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The Milton H. Erickson Foundation NEWSLETTER

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FEATURE ARTICLE

Martin T. Orne, M.D., Ph.D. 1927-2000

By: Betty Alice Erickson, M.S., L.P.C.

Background

Martin T. Orne, M.D., Ph.D. was a highly esteemed contemporary of Milton H. Erickson. They shared a strong personal friendship as well as a common passion for the advancement and the responsible usage of hypnosis. Orne is probably the most significant researcher that the study of hypnosis has known and we are pleased to feature some of the many facets of this man's extraordinary career.

Martin T. Orne stands as a tall figure in the world of psychiatry, psychotherapy and hypnosis. A pioneer and leader in research, experimentation and in the publication of scientific investigation, he received multiple honors, awards and international recognition to commemorate his



Portrait by John Boyd Martin

In his many publications, Orne consistently demonstrated a fearless commitment to educate and define. The importance of specific and non-specific factors in both thinking and behavior and the application of those factors were recurrent themes throughout Orne's professional life. He questioned accepted ideas and ordinary thinking, never shied from controversy, and tirelessly sought to bring new understanding to real-world problems for all of mankind.

lengthy career as a scientist and researcher. Among them were the Benjamin Franklin Gold Medal from the International Society of Hypnosis, the Seymour Pollack Award from the American Academy of Psychiatry and the Law and honorary doctoral degrees from Hofstra University and John F. Kennedy University.

Background

Son of a surgeon father and a psychiatrist mother, he was born in Vienna, Austria, in 1927. Shortly before World War II, the family emigrated to the United States and settled in New York City. Later they moved to Boston.

See INTERVIEW on page 4

The Couples Conference 2003: San Francisco

The Milton H. Erickson Foundation, Inc. announces the seventh *Love and Intimacy: The Couples Conference*, June 12-14, 2003 (Thursday-Saturday), at the Holiday Inn Golden Gateway Hotel, in San Francisco, Calif. The Couples Conferences have become a leading vehicle for learning the applications and the latest research on facilitating treatment with couples. The Couples Conference is organized by the Couples Institute.

Learn from leading-edge theorists and practitioners including Elyn Bader, Lonnie Barbach, Marty Klein, Pat Love, Cloé Madanes, Jock McKeen & Bennet Wong, Ayala Pines, Terry Real, Janis A. Spring and Jeffrey Zeig.

A six-hour workshop entitled *Laws & Ethics: Update for Clinicians Working*

See COUPLES on page 8

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EDITOR'S REMARKS

January 14, 2003

In this newsletter, we return to the hypnotic elements in Ericksonian psychotherapy. Erickson had an insatiable curiosity about the nature of hypnosis. He focused that curiosity through the eyes of both a demanding scientist and an observant anthropologist. He was a unique practitioner who tested his observations and utilized them to formulate brilliant and creative interventions. Therefore, this newsletter is dedicated to both the scientists and the innovators in the study and practical utilization of hypnosis.

In the spirit of that dedication, we have set aside our usual keynote interview to present a tribute to one of the most influential scientist-practitioners of our time, Martin Orne (1927-2000), a contemporary and friend of Erickson. His contributions continue to provide the benchmark for the study and utilization of hypnosis. As pointed out in the article by Betty Alice Erickson, few, if any, realize that many of the basic assumptions on which almost all of our modern understandings of hypnosis are based came from the research of Martin Orne and his colleagues. Therefore, much of this newsletter is dedicated to his contributions.

Sprinkled throughout the *Newsletter*, you will also find current and historical examples of the breadth of the study and utilization of hypnosis. For example, historically, Murriel Schulte reviews the second edition of the classic by Linn Cooper and Erickson, "Time Distortion in Hypnosis: An Experimental and Clinical Investigation." As Schulte points out, this is a classic report of more than 800 hours of experimental hypnosis. The studies in this volume have only increased in value over time.

It is appropriate in this *Newsletter* that we present a new section, "Facets & Reflections," that highlights selected elements that contribute to the Erickson philosophy and techniques. To introduce this section, Steve Andreas deftly outlines some of the elegant language patterns that were so much a part of Erickson's hypnotic inductions.

In Terry Argast's *Case Report*, "Culture Shock," he presents a classic Erickson intervention that is the product of decades of observation and testing observations. Here, Erickson demonstrated both his knowledge of cultural anthropology and his ability to identify naturalistic trance states.

In the review of Patrick Bellet's book, "Simply L'Hypnose," Christine

continued on page 8

The Milton H. Erickson Foundation NEWSLETTER

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Mark Your Calendars –

Brief Therapy Conference Returning in 2003!

The Milton H. Erickson Foundation announces the fifth *Brief Therapy Conference*, December 11-14, 2003, at the San Francisco Hilton and Towers, in San Francisco, Calif. The Milton H. Erickson Foundation organizes the only multi-disciplinary conference on brief therapy in the world.

The *Brief Therapy Conference* consists of keynotes, workshops, topical panels, supervision panels, dialogues, conversation hours, clinical demonstrations and solicited short courses. The faculty includes: Frank Dattilio, Robert Dilts, Yvonne Dolan, Albert Ellis, Betty Alice Erickson, Stephen Gilligan, William Glasser, Mary Goulding, Stephen Lankton, Pat Love, Donald Meichenbaum, Scott Miller, John Norcross, Christine Padesky, Ernest Rossi, Francine Shapiro, Michele Weiner-Davis, R. Reid Wilson, Michael Yapko, and Jeffrey Zeig.

The Conference is still in the planning stages, however, a *Call for Proposals* has been issued. Please see the submission form on page ___ of this *Newsletter* for more information.

To receive a complete brochure (available May 2003), please 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 Please include your complete mailing address with your request. Visit our Web Site, www.erickson-foundation.org/whatnew.htm for the latest information.

Last year's *Brief Therapy Conference* in Orlando, Fla., was the highest rated Conference the Erickson Foundation has ever organized. Don't miss your opportunity to attend in San Francisco!

VOLUNTEERS NEEDED FOR COUPLES & BRIEF THERAPY 2003!

The Milton H. Erickson Foundation is seeking full-time graduate students and interns to assist the staff and faculty at the upcoming *Love and Intimacy: The Couples Conference* June 12-14, 2003, at the Holiday Inn Golden Gateway Hotel (San Francisco, Calif.); and the *Brief Therapy Conference*, December 11-14, 2003, at the San Francisco Hilton Hotel.

Volunteer duties include assisting with registration procedures, continuing education, assisting faculty and monitoring meeting rooms. In exchange for the registration fee volunteers must send a \$75 deposit that will be refunded after successful completion of volunteer duties.

Full-time graduate students and interns are the first to be accepted as volunteers. If needed, professionals will be accepted as the meeting draws closer. Volunteers are assigned on a first-come, first-served basis. Accepted volunteers must attend a mandatory volunteer meeting the evening prior to the Conference. To volunteer please submit the following:

- A letter requesting to volunteer.
- Graduate students/interns should send a letter from their university/supervisor stating full-time graduate student/intern status as of May 2003 (*for Couples Conference*); or December 2003 (*for Brief Therapy conference*).
- A completed registration form.
- A \$75 deposit (To be refunded after successful completion of volunteer duties.)

To volunteer, send all of the above information to: The Milton H. Erickson Foundation, Inc., Attn. Volunteer Coordinator, 3606 N. 24th Street, Phoenix, AZ 85016-6500. For questions and information contact the Foundation: tel, 602/956-6196; fax, 602-956-0519; E-mail, mhefvol@aol.com

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Couples 2003

Brief Therapy: Lasting Solutions

December 12-15, 2002

During one of the breaks at the *Brief Therapy Conference in Orlando* I sat down to talk with a friend and colleague, Barry Grossman, Ph.D. I first met Barry during my doctoral internship in Houston. After a few moments of just staring at him I said, "Can you imagine where we would be now if all of the learning during our four years of doctoral work had been as fruitful, hour by hour, as these three days." His response was, "I know what you mean. This is remarkable."

I enjoyed my association with a group of professionals who are so eager to learn and so dedicated to professional competence.

Our conversation was not unique. Those of you who were fortunate enough to be in Orlando for this event know what I mean. At the end of each session the hallways between conference rooms suddenly flooded with professionals eagerly scurrying to the next unforgettable learning opportunity. The only complaint I heard was made by individuals who were making a frantic, last minute review of the syllabus, "How am I going to pick which workshop to go to? There are too many presenters that I want to see."

The entire scene reminded me of the game show spectacle in which a contestant is put in an air chamber fluttering with money. The person only has 60 seconds to catch as much money as he or she can. In addition to the excitement and energy created by this conference, I enjoyed my association with a group of professionals who are so eager to learn and so dedicated to professional competence.

At each conference there is a single event that you know you will never forget. For me it was the opening remarks of the keynote address by Nicholas Cummings, Ph.D. I had already interviewed Cummings for the Foundation's *Newsletter*. I knew he was a man of many remarkable accomplishments, which included parachuting with crutches into enemy territory during World War II (see Vol. 22, No. 3). But when I sat and listened to his courageous battle in childhood to overcome the crippling effects of polio, I was inspired to re-examine my understanding of the word "determination." His story of a little boy's courage and a grandmother's tough love so wonderfully illustrated the power of the human will. Later in the day, I was still trying to absorb this experience. I sat in a room with a panel discussion and watched these experts up on stage taking notes and asking questions as the other members of the panel spoke. Everyone around me seemed to be scrambling to climb up this steep but exciting learning curve. As with almost all of the modern fields of science, the realm of mental health continues to reinvent itself every few years. For me and the others who were a little frustrated with what was missed at the 2002 conference, we have only a little while to wait. The spectacle will repeat itself during the *Brief Therapy Conference* in San Francisco, December 11-14, 2003. I hope to see you there.

Dan Short, Ph.D.
Phoenix, AZ

Editor's Note: The Orlando Brief Therapy Conference was the highest rated conference ever organized by the Milton Erickson Foundation.

INTERVIEW

continued from page 1

Orne interrupted his college career at 18, to join the U. S. Army. In the military, he was primarily assigned to working in areas providing psychological services where he pursued his interest in hypnosis which had begun as a teenager working in magic shows! After completing his tour with the military, he returned to college, where he was able to further pursue his interests in hypnosis and hypnotic phenomena, especially age regression.

Education and Pioneer Work with Hypnosis

Virtually everyone with whom he was in contact recognized Orne's intellectual abilities, his tireless drive and his scholarly abilities. His undergraduate advisor at Harvard encouraged him to conduct scientific experiments on hypnotic age regression for his bachelor's honors thesis. Then he urged Orne to publish the findings; "The Mechanisms of Hypnotic Age Regression: An Experimental Study," published in *Journal of Abnormal and Social Psychology* (1951) marks the public beginning of Orne's long held position as a thoughtful observer of the nature of hypnosis.

The study was based on age regression of hypnotized subjects. Orne compared what subjects produced, in this age-regressed hypnotic state, with actual material from the person's childhood. This ambitious and technically difficult study demonstrated persuasively that hypnotic age-regression does not accurately reproduce childhood events—rather it intermixes adult beliefs of what might have occurred in childhood with fragmentary memories of the past. Orne's work also indicated that hypnotic age regression maintains the psychological functionality of the adult. Hypnosis does not change adult cognition to that of the immature or inexperienced cognitive functioning of the child.

Completing his bachelor's degree in 1948, with high honors, Orne spent a semester as a Rantoul Scholar in Zurich. There he was introduced to Carl Jung, and studied projective techniques.

Returning to Harvard and completing a Master's degree in psychology, Orne decided he needed a medical education in order to understand more fully all the empirical and scientific aspects of the work that interested

him so. He attended Tufts University and earned his medical degree in 1955. He then completed his Ph.D., in Psychology in 1958, from Harvard, concurrently with the first year of his psychiatric residency.

Work with Erickson

In the early 1950's he journeyed to Phoenix, Arizona, where he studied with Milton Erickson. Erickson was already a leading figure in hypnosis in the scientific world, and Orne was interested in discovering, in person, what Erickson considered a hypnotic trance and to expand his own clinical expertise with hypnosis. He also wanted to be able to document objective ways an observer could determine whether a person was in a hypnotic trance.

Renting a room next to Erickson's home and office, Orne spent several weeks on this project. He talked extensively with Erickson about hypnosis, sat in on some of Erickson's hypnotic work with patients and, at Erickson's suggestion, spent considerable time working with Erickson's daughter, Betty Alice (author of this article.) An experienced subject, comfortable with self-hypnosis, she volunteered to participate in some special exercises. Betty Alice was given the assignment to go in and out of trance during everyday activities and conversations with Orne. Her task was to conceal the intervals of self-hypnosis, by maintaining "normal" behavior while she was in trance.

Orne spent a great deal of time that summer interacting casually in the Erickson household. Orne's focus was on discerning objective characteristics of a trance. In this, Orne and Betty Alice did not discuss whether she had gone into a trance until Orne was ready to leave for the day. Then they would talk about the time they had spent. He had the opportunity to find out when she deliberately induced self-hypnosis, and she, in turn, was able to query him about his perceptions of her trance states. Orne later reported that he valued the time spent with Erickson and his family. He credited Erickson with teaching him to be actively attuned to subtle cues provided by subject volunteers about their inner experiences and to sensitizing Orne to what he would later term the "demand characteristics" of the experimental situation.

Professional Path

Orne's fascination with the

See INTERVIEW on page 25

INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute of Poland

By Marilia Baker, MSW

Email: klajspie@csk.am.lodz.pl

Seeds for the Milton H. Erickson Institute of Poland were planted in 1978 when Krzysztof Klajs, Lic. Psych., completed his five-year psychology degree at the University of Lodz. "Believe it or not," he said, "there was nothing on psychotherapy. There wasn't even any particular therapeutic approach common in Poland and no books on psychotherapy."

In 1987, Klajs attended a conference in Prague. Workshops were running simultaneously and Klajs mistakenly entered one taught by Bernhard Trenkle, Dipl. Psych., and Gunther Schmidt, M.D., from one of Erickson Institutes in Germany. He liked the approach and stayed to learn



*LEFT: Krzysztof (Kris) Klajs
RIGHT: Katarzyna (Kasia) Szymanska*

more. Now he reflects, "It was my unconscious desire!"

Two years later, Trenkle taught the first Ericksonian workshop ever given in Poland. German colleagues continued to teach without charge and invited Klajs to conferences and events. In 1989, the communist era was ending, and Klajs attended a conference in Germany, where he met Jeffrey Zeig, Ph.D. Zeig taught in Poland the next year and invited Klajs to attend the 1990 *Evolution of*

Psychotherapy in the U.S.

Classical hypnosis was never popular in Poland but the Ericksonian approach to hypnosis has been welcomed. Klajs states he believes the reason is that freedom of choice, creativity, and the acceptance of unique individuality are deeply rooted cultural values: "We have struggled for many years to find solutions in extreme situations. It flows in our blood as does freedom."

In October 1993, Klajs and his co-director, Kasia Szymanska, Ph.D., became part of the network of Milton H. Erickson Institutes. There now are nine psychologists and psychiatrists working under the umbrella of the Institute: Viola Ambroziak, Rafal Antkowiak, Roman Ciesielski, Ela Czapiewska-Zieden, Maria Marquardt, Ania Wierzbowska,

Gosia Skubacz, Kasia Szymanska and Klajs. There are ten monthly supervision groups, and the training, based partly on the German model, reaches about 400 professionals yearly.

Establishing an Institute in a country which had been part of the Eastern Bloc was difficult. They received great support from colleagues in Germany, America, and Switzerland. Bernhard Trenkle of Germany, Brent Geary, Ph.D., Jeffrey Zeig Ph.D., of the U.S. and Susy Signer-Fischer, Dipl. Psych., of Switzerland are among many who helped greatly. Trenkle, whose family became dear friends of Klajs and his family, hosted Klajs at meetings in Germany, and taught many workshops in Poland. Geary alone, who is the Foundation Coordinator of Training, gave five workshops in Poland! He and Zeig also made it possible for Klajs to attend conferences in America.

The Polish Institute also was given books and training videos.

See INSTITUTES on page 12

BT by the Bay

C O N T R I B U T O R O F N O T E

Stanislav Kratochvil, Ph.D.

Czech Republic

Written by

Roxanna Erickson Klein RN, PhD

Over a long period of years, Stanislav Kratochvil, Ph.D. has overcome political and economic barriers in his ongoing efforts to bring new therapeutic ideas to the Czech Republic and neighboring countries. Graduating with a doctorate degree from Masaryk University in Czechoslovakia, Professor Kratochvil has maintained a clinical position as well as serving as Head of the Department of Psychology at the Psychiatric Hospital in Kromeriz. After the fall of the totalitarian regime in 1989, he was appointed Professor of Clinical Psychology at the Palacky University in Olomouc.

Kratochvil's sustained interest in hypnosis began when he was a student in the fifties. Because little professional information and no training was accessible, he began his own studies based on information he found in a book written by a Swiss psychiatrist, August Forel. He then practiced hypnotic techniques on colleagues who volunteered to work with him. Eventually, a Czech book on hypnosis in medicine, by Ivan Horvai became available. By that time, Kratochvil was already using his self-taught techniques in practice with individuals and groups. As his own observations differed from the theory presented, he began to investigate distinctions in active and passive hypnotic states. He began to search for literature from abroad, and "was fortunate" to obtain a book by Andre Weitzenhoffer that reinforced his own observations.

Throughout the 60's Kratochvil's investigations included evaluation of various factors that influence the active/passive dimensions of the hypnotic experience. He worked with a colleague, Dr. Peter Hajek and translated the Stanford and Harvard Hypnotizability Scales into the Czech



language. With his ongoing studies, Kratochvil recalls a "hunger" to communicate with other serious investigators and sought the opportunity to exchange ideas with world renowned experts.

When an International Congress for Hypnosis and Psychosomatic Medicine took place in Paris in 1965, Kratochvil obtained governmental permission to present a paper, although he could not take more than 40 French francs with him for the trip. At that congress, he established some important professional contacts attending presentations by Milton Erickson, M.D. and Ernest Hilgard, Ph.D. Beginning correspondence with Martin Orne, M.D., Ph.D., he considered the possibility of a trip to the USA to study with leaders in the field of hypnosis.

After the Soviet invasion in 1968, hope was lost for the democratization of the socialist system. Hilgard was able to arrange for Kratochvil to become a Visiting Research Scholar at the Stanford University Laboratory of Hypnosis Research during 1969 and 1970. There, he continued his research projects in cooperation with Professor Hilgard and his co-workers. In June of 1969, he was also able to arrange a trip to Phoenix, Arizona that provided an opportunity to study with Erickson. The last three months

...studying under the friendly and competent guidance of Martin Orne and his wife Emily. "All of the visits and opportunities to study under these eminent mentors were invaluable, useful and stimulating..."

of his scholarship he spent in the Unit for Experimental Psychiatry in Philadelphia, studying under the friendly and competent guidance of Martin Orne and his wife Emily. "All of the visits and opportunities to study under these eminent mentors were invaluable, useful and stimulating," he stated.

The knowledge gained during his visits to the United States and the ongoing support from the physicians and psychologists with whom he developed professional relationships encouraged Kratochvil to continue his studies in hypnosis, even during intervals of political unrest in Czechoslovakia in which his own work was considered to be out of conformance with the communist ideology of the time.

In 1969, Kratochvil wrote a paper entitled *Hypnosis is not Sleep*, which was the first of his extensive contribution to the literature on hypnosis. Over the years, he has had nine books published in Czech, Polish and Russian languages. Six of those in Czech have been enlarged, updated and re-edited in the last three years. In addition to his European language contributions, Kratochvil has published six articles in English including in the *American Journal of Clinical Hypnosis* and the *International Journal of Clinical and Experimental Hypnosis*. One of Kratochvil's series of nine scientific textbooks called *The Foundations of Psychotherapy* has had seven Czech editions and four Polish editions between 1970 and 2002.

Kratochvil's research, clinical work, teaching, and lectures have brought a great deal of advancement

to the perceptions and understanding of the value of hypnosis. His influence and teaching has reached both his own country and Poland where colleagues are able to participate in courses due to similarities in language. Kratochvil emphasizes that his own country, Czech Republic, lies in the heart of Europe, where it belongs traditionally, politically and culturally to Middle Europe and that during the totalitarian period under the Soviet regime, it was forced to be a part of the Eastern Bloc.

He has continued to enhance his own education and teaching by participating in the major professional meetings in the United States and Europe including many of those sponsored by the Erickson Foundation, where his face and good-natured enthusiasm have become familiar to regular attendees. Kratochvil credits Jeffrey Zeig, Ph.D., whom he met in 1984 at the European Congress on Hypnosis in Italy, with facilitating his ongoing attendance at conferences. "This gives me an extraordinary opportunity to update my Czech textbooks on psychotherapy, clinical hypnosis, and marital therapy with data about the most recent developments in these areas, and to repeatedly refresh friendly relationships with people whom I admire and like."

We recognize Stanislav Kratochvil, Ph.D. for his extensive and commendable work. His ongoing energy towards the advancement of education in hypnosis in psychotherapy, especially in the Czech Republic and in Poland is a benefit to mankind.

Call for Proposals
BT

WEB News!

The Gregory Bateson Institute introduces their new web site:

www.igb-mri.com

Online Newsletter

The Online version of *The Milton H. Erickson Foundation Newsletter* can be found at <http://www.erickson-foundation.org/news>

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www.erickson-foundation.org/news/archives.htm

Join the Erickson Listserv!

This Internet discussion group addresses Ericksonian approaches to hypnosis and psychotherapy. Additionally, list members have access to a web site featuring papers, photographs, and a matching service for workshop presenters and those in need of training.

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Online:

<http://www.topica.com/lists/EricksonList>

Or send a BLANK e-mail to: EricksonList-subscribe@topica.com

COUPLES *continued from page 1*

with Families and Children is included in the Conference and will run concurrently with the Couples Conference sessions. Attendees may elect to register for this course only. A. Steven Frankel, Ph.D., J.D., will present the workshop on Friday, June 13. This course covers topics necessary for professional license renewal.

The Couples Conference offers a maximum of 21.0 Continuing Education Hours. See page 3 for a special registration offer for *Newsletter* readers! For 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, office@erickson-foundation.org; Web, www.erickson-foundation.org/newlov.htm

REMARKS *continued from page 2*

Guilloux shows how hypnosis is introduced in France, with a definite cultural twist. Will Handy reviews Rubin Battino's audiotape "Hypnosis with People Who Have Life-Challenging Diseases." Handy gives an excellent portrayal of Battino as the scientist, artist and compassionate therapist. Do not miss Greenleaf and Beckman's review of Battino's brilliant scripting of Frankl's "Meaning." They wonderfully review one of the most impactful pieces I have ever read.

This *Newsletter* brings me back to

my roots. It was Erickson's elegant and insightful approach to the study of hypnosis that first introduced me to the crispness and ethical discipline of Orne's work. Later, Gary Ruelas, Terry Argast and I returned to Orne's research and guidelines when we conducted forensic interviews. It is fitting that we return to Orne now, with this issue's tribute to a man whose contributions have influenced so many of us.

Rick Landis

Laguna Niguel, CA

Advertise Newsletter

Anxiety disorders

NEW WORKSHOP OFFERING!

BRIEF TREATMENT OF ANXIETY DISORDERS

The Milton H. Erickson Foundation is sponsoring, *Brief Treatment of Anxiety Disorders*, May 9-10, 2003 (Friday and Saturday), at the Doubletree Club Boston Bayside, in Boston, Mass. David Barlow, Ph.D., and R. Reid Wilson, Ph.D will present the two-day workshop.

The workshop will discuss *Patterns and Their Brief Treatment; Treatment of Panic Disorder; Treatment of Specific Phobias and Social Phobia; Treatment of Obsessive-Disorder; and Treatment of Worry & Generalized Anxiety Disorder*. A *Brief Treatment Question and Answer Session* with both presenters will conclude each workshop day.

There are 12 continuing education hours available. Registration fees, valid until April 21, 2003, are \$249 for U.S. Professionals and \$149 for U.S. Graduate Students/Interns/Seniors (age 65 and above)/Foreign Professionals and Graduate Students. Day tickets are available for \$150 per day. After April 21, 2003, registration fees are \$150 per day for all attendees (no discounts) and registration must be done onsite at the Doubletree Club Boston Bayside.

For a complete brochure, contact The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; E-mail, office@erickson-foundation.org; Web, www.erickson-foundation.org/anxiety.htm

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Fifth Annual Kay F. Thompson Memorial Symposium

The *Fifth Annual Kay F. Thompson Memorial Symposium* will be held May 24, 2003, in Pittsburgh, Penn. The Symposium is co-sponsored by the West Virginia University Hypnosis Study Group and the Western Pennsylvania Society of Hypnosis (component societies of A.S.C.H.) Featured in the Symposium is Dr. Ronald Havens, author of several books on Ericksonian approaches in Hypnosis, presenting *Using Metaphor in Story-telling: A Psychotherapeutic Tool*. For information, contact Dr. Judy Grumet: Tel, 412/621-4946; E-mail, grumetjf@Pitt.edu

In addition, the *20th Annual West Virginia University Hypnosis Training Workshop* will be held September 5-7, 2003, in Morgantown, WV. Three levels of training are available and approved by A.S.C.H. for membership and credentialing. The faculty includes Betty Alice Erickson and Ron Havens. For more information contact Marion Kostka, Workshop Coordinator, at 304/293-4431; E-mail, Mun.Kostka@Mail.wvu.edu; Web, www.wvu.edu/~co-center/hypgroup.htm

Student stipends are available through the Kay F. Thompson Memorial Fund that is administered by the Pittsburgh Foundation. Applications and information can be obtained by writing to: *Kay F. Thompson Memorial Fund*, Attn. Deborah L. Turner, Grants Administrative Assistant, The Pittsburgh Foundation, One PPG Place, 30th Floor, Pittsburgh, PA 15222-5401.

Intensives

BT TAPES

BT TAPES

INSTITUTES

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Illustrating how important this help was, Klajs points out that in 1989, when he first saw Trenkle's library, he realized there were more books on Ericksonian approaches and hypnosis there than his University had on psychology! He adds that in the 1980's salaries of psychologists and psychiatrists were between \$1 and \$2 a day! "Now things are different," he remarks, and "it is time to thank everybody who understood our situation then."

In the mid-1990's, Klajs, Szymanska, and associates passed along support they had received and helped colleagues from Lithuania establish their own Institute in Kaunas.

One of the Institute's most interesting events is a yearly weeklong seminar in Wigry, Poland, co-organized with the Erickson Institute of Rottweil, Germany. It is a profes-

sional, social, and cultural event where even sailing is taught. In its eleven-year history, there have been many repeat participants. Klajs says, "There have been many painful events in the history of Poland and Germany. We are happy that our Institute together with our German friends, are creating new experiences and breaking bad stereotypes rooted in two nations."

The Institute is currently working on formal recognition of the training program by the Polish Psychiatric Association. Plans for a publishing house are being discussed. Klajs concludes: "On June 23-25, 2003, in Krakow, we will celebrate our 10th anniversary. Our friends from America and Europe are invited to the birthday party. We expect about 300 participants. Krakow, with its beautiful Renaissance architecture old town, houses the oldest University in the country. We believe this is the best site to connect history and space for the future."

New from the Milton H. Erickson Foundation Press

brief therapy

lasting
impressions

edited by Jeffrey K. Zeig, Ph.D.

brief therapy: lasting impressions

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Multiple Ways to Think About Personality

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

Multiple Personality Disorder, MPD, now known as Dissociative Identity Disorder or DID is a fascinating special population. The DSM-IV states, "The essential feature of DID is the presence of two or more distinct identities or personality states....that recurrently take control of behavior." (DSM-IV 1994, pp.136) This modern

reliably differentiated from those of other diagnoses." (Spiegel & Cardena 1991). Scales have been developed to measure dissociation such as the Dissociative Experiences Scale and the Dissociative Disorders Interview Schedule.

Erickson found that DID was somewhat rare, only coming across four cases in 500 patients (Erickson, 1980). No clear-cut agreement has been found in modern research on prevalence rates. Estimates range widely, from one case per 10,000 (Ross & Graham, 1988) to a hundred cases per 10,000 (Bliss & Jeppsen (1985).

Erickson found that DID was somewhat rare, only coming across four cases in 500 patients.

definition views DID dynamically as a pattern of disturbance in the normally integrative functions of identity. Pathological dissociation is involved, bringing about significant alterations in memory and sense of identity.

Today DID has general acceptance, but that has not always been the case. Ever since Morton Prince's (1854-1929) classic study of multiple personality, this disorder has been questioned. Modern research has quelled skepticism regarding its reality.

Erickson was very interested in this phenomenon, both as therapist and researcher. In an early research project with Rapaport, he attempted to show that DID is real and measurable. Rapaport administered a number of standardized psychological tests to two of Erickson's patients who seemed to exhibit dual identities. They found that both subjects showed significantly different scores between their two personalities on a number of the tests (Erickson, 1980).

Contemporary studies have concluded that there is a stable set of core symptoms and behaviors found in people with DID (Dunn 1991). Even the proponents of the sociocognitive model (SCM) who have tended to sound skeptical concerning the phenomenon admit, "the SCM does not take issue with findings that (a) certain individuals consistently present with the clinical features of DID and (b) The characteristics of DID can be

The true etiology of DID remains controversial. One view, known as Post-traumatic Model (PTM), suggests a connection with overwhelming childhood trauma, usually severe child abuse (Gleaves, 1996). Research supporting this position shows an association between dissociative symptomatology and traumatic events. For example, one study (Chu & Dill, 1990) consisting of 98 female psychiatric patients found that those who reported early physical or sexual abuse also had significantly higher scores on the Dissociative Experiences Scale.

An opposing perspective on the causes of DID comes from the Sociocognitive Model, SCM. DID is seen as a syndrome of rule-governed and goal-directed experiences and displays of multiple role enactments (Spanos, 1994). These roles are created and maintained by social reinforcement. SCM theorists, therefore, believe that indirect cues from therapists often trigger role enactments. Researchers from this perspective have performed role-playing studies to show that many of the overt features of DID can be reproduced following interviewer prompting. (Spanos et. al 1985).

Despite the differences, there is room for common ground. Some PTM researchers (Ross, 1997) recognize that social-psychological factors often play a part in the etiology and maintenance of DID, thereby forming a bridge between PTM and SCM.

Although the disagreements have not been completely resolved, DID continues to be researched, with an eye toward improving treatment outcomes.

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Turkish Association of Family and Marital Therapy

The Turkish Association of Family and Marital Therapy was founded in 1997 in Istanbul. The Association works to increase the quality of marital and family therapy training among the diverse disciplines of mental health care throughout Turkey.

The officers are: Murat Dokur, president; Yael Profeta, general secretary; and Oya Fidanoglu, vice president. The association consists of 150 members including psychiatrists, psychologists, psychological counselors, social workers, and family practitioners.

In addition to seminars given by professionals, the Association sponsored the *First National Symposium on Family and Marital Therapy* in Istanbul, in 2000, attended by 150 professionals; the *First National Congress of Family and Marital Therapy*, also held in Istanbul, in March 2002, which included 50 presenters and 300 registrants. The speakers included Chana Winer (Israel), the president of International Family Therapy Association (IFTA); Judith Landau (U.S.A.), the president of LINC Foundation and Linking Human Systems; Cynthia Carel (Israel) from Schneider Children's Medical Center.

The *Second National Congress of Family and Marital Therapy* will be held March 7-9, 2003, in Istanbul, Turkey. The theme of the Congress is "Relationship - Psychopathology - Therapy."

For more information about the Turkish Association of Family and Marital Therapy, or for information about the next Congress, contact The Turkish Association of Family and Marital Therapy, Nisantasi Ihlamur Yolu Sk. M. Alibey Apt. No: 3/3 Nisantasi, Istanbul, Turkey; Tel, +90 212 231 11 21; +90 212 230 42 83; Pbx, +90 212 230 42 83; E-mail, aetder@superonline.com

F A C E T S A N D R E F L E C T I O N S

Verbal Implication

By Steve Andreas, MA

Implication is one of the most common ways that we unconsciously make meaning out of events in everyday life. A speaker's statement *implies* something that the listener *infers*. Erickson used implication extensively and deliberately, as shown in the following examples (some paraphrased) with the implication in parentheses:

"You don't want to discuss your problems in that chair. You certainly don't want to discuss them standing up. But if you move your chair to the other side of the room, that would give you a different view of the situation, wouldn't it? (From this different position you will want to discuss your problems.)"

"I certainly don't expect that you'll stop wetting the bed this week, or next week, or this month." (I certainly expect that you will stop sometime.)

"Your conscious mind will probably be very confused about what I'm saying." (Your unconscious mind will understand completely.)

Examining these examples, we can begin to generalize about the structure of implication.

1. There is a presumption of a *categorical mental division* that is usually an "either/or"--here/there, now/later, conscious/unconscious, etc.

2. This categorical division can exist in *space, time, or events* (matter and/or process).

3. A statement that is made about one half of the either/or division (often using negation) implies that the *opposite* will be true of the *other* half.

(Look back to verify that these three elements exist in each example above.)

Since *implication* is often confused with *presupposition* (which Erickson also used extensively) it is useful to contrast the two. Presuppositions have been well studied by linguists, and 29 different "syntactic environments" for presuppositions in English have been identified. (See the Appendix to *Patterns of the Hypnotic Techniques of Milton H. Erickson, M. D. Volume I*, [pp. 257-261].) However, implications have not been studied, even though Erickson made extensive use of them, so this is a very useful area to examine in much more detail.

Presuppositions

1. Can be identified unambiguously by examining a statement in written form. The simplest way to identify presuppositions is to negate the entire statement, and notice what is still true.

For example, "I'm glad that you have the ability to change quickly and easily." Negated, this becomes, "I'm *not* glad that you have the ability to change quickly and easily." Only gladness is negated, the rest of the sentence "You have the ability to change quickly and easily" remains true.

2. Are usually passively accepted unconsciously.

3. Are usually processed and responded to unconsciously, yet can be identified consciously and challenged. "You are presupposing that I have the ability to change quickly and easily, and I disagree."

Implications

1. Can't be identified unambiguously by examining a verbal statement.

For example: "Of course, it's difficult to change quickly and easily in your everyday life." (It will be easy to change quickly and easily here in my office.)

2. Are generated by the listener *inferring*, using their assumptions and worldview.

3. Are almost always processed and responded to unconsciously. Although they can be identified consciously, they can't be challenged in the same way that presuppositions can, because they do not exist in the statement. If a client were to say, "Are you saying that I can change quickly and easily here in your office?" it is easy to reply, "No, I only said that it is difficult to change quickly and easily in your everyday life, isn't that true?"

Summary: Implications are much *subtler* than presuppositions, they are *generated actively by the listener's process of inference*, they are typically processed entirely *unconsciously*, and they *can't be challenged*.

Creating and Delivering Implications (an algorithm)

1. **Outcome** Identify your *outcome* for the client, what you want to have happen. (Example: The client will talk freely about their problem.)

2. **Opposite** Think of the *opposite* of this outcome (not talking freely; keeping information secret, etc.)

3. **Either/or Category** Use *space, time, or events* (matter/process) as a way to divide the world into two categories (here/there, now/later, conscious/unconscious).

4. **Sentence** Apply the *opposite* of your outcome to the contextual category that is *not* present (there, then, other) and create a sentence that will *imply* the outcome that you want the client to *infer*.

Space

"In your life outside this office, I'm sure that you would feel uncomfortable talking about private matters." (Here in the office, you can feel comfortable talking about anything.)

"If you were talking to someone at work, there would be many things that you would not want to discuss at all." (Here you can talk about anything.)

Time

"In the first session with me, there were undoubtedly certain matters that you were not comfortable disclosing." (In this session, you can feel comfortable disclosing anything.)

"In your previous therapy, you may have been unwilling to talk about certain events that were relevant to your problem." (Now you are willing to talk about these events.)

Events

"I want you to carefully think about which matters are not relevant to the problem, and that you would like to keep entirely to yourself." (You can talk freely about anything that is relevant to the problem.)

"In your normal waking state, of course there are topics that you would be very reluctant to discuss with me." (In trance, you can easily discuss any topic.)

Another way of thinking about this process is that the client's concern, objection, or reluctance is completely acknowledged, at the same time that it is placed in a different context (place, time, or event) where it won't interfere with your outcome. Implications can also be delivered *nonverbally*, which Erickson did extensively, and that is the subject of another paper.

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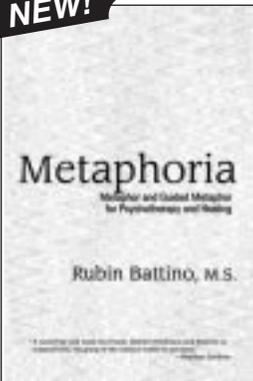
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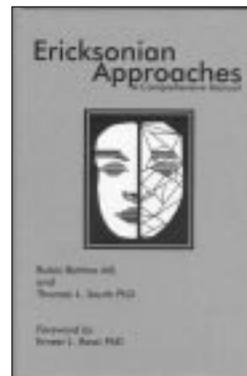
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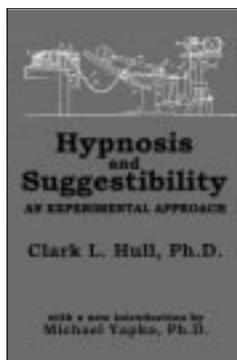
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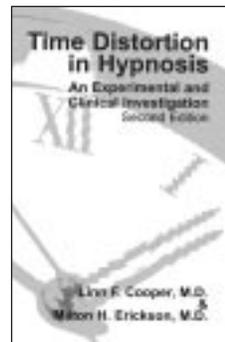
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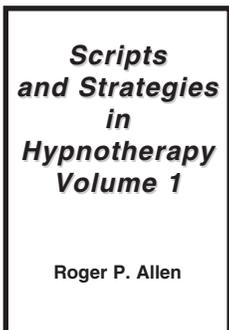
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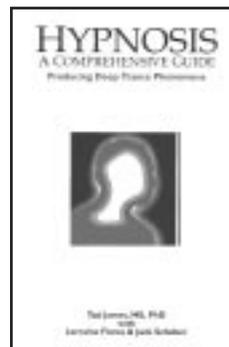
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CASE REPORT

Culture Shock

Rick was a 17- year- old boy who had stuttered since he started to speak. He and his mother came to Arizona from Massachusetts to see Erickson, who said, "I took one look at the mother and Rick and I recognized the ethnic group." He got a history. The parents were both from a certain community in Lebanon. They came to the United States and married and became citizens. Erickson explained, "Now, in that culture, man is a lot higher than God, and woman is a low lower than low. Now, a man's children live with him, and as long as they live with him, he is an absolute dictator. And girls are a nuisance. You try to get them married and off your hands, because girls and women are fit for only two things--hard work and breeding. And the first child of the marriage should be a boy. If it isn't a boy the man says, 'I divorce you,' three times, and even if his bride brought a million dollars in dowry, her husband confiscates it...Because the first child *should* be a boy."

In this case Rick, was the third child with two older sisters. Erickson continued, "Rick was broad shouldered and sturdy, about 5'10" and his

father was 6' and slender. So Rick was an insult also, not only because he was the third child, but because he didn't resemble his father."

Erickson gave Rick a task of working two hours a day in the shop of a Lebanese woman's florist shop and nursery. Over the phone in the presence of Rick and his mother, Erickson gives the following instructions, "I want you to give him (Rick) the dirtiest, dirtiest work you can...he is not to be paid anything. You don't have to say anything, just point to the dirty work." Erickson explained, "...no self-respecting Lebanese...would ever think of working for a woman--it is beneath his dignity. And as for dirty work, that's only fit for females."

After seeing Rick for some time, Erickson told the mother to rent Rick a temporary apartment and give him a checking account, then for her to take the first plane back home. The woman said, "I don't think his father will approve." To which Erickson replied, "Woman, I never allow anybody to interfere with my patients. Now go and do as I say," which she did.

Erickson met with Rick and told him, "Rick, I have listened to you carefully. I don't believe you stutter.

Dallas

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And tomorrow, I want you to bring in two sheets of paper. On the sheets of paper, you will write the numbers of the alphabet from one to ten, and you will write the alphabet. And then you will write a composition on any subject you wish and bring it in tomorrow. And that will prove that you don't have a stutter."

This is part of what Rick wrote:

9 8 7 6 5 4 3 2 1 0

**z y x w v u t s r q p o n m l k j i
h g f e d c b a**

Life Histoyr

I fele that theer is anohtre reason fro my stuttergin, which ew have ton dicussde. I fele, however thta this reanos is onyl a minro one. Yte, you mya feel thta this reanos

did ton contribute of my stuttergin at lla.

Erickson explained to Rick that, "He came from Lebanese parentage. That is the first part of the family, and they are all right. And he had two sisters who were born before he was and there should be two reversals in that family. But you can't reverse them."

Erickson gave Rick the task of reading a book aloud backwards from the last word to the first word. "That will give you practice at saying words without communicating...You need practice at saying words." Then Erickson gave him the assignment of reading a book from the last chapter to the first.

continued on next page

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***CEU'S AVAILABLE**

MEANING: A Play Based on the Life of Viktor E. Frankl

By Rubin Battino, M.S.

Crown House 2001, Wales

"You can understand and judge. That is what makes us human. To understand does not remove the obligation to judge. Or to forgive." (p.5)

Rubin Battino has written a strong play using the scaffolding of Victor Frankl's words, employing title boards and photos of Frankl and of the Nazi death camps into which Frankl and his wife were thrown, and which only he survived.

In one of many telling moments recorded in the play, Frankl, a psychiatrist, decides not to wake another prisoner who is having a nightmare. "No dream, no matter how horrible,

his captivity, Frankl sustained himself with meaning. His experience became the Logotherapy which he afterwards shared with the world. Meaning began for him with the decision not to suicide; "We are all unique. When the impossibility of replacing a person is realized, it allows the responsibility that a man has for his existence and its continuance to appear in all its magnitude. Once a man realizes that, he cannot throw his life away." (p.76)

What our professional guides -- Erickson foremost -- tell us about engaging with others and with the world, Frankl says with his own eloquence: "...that being human is always being directed, and pointing, to something or someone other than oneself, to a meaning to fulfill or another human being to encounter, a cause to serve or a person to love." (p. 96)

I urge you to read or to see this play, to visit the camps which still exist emptied of all but guides,

*"Here! here is what people do to each other.
Here is what we suffer. Here is human survival
and humanity and beauty too!"*

could be as bad as the reality of the camp which surrounded us." (p.34)

In the middle of fearful hopelessness though, Frankl seized on the power of dreams to guide the still living through the invented hell of their tormentors. "In a position of utter desolation, when man cannot express himself in positive action, when his only achievement may consist in enduring his suffering in the right way -- an honorable way-- in such a position a man can, through loving contemplation of the image he carries of his beloved, achieve fulfillment." (p.43)

Frankl's physical survival was achieved through chance, choice and the sadistic whims of his captors. His survival as a human being was cobbled together from fleeting images of his wife, of sunset, of a tree, and from the rare, surprising courage of some around him.

Taking this thin soup of experience in the cold, gray painful days of

tourists and ghosts. I say this knowing the experience cannot be prepared for and that it is difficult to bear. I want to share the whole text with you as though we could read it aloud to each other: "Here! here is what people do to each other. Here is what we suffer. Here is human survival and humanity and beauty too!"

Battino is a stitcher of lives he has never lived but whose meanings he feels and expresses. The impact of *Meaning* will grow inside you in the days after you read it.

Like Dante, Frankl has been through hell, lived to tell of it, and made his experience into art and the art into a form of healing. Frankl, and Battino, deserve our thanks.

Reviewed by:
Eric Greenleaf, PhD
Alameda, CA.

MEANING: A Play Based on the Life of Viktor E. Frankl

By Rubin Battino, M.S.

One only endures a time of suffering until the meaning is recognized. The stark import of *Meaning* will linger long past a time of suffering.

Even if, or especially with, familiarity of Frankl's life and work, I would unequivocally recommend reading Battino's play. Masterful books have been written by and about Frankl. The art of the playwright is to convey more with less. The careful contrast of a minimalist presentation with the powerful themes expressed in dialogue offers an immediacy to the many meanings therein. Battino demonstrates a respectful understanding of both in a cavalcade of brief scenes that deliver Frankl's message.

Presented with a well-crafted play, how can the reader not pause until the mind's eye can create the visuals and staging of the scene, read the passages of dialogue as if to hear it, and then provide time to reflect. It is with humble envy that I commend Battino's courage to select just the slides needed to illustrate certain

scenes of Frankl's experience from what had to have been an agonizing collection of images. That so many early "ordinary" photographs are available is remarkable and serves to visually balance an extraordinary man's life.

In his introduction, Battino discusses Frankl as one of the most significant men - a Lamed Vov* - of our time, not just because Frankl survived his own internment, but also because he challenges us with the certainty that each of us has the ability and the obligation to strive for self-transcendence.

The lives of Erickson and Frankl could be said to reflect each other's philosophy, which goes a long way in explaining how a therapist drawn to one will often find the other and then keep both as the guiding principals of their practice.

Even knowing the full story, the ache of then is in no way lessened now. *Meaning* endures and enlightens.

* *In Judaism, a Lamed Vov is believed to be one of the 36 just men living at any given time that inspire God to keep the world alive.*

Reviewed by:
Deborah Beckman, MS
Dallas, TX

CASE REPORT *continued from page 16*

Then Erickson told Rick that while he came from a home that was Lebanese, that he was an American. "You are a first class citizen of America; and your parents are second class...You can respect the Lebanese culture, but it isn't your culture. Your culture is American." Erickson's parting words were, "Now, Rick your therapy is to respect your parent, to know what American culture is for you, for your sisters; and learn to think freely in all directions." Rick's speech improvement was rapid and complete.

DISCUSSION

Erickson said, "I think any theoretically based psychotherapy is mistaken because each person is different." Understanding Rick's personal, family and cultural dilemma provides a springboard for the clinical

intervention that has nothing to do with the diagnosis of stuttering. Erickson sees the symptom as symbolic of Rick's double bind and provides a way out of the bind, which Rick took. Not only did his speech improve, but Rick was able to assert himself with his parents and make his own decision regarding college and a profession. Erickson also gave Rick the assignment of explaining what it meant to be American to his sisters. Erickson said, "I don't know what the parents think about me, but they have three children to be proud of. You might call it family therapy."

This case is from *A Teaching Seminar with Milton H. Erickson*, edited by Jeffrey K. Zeig. (1980) New York: Brunner/Mazel. Pages 121-132.

By
Terry Argast PhD

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2003		
4/3-6	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy / New York, NY / Jeffrey K. Zeig, PhD	1.
4/4-5/9	Ericksonian Therapy with Couples: What's Love Got to Do With It? (<i>Every Friday - CE hours available</i>) / Oakland, CA / Michele K. Ritterman, PhD	2.
4/4-6 & 4/25-27	Level I: Fundamentals of Ericksonian Hypnotherapy / Dallas, Texas / Betty Alice Erickson, MS, Deborah Beckman, MS, Will Handy, LMSW-ACP	3.
4/19-26	Ericksonian Hypnosis and Psychotherapy / Hong Kong, China / Zeig	4.
5/9-10	Brief Treatment of Anxiety Disorders / Boston, Mass. / David H. Barlow, PhD, R. Reid Wilson, PhD	8.
5/16-18	Ericksonian Hypnosis and Psychotherapy / Guadalajara, Mexico / Zeig	5.
5/22-25	Latin American Erickson Congress / Cuernavaca, Mexico / Invited Faculty	6.
6/2-4	Introductory Hypnosis / Toronto, Canada / Zeig	7.
6/12-14	Love & Intimacy: The Couples Conference / Calif. / Invited Faculty	8.
6/19-21	Ericksonian Hypnosis and Psychotherapy / Basel, Switzerland / Zeig	9.
7/1-8/8	Intensive Training on Ericksonian Psychotherapy (Spanish) <i>Basic and Intermediate Level</i> / Mexico City, Mexico / Ana Luco, MA, Christine Guilloux, DESS Psych	10.
7/1-8/8	Intensive Training on Ericksonian Psychotherapy (Spanish) <i>Advanced Level</i> / Mexico City, Mexico / Luco, Guilloux	10.
7/7-7/25	Stage Intensif de Psychothérapie Ericksonienne (French) <i>Intermediate Level</i> / Mexico City, Mexico / Maria Escalante, MA, Cecile Laversin, MA, Teresa Robles, PhD, Marisol Segovia, MA	11.
7/11-13 & 8/1-3	Level II: Intermediate Skills in Ericksonian Hypnotherapy / Dallas, Texas / Erickson, Beckman, Handy	3.
7/11-14	Ericksonian Hypnosis / Guadalajara, Mexico / Zeig	5.
7/14-18	Intensive Training in Ericksonian Approaches to Hypnosis and Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent B. Geary, PhD and Invited Presenters	8.
7/21-25	Intensive Training in Ericksonian Approaches to Hypnosis and Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary and Invited Presenters	8.
7/28-8/1	Intensive Training in Ericksonian Approaches to Hypnosis and Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary and Invited Presenters	8.
7/31-8/3	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy / New York, NY / Zeig	1.
9/9-13	Ericksonian Hypnosis - <i>Intermediate</i> / Toronto, Canada / Zeig	7.
9/26-28 & 10/17-19	Level III: Advanced Ericksonian Hypnotherapy / Dallas, Texas / Erickson, Beckman, Handy	3.
10/27-31	Intensive Training in Ericksonian Approaches to Hypnosis and Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary and Invited Presenters	8.
11/3-7	Intensive Training in Ericksonian Approaches to Hypnosis and Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary and Invited Presenters	8.



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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. Information must be sent in the format above. A \$10 fee, per listing, is required. Deadline for the 2003 Summer Issue (July) is May 31, 2003. 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.

The Online version of The Milton H. Erickson Foundation Newsletter can be found at
<http://www.erickson-foundation.org/news>

CONFERENCE NOTES

The American Society of Clinical Hypnosis (ASCH) is sponsoring the *45th Annual Scientific Meeting & Workshops on Clinical Hypnosis, "Visibility, Collaboration & Progress,"* April 4-8, 2003, in Alexandria, Va. The meeting will include an integrated mix of workshops, symposia, lunch presentations and social events. Basic, Intermediate, and Advanced workshops will be offered. For information contact the American Society of Clinical Hypnosis-Education and Research Foundation, 140 N. Bloomingdale Road, Bloomingdale, IL 60108-1017 ; Fax, 630/351-8490 ; E-mail, info@asch.net

The Fourth Meeting of Ericksonian Therapists of Latin America (Spanish) [Cuarto Encuentro de Terapeutas Ericksonianos de América Latina], will be held May 22-25, 2003, in Cuernavaca, Mexico, the city of *Endless Spring* at the El Mirador Hotel. The Conference will honor Mrs. Elizabeth Moore Erickson, and will include keynotes by Betty Alice Erickson, M.A., and Jeffrey K. Zeig, Ph.D. The directors of Latin American Ericksonian Institutes will conduct workshops presenting original techniques. For information visit www.hipnosis.com.mx ; E-mail, congresos@hipnosis.com.mx

The *Third Forum of the French Confederation of Hypnosis and Brief Therapy: The Blue Note*, will be held May 29-31, 2003, at the Galli Theater in Sanary sur on Maer, France. For information contact L'Institut Milton H. Erickson Méditerranée de Toulon-Marseille, La Ferrane, 151 Chemin de Chateauvallon, 83190 Ollioules, France; Tel/Fax, +33 94 93 15 60; E-mail, erickson.medite@wanadoo.fr

Love and Intimacy: The Couples Conference, sponsored by The Milton H. Erickson Foundation, with organization by the Couples Institute, will be held June 12-14, 2003, at the Holiday Inn Golden Gateway Hotel in San Francisco, Calif. Presenters include Bader, Barbach, Klein, Love, Madanes, Wong & McKeen, Pines, Real, Spring, and Zeig. For information contact The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; E-mail, office@erickson-foundation.org ; Web, www.erickson-foundation.org/newlov.htm

The 50th Anniversary Conference of the New York Institute of Gestalt Therapy entitled, *Gestalt Alive: Fifty Years Creating, Developing, Living, Gestalt Therapy*, will be held June 12-15, 2003, at The Lighthouse in New York City. The presenters include Richard Kitzler, Philip Lichtenberg, Dan Bloom, Perry Klepner, Lee Zevy, Karen Humphrey, Peter Philippson, Jean-Marie Robine, Margherita Spagnuolo-Lobb, and Carmen Vazquez Bandin. Keynote presentations will be given by Richard Kitzler and Philip Lichtenberg. For information and registration contact The New York Institute for Gestalt Therapy, Box 238, Old Chelsea Station, New York, NY 10011; Web, www.newyorkgestalt.org; Tel, 212/529-3725.

The Polish Milton H. Erickson Institute is celebrating its 10th anniversary with a special conference, *Creativity in Hypnosis and Psychotherapy*, June 23-25, 2003, in Krakow, Poland. Presenters include Klaus-Dieter Dohne, Brent B. Geary, Lidia Grzesiuk, Krzysztof Klajs, Maria Rogiewicz, Susy Signer-Fischer, Katarzyna Szymanska, Bernhard Trenkle, and Jeffrey K. Zeig. For information contact the Polish Milton H. Erickson Institute, Wioslarska 27, PL-94-036 Lodz, Poland; Tel, 00-48/42 688 48 60; Fax, 00-48/42 689 00 47; E-mail, klajspie@csk.am.lodz.pl

The International Society of Hypnosis is sponsoring the *16th International Congress on Hypnosis and Hypnotherapy*, August 2-8, 2003, in Singapore. The first three days of the Congress will include clinical skills workshops; the final three days include Scientific Papers and Invited Addresses. In addition a limited number of invited workshops will be presented at the post-congress workshop program on the exotic tropical Thai Island of Phuket (space is limited). For information contact 16th International Congress on Hypnosis and Hypnotherapy, C/- ICMS Pty Ltd, 84 Queensbridge Street, Southbank VIC 3006, Australia; Tel, +61 3 9682 0244; Fax, +61 3 9682 0288; E-mail, 16ish@icms.com.au; Web, www.icms.com.au/16ish

The American Psychotherapy Association is sponsoring the *Sixth National Conference*, August 22-24, 2003, in San Antonio, Texas. The Conference will highlight developments and trends in psychotherapy and encourage dissemination of information about psychotherapy problems and solutions across disciplines. Topics will include Brief Therapy, Spirituality, Legal Issues in Psychotherapy, Marital and Family Therapy, Crisis Intervention, Practice Management, and more. For information and registration contact the American Psychotherapy Association, 2750 E. Sunshine, Springfield, MO 65804; Tel, 800/205-9165; 417/823-0173; Fax, 417/823-9959; Web, www.americanpsychotherapy.com

The First European Conference on *European Ways of Brief Strategic and Systemic Therapy: Looking Back at the Past to See the Future*, will be held November 6-9, 2003, in Arezzo, Italy. The Conference is organized by the Centro di Terapia Strategica in collaboration with the Mental Research Institute (Palo Alto, Calif., USA). Presenters include Gianfranco Cecchin, Mory Elkaim, Teresa Garcia, Stefan Geyerhofer, Camillo Loriedo, Giorgio Nardone, Wendel Ray, Gunther Schmidt, Paul Watzlawick and Jean Jack Wittzaele. For information contact Centro di Terapia Strategica, Piazza S. Agostino 11, 52100 Arezzo, Italy; Tel, +39 0575 350240; Fax, +39 0575 350277; E-mail, info@centroditerapiastrategica.org; Web, www.centroditerapiastrategica.org/meeting.html

The Brief Therapy Conference, sponsored by the Milton H. Erickson Foundation, Inc., will be held December 11-14, 2003, at the San Francisco Hilton and Towers, in San Francisco, Calif. The Conference consists of keynotes, workshops, topical panels, supervision panels, dialogues, conversation hours, clinical demonstrations and solicited short courses. The faculty includes: Frank Dattilio, Robert Dilts, Yvonne Dolan, Albert Ellis, Betty Alice Erickson, Stephen Gilligan, William Glasser, Mary Goulding, Stephen Lankton, Pat Love, Donald Meichenbaum, Scott Miller, John Norcross, Christine Padesky, Ernest Rossi, Francine Shapiro, Michele Weiner-Davis, R. Reid Wilson, Michael Yapko, and Jeffrey Zeig. The Conference is still in the planning stages. To receive a brochure (available in May) 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, www.erickson-foundation.org/whatnew.htm

The Seventeenth International Congress of Hypnosis of the International Society of Hypnosis (ISH) will be held in Querétaro Mexico, October 2006. For more information contact Centro Ericksoniano de México, Patricio Sáenz 1205, Col. Del Valle, C.P. 03100 México, D.F., México; Web, www.hipnosis.com.mx; Email, erickmex@hipnosis.com.mx or congresos@hipnosis.com.mx

BOOK REVIEW

TIME DISTORTION IN HYPNOSIS

An Experimental and Clinical Investigation

Second Edition

By: Linn F. Cooper, M.D.
& Milton H. Erickson, M.D.

Crown House, 2002, Wales, 206 pages

www.crownhouse.co.uk

Time Distortion in Hypnosis is wonderful in its conceptual power and its therapeutic value. Remarkable and seminal, it reports on 800+ hours of experimental hypnosis involving different problems from 1948 through 1954.

Part I, "Experimental Studies," by Linn F. Cooper, M.D., and Part II, "The Clinical and Therapeutic Applications of Time Distortion," by Milton H. Erickson, M.D., were in the first edition, in 1954. Part III, "Further Considerations of Time Distortion--Subjective Time Condensation as Distinct From Time Expansion," by Erickson, was later added in 1959, as hypnosis was becoming established in the U.S.

Time distortion uses hypnosis to suggest subjective lengthening or expansion of time as well as shortening or condensation of subjective time. It can be a tool, used in dealing with difficult or distressing experiences, but as Erickson states, "...the concept of time distortion does not constitute in itself a form of psychotherapy. Rather, it offers a method by which access can be gained to the experiential life of the patient. Any therapy resulting derives from a separate process of re-ordering the significances and values of the patient's experiential subjective and objective realities."

Cooper focused on experiments and saw implications in the outcomes. He cautioned that the experiential background of patients - their capacities, behavior, thinking, and emotions including interpersonal and intra-personal and object relationships, must all be considered when utilizing time

distortion in psychotherapy.

Cooper found a marked difference between what the subjects reported in the seeming duration and the clock reading of a given interval of time. Hypnotic techniques with these subjects under rigidly set and specifically stated conditions resulted in reports of a marked slowing of time.

His initial experiments used a metronome set at one stroke per second. Under hypnosis, his subjects experienced a marked slowing in the rhythm. Next, subjects engaged in hallucinatory activity and experienced large amounts of activity, which they reported, were progressing at a normal or customary rate. Subjects began activities with the word cue, "Now," and ended with, "Your mind is now a blank." The suggested personal time or "your special time" was suggested to be 30 minutes or more, while the clock reading, or allotted time, was ten seconds. They were told, "You will not have to hurry, for you will have all the time you need." Dr. Cooper reported that he borrowed Erickson's words, telling the subjects, "You will finish, won't you?" There were no post-hypnotic suggestions, except that subjects would remember their experiences. Cooper found that with the marked alteration in time perception there was greatly accelerated mental activity.

Erickson reported on 13 cases utilizing time distortion. One, an artist, sought therapy for marital problems and personality difficulties. He also complained of procrastination in starting an art project, that he estimated as taking seventy hours to complete. The patient was hypnotized deeply and told to fulfill his current commitments. Then, he was to begin the new project, "work-

ing slowly, carefully, and painstakingly... without rushing or hurrying" ...the seventy allotted hours would pass with utter and incredible speed... Yet, (the patient) would work satisfyingly and at a normal tempo. The project was actually accomplished in six hours and the artist reported it to be his best work.

Another patient, a woman disabled by hysterical amnesia, was treated for several months. She

gested that, while he was in a profound trance he could, from time to time, at his regular job, during idle periods, develop brief 10-30 second trances. He would then have adequate time to practice both his singing and his playing. His fellow workers only would notice that he appeared momentarily self-absorbed.

The musician later reported that he made a hallucinatory tape recording which he "played back" so that he

Cooper found that with the marked alteration in time perception there was greatly accelerated mental activity.

agreed to participate in an experiment with an alteration of time, for 20 seconds of clock time. Erickson said, "Listen carefully for the click of the watch, my signal, and the name of the task. Now—from Childhood to Now—Remember!" Twenty seconds later she was told 'Stop' and asked, "Through?" 'Yes.' She replied. For several hours there was a tremendous outpouring of her past traumatic memories.

Another, a musician in danger of losing his weekend employment, felt discouragement, anxiety, and depression, and sought therapy because of his hopeless attitude. Erickson sug-

gested that he even received an increase in pay due to his improved performances.

Reading the somewhat dry experimental section of *Time Distortion* gives the underpinnings for readers to fully realize the artful clinical implications and applications by Erickson in his utilization of time distortion, which is well-illustrated by the clinical work sections.

Reviewed by
Murriel Schulte, Ph.D.
Dallas, TX

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AUDIO CD REVIEW

Words From Within: A Therapeutic Journey into Wholeness

Produced and Performed by Anita Jung

www.wordsfromwithin.org

A therapeutic trance can be developed in many different ways, including through words, poetry, dance, music, drumming, and special breathing. Many people have found themselves engaged in hypnotic states while listening to a favorite piece of music: while absorbed in a repetitive rhythm, or while listening to a poetic, entrancing voice. In this innovative and beautiful CD, *Words from Within: A therapeutic journey into wholeness*, Anita Jung, a therapist from Austin, TX, combines these and other modalities to create a beautiful set of hypnotic explorations. Jung weaves her hypnotic voice and therapeutic presence through a musical landscape of tabla, sarod, and other Eastern instruments, to craft an enchanting piece of art. The melodic range of the instruments, as well as their multiple rhythms, create a hypnotic field much wider and multi-textured than one possible through a mere vocal presence. Jung uses the space beautifully to explore new dimensions of hypnotic communication. I found the CD innovative, effective, and masterfully crafted, an excellent example of therapeutic hypnosis; so much so, that I have recommended it highly to clients and students alike.

The CD consists of eleven tracks. The first, "Creating your comfort zone," is an appropriately basic introduction to hypnotic trance, emphasizing the need for a safe, sanctuary-like inner place. The next four tracks, "Enchanting tabla," "Ancient sarod," "Soulful voice," and "Soothing def," elaborate different aspects and dimensions of the hypnotic experience, including finding a safe guide; deepening and accessing positive feelings; traveling within; and finding healing, forgiveness, and wisdom within one's self. The moods created are relaxing and absorbing, and the messages offered are deeply affirming.

Tracks six through eleven build on the first half of the CD to offer various ways to utilize trance for therapeutic exploration. Track six, "Intricate dance," allows listeners an open-ended trip to a place of one's choosing. "Traceless sensations" focuses on a deepening experience, featuring the tabla drum as a sort of double induction. "Sacred places" helps listeners to find a special place to both retreat to, and emerge from, with a new vitality and wholeness. "Enduring souvenir" offers posthypnotic suggestions for finding a mental gift that can be remembered at future points in time. "Reorientation to present time" uses the story of a donkey to begin to bring the listener out of trance. And the final track, "Unai Marenthal" re-energizes and returns the listener back into external reality. All in all, what a long, strange trip it is!

The CD is nicely packaged and has excellent production values. It gives general instructions for how to use the tape, and a bit of background on the musical instruments. (For more info on the music and the CD's musical director, readers are guided to the website of www.oliverrajamani.com.) I often have wanted to find an innovative trance-related CD that I could recommend to others. Anita Jung's CD really fits the bill!

Reviewed By:

Stephen Gilligan, Ph.D.

StGilligan@aol.com

Words from Within can be ordered via the following website:

www.wordsfromwithin.org

Giving & Receiving

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SCSEPH

AUDIOTAPE REVIEW

Hypnosis with People Who Have Life - Challenging Diseases

By Rubin Battino, M.S.

Tape # IC-01, W 73, AB

2001, 8th International Congress,
Phoenix

Content aside, the tape, *Hypnosis with People Who Have Life-Challenging Diseases*, provides a fascinating opportunity to observe Rubin Battino's mind shifting gears as he warms to his topic. At the beginning, he has an air of amiable absent-mindedness - wandering about, seeming to have trouble focusing. He maintains the amiability throughout while gathering momentum as he delves more deeply into his subject. By the middle of his presentation useful and insightful information emerges so densely, almost kaleidoscopically,

due to the clearly thought-out organization. By his demonstration at the end, he shows single-pointed concentration, and the listener becomes aware that Battino is an artist.

Battino, a professor of chemistry, brings a scientist's skepticism and demand for hard fact - important characteristics in a field that can display fuzzy thinking bordering on superstition.

His message is that the mind's disposition and activities can have real, objectively observable benefits for the functioning of the body and specifically on the course of disease, and that hypnosis is an excellent tool for guiding the mind in that direction. He makes no foolish claims that everything can be cured. He reminds us that, although the diagnosis cannot be changed, the prognosis can be altered. He measures success by the patient's comfort, longevity, mood, outlook, senses of completion and well-being.

Battino's main tool is guided imagery using all of the senses.

Referring to Erickson as a "master of the precise use of vague language," he also draws from the work of a multitude of sources including, Achterberg and Dossey, Cheek, Rossi, LeShan, Simonton, Speigel and others. Though it was probably easier for his audience to follow the references because of a handout, the tape has sufficient information for the listener to find sources and explore the techniques in detail.

He describes his method of designing imagery, emphasizing the importance of taking its content from the patient. Battino demonstrates how a metaphor can be constructed using a positive suggestive shell that enables the patient to incorporate a multitude of relevant personal details. He stresses the importance of pauses in his delivery, allowing listeners to adjust the images to meet their own needs. Simultaneously, pauses emphasize the role of patience in healing.

Battino makes useful distinctions between *curing* (eliminating the physical ailment) and *healing* (the spiritual/psychological understanding that helps people be more comfortable with their *disease*, its progression or its cure), and between *disease* (physical ailment) and *illness* (the

meaning of the disease or the way one feels about it).

After a highly informative section on some of his specific methods, Battino ends with a demonstration with an audience volunteer. Here he becomes deeply involved, still yet deft, displaying a gentle intensity as he radiates a sense of hope, confidence, kindness and love. The demonstration would edify even if heard in isolation. The dense presentation of *hows* and *whys*, followed by the illustrative demonstration, brought theory and practice vividly together.

Hypnosis with People Who Have Life-Challenging Diseases keeps a good balance between theoretical or how-to information and case examples. The latter demonstrate what is possible for human beings - and what is possible for us to facilitate. It will be most useful for therapists or health care workers who are new to the subject or are still developing their skills. This is an immensely useful tape about a crucial subject.

By

Will Handy, LMSW-ACP
Dallas, TX

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EMDR

Recovering Your Life Force Through Self-Hypnosis

By Teresa Robles, 1998

Available through Centro Ericksoniano De México, A.C.

Av. Colonia del Valle 618, Col. del Valle México, D.F. 03100

editorial@hipnosis.com.mx

Recovering Your Life Force Through Self-Hypnosis is an Audio CD containing 72 minutes of enchanting exploration into the possibilities of self-hypnosis. What I liked most was the voice of Teresa Robles as she spoke in English. Her Spanish accent, soothing tone, and poetic language all combine to make this product uniquely hypnotic. Another nice aspect of this audio CD is the soft, relaxing music that is continually playing in the background. The musical production was arranged by Francisco Robles who was able to create a mood of relaxation with guitar and other instruments.

The CD is essentially a self-help resource. It contains a fluid series of suggestions targeted to a person wanting to make significant life changes. There are nine separate audio tracks that include introductions and instructions. There are four topics on healing and four individual exercises. The healing topics are "Healing my wounds," "Healing and recovering my life force," "I am at peace with others," and "Reconstructing my personal life story."

By blending narrative and reconstructive techniques with self-hypnosis,

Robles is able to inform the listener of the hypnotherapeutic possibilities available through self-hypnosis. Each educational portion is followed by direct suggestions for a reconstructive experience. For example, Robles tells the listener, "watch what happens...your imagination...your body experiencing it and enjoying it. Remember that if pictures of memories appear, or they don't, either way is alright. Even if pictures or memories of your real parents appear, let them appear. Since the second, third, fourth, fifth, sixth...or any time you experience this exercise your stories are rewritten, filling-in in your own way as you need it to be. You will be in the time that you need and with the parents that you needed in order to grow up to have health, joy, and well-being. The most important thing is that no matter what happens in this story everything turns out well, as you need it to be." The concept of a wise inner guide also is incorporated in the script as the listener is guided to new possibilities for self-trust and self-acceptance.

I was glad to have the opportunity to listen to the CD. It will be useful to practitioners who are new to hypnosis and would like exposure to a well scripted hypnotic session. It also can be given to clients as a resource they can take home to continue any work they have begun in the office. I recommend this CD without reserve.

Reviewed By:
Dan Short, Ph.D.
Phoenix, AZ

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Mental Research

F O R E I G N B O O K R E V I E W

French

Actes de 2 Forum Francophone d'Hypnose et de Therapies Breves*

Ed d l' Arbousier. Mai 2001

Take 300 participants, 50 speakers, the wonderful location of Vaison-La Romaine in the south of France, add a pinch of enthusiasm, some curiosity, a desire to learn and share - all under the supervision of the master-chef, Dr. Patrick Bellet, founding president of the French Speaking Confederation of Hypnosis and Brief Therapy and you end up with a wonderful recipe for the field of Ericksonian Hypnosis and Brief Therapy!

*He was one of the few, along with Dr. Jean Godin,
to participate in the renewal of hypnosis in France,
training and teaching colleagues with humor and
clarity as well as helping so many patients.*

The two volumes of the *Forum Francophone d'Hypnose et de Therapies Breves* present the discussions and presentations from this colloquia. Topics range from conceptualizations and reflections on hypnosis to direct applications for terminally ill patients, and include ways of helping with phantom limb pain and preparation for pregnancy. Drs. Fischer and Costi, two psychiatrists in private practice, describe their work with psychotic patients. They began working with hypnosis five years ago-now they enter daring new territory. They describe their work with these patients with boldness yet with prudence. Dr. Jean-Patrick Zicarelli discusses failures while using hypnosis, reminding us all that hypnosis, despite its usefulness, is not a panacea.

There is a small but moving dedication to the memory of Dr. Jacques Quelet who died in 1999. Quelet was a military physician at Saint-Cyr and Polytechnique, the French equivalent of West Point. He was one of the few, along with Dr. Jean Godin, to participate in the renewal of hypnosis in France, training and teaching colleagues with humor and clarity as well as helping so many patients.

The Colloquia of Vaison-la Romaine is not yet a tradition, but it's well on its way to becoming one in the French-speaking world of hypnosis. The two volumes, *Forum Francophone d'Hypnose et de Therapies Breves*, demonstrate that convincingly.

Reviewed by

Gerard Fitoussi, M.D.
Las Vegas, NV

French

SIMPLY "L'HYPNOSE"

By Patrick Bellet, M.D.

Editions Odile Jacob, Paris

A new book has been recently published in France with a title that couldn't be more simple than "L'hypnose." The author, Patrick Bellet M.D, founder-president of the Confederation of Francophone d'hypnose et de Therapies Breves, and the Milton H. Erickson Institute Avignon-Provence, offers us the opportunity to view hypnosis from different angles.

He begins by inviting the reader to dive into the history of hypnosis. We discover all the ups and downs and adventures hypnosis had to go through in France and in Europe. Hypnosis seems much more accepted in Europe, in Israel, and in English-speaking countries than in France where it still has a smell of sulfur, leaving the general public in a state of fascination or fantasy and the scientific world in a state of suspicion or smirking.

Nevertheless, the beginning is exquisite; it demonstrates how some of the early promoters of hypnosis were forerunners of the "new hypnosis" of Milton H. Erickson M.D. Deleuze (1753-1845), qualified as the "Hippocrates of Animal Magnetism." He insisted on respect and established ethical rules focused on the well-being of the patient. Liebault (1823-1904) and Bernheim (1837-1919) recognized hypnosis as a normal physiological phenomenon of every day life, and a useful tool for helping to relieve suffering patients. This "new hypnosis," modeled by Erickson, reflects both respect for the patient and utilization of personal experiences and challenges for himself and for his patients.

Just as we can use the word "bike" to describe an object itself, its practice, and the possibilities it gives to go somewhere, hypnosis can be described through three different aspects: the state of hypnosis, the process to get to this state, and the therapeutic process that results from its use. Bellet covers those three aspects, putting the emphasis on the ethics of the use of hypnosis, on the training that is required, and on the fact that the term "new hypnosis" induces a false conception. "Hypnosis is work for the patient and for the therapist and is never an easy way out."

Bellet also invites us on a trip into the development and the subtle utilization of language, analogy, metaphor and creative technique, as a rebus which consists of a combination of drawings, letters and numbers that give meaning when they are said (or read). This leads to confusion, helping the reader discover how hypnosis can be a wide field of possibilities and potentialities - a grain of salt, a catalyst for action, a solvent or the transmuter of a symptom that falls apart and rebuilds itself in a different manner. To let us land on the planet of hypnosis, we can lose our bearing and at the same, learn to fish.

Observation is one of the main keys on which the hypnotherapist bases an intervention. Indirect suggestions are given in a permissive manner in order to help patients surmount their own limitations

Some examples are given to illustrate the principle of utilization of the language of the patient and the richness of language in the direct line of Erickson. Case examples are focused on how hypnosis can deal with pain, anxiety, phobias, PTSD, depression, etc.

This book, more for health professionals, is designed to demystify hypnosis and to reveal how it can be an empowering tool in therapy and in many health-related fields.

Reviewed by

Christine Guilloux, DESS Psych
Paris, France

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observable qualities that defined a trance state was an important research focus throughout his career. There is still considerable debate among hypnosis researchers and scholars today as to the objective measurability of trance states.

During the second year of Orne's residency, he became a lecturer at Harvard Graduate School as well as an instructor at Harvard Medical School. During this time, he also began the Hypnosis Research Project at the Massachusetts Mental Health Center. In 1960, he became a Fulbright Scholar and spent a term at the University of Sydney (Australia.) When he returned to the United States, he became a senior research psychiatrist at the Massachusetts Mental Health Center.

In 1961, he founded the Institute for Experimental Psychiatry. He also was chosen as editor of the *International Journal of Clinical and Experimental Hypnosis*, which became, under his leadership, one of the 31 core journals in psychology as ranked by the number of scientific citations of the journal.

In 1962, he married Emily Farrell Carota, a graduate of Bennington College. Their professional collaboration continued until Orne's death in February of 2000. One of the many joint professional endeavors for which the Ornes are well known is their work with Ronald Shor in developing the Harvard Group Scale of Hypnotic Susceptibility, published in 1962.

In 1964, Orne received appointments in both the Departments of Psychiatry and Psychology at the University of Pennsylvania. His research laboratory moved to the Institute of Pennsylvania Hospital which also became the home for the Institute for Experimental Psychiatry, with Orne as Executive Director. When that Hospital closed down in 1995, Orne's laboratory moved to the University of Pennsylvania Medical School campus. The research program, initiated by Orne, has continued under the directorship of Dr. David F. Dinges with whom Orne had collaborated in research for over 20 years. In 1996, Orne became Professor Emeritus in the Department of Psychiatry and Adjunct Professor Emeritus in the Department of Psychology.

Research Interests

Orne's life-long interest in the scientific study of subjective experiences led to over 150 publications and many ground-breaking concepts. He saw hypnosis as a way of examining internal personal experiences in a scientific way. He dedicated much of his meticulous research to the study of hypnosis as a phenomenon in itself and as a way of examining internal realities.

Using the stringent rules of scientific research, Orne provided real data in a field marked previously with blurry anecdotal findings. Conclusions he reached, which were later substantiated by further research, were often contrary to the way in which hypnosis had been viewed in the literature. Orne's work, along with that of the Hilgards', spurred interest in, and investigations of, hypnosis, yet even today, it remains a state which is still not fully understood and where further empirical research is still needed.

One of the 100 most cited psychologists, Orne had the arguable honor that concepts he developed and investigated scientifically, became so commonly accepted that they are now often referred to without notation of source (e.g., demand characteristics, trance logic, etc.)

Orne's definition of hypnosis as a marked alteration or even a distortion of perception, memory, or mood, emphasized the experiential aspects of hypnosis as they are influenced by the situation, the ecology, and changes in usual subjective awareness. He studied hypnosis and hypnotic trance as specific events taking place in a particular context between particular individuals.

Orne's emphasis on the context and the demand characteristics of the experimental situation guided all of his research studies. He never varied from the perspective that the social context of the experimental setting determined the ecological validity of the experimental findings. He felt that too often, in human research up through the 1950's, volunteer subjects were treated, in experiments, as though they could simply be exposed to specific experimental procedures as if they were the inanimate objects of physics experiments. He reacted against the idea of exposing subjects to a condition and simply recording the behavioral response. He felt strongly that the objective behavior could be analyzed *only* after taking

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into account its congruence with the individual's subjective experience. He viewed experimental subjects, first and foremost, as thinking, sentient beings. Their views of the situation, and the experimenter's cues and instructions, had to be taken into account in order to preserve the integrity of the findings of any psychology experiment. To this end, he never planned any experiment without including, in its design, a post-experimental inquiry in which an experienced experimenter who had not previously been part of the experiment, conducted an in-depth interview with the volunteer subject. The purpose of the procedure was to understand the subject's thoughts and hypotheses about the study in a comfortable setting where the main experimenter was not present and the subject could be encouraged to be forthright.

Orne felt experimental work in hypnosis, as well as in other fields, had to deal with separating effects produced by the experimental setting from those produced by the variable

under investigation. This is a difficult contextual bind to overcome but Orne worked systematically throughout his life to isolate the experimenter / experimental effects in any research studies he undertook.

Part of his doctoral dissertation presented the idea of a "simulator" design. In this, subjects who had been tested and were not able to enter hypnosis, were asked to participate in a hypnosis experiment along with subjects who were capable of entering deep hypnosis. The main experimenter was blind as to which subjects were actually in hypnosis and which were simply responding to the cues in the situation. Being blind as to status, the main hypnotist-experimenter treated all subjects in the same manner. Such a design allows separation of the cues perceived in the situation from the subjective experience of hypnosis itself.

The experimenters working with both the hypnotized and the non-hypnotized-simulating subjects were intentionally unaware of which peo-

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ple were in a trance and which people were merely pretending to be in a trance. This creates, essentially, two different experiments—one in which simulators attempt to convince the main experimenter that they are responding to the hypnotic suggestions (or he will stop the experiment) and a second experiment in which deeply hypnotized subjects actually are responding to the suggestions administered—while the hypnotist is unaware of the status of any subject. Similarities and differences in the performances of "simulators" versus "reals" can be analyzed to determine which behaviors are likely due to the cues from the experimental setting and which are true hypnotic phenomena.

Over the years, Orne and long-time colleague and collaborator F. J. Evans refined this paradigm. One of the outcomes of this finely tuned work was a classic experiment about anti-social behaviors. Several published studies had shown that anti-social behaviors could be elicited in subjects by suggestions administered during hypnosis. However, Orne and Evans demonstrated that responding to suggestions to perform anti-social acts had nothing to do with being hypnotized in that un hypnotized subjects simulating hypnosis carried out the anti-social acts as frequently as did the hypnotized subjects. The anti-social behavior was produced not by hypnotic suggestions, but by the environment of the experiment itself. Because subjects trusted the experimenter and the experimental setting, they recognized that, in such a situation, harm would not occur to them or to others. That is, while subjects complied with the suggestion to throw acid at a research assistant, that behavior was not promoted by hypnosis but rather by the perception of being in a safe university setting.

Another experiment, results of which have now also passed into the realm of common knowledge, showed scientifically that hypnotized subjects do not surpass bounds of normal abilities. Further, with appropriate motivation, un hypnotized subjects can be put across two chairs and sat on, as well as lift unusually heavy weights.

Few of today's practitioners involved in hypnosis realize these scientifically supported tenets of modern hypnosis came from the work of Orne

and his colleagues. They are so widely accepted that it's as though the ideas "have always been known."

Orne's research interests spanned not only the investigation of hypnosis but also psychophysiology. He studied responses to painful stimuli following suggestions for hypnotic analgesia. One experiment done with Evans and Thomas McGlashan on ischemic muscle pain showed that hypnotic analgesia was very real and its effects could not simply be attributed to a placebo effect. Although there was already some anecdotal evidence to show this, Orne knew research must be the foundation upon which serious clinical work is based.

Orne also studied the mechanisms and effects of EEG biofeedback training. He worked with David Dinges for more than two decades investigating the differing effects of long and short periods of sleep. Their research documented the positive effects of short naps—prophylactic or "power" napping—on performance, in an era when naps were viewed as simply a waste of time.

Much of Orne's research began as an offshoot of his interest in ways to counteract stress and fatigue. Part of those studies led to a project investigating self-hypnosis as a tool to manage both stress and pain in patients with sickle cell anemia. This program was particularly successful with children with sickle cell disease who otherwise suffered the agony of recurrent crisis pain.

Encyclopaedia Britannica

He and A. Gordon Hammer wrote a lengthy article about hypnosis for the 15th edition (1974) of the *Encyclopaedia Britannica*. In it, they defined hypnosis, recounted its history, described a typical induction and discussed neural changes that were purported to occur in hypnosis. They also covered aspects of pain management and indicated that pain could be reduced by a hypnotic trance and by self-hypnosis in suitable subjects. Pain control was achieved not only by the reduction of fear and lessening of anticipation during appropriate hypnotic suggestions, but also, in some instances, by the experience of a negative perceptual hallucination of no pain. They also recognized that authoritarian methods of hypnosis, once the accepted norm, were no longer considered to be an effective method for therapeutic work. Cooperation and the mutual achieving of a productive goal by both the

hypnotist and the subject were the more usual and more effective methods of treatment.

Hypnotic age regression was also discussed. Orne and Hammer wrote that even when subjects appear to be reliving events that occurred in childhood, analysis of the memories recalled and of the cognitive developmental level is that which is available to the adult rather than to the child. They noted that many controlled studies support this perspective.

They recognized, however, that because subjects, in hypnosis, are highly suggestible, gaps in memory are often filled in with vivid details but that, due to lowered critical judgment in hypnosis, the accuracy of memories suffers. Subjects, as well as the hypnotist, then become unable to distinguish fact from fiction without outside independent verification.

In this overview for the *Encyclopaedia*, Orne and Hammer were careful to indicate what was proven and what was merely surmised. This information, and the results of scientific experimentation concerning hypnosis were made available to a wide and heterogeneous audience.

Forensic Work

Orne's insistence on verifiable controlled scientific experiments led some to conclude that he was an opponent of hypnosis and didn't believe anecdotal reports of results obtained in trance states. A more careful reading of his works, however, indicates Orne wanted merely scientific verification of anecdotal claims. He was a true scientist; he was neither for nor against any particular result or conclusion. He held that it was irresponsible to build diagnostic procedures and clinical interventions upon information that had not proven itself under the scrutiny of clear scientific experiments and thinking.

He helped develop the field of forensic hypnosis and ways to determine physiological indicators of deception. Early on, he recognized hypnosis is not a reliable way to find truth. Subjects can easily and deliberately lie convincingly under hypnosis. Even cooperative subjects not deliberately attempting to lie often report distorted versions of events in or after hypnosis. Memories become a conglomeration of actual accurate memories and a "filling in of gaps."

Distortions can be accepted by the subject as the "true and complete"

memory of the original event and then become part of the overall memory bank of the person. Those memories, when again recalled, take on a stronger subjective component and become even more convincing to the subject and to observers because the subject is so confident of the accuracy, having "seen" the event recently because of hypnosis.

Orne's expertise and experimentally supported stances as well as his dual roles as researcher and clinician gave credence to his positions. His 1979 paper, "On the Use and Misuse of Hypnosis in Court" published in *The International Journal of Clinical and Experimental Hypnosis*, gave a framework for the forensic uses of hypnosis and began a highly charged discussion about hypnotically "recovered" memories.

Orne's position was always that to assure the accuracy of a given memory, independent corroboration was required. Even in the usual waking state, most people have had the experience of being certain of a particular memory and then finding through pictures, through incontrovertible dates, or through some other factual means that a recollection is wrong. Memories retrieved by hypnosis, "recovered memories," can be even more misleading. Not only is hypnosis a suggestible state, but subjects tend to place a great deal of reliance upon the accuracy of memories that they have retrieved in a trance state. In hypnosis, some subjects "relive" the event so vividly that they are totally convinced that "hypnotic reliving" is what actually occurred originally. It was this aspect of hypnosis that made it a serious problem for testimony in court after witnesses had been hypnotized to "refresh" recall.

Since over 4,000 police officers had been trained during the 1970's to perform "forensic hypnosis" with bystanders who may (or may not) have been in a position to view a particular crime, the number of court cases where someone who had been hypnotized to "refresh" recall, and subsequently testify, escalated during the late 1970's and 1980's. If an issue was raised, for instance, by the defense, about the witness having been hypnotized, the prosecution's argument in court, was typically that hypnosis had been used, just as notes made at the time of the event, or a diary, were allowed to be used to "refresh" one's recall. However, pre-

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sumably, over time, the notes or diary entries had not changed from those recorded originally. Hypnosis is quite different in that just as the adult does not suddenly acquire the perception and schemata of a child when the adult is age-regressed, so also a bystander who is hypnotized to recall more fully does not suddenly gain access to a window of the actual original event. Rather than refreshing memory, Orne pointed out that hypnosis creates a memory, often so vivid, that it induces complete confidence in details which previously were vague and fragmentary (if they existed at all.)

The seriousness of the problem, for testimony in court, in determining the "truth of the matter," becomes clear when one considers an extreme case which actually occurred such as a hypnotist telling a witness, in hypnosis, to "just lift the mask" of the perpetrator so as to identify the face—even though the mask was never removed during the crime!

Orne and colleagues devised several experiments to test accuracy of recall in trance. The premise that a hypnotic trance could be unduly suggestive and could lead witnesses to create memories they subsequently sincerely believed was upheld in these experiments. His papers, as well as much other scientific research further substantiating these conclusions, have been cited numerous times by state courts as well as by the United States Supreme Court.

During this time, the American Medical Association appointed Orne head of a committee to evaluate the scientific data regarding the accuracy of memories retrieved through the use of hypnosis to refresh recall. The committee's report, published in JAMA, in 1985, concluded that memories retrieved in hypnosis were a mixture of accurate and inaccurate information where neither the hypnotist nor subject nor observer could tell which was which. While in his 1979 IJCEH paper, Orne had proposed guidelines for the use forensic hypnosis, which at the time he thought were straightforward, by 1984, he had concluded that the danger of the misuse of hypnosis for retrieving memories was so great that he could no longer support the use of hypnosis to refresh memories unless there was no chance that the witness might later need to testify in court. Orne therefore pro-

posed that the use of hypnosis to enhance memories be restricted to investigative purposes only. In other words, in an important case, where it was critical to have additional clues, so long as the authorities, law enforcement, and the witnesses were clear that, after hypnosis had "refreshed recall," testimony in court was not possible, in those investigative cases, hypnosis could proceed, according to the proposed guidelines, so long as any information retrieved through hypnosis could later be corroborated by independent physical evidence.

His expertise and research in hypnosis and related states brought Orne to national attention. He became an expert witness in a number of criminal cases. He testified in the high profile Patricia Hearst case as to the validity of the defense's claim of coercive persuasion or what is commonly known as "brain washing." Hearst had been kidnapped by the Symbionese Liberation Army (SLA) and later stood trial for bank robbery. Orne worked extensively with her trying to determine what happened during her nineteen months with the SLA. After his comprehensive psychological examination, he concluded she was telling the truth—that she was kidnapped and that any apparent cooperation on her part with the SLA was due to coercive persuasion.

Perhaps most famous, however, was his work evaluating the psychological profile of Kenneth Bianchi who was a serial killer in Southern California known as the "Hillside Strangler."

After a mental evaluation, where hypnosis was used, Bianchi claimed he was a multiple personality and, as such, was not responsible for the killings. The torture and killings had been done, he said, by another personality. This claim was upheld by mental health experts for the defense who believed they were able to access this alter personality through hypnosis.

After having Bianchi undergo a series of tests, Orne concluded that Bianchi was consciously simulating hypnosis. For instance, in Orne's videotaped clinical examination, Bianchi was asked, when he said he was under hypnosis, to hallucinate his attorney. He then claimed he could see his attorney and engaged in conversation with the hallucinated attorney. Orne then had the attorney actually enter the room. Bianchi's

flustered reaction to the double hallucination paradigm and his statement that one of the "two" attorneys had vanished, contributed to Orne's evaluation that Bianchi was faking hypnosis. Orne's clinical assessment led Bianchi to plead guilty.

Orne's work with this serial murderer was recorded in an award-winning documentary called "The Mind of a Murderer," filmed by the B.B.C. and played on Frontline. The film remains a classic in forensic psychological and hypnotic work.

Patient Advocacy

As though his work as a clinician, experimenter, author, editor, and professor were not enough, Orne championed patients' rights. In the 1950's Anne Sexton, then a housewife and mother, became his patient. As part of her therapy, Orne encouraged her to put her feelings in writing and eventually to take courses and write poetry. Sexton was subject to serious depressive episodes and had considerable difficulty recalling what had occurred in previous therapy sessions, especially ones where progress was made. To aid her memory, Orne began taping all her sessions and Sexton listened to the last session just before entering the next so that she could better remember the therapy and gain continuity. Sexton went on to write and teach poetry, publishing her first book in 1959, and going on to eventually be awarded the Pulitzer Prize.

When Orne moved to the University of Pennsylvania in 1964, she was referred to, and saw, a new therapist and later, two others. In 1974, unfortunately, Sexton committed suicide.

Fifteen years after her death, and with the explicit permission of Sexton's daughter who was also her literary executor, Orne released the therapy tapes to a professor who was chosen by the literary executor to write a biography of Sexton. She had left the therapy tapes with Orne, even though he offered them to her before his move, and Sexton asked only that he use them to help others. Nevertheless, criticism resulted from those who believed that this release of the tapes violated guidelines stating that medical records not be made public without explicit written permission of the patient. The guideline for written permission was dated in 1978, four years after Sexton's death.

Orne defended the right of the patient to have this type of material

released even posthumously. He stated that, "Sharing her most intimate thoughts and feelings for the benefit of others was not only her expressed and enacted desire, but the purpose for which she lived." In 1962, Sexton had written a poem in which she said, "But you, my doctor, my enthusiast, ... you promised me another world to tell me who I was." It was this "other world" Sexton wished to share with others who were troubled in order to give them hope.

Eventually Orne's position was upheld by legal experts, ethical scholars and the American Psychiatric Association. The biography, which was published in 1991, was richer for the inclusion of Sexton's thoughts and her struggles to overcome depression.

Legacy

Part of Orne's legacy is his stimulation of critical thinking, his fearlessness in stating his positions and his inquiries into and dedication to scientific objective data. He mentored and inspired students at all levels of education.

In his later years, Orne's most fervent hope was that the Unit for Experimental Psychiatry research laboratory at the University of Pennsylvania Medical School, under the leadership of his friend and colleague, Dr. David Dinges, be able to carry on the research program Martin initiated. So far it has.

In addition to contributing to the scientific understanding of the nature of hypnosis, and related states, the use of his research to continue and further scientific progress was Orne's true legacy.

At the memorial service for Orne, one of the speakers was his grandnephew, Douglas Rubinson, who has since graduated from Yale and gone on to the M.D.-PhD. program at Harvard where he is pursuing research on the immune system-work that Orne would have so enjoyed discussing with him. Rubinson remembered a conversation he once had with his granduncle. "Martin explained to me that the key to be a successful scientist is neither being the hardest worker nor the most intelligent. The key is to think critically and question everything. That just because you read something in a textbook doesn't make it true. And that even as an undergraduate, I should have the courage to challenge the rules and test my ideas."

DONATIONS

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Thank You!

A bench was constructed in the summer of 2001, dedicated to Milton H. Erickson, M.D., on the Squaw

Peak Mountain Preserve in Phoenix, Ariz. Erickson often sent patients and students to climb Squaw Peak for diverse therapeutic reasons. The Erickson Foundation petitioned the City to place the memorial bench for the last 20 years, but no benches were earmarked for the summit trail. The Foundation persevered and finally succeeded.

The bench is halfway up the summit trail. Located perfectly, it is shaded by a Palo Verde, one of Erickson's favorite desert trees. A plaque was placed on the bench with a relief of Erickson. It reads, "For providing a vaster point of view and a higher perspective to psychotherapy." A brick from Erickson's Cypress Street home was inserted into the bench. The Erickson Foundation must provide a stipend of \$3,000 to the City of Phoenix for the bench. Thanks to our

generous readers, we have met our goal. The names of those who donated \$100 or more will be placed on a plaque that will be unveiled at the *Ninth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy*, the 25th Anniversary of the Milton H. Erickson Foundation, in 2004. Following the Congress, the plaque will be on permanent display at the Milton H. Erickson Foundation.

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