop / Keystone, Colo. / Michele Weiner-Davis	13.
8/5-9	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Intermediate / Phoenix, Ariz. / Geary	3.
8/12-16	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Advanced / Phoenix, Ariz. / Geary	3.
9/25-29	9th Congress of the European Society of Hypnosis / Rome, Italy / Invited Faculty	14.

Advertise Your Workshop or Books in the Next Foundation Newsletter!

The Milton H. Erickson Foundation is accepting ads for the summer (July 2002) issue of the Newsletter, with the deadline set for May 15, 2002.

Advertising rates are as follows:

Full Page -	9 1/4" x 11 1/4"	-	\$940
1/2 Page/Vertical-	4 1/2" x 11 1/4"	-	\$550
1/2 Page/Horizontal-	9 1/4" x 5 1/2"	-	\$550
1/4 Page -	4 1/2" x 5 1/2"	-	\$315
1/8 Page -	4 1/2" x 2 5/8"	-	\$200

Frequency discounts: Advertisers will receive a five-percent discount on each ad for placing three consecutive ads.

Ads must be camera ready. Production is available at additional charge. The Milton H. Erickson Foundation Newsletter reaches approximately 13,000 readers in the United States and 500 outside the U.S.

For more information and a rate card, write The Milton H. Erickson Foundation, 3606 N. 24th St. Phoenix, AZ 85016-6500; fax 602/956-0519; E-mail, karen@erickson-foundation.org, or call 602/956-6196, ext. 212.

Contact Information:

- Masako Kitamura, E-mail, PXS07610@nifty.ne.jp; Japan Erickson Club, c/o MK International Limited, 1-50-7-203 Itabashi, Itabashi-ku, Tokyo 173-0004, JAPAN
- Fred Freedman, Psychotherapy Networker, 202/291-1257; Web, www.psychotherapy-networker.com
- 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>
- Sandra McNally, E-mail, mountainstatesed@cs.com; Web, www.cmehealth.com
- Helen Adrienne; tel, 212/758-0125; HAMSW@aol.com.
- New Orleans Society of Clinical Hypnosis; Phyllis Schnaider, E-mail, pkshnaider@hotmail.com; Priscilla Morton, E-mail, percysummits@mind-spring.com
- Centro Mexicano de PNL; tel, (+5233) 3615-8447; Web, www.cmpnl.edu.mx
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- Derrick Klassen, E-mail: DerrickK@twu.ca
- Michele Weiner-Davis Training Corporation; tel, 815-337-8000; toll-free, 800-6-Michele; web, www.divorcebusting.com
- Societa Italiana Di Ipnosi, Via Tagliamento 25, 00198 Rome, Italy; tel, 06 8542130; fax, 06 8542006; E-mail, ipnosii@tin.it; Web, www.hypnosis.it

* To submit a listing for Upcoming Trainings, please send dates, title of workshop, venue, city/state/country, list of presenters, and complete contact information ONLY. A \$10 fee, per listing, is required. Deadline for the 2002 Summer Issue (July/August) is May 30, 2002. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact the Erickson Foundation at 602/956-6196; or E-mail Production Assistant, Karen Haviley, mhreg@aol.com.

CASE REPORT

Pat and the Search for Soul

by George W Burns

Milton H Erickson Institute of Western Australia

In Erickson's work I learned about treating clients as individuals, listening to their metaphors, and utilizing their resources. I also found permission to be bold, take risks, and venture beyond the restrictions of theory. However, as I have discovered many times over, my clients are my best teachers; Pat was one.

Her physician's referral letter said she suffered severe insomnia following a hospital admission for minor surgery twelve months earlier. Pat, a middle-aged ethnic Chinese, said, "I've lost my soul." Previous therapy failed to bring relief. According to her metaphor, a person's soul leaves the

body when asleep and, if not reunited, can cause both physical and emotional distress, including insomnia.

Following surgery, she said she had been awakened from the anesthetic without being addressed by name. Consequently, her soul and body had not reconnected. The answer, therefore, was clear. She must return to the hospital operating theatre, replicate the anesthesia, and be awakened by name. I listened (or at least I thought I did) and offered what had worked for other insomniacs. Following a behavioral assessment of her sleep patterns, I offered counseling, self-hypnosis, and strategic exercises to improve her sleep pattern. The outcome? A failure!

At the second consultation, she reiterated both her metaphor and the solution: She needed to return to the theatre and be awakened by name.

See CASE REPORT on next page

CASE REPORT

continued from previous page

But, as her solution was complex, embarrassing to organize, and did not fit my Western psychological metaphor, I chose a therapeutic compromise. Using hypnosis I guided her in imagery through the detailed steps of going to the hospital, having the anesthetic, going into theatre and being awakened by her Chinese name. This time I felt confident I had listened to my client's story and found—what I believed—would be the solution. Session three and still no improvement.

Patiently, she told me the solution, for a third time. Finally, I arranged for Pat to be re-admitted to the ward. Using hypnosis instead of a general anesthetic (with Pat's agreement), we replicated the previous theatre procedure (save for the surgery, of course!). She was awakened from the hypnosis, spoken to by her Chinese name, and asked if she had gained what she wanted. With a contented smile, she nodded her head. A

week later she affirmed that she had reconnected with her soul and, consequently, slept soundly every night since revisiting hospital. She was continuing to sleep well when followed-up by phone six months later.

(This case is a succinct adaptation from one presented in Burns, G. W. (2001). 101 Healing Stories: Using metaphors in therapy, New York, John Wiley and Sons).

Terry Argast PhD
Southern California Society for Ericksonian Psychotherapy and Hypnosis

COMMENT

by Robert McNeilly MBBS

Director, The Milton H Erickson
Institute of Victoria, Australia

An Australian professional from a traditional background returned from USA some years ago, and claimed triumphantly that Erickson was dead, as was the Ericksonian movement. He was a little puzzled when I replied,

that even though Erickson was dead, his ashes were scattered in Phoenix and George Burns' case provides evidence of the continuing vitality of Erickson's heritage.

Those who know George Burns either personally or through his writings, including *Nature Guided Therapy*, and *101 Healing Stories* won't be surprised by this case, however humble and charming. George continues the spirit of Erickson in his life, his teaching, and in this case history, demonstrating the importance of listening to what the client says, not our own theories (what Bill O'Hanlon describes as theory counter-transference). He reaffirms the importance of responding to the client's world view, and to own our own limitations in the service of attending to a client's needs, and so provides what will allow healing.

I was touched by George's willingness to put aside the failed outcome from his "brilliant" interven-

tion, to have his client imagine returning to hospital, and go the extra mile of assisting her to actually go there physically. I also was glad to be reminded that there are no resistant clients, just resistant therapists. George has shared his resistance, and his willingness to go beyond this to achieve a therapeutic outcome, and I am happy to have read this case for my own personal learning.

Editor's Note: A good example of Erickson's respect for cultural imperatives is exemplified by his treatment of the adolescent son of a Lebanese immigrant for stuttering (Teaching Seminar, pp. 121-132). Another illustration of the idiosyncrasies and "willfulness" of the unconscious is illustrated in Erickson's work with a dual personality case (Collected Papers of Milton H. Erickson on Hypnosis, Volume III, pp. 231-260).

Terry L. Argast, Ph.D.

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GILLIGAN

HISTORICAL TIMES

James Braid, "The True Father of Hypnosis"

By Tom Kennedy, MA
Denver, Co.

When asked about James Braid, Ernest Rossi said, "Braid is the true father of hypnosis (personal communication, Dec. 7, 2001). His work forms the basis of what I'm doing today." This praise becomes understandable after a quick look at Braid's contributions. He not only popularized the terms hypnosis and hypnotist; he first explained trance states as the interplay of physiology and psychology. Historians credit Braid (1795-1860) as both the first researcher of psychosomatic medicine and the father of modern theories of hypnotherapy.

Braid's work marked the end of Mesmerism, which held that a hypnotist emanated magnetic fluids to invoke trance. Mesmer believed he could 'mesmerize' trees in order to hypnotize passers-by, reasoning that the magnetic fluid would pass from the trees to the subjects.

Braid debunked Mesmer's theory by utilizing a simple ocular fix as an induction technique. He had subjects stare at common, household objects and within minutes, they entered a trance state. His studies proved that hypnosis occurs naturalistically within the subject and wasn't dependent on the showmanship of the hypnotist. He wrote, "The whole (of the induction) depended on the physical and psychical condition of the patient... and not at all on the volition, or passes of the operator" (Braid, as cited in Tinterow, 1970, p. 283).

Erickson often echoed this theme, "Once you really know...that you don't do it, your subject does it, you can have unlimited confidence...that your patient is going to go into a trance" (Argast, Landis & Ruelas, 2000, p. 55).

Braid asserted that everyone can be hypnotized, assuring his contemporaries that, "success is almost certain." (Braid, as cited in Tinterow, 1970, p. 287). Braid described trance as a "universal phenomenon" and "a law of our species" (p.288). Erickson was later to concur, stating, "As long

as your subject is alive, you can expect some developed trance state" (Argast et al., 2000, p. 55).

In 1843, Braid conceptualized trance as a, "shift of the nervous system into a new condition," (Braid, as cited in Tinterow, 1970, p. 271) marked by excitement and the mind's fascination with a single idea. "It is this very principle, of over-exciting the attention, by keeping it riveted to one subject or idea which is not of itself of an exciting nature... and (a) general repose which excites in the brain and whole nervous system that peculiar state which I call Hypnotism" (p. 301).

Similarly, Braid characterized psychopathology as a mind fascinated with a single, negative idea. "Abnormal phenomenon are due entirely to this influence of dominant ideas over physical action, and point to the importance of combining the study of psychology with that of physiology, and vice versa" (p. 369). He added that, "all the natural functions may be either excited or depressed... according to the dominant idea existing in the mind of man... whether that has arisen spontaneously, had been the result of previous associations, or the suggestion of others" (p. 369).

Braid regarded hypnotism as a "valuable addition to our curative means," describing it as "a powerful and extraordinary agent in the healing art," while cautioning that it wasn't a "universal remedy" (p. 272). About hypnotherapy, he believed that "the imagination has never been so much under our control or capable of being made to act in the same beneficial and uniform manner by any other mode of management hitherto known" (p. 272).

Braid also detailed the first list of naturally occurring, hypnotic phenomenon: eye movements, pulse and respiratory changes, and catalepsy. He stated that, "All the (hypnotic) phenomena are consecutive" (p. 307). He reported an "extreme acuteness of hearing during the first stage of hypnotism" and advised "allow(ing) the hearing to disappear, by which time all of the other senses will have gone to rest...I allow all of the senses to become dormant and then rouse only the one I wish to exhibit in the state of

exalted function, when operating carefully" (p. 312).

Braid wrote poetically about how subjects find a somatic balance so they do not topple over. "They acquire (a) center of gravity, as if by instinct, in the most natural and therefore in the most graceful manner" (p. 305). He added that because of this "faculty of retaining any position with so much ease, I have hazarded the opinion that the Greeks may have been indebted to hypnotism for the perfection of the sculpture" (p. 305).

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INTERVIEW

continued from page 1

because hypnosis must have been part of your everyday family life.

Betty Alice Erickson (BAE): A lot of people ask that same question. After I grew up, I recognized that Daddy had taught us all to use hypnosis for many purposes just as a part of life. I remember the first formal trance I went into—he was teaching a student how to use hypnosis and asked me to be a demonstration subject. He taught me the hand levitation method, which remains my favorite induction technique. I enjoyed this so much that Daddy continued to use me to demonstrate hypnotic trances for many of his students and patients.

TR; How did the patients react to having a child in the session?

BAE: Dad was always protective of patients' concerns and of confidentiality. He would never give any of us any clues as to the nature of the problems and always asked the patients' permission to have me come in the office. The context was well-defined for both me and the patient—I was there as a tool to help the patient learn a skill and we both clearly understood that.

As a child, I felt well-accepted by everyone. I don't recall any instance where a patient was reluctant in any way. Looking back as an adult, I think there were many benefits that the patients and students received. They could see that I really enjoyed the trance state; I was certainly not a

"threatening" subject so they could feel free to ask any questions they wanted, and it was obvious I was happy and pleased to participate in this learning interaction.

TR: Did you ever demonstrate for groups in his workshops?

BAE: All the time. When Seminars in Hypnosis, the forerunner of the American Society of Clinical Hypnosis (ASCH) was in full momentum, I was going to college in Michigan. Every time there was a seminar in the Eastern part of the country, I would try and attend. I got to visit Daddy and "earn my keep," so to speak, by being a demonstration subject for the workshop and for the various participants to practice with. This continued throughout the beginning years of the ASCH.

TR: How did you feel as a young girl among the professionals?

BAE: I felt great. Everyone was welcoming and accepting. I knew I was helping them by the practice sessions—I was a good subject and a lot of people learned induction techniques by practicing on me. I made wonderful friends in these early days, despite the age differences, some of whom are still very dear to me. The late Kay Thompson and the late Martin Orne, Bob Pearson, Leonard Ravitz, Marion Moore—so many more. Later, I was still lucky enough to work with many of his students. And many of those remain as dear friends including Jeff Zeig, Steve Gilligan, and Stephen Lankton.

TR: There has been controversy for a long time on the subject of who is qualified to learn hypnosis. That controversy continues today, and many of the professional organizations restrict training to professionals who have graduate degrees. What was his stand on this controversy, and how does it fit that he used young family members to teach hypnosis?

BAE: That's a wonderful question. Let me answer it in two parts. First, Daddy believed—and I believe—that hypnosis is such a powerful psychotherapeutic and medical tool that basic understandings are absolutely necessary. A graduate degree, while it doesn't insure basic knowledge, is a pretty good filter.

Now, how and why did he teach hypnosis to young family members? He taught us to access our own internal resources through self-hypnosis. He did not teach us to use hypnosis on others. That is a vital difference. He

See INTERVIEW on page 22

SPEAKING OF RESEARCH

Focus on Research

By

C. Alexander Simpkins Ph.D. &
Annellen Simpkins Ph.D.

"This technique was formulated by a utilization of those common experiences and understandings, embraced in the general appreciation that practice leads to perfection, that action once initiated tends to continue, and that deeds are the offspring of hope and expectancy."

(Erickson & Rossi 1980, Vol. IV, 397)

Clinicians can gain helpful input from the findings of psychotherapy research. But in 1952, Hans Eysenck doubted the validity of psychotherapy and challenged the field to empirically demonstrate its effectiveness. He claimed that only twenty-four outcome studies had been done to date. Psychotherapy researchers took up the challenge, and the number of out-

come studies increased exponentially.

Early researchers in the 1950's and 1960's began by testing the effectiveness of a single form of therapy. One of the first innovative research groups was the Phipps Clinic Research Team at Johns Hopkins University Hospital headed by Jerome D. Frank. They set out to prove that Sullivanian therapy was superior. But their results revealed something very different. Frank explained what happened: "We assumed that if you varied the forms of different kinds of therapy, you would get difference in outcomes. But that didn't happen. Instead all the groups improved equally. Somehow it caught fire. We didn't know what the common features were, but obviously something was common because patients from all experimental groups got better." (Frank in personal interview)

This discovery helped psychotherapy research to develop a new

direction for investigation: to determine what factors, nonspecific to any one, but general to all forms of therapy, are operating when therapeutic healing takes place. The underlying hope was that research could guide therapists toward the best blend of nonspecific ingredients for optimal results. Today, two poles have emerged. One paradigm for categorizing research is specific testing methods, forms of therapy, or techniques. The other pole emphasizes the nonspecific, testing to reveal underlying factors. Good practice of psychotherapy includes attention to both.

One of the most fascinating yet elusive of the nonspecific factors is expectancy. Expectancy is a time-honored concept. Though it has been renamed and re-interpreted in numerous ways, its enormous influence on psychotherapy remains constant. Expectancy in therapy involves the qualities of hope, faith, and trust. The interaction can have a powerful influ-

ence on psychotherapy outcome, but the relationship is complex.

Dr. Erickson incorporated raising expectancies in his work from earliest times. He recognized its importance, and discerned its inseparable place in good psychotherapy. Pseudo-orientation in time was one technique created by Erickson to capitalize on the positive use of expectations, hopes, and wishes. Erickson invented this technique from his recognition that if a person could fantasize that they regress in time, they could also fantasize that they progress in time. People often came up with solutions by imagining having successfully achieved them. This discovery could be applied to help patients develop favorable expectancies and methods for relief.

The Phipps Research Team also conducted carefully controlled experiments to try using expectancy to enhance the effectiveness of therapy. (Frank, 1978) One method they tested has come to be standard practice for many psychotherapists: the role

See RESEARCH on page 17

"Helping your patient to develop their unconscious potential is the primary task" Milton Erickson (1976)



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Please look for Dr. Alman's article in The Kaiser Permanente Journal, Fall 2001:
www.kp.org/permanentejournal Medical Hypnosis: An Underutilized Treatment Approach

BR THER PROPOSALS

Miriam Polster

"When women show us a previously denied range of heroic possibilities, a whole new continent of heroism is discovered—and we all, men and women, can become immigrants in a new land."-- Miriam Polster

The world of therapy lost one of its most elegant heroines when Miriam Polster succumbed to cancer at the age of 77 on December 18, 2001, at her home in San Diego.

Miriam was one of the world's premier Gestalt therapists. She, with her husband Erv, founded the Gestalt Training Center in La Jolla, California, where they designed training programs and advanced the principles and practice of Gestalt therapy.

Miriam was a trained opera singer and talented pianist, having received a BA in Music from the University of Florida. She was awarded her Ph.D. in psychology from Case Western Reserve University in 1967. Miriam served as an associate Clinical Professor in the Department of Psychiatry at the University of San Diego, and conducted workshops throughout the U.S. and Europe. She was the recipient of a number of awards, including Congressional recognition for outstanding community service.

Miriam graced the faculty of the Evolution of Psychotherapy Conferences in 1985, 1990, 1994, 1995 and 2000, and drew an enthusiastic response at each.

Miriam and Erv co-authored two books: *Gestalt Therapy Integrated* (1979) and *From the Radical Center: Gestalt Therapy Integrated* (1999). She was the author of Eve's Daughter's: *The Forbidden Heroism of Women* (1992).

Miriam was an inspiring and articulate teacher, and a brilliant, incisive clinician. She was one of the most sensible and sensitive people I have ever encountered. Her ability to touch people's lives was unparalleled. She was, quite simply, a woman of substance.

In addition to Erv, Miriam is survived by their son, Adam, and two granddaughters. Her daughter, Sarah, died in July of 2001.

Miriam influenced therapists of all persuasions. Her legacy will continue to nurture generations of therapists, although her presence will be sorely missed.

We send to Erv our condolences, our love.

Jeffrey K. Zeig, Ph.D.

Ernest R. "Jack" Hilgard

Ernest R. "Jack" Hilgard, a psychology professor at Stanford University, and pioneer in the scientific study of hypnosis died October 22, 2001 in Palo Alto, California. He was 97 years old.

Hilgard, together with his wife Josephine Rohrs Hilgard and Andre Weitzenhoffer developed the Stanford Hypnotic Susceptibility Scales. Hilgard was a past president of both the International Society of Hypnosis, and the American Psychological Association.

His publications include *Conditioning and Learning*, with Donald Marquis (1940), *Theories of Learning* (1948), and *Introduction to Psychology* (1953). With his wife, he wrote *Hypnosis and the Relief of Pain* (1975) and *Divided Consciousness* (1977).

As a result of their work with pediatric cancer patients, the Hypnosis Research Laboratory at Stanford was awarded grants from the National Cancer Institute.

Hilgard is survived by two children, five grandchildren and six great-grandchildren.

Ruth Sanford

Ruth Sanford, who died on November 28, 2001, was a longtime coworker of Carl Rogers. Ruth was awarded her M.A. from Teachers College, Columbia University, in 1938, and was an adjunct faculty at Long Island University, Hofstra, and the Union of Experimental Colleges and Universities in Cincinnati. In 1985, she was chosen by Rogers to serve as his co-faculty at the Evolution of Psychotherapy Conference. She lived and practiced in NY.

RESEARCH

continued from page 15

induction interview. They found that a carefully conducted, realistic interview which mapped out the potentials of the therapeutic process while preparing for possible resistance could help clients to be prepared and confident and would also raise the expectancies of the therapist. Today an introductory interview is usually incorporated into the therapeutic process for better results. (Garfield, 1986)

Outcome can also be influenced by therapist expectancies. One study (Shlein, Mosak, & Dreikurs, 1962) found that when therapists expected treatment to last twenty sessions, clients reported early improvement, beginning after seven. When treatment had no time limit, it took clients fifty-five sessions before they reported improvement. Later studies confirmed these results (Pekarik & Wierzbicki, 1986), leading to broad acceptance of short-term therapy as a cost-effective alternative to long-term.

Placebos have also been enlisted as a research tool for measuring expectancies. The power of the placebo attests to the healing power of hope and faith. Certainly a completely inert pill should have no effect either therapeutic or otherwise. Yet there are numerous documented studies showing that many cures have taken place from placebos. In one early study, Park and Covi (1965) gave placebos to a group of patients who were told that the pill was inert. However, they also added, "I think this pill will help you as it has helped so many others." Fourteen of the fifteen participants remained in the study and all reported significant improvement. Patients believed that their doctor was sincerely trying to help them, and interpreted the use of a placebo through their individual understandings, as positive. Of course, the element of suggestion cannot be subtracted, acting indirectly through potential meanings of the placebo.

Since expectancy is so intimately a part of therapy and its techniques,

we can all benefit from confidently integrating these research findings into our practice. You will undoubtedly discover your own creative techniques when you use expectancy in your approach with the client.

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TOPIC REVIEW

The Thin Book: Hypnotherapy Trance Scripts for Weight Management

By, Hal Brickman, M.S.W.

Phoenix: Zeig, Tucker & Co. Inc. 2000

There are a lot of things to love about *The Thin Book*.

The first is that it is, literally, a thin book. It is 108 pages of double spaced type. Personally, I believe most books, and most certainly that includes those in the mental health field, are much too long. *The Thin Book* sets a great example of what is possible.

Another reason to love *The Thin Book* is the simplicity of its organization. It

BOOK REVIEW

Treating Depression with Hypnosis

By Michael Yapko Ph.D

Brunner Routledge Press

www.brunner-routledge.com

At the dawn of this millennium, depression and its pervasive consequences take a toll on our society perhaps more than any other disease. In his recent book *Treating Depression with Hypnosis*, Michael Yapko examines the multitude of ways that depression and its despair affect the sufferer, their families and friends, and society as a whole.

Using his own carefully and effectively developed style, Yapko captures the reader's attention in the introduction by asking questions: How is this possible, despite all the knowledge on the secrets of our soul? How is this possible despite all the efficient therapies? How is this possible despite the millions and billions of dollars spent on drugs that should have cured this supposed chemical imbalance and put us back on the track of happiness? How is it possible that 9 out of 10 depressed people don't get help? How is it possible that the World Health Organization predicts that by the year 2020, depression will become the second most common cause of human sufferings? (xviii)

The thought provoking questions call attention the array of concerns associated with the depression. Some answers also are found. Yapko's mastery of hypnosis and the treatment of depression is revealed in the strategic integration of teaching within the

process of inquiry. In *Treating Depression with Hypnosis*, Yapko brings forth the wisdom of his experience in a thoughtful, simple, but never simplistic way.

Throughout the book, he continues to present his fellow professionals with disturbing and challenging questions regarding skill acquisition and treatment methodology. He responds to a multitude of fundamental questions that arise from the concept of using hypnosis as a technique to facilitate a client's recovery. His exploration of ambiguity and controllability provide a thought-provoking dimension for seasoned practitioners.

Yapko as a harsh but generous guide reminds us, "Depressed people suffer depression by being trapped in negative circumstances, real or imaginary, of their own creation." Depression involves a combination of self-destructive choices, self-generated negative perception, and inappropriate social behavior. One role of the therapist is to help people understand that depression is not only about brain chemistry or life circumstances but about one's own ability to keep growing, keep transcending and keep thinking. Inherent in this process is anticipation of what may lie at least a step or two ahead.

I encourage concerned clinicians to get Yapko's *Treating Depression with Hypnosis*, to take the time to read it slowly and to partake of insights from one of the most sincere and balanced authorities in this field.

Reviewed by:

Gerard Fitoussi M.D.
Las Vegas, Nevada

is a terrific reference book, and that, it seems, was Brickman's intention. He has given us fourteen chapters, each of which is a well-developed trance script addressing the subconscious meaning of a specific weight loss challenge. Some of these scripts, such as "Compulsive Eating as a Defense Against Anxiety," "Craving Fruit and Vegetables," or "Late Evening Eating," I might expect to see in a book for weight management.

To my delight, Brickman goes beyond the expected by offering scripts on, "Being Overweight as an Expression of Passivity and Hostility," "Slowing Down the Act of Eating," "Exercising," "Feeling Deprived After a Successful Effort," and "Lacking Resolve when Eating Away From Home."

The book is also unique in that the only writing Brickman presents other than the well-constructed and structured scripts is a 3-page preface. Here he describes himself as a "specialist in weight management." He states, "The scripts use positive suggestions or positive hypnosis in the form of metaphors, analogies, empathy and confrontation that contradict the effects of the unconscious mind." This description offers an accurate portrayal of his work, but understates the sensitivity and richness of his work.

The Thin Book is accompanied by an audiotope, read by Brickman, containing three of his trance scripts: "The Resistant Part of Me," "Saying 'No' to Important Others," and "Compulsive Eating as a Defense Against Feelings." Hearing Brickman's perfectly soothing voice is as satisfying as a double-layered chocolate cake, and is quite helpful as a teaching tool.

I highly recommend Brickman's *The Thin Book* to any professional that works with weight issues as well as to any one interested in reading and hearing well done hypnotic scripts.

Reviewed by:

Jean Johnson, M.S.
Plano, TX

BOOK REVIEW

The Ha-Ha Handbook

By: Bernhard Trenkle

Zeig, Tucker & Thiesen

2001

www.zeigtucker.com

The Ha Ha Handbook is primarily a joke book-but it is also a lot more. The *Meg-A-Phon*, newsletter of the Milton Erickson Gesellschaft (MEG) of Germany has long included jokes with a psychological bent in each issue. This book is a collection of these jokes and each joke is titled with the particular psychological element it illustrates. Topics include amnesia, circular questioning, dissociation, double bind, dental hypnosis, seeding and triangulation.

How does one review a joke book? All I can say is that several of us in a gathering of both professionals and nonprofessionals each had a copy and competed for the opportunity to read various jokes to the group. If laughing aloud is a measure, this book is a rousing success. Some of the jokes are a twist on real psychotherapy; some are a twist on old jokes; and many were new to everyone in the room.

A few of the jokes suffer from difficulties in translation or culture, but most transcend those minor problems. In keeping with Trenkle's humorous approach, each page is perforated. In that way, Trenkle explains, pages can be censored or even given directly to a particular person.

Trenkle is a well-known international speaker and therapist who customarily opens his talks with a carefully selected joke. This collection is representative of many of his jokes and of the thoughtful way in which he matches his humor with his topic.

Reasonably priced, it is the perfect gift for a too-serious student of psychotherapy. *The Ha-Ha Handbook* is also a treat for anyone who just likes to laugh.

Reviewed by:

Betty Alice Erickson, M.S.
Dallas, TX

Milton H. Erickson M.D.: Complete Works

The Milton H. Erickson Foundation Press

2001 For ordering information contact the Foundation at 602-956-6196

Every person who has climbed Squaw Peak has a unique experience. Some climb for the challenge, looking for an adventure. Some find a font of untapped personal resources. Some discover a spiritual process; still others, a relaxing way to meander and enjoy the scenery. The same will be true for every person who browses through Milton H. Erickson: Complete Works. Whether an academic looking to cite a specific research source, a graduate student experiencing Erickson's mastery for the first time, or a devout Ericksonian looking to lose themselves in the vast halls of this virtual library, the individual's response to this astonishing collection of works from the most profound writer in the history of psychiatry will be unpredictably unique, and inevitably, enlightening.

One of the first productions of the newly established Milton H. Erickson Foundation Press, this compilation of Erickson's papers should come with a warning label. It is easy to lose oneself browsing through time, and subject matter. The easy access to the articles within render them irresistible. Menus arrange the titles by decades, and alphabetically. Looking at the lists of options, beginning with the 1920's, ranging through the 1970's, one is struck by the lifetime of contributions Erickson made to the study and development of solutions to the challenges of being more fully human. Searching through chronologically gives the reader a glimpse into the tracks of Erickson's interests, and professional development. A myriad of choices are presented; in the 1920's one can find an unpublished manuscript on "Facilitating a New Cosmetic Frame of Reference,"

describing Erickson's treatment of a woman with a disfiguring scar. Wandering through the alphabetical lists of titles there are old favorites too intriguing to ignore, and new articles too enticing to resist. "A Therapeutic Double Bind Utilizing Resistance," a manuscript from 1957, describes a familiar case study of a rather strong-willed 12-year-old boy who wets his bed. Even the most focused or hurried researchers may be tempted to explore the remarkable wealth of learnings.

For those who like a challenge, there are more than 2000 pages of text, including 30 articles not previously available. In the preface, Dan Short, Ph.D., describes this anthology as, "...the most comprehensive collection available. With this latest compilation, the reader is given the opportunity to investigate all lines of reasoning developed by Erickson, and to trace their gradual evolution." Those who set their sites on mastering the content on this disc will require dedication and determination. The likely result of working through all the material will be to find oneself compelled to return, and learn more.

Some may find this CD creates a place to revisit stories that read like old friends, and a place to discover new ones.

The format of this CD is compatible with Windows 98™ and higher, it is not recommended for use with Macs. The graphics in the program are attractive, and the library is easily navigated. The articles are opened by Adobe Acrobat Reader™, conveniently contained in the program.

Reviewed by,
Sharon McLaughlin MA
Lakeport, CA

B O O K R E V I E W

Timeless Teachings from the Therapy Masters

by

C. Alexander Simpkins Ph.D.
Annellen M. Simpkins Ph.D.

Published by Radiant Dolphin Press
San Diego, CA
2001

Timeless Teachings from the Therapy Masters by the husband-wife team of the Drs Simpkins is the kind of a book that would be of great help to someone considering going into the profession of psychotherapy. Even those already in the field could use this as a guide as to how to become a "master" therapist.

The Simpkins have thoughtfully shared much of their own journeys as therapists and have highlighted the importance of training with masters. They talk about their own work with such notables as Jerome D. Frank, John C. Whitehorn, Carl Rogers, Arthur Combs, G. Wilson Shaffer and Milton Erickson. Their work with these mentors was a long, sequential learning process. The strengths gained from each teacher expanded their understandings and allowed them to profit more extensively from

their work with the next mentor.

Their journey is neatly outlined from the chapter on Jerome Frank, "Searching the Roots" through chapters on integrating clinical methods. Readers are privileged to hear reflections on the Simpkins' own growth as individuals and professionals.

Any therapist, and in fact, anyone reading this book, will rediscover the importance of self-monitoring personal growth. The Simpkins model the path of developing an awareness of self, resources, and the aesthetics of the environment. This progression begins from where each is, at a given moment, and offers guidance in developing a richer and broader perception of life and the fulfillment of goals.

There is great attention to details along with the use of multi-sensory approaches to learning and experiencing. Integrating an appreciation for aesthetics in this eclectic path, the Simpkins show clearly and succinctly how to assemble these new skills. Generous with personal reflections, they credit their teachers for strengths they have acquired.

In their reflections on learning with Erickson, they discuss the process of enlisting the unconscious for change, and in developing creative and innovative approaches to

therapy. They provide a brief overview of incorporating the use of trance and symbolic learning in strategic problem solving.

Timeless Teachings gives instruction, clarity, encouragement and a vivid personal picture that learning and the attainment of wisdom is a life-long process. It entices each reader to review the essence of self and of the process of becoming the best that each can become. The Simpkins' eloquent review of the people with whom they have trained

reminds this reviewer, with a tinge of sadness, of the loss of the many masters and the reality that my students will not have the rich opportunities that I have experienced. Fortunately there are new masters with whom to train; wise young therapists will find them and continue the tradition of growing into a profession in which personal growth is paramount.

Reviewed by :
John Gladfelter Ph.D.
Dallas, Texas

B O O K R E V I E W

The Seminars of Milton H. Erickson

Number 1

Presented to the San Diego Society of
Clinical Hypnosis

April 29, 1962

Milton H. Erickson Foundation Press

For ordering information contact the
Foundation at 602-956-6196

Since I first purchased this 90-page monograph of a seminar Dr. Erickson presented in San Diego in 1962, it has become required reading for both my beginning and advanced

students and interns. I can think of no other single book that captures the essence of Erickson in so few pages. It is reminiscent of his private seminars with students where his descriptions of cases were so much more than just examples of how to do an intervention. They were how to view and understand the problems our clients brought to us.

According to the description on the cover, the intent of the series is to "Highlight new dimensions of Erickson's thinking and practice." In this volume, Erickson presents more

Continued on next page

VIDEO REVIEW

So You Wanted a Trance Demonstrated Today

By Terry Argast Ph.D, Richard Landis Ph.D, and Gary Ruelas Ph.D.

Southern California Society for Ericksonian Psychotherapy and Hypnosis

If you are looking for a vigorous yet manageable challenge to broaden your understanding of Erickson's work, dedicate yourself to combing through "Now You Wanted a Trance Demonstrated Today." The effort will be richly rewarded.

This 82-minute videotape of Erickson, accompanied by annotated transcript, includes clear, expert commentary by Drs. Terry Argast, Richard Landis, and Gary Ruelas.

In this 1978 videotape, Erickson teaches a study group from Southern California and demonstrates advanced techniques with Dr. Argast, including age regression, time distortion, positive and negative hallucinations and arm levitation. The clear audio track, dubbed from a microphone on Erickson's lapel, provides excellent sound quality. The helpful subtitles add additional clarity.

In the 200-plus page transcript and appendix, the authors tease out and explicate much of Erickson's technique and philosophy. They analyze Erickson's seamless induction, both phrase-by-phrase and in chunks, revealing its handiwork. They also relate the various parts to the whole, referring the reader backward and forward to different points during the session to clarify both the strategy and its effects. Included with the authors' comments are Erickson and Rossi's own explanations, taken from their classics *Hypnotic Realities* (1976) and *Hypnotherapy* (1979).

The well thought-out format includes three columns of text: Erickson's words, the authors' discussion and the subject's observations. All columns are numerically cross-referenced making it easy to study. The informal, spiral binding makes the required page-flipping a breeze and scribbling notes on the pages guilt-free. Dr. Argast's descriptions of his internal experience give a depth to what was (and wasn't) successfully elicited by Erickson. His comments provide a valuable, behind-the-scenes report by amplifying his verbal responses to Erickson.

The authors thoroughly define common principles used to explain hypnotic technique, such as cause-and-effect dyads, discharging resistance, developing response potential, fractionation and pattern disruption. Additionally, they draw our attention to Erickson's consistent use of certain ideas and images. The first appendix catalogues his use of 22 key words and themes, and the pattern that emerges after reviewing them in this format is striking.

While all this analysis and commentary makes for leisurely progress through the work, examining Erickson at this pace is quite revealing. The authors explain seeding by tracing how Erickson seeds imagery and hypnotic phenomenon at one point during the session, then seeds it again and later returns to see what's blossomed. After the second time the authors point something out, it's satisfying to begin to recognize the strategies without their prompt. What emerges clearly is the methodical way in which Erickson paces the client by giving suggestions, then distracting, waiting and then amplifying the suggestions.

Although the manuscript deserves a final polish of light edits and proofreading, its teachings certainly will make a lasting impression that will undoubtedly be incorporated into the reader's future hypnotic work. It's a delight to watch the videotape for a second time after finishing the transcript and realize how much learning has occurred.

References

Erickson, M.H. & Rossi, E.L. (1979) *Hypnotherapy: An Exploratory Casebook*. New York: Irvington
Erickson, M.H., Rossi, E.L. & Rossi, S (1976) *Hypnotic Realities*. New York: Irvington

Reviewed by

Tom Kennedy, M.A.
Denver, CO

SEMINARS

continued from previous page

than just a set of procedures or techniques; he presents a mosaic of the human experience. The primary value of each technique or procedure described is to add to our understanding of this mosaic. With this understanding, we are encouraged to no longer think in terms of the techniques or procedures themselves but respond to the human need that the clients' presenting symptoms serve. Erickson uses discussions about the nature of sexual dysfunction, panic

reactions, learning problems, allergies, asthma, colitis, and Minereas disease to demonstrate how to see these conditions as part of the mosaic. In doing so, he shows how this view can lead to novel and effective interventions.

As a vehicle for presenting his perspective, Erickson uses many clinical situations. When he presents pain management, he includes the concept and the proper use of hallucinated anesthesia. He extends his perspective on pain management to cover dental procedures, chronic hip pain, as well as end of life issues with

terminal patients. As another vehicle, he presents parenting themes, including his classic intervention with the incorrigible child.

Erickson responds to questions about what is hypnosis; how do you know when a person is in hypnosis; what actually defines a hypnotic technique; what is the process within the person that leads to an induction; and when is "not enough" the right amount for change. He shows us a way to look at the concept of resistance that creates intervention options.

This seminar is the first in a series

INTERVIEW

continued from page 14

was so adamant about this that when I first began my professional career as a therapist, every time I wanted to use hypnosis, I could hear his voice in my head, "Never use hypnosis until you have been properly trained to do so." Believe it or not, that was a very big handicap to me—what's "proper training?"

I feel pretty lucky. In today's climate, I am certain that I would never have had the wonderful opportunities that were available to me in the 50's and 60's.

TR: How was hypnosis part of your everyday lives?

BAE: Dad was adamant that we knew enough about hypnosis to recognize inaccuracies that were portrayed on television. He discussed it with us all and insisted that we know enough to intelligently from the time we were about ten. He also taught us hypnosis in more informal ways.

For example, he never missed an opportunity to teach us the value of hypnosis if we had a small injury. We all became really familiar with his consistent and enthusiastic view of our minor injuries as an opportunity to learn more about the powerful effects of hypnosis. We all learned how to use trance for pain control. I think Daddy thought that was an extremely important learning. We could learn how to respond to emergencies productively. Perhaps, the most important gift of hypnosis to us as human beings, was that we all could learn to develop our internal resources to become "more of who we really wanted to be."

TR: Did your father encourage personal explorations?

BAE: Daddy was always delight-

See INTERVIEW on next page

of The Seminars of Milton H. Erickson to be published by the Foundation. It comes as a 90-page bound transcript. The entire seminar also is available in a five-CD or five-audiocassette format. I recommend it for beginning or seasoned therapists who want to expand and reinforce Ericksonian understandings. This volume is pure and original Milton H. Erickson!

Reviewed by:

Richard Landis, Ph.D.
Laguna Niguel, California

ed when we learned more about ourselves. Every time I was asked to demonstrate hypnosis, I knew I was going to have the wonderful opportunity for self-exploration. He also was very deliberate in teaching us, if we asked, how to do self-hypnosis in a formal manner. This was one of the few areas where, when we asked specific questions about what was and what wasn't hypnosis, he would give us direct answers. In all other areas, he would help us figure it out for ourselves and rarely gave direct answers.

TR: How did you become a therapist?

BAE: I started out as a middle and high school English teacher. After a couple years, I moved into Special Education. In Okinawa, Japan, I developed the first program for military dependents who had been expelled from the regular Department of Defense school system. I continued to work with troubled adolescents in both public and private venues for many years and I enjoyed it very much. As time went on, it seemed to me that schools developed more and more requirements for both the students and teachers. I thought these requirements had less and less to do with what was good for the kids. Actually, that is the direction psychotherapy seems to be going today with insurance regulations.

Anyway, I thought about what part of my work I enjoyed the most and it was helping my students learn more productive behaviors, so they could be more of what the healthy parts of them really wanted to be. That led quite naturally into becoming a psychotherapist. Doing workshops and teaching to professionals fulfills my love of teaching. Being able to teach in many different places satisfies my love of travel. So things have worked out very well for me.

TR: I can imagine that hypnosis was an important resource that you used in your teaching.

BAE: Absolutely. As I say in my teaching workshops, I don't think I even know how to communicate intensely and effectively without using the communicative constructs of hypnosis.

TR: I understand you have lived many places. Could you tell me a little about that? How was it that you were working in Japan?

BAE: I have always loved to travel. Right after college, I bought a car

in France and two girlfriends and I spent the summer driving all over Europe. I taught eighth grade for a year and then I emigrated to Australia—just for fun. It was a wonderful adventure. My former husband was an Air Force fighter pilot, and his military career allowed the whole family to travel. We had tours in Addis Ababa, Ethiopia, Okinawa, Japan, and Brazil. The kids were school-age when we went to Ethiopia so I went back to teaching and worked from then on. My salary was always reserved for family travel and we went to many different and wonderful places.

TR: I also love traveling. I received my degree in anthropology before becoming a psychologist. One of the reasons that I chose anthropology is that the profession provides a lot of opportunity for contact with diverse people and for traveling.

BAE: Traveling does give one exposure to so many different behaviors and broadens perspectives on what is normal. It's really kind of fun to examine one's own views of what is "normal" and what is different but still "normal."

TR: Can you provide an example of what you mean by "different behavior that is 'normal'"?

BAE: Food is an immediate response. Much of what we eat, and our mealtime behaviors are culturally defined. I was stunned to discover that in some places, if you fail to burp loudly after eating, you've communicated that you've not really enjoyed the food. Eye contact, personal space and, my favorite, what time really means are all so different to other cultures. In my travels, I know I have made many "mistakes," but I also know that mistakes are inevitable. It's a learned skill to learn to respond graciously when you realize that you've inadvertently offended someone. Learning to respond to subtle expectations, rules of behavior, that no one explains to you is wonderful training for the Ericksonian mantra of "Observe, observe, observe."

TR: What are you doing in your professional work now?

BAE: I am in full-time private practice in Dallas. I love doing workshops, especially overseas, and I try to fit in about four a year. The various Congresses sponsored by the Erickson Foundation are central to my professional presenting. I do overseas training too and have been to wonderful marvelous exciting places.

I've gone to Germany several times, to France, Brazil, Spain, Moscow, Siberia, Poland and Nepal. I just got back from a workshop in Azerbaijan. I co-taught with Eric Greenleaf twice in Bali. Another Bali workshop for 2003 is already in the planning stages.

I also have been heavily involved with the Foundation Newsletter for eight years. My sister Roxanna and Dan Short also have worked with the Newsletter in many areas including the vital ones of expanding various editor roles. Now, Rick Landis and Sharon McLaughlin are taking primary responsibility. It is most gratifying to see the maturation of the *Newsletter* and to know it will continue.

I have also contributed chapters to several books and articles to many journals. I think it's vitally important that we reach broad professional audiences to emphasize the value and utility of Ericksonian approaches. I also have a book in my head, that, as soon as I find time, I am going to write.

TR: Can you tell us about the prize that was given to your family at the November meeting by the Milton H. Erickson Gesellschaft für Klinische Hypnose (MEG)?

BAE: We were deeply honored by this prize given to us in tribute to the work our family has done to promote Ericksonian psychotherapy and hypnosis. Several family members went to Bad Orb, Germany, for the event. We felt especially honored because the award was given at the 100th year celebration of our father's birth.

We decided the best way to handle this great tribute was to use it in ways in which MEG has already committed many of their own resources. We are setting aside a portion of the money to enhance access and sites on the internet for economically disadvantaged countries in Eastern Europe. The other portion will go to pay travel costs for teachers of Ericksonian Psychology and Hypnosis to countries that have suffered economic and educational hardships.

TR: Will you comment on the expectations of the professional audiences? They know that you are Erickson's daughter and must sometimes have unrealistic expectations.

BAE: You're right. Sometimes it seems as if they are disappointed that

I am not Milton H. Erickson. At first, when I was well-received, I thought about how much of the reception was due to the material I presented and how much was due to the fact I am Daddy's daughter. I have never tried to be Daddy. I truly believe he was a genius. I have always been comfortable with who I am. Now when I present, it seems that some people initially "want" me to be Milton Erickson. After I get into my presentation, they become interested in what I am presenting and my family relationship becomes less important. It's made me realize that no matter who we are, who our parents are, there are pluses and minuses. I feel really lucky that I was raised by two wonderful parents.

I spend a lot of time preparing for my professional work. I teach in a style that is my own but I do have the advantage of having a wealth of firsthand experience with Ericksonian hypnosis and the frameworks of Ericksonian psychotherapy. That's definitely one of the pluses for me.

TR: When do you introduce hypnosis when you are working with a client?

BAE: I use formal trance with a small percentage of my clients. I use the communicative techniques of naturalistic, or conversational trances with every client and in every workshop. It is a therapeutic judgment call as to whether formal hypnosis is appropriate.

I do not use hypnosis on those people who walk in and say, "I want you to hypnotize me to make me lose weight or stop smoking," or something like that. I usually look out the window and ask, "Do you see my name in the stars?" Of course, they don't. Then I explain that if I could "make" them lose weight or love exercise, my name would definitely be written in the stars. I think it is my therapeutic responsibility to help people understand the role of self-responsibility in setting goals.

TR: How is your approach different from your father's? Are there any areas that you disagree with him?

BAE: That is another really good question. First and foremost, I am not a physician. I also do not have the unique life experiences Daddy had his genius, polio, working with the draft board during WWII, and so on.

INTERVIEW

continued from previous page

Daddy had an unparalleled ability to assess people accurately in just an instant and I've never met anyone else that has that gift. There are numerous other unique abilities that identified him as an unequaled master.

Today hypnosis and psychotherapy are in a different atmosphere and environment. Times and people have changed. I have evolved with the changing times and atmosphere, I think, as Ericksonian psychology and hypnosis has evolved.

Did I ever disagree with him? He was my father. Of course, I disagreed with him!

Did I ever I disagree with him professionally? I really would have liked to have been able to debate his way of handling certain patients or certain therapeutic situations. He died before I was practicing in this field, so I didn't have that chance. Occasionally, I will hear the reflec-

tions of a former patient and I will wonder why Daddy did a certain thing. However, that reflection may or may not be accurate—and certainly may be colored by hindsight.

I know I often consulted him about my Special Education students; we some times disagreed about what I should do. When I disagreed, I went ahead and did what I thought was best. Sometimes it was good and sometimes I wished I'd listened to Daddy. Usually when we disagreed, the situation was extremely complex. One very brief example was about a student whose parents moved, leaving no forwarding address, while the girl was at school one day. I supported her desire to have some sort of relationship with her parents, on her terms, when they were finally tracked down. Daddy felt she should "cut her losses" immediately. I don't have enough follow-up information to really be sure who was right.

TR: Are you hopeful about the future of hypnosis and psychotherapy?

BAE: Absolutely. The world is

changing so quickly. Computer technology has only just begun to impact psychotherapy. We are at the brink of some very exciting progress using that opportunity. I also believe that in the near future we will understand hypnosis on a scientific level, and in a depth that has not been possible so far.

I think it is extremely important to educate people in general about the importance of good mental health and treatment of problems before those problems become dysfunctional life-altering issues. If people believe they have options, no matter how difficult their circumstances may appear, they have the ability to be productive and happy, which is a hallmark of good mental health.

TR: It has been a real pleasure talking with you having what turns out to be a relaxing and interesting conversation for me. I feel as if I just stopped in for coffee with a friend.

BAE: And so you did! It has been a joy to spend this time with you.

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