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INTERVIEW

Michele Ritterman, Ph.D.

Interviewed by, Sharon McLaughlin, M.A.

Michele Ritterman authored the first systematic integration of hypnosis and family therapy, Using Hypnosis in Family Therapy; a human rights book Hope Under Siege: Terror and Family Support in Chile, and numerous papers and articles on Erickson, on Stopping the Clock: Subjective Time in Therapy, and on Torture, The Counter-Therapy of the State, Hyperactivity, and, last but never least, on the healing powers of Love. I met with Dr. Ritterman at her home in Oakland to discuss the influence of Erickson on her work.

SM: How did you get started with Erickson?
MR: I was a graduate student at Temple University, and I was interning at Philadelphia Child Guidance Clinic with Jay Haley, Salvador Minuchin, and Braulio Montalvo. A lot of great teachers were there. One of my fellow students gave me Advanced Techniques of Hypnosis and Therapy that Haley had edited. I started reading it all the time, and started using whatever principles I extracted from Erickson's cases with my own. I took whatever Erickson did and applied it to family therapy. I would read how Erickson would handle the case, and he did things like playing with subjective time distortion, so I took the time distortion idea and applied it to one client, an alcoholic man. I had him visualize how many drinks he had, and had him graph them in his mind with the length of his life and how many years each drink was taking off his life. I had him hallucinate that every time he drank it was associated with death. At the same time I was working with his wife, who cried all the time. And the presenting complaint had originally been the child who was enuretic. I started to see one was taking in too many fluids, one was crying and one was peeing. So to integrate hypnosis with family therapy, I started to apply Erickson techniques with each family member. When I wrote up the case in my first book I called it a case of family hydraulics, a kind of redistribution of the family water system. This was one of my first cases, and I was applying Erickson's work.

After I'd done everything I could on my own, I went to Haley and said...See INTERVIEW on page 9

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The faculty includes: Abia, Andreas, Araoz, Baker, Barrettas, Battino, Bauer, See 9TH CONGRESS on page 2
EDITOR’S COMMENTS

This issue is dedicated to the twenty-fifth anniversary of the Milton H. Erickson Foundation, which will be celebrated at the Erickson Congress, November 30 through December 5, 2004 in Phoenix, Arizona.

I remember attending the first Congress in 1980. Jeff Zeig and the Erickson family had invited a prestigious group of clinicians to talk about what they learned from Erickson and how they applied their learnings. I was still recovering from the loss of two of my most influential mentors, Erickson and Bateson, so I was yet to discover the depth of the influence they both were to have later in my life. I remember listening to Jeff Zeig, Jay Haley and Ernest Rossi discussing their personal experiences and learnings. I envied those who had spent years with Erickson. I guess it was a form of “Phoenix envy.” It was a wonderful time. Not unlike a true Irish wake. Laughter, sadness, gratitude, joy, missing him.

I still miss Erickson. And yet, through the 25 years of Congresses, Institutes and trainings, his influence and legacy continue. I now listen to clinicians influenced by his teachings and legacy continue. I now listen to listening to-centered clinicians, influenced by his teachings and legacy continue. I now listen to the 25th Anniversary Congress promise to be a wonderful event, and keynote addresses. In addition, an 18-hour course in Fundamental Ericksonian Hypnotherapy will run concurrently with the Congress with presentations by BA Erickson, Gilligan, S Lankton, Rossi, Yapko, and Zeig.

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9TH CONGRESS continued from page 1


The Congress will consist of two- and three-hour workshops, interactive events, and keynote addresses. In addition, an 18-hour course in Fundamental Ericksonian Hypnotherapy will run concurrently with the Congress with presentations by BA Erickson, Gilligan, S Lankton, Rossi, Yapko, and Zeig.

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Richard Landis, Ph.D.
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Research Support for Utilizing Capacities that are Already There

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

When trances are so elicited, they are still a result of ideas, associations, mental processes and understandings already existing and merely aroused within the subject himself. Yet too many investigators working in the field regard their activities and their intentions and desires as the effective forces, and they actually uncritically believe that their own utterances to the subject elicit, evoke, or initiate specific responses, without seeming to realize that what they say or do serves only as a means to stimulate and arouse in the subjects past learnings, understandings, and experiential acquisitions, some consciously, some unconsciously acquired.

(Erickson, 1964)

Erickson proposed the idea that what we know is already present within, and that therapeutic change is actually a process of activating potentials that are already there. Erickson dramatized this point during a teaching seminar by recounting how he worked with a patient, an elderly woman known as "Ma Kate" who had very little education and complained that she could not learn to read or write (Haley, 1985). By asking certain carefully phrased questions, guiding her to put together what she already knew, Erickson helped her to discover for herself how to write. This is how Erickson described the interaction at a seminar we attended.

Erickson asked, "Do you know what a pencil is?"
"Yes"
"And can you hold it?"
"Yes, I can."
"Can you draw a line?"
"Yes, I can draw a line."
Now can you draw a circle?"
"Yes I can draw a circle."
"Can you put the line right next to the circle?"
"Yes, I can."
"Well now, you have just formed the letter b."

And Erickson proceeded to show her that she already knew how to write lines; straight lines, slanted lines, curved lines, and with these lines, she could write the entire alphabet. Put together, the groups of letters had names. Within three weeks she could read and write.

This principle was tested in an interesting study. Subjects were given sixty paired word triads. One was from Mednick and Mednick’s (1962) Remote Associates Test (RAT) and the other triad was random, generated by placing together three words from different RAT items that were not associated. Subjects were asked to solve the triads in eight seconds. And if they couldn’t solve either triad, they were supposed to pick which of the two triads was solvable, even if they had to guess. Sample trial pair:
Triad A: mouth, sixteen, lines
Triad B: coin, quick, spoon
The solution is triad B: silver
The results showed that even though people couldn’t always solve the triads, (58% solved the triads), a much larger percent, 73%, were able to pick which triads were solvable. The researchers concluded that people have a sense of coherence even before they can identify what the knowing is based on. "Even prior to its being explicitly noticed, identified, perceived, coherence seems to guide thought and action tacitly." (Bowers, 1981)

Another study looked at the effects of suggestibility and imagery of ambiguous figures (Marucci & Meo, 2000) and found that highly suggestive subjects were better at attributing meaning to ambiguous figures than low suggestive subjects. These results showed that highly suggestive persons displayed a higher ability in the attribution of meanings, and could find clearer solutions to problems with ambiguous stimuli.

This suggestibility research also offers support for Erickson’s claim about unconscious resources that people can draw on. We can utilize the natural resources of the patient for change through suggestibility. Often, therapeutic models assume that therapists need to teach or model something to their patients that they don’t know; but we may have more effective results when we draw out what is already there. Suggestibility, used properly, may help clients to get in touch with their resources to solve their life problem. The actual solution behavior, modeled by the therapist, is only a mirror, secondary to the patient’s own innate or already learned potential. To know what you don’t know is the beginning of true wisdom.

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Creating an Intense Response "The Therapeutic Trauma"

By Steve Andreas, M.A.

A woman told Milton Erickson about her eight-year-old daughter, Ruth, who hated EVERYBODY:

A very MISERABLE kind of girl. I (Erickson) asked the mother what she thought made the girl hate herself and everybody else.

The mother said, "Her face is a solid freckle. And the kids call her, 'Freckles.'"

And I said, "All right, bring the girl in, even if you have to do so forcibly." So little Ruth came in just so defiant, ready for a fight, ...talking in defiantly and scowled.

I said, "You're a thief!" She knew she wasn't. I said, "Oh, yes, I know you steal...I have PROOF of it."

And she denied that emphatically.

"I have PROOF. I even know where you WERE when you stole. You listen, I'll tell you, and you'll know you are guilty."

You can't imagine her contempt for my statements.

First time Ruth knew freckles were cinnamon face. It completely reoriented her... All I did was reORIENT the situation, I didn't change it, I just reoriented it. And very few people know the importance of reorientation (Gordon and Meyers-Anderson, 1980).

Erickson often went to great lengths to create a dramatic, and therefore impactful and memorable context for delivering an intervention. A good drama requires a script, preparation, and practice in advance, so that its delivery is powerful, creating an impactful experience that will actually make a difference in someone’s life. Let's take another look.

Erickson got Ruth's complete attention by eliciting a full response of her hatred (not by matching "rapport" moves, but by offering himself as a target for her hate, utilizing and amplifying her response of hatred). He did this by attacking not just her behavior, but her identity. "You're a thief." (In contrast to "You stole something once.")

Then he says, "I have PROOF," making the accusation even stronger.

Then Erickson moves from past tense, "I even know where you WERE when you stole," into the future, "You listen, I'll tell you and you'll know you are guilty," orienting her to anticipating his future statements.

"You are in the kitchen, standing on a kitchen table, reaching up to the cookie jar for cinnamon cookies, and some cinnamon fell on your face, Cinnamon Face."

Cinnamon Face.

I said, "You see, the girl thought her feet were too large, and in the most beautiful-convincing way, I had forced upon her a compliment, if she would grow her feet large enough for a man to see. There was no way of rejecting the compliment. There was no way of disputing, I certainly hadn't been trying to make her feel better. There was nothing for the girl to do but accept the absolute proof that her feet were small. There's no other way."

"...When you consider a lot of neurotic manifestations, some little traumatic thing will precipitate progressively larger and larger neurosis. Why can't you take the same attitude toward the correction of neurosis? Take something that is in essence a traumatic thing, correctly orient it, and just thrust it upon the person in such a fashion that they have to accept it, and deal with it and incorporate it... The therapeutic trauma." (Haley, 1985).

We know a lot now about how the brain learns very quickly in states of intense traumatic arousal that create a limited focus of attention in the same way that hypnosis does. Drama can create this intense arousal for positive learning as well.

References:

Erickson’s Influence on Ministry

By Rev. John Lentz D.Min.

Dr. Lentz is the Director of the Ericksonian Institute of Jeffersonville, Indiana, and Pastor of Radcliff Presbyterian Church. He is the retired Chief Chaplain of the Kentucky Correctional Institution for Women and Adjunct Professor of Louisville Presbyterian Theological Seminary.

It has been my experience that Dr. Erickson’s work has helped many people in ministry. While the following are personal experiences and observations, I believe they are representative of how people from a faith perspective are drawn to Erickson’s work. I’m grateful to be sharing these experiences with you to highlight Erickson’s impact on my approach to ministry and counseling.

It is no exaggeration to say that Erickson’s work has impacted every aspect of my ministry. His genuineness in treating each person as unique trumps his deep respect and compassion for people. His emphasis on, and ability to transform shame-generating problems into sources of pride and self-esteem are in harmony with a theology of a loving God. Erickson’s work was, and is, the most spiritually positive approach that I have ever encountered. In part, this is due to his profound emphasis on life as reflected in the way he lived, in his actions.

Dr. Erickson’s genuineness and commitment to life was obvious. This induces people to look for solutions rather than feeling self-pity. His own physical limitations gave him even more credibility with patients who felt limited themselves. Erickson invited others to embrace life in ways that he loved and therefore his words rang with truth. The more I know, the more his work influences what I do and how I do it. His utilization principle and emphasis on hypnotic language, as well as the blurring of the lines of formal trance, were innovations that have given me permission to understand ministry in a whole new light.

As a young chaplain, I struggled to find ways of becoming a better minister and therapist. While I first began studying Erickson’s work, I found it changing my understanding of ministry and transforming the way I approached therapy. Dr. Erickson’s work became one lens through which I looked at how prayer, sermons and pastoral visits could provide healing. For example, before, I could not understand how anyone could want someone else to pray for them. To me, this seemed demeaning. Why couldn’t individuals pray for themselves? Then, because of Erickson’s influence, it dawned on me that when people wanted me to pray for them, they were asking me to invite them into an altered state of awareness. Suddenly, I was very eager and ready to pray with people. Now it made perfect sense. And it treated the other person in a respectful way. Prayer became an opportunity to invoke an altered state and was useful for brief therapy interventions.

Sermons are another area where Erickson’s work transformed my thinking. I had studied preaching but nothing had helped me understand how preaching could really help people – to heal, to change, to overcome. Armed with an Ericksonian understanding of language, sermons became a means of helping people through evoking an altered state. Using variations of conversational trance within the guidelines of what constitutes a sermon became easy. Crafting them to be intentionally therapeutic was more challenging. With much help from Jeff Zeig and using
WEB NEWS

FOUNDATION WEB SITE AVAILABLE IN SPANISH!
Fundación Milton Erickson - Español

The Erickson Foundation would like to sincerely thank Albert Alcaine for his time and energy translating the Foundation Web Site to Spanish. The link is available from the Milton H. Erickson Foundation Homepage: www.erickson-foundation.org

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SCEH HAS A NEW WEB SITE:

www.sceh.us The web site will be separate but linked to the IJCEH web site aiding in professional and public access to their work.

Correction:
The following information was omitted from a review in the last issue of the Newsletter:

Family Therapy in Bali by Jay Haley and M. Richeport-Haley
Available from: Triangle Productions
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INTERNATIONAL NEWS:

A unique two-day workshop on Ericksonian Hypnosis was held in February in Guatemala City, Guatemala, by ACT, a division of the International Institute for Hypnosis, Trauma Training and Research. Faculty was Stephen Paul Adler, New York City and Betty Alice Erickson, Dallas, Texas. This meeting was the first time Ericksonian Hypnosis had been presented in the country of Guatemala and among the very first gatherings where qualified indigenous groups were welcomed as equals. Haneli de Vries of Holland, worked with many village leaders in the countryside, for approximately three years, making sure that these influential people met educational requirements for this workshop. Stephen Gilligan graciously permitted use of material from one of his books, Therapeutic Trances, to supplement the extensive teaching materials from Adler and Erickson all of which were bound in a 55-page booklet given to each participant. A cash donation from the First Franco Granone Prize, awarded to Ms Erickson by the Central Italian Society for Clinical and Experimental Hypnosis provided some of the funding for this ground-breaking event.

BOOK NEWS


Hipnose Ericksoniana by Jovino Da Silva Alves Araujo, M.D., Brazil. This book is a basic reference for the fundamental level of preparatory courses about Ericksonian approaches. It serves as a valuable resource for new editions that will include intermediate and advanced levels. For information contact Jovino Araujo, M.D., E-mail, jovino.araujo@uol.com.br ; Institute Milton H. Erickson of Espirito Santo, Avenida Leito da Silva, 389, Edificio Viking, sala 303, Praia do Suaí, Vitória (ES), 29052-111 BRAZIL; Tel, +55 27 225-0063; Fax, +55 27 227-8960.

Obra selecta de Milton H. Erickson en Hipnosis, edited by Luis Miguel Gómez, is the Spanish translation of Erickson's collected papers. For information contact Instituto para la Hipnosis, Dr Esquerdo, 30, Sot. Centro Izd., 28018 Madrid, SPAIN; Fax, +34 91 220 24 25; Tel, +34 91 220 24 24; E-mail, instituto@mi.madritel.es

A Teaching Seminar with Milton H. Erickson and Experiencing Erickson: An Introduction to the Man and His Work were recently published in Taiwanese-Mandarin.

CONNECTIONS continued from page 7

all of the knowledge I could gather from conferences with Ericksonian presenters, the method became more workable.

Even though I have been refining my work for nearly 20 years, I feel I have only begun to understand how to utilize a sermon to elicit health. The focus of my sermons and my ministry is about finding the positive reasons for behaviors and ways to enhance living.

My most astounding realization came about through reading Erickson and the Bible in close proximity. It was almost startling to me to realize that the Bible is also hypnotic. Both Erickson and the Bible use language devices to imply positive things. While reading and teaching, I am encouraged by the different ways Erickson and the Bible use hypnologic language to continue to grow.
Unreasonably Rationality
By Richard Landis, Ph.D.

Sue was a 27-year-old, single woman who was intelligent and valued self-awareness. She came to therapy after her roommate told her that she needed therapy because she was “far too rational to be real.” She was able to see everyone’s perspective and rarely got angry. Sue had recently broken up with Clay, a boyfriend of three years, after she had walked in on him having intimate relations with his secretary in his office. Sue admitted being hurt and feeling betrayed. However, she quickly was able to rationalize his infidelity by citing his difficult childhood and that the secretary was pretty. She genuinely felt sad for him because she thought he would never be able to have a monogamous relationship. I was beginning to understand why her roommate was concerned.

Physically, Sue was suffering from several different but related gastrointestinal disorders and severe tension headaches that seemed to “come out of nowhere.” When I asked if she were happy, Sue replied, “I am satisfied, but I couldn’t actually say ‘happy.’”

Sue’s history helped make sense of her “copying mentality.” Sue left home at the age of 18 to escape her father who raged, and broke things during his rages. He was easily set off during his rages. He was easily set off and seemed to be looking for excuses to rage out of control. When he raged, Sue’s mother would scream and cry, and seemed to be looking for excuses to rage out of control. When he raged, Sue returned the next week exhilarated with her ground sand and dust. The day after she had reduced the plate to rubble, she had phoned her old boyfriend and told him off. The assignment contributed to her being able to reconcile her inner battle of attributing the expression of anger with being her father. Once she recognized that the issue was not anger per se but uncontrolled anger, she was able to express her feeling more congruently. By having her destroy something in a highly controlled fashion, she felt safer in expressing her anger at appropriate times.

My intention also was to use the fact that it was a clay plate to be associated with Clay, her boyfriend. Also I had hoped that the obviously shallow layer of the color glaze might trigger an appreciation of his depth, or lack of depth. Regardless, after a few more sessions, the tension headaches disappeared and the gastrointestinal ailments started to respond to medical treatment.

I spoke with Sue three years after we ended therapy. She still has the sand and dust from the plate in a glass urn in her living room. When asked why she kept it, she replied laughing, “I don’t know. It just feels good.”
Marion P. Kostka, Ed.D.

Written by Roxanna Klein, R.N., Ph.D.

A founding member of the Board of Director for the Milton H. Erickson Institute of West Virginia, Marion P. Kostka, Ed.D., also has been a full-time psychologist with the West Virginia Medical Center, Carruth Center of Counseling and Psychological Center in Morgantown, West Virginia, for more than 20 years. He first became interested in hypnosis when the late Kay Thompson, D.D.S., was brought to West Virginia University as adjunct faculty in the Behavioral Medicine and Dentistry department to teach hypnosis. Kostka wanted to attend her classes, but, because he was neither a physician nor a dentist, he was not eligible. He became even more interested as he heard glowing reports from attendees of her coursework. When several people from the Behavioral Medicine and Dentistry unit decided to do a series of formal trainings with Thompson, Kostka volunteered to film the sessions.

He became fascinated with Thompson’s work and began organizing additional workshops for her. At each workshop he organized or filmed, he learned more and became even more interested in the ways in which hypnosis worked.

These workshops continued and expanded. Some faculty members for the new series of workshops were colleagues who accompanied Thompson from her hometown of Pittsburgh. Other teaching faculty were locals who had been through extensive training with Thompson. When Thompson died in 1998, the core faculty who had been collaborating for more than 18 years. They decided that the best way to honor her memory and teaching was have a memorial workshop.

Dedicated to Thompson, the ASCH approved workshop was a grand success and Kostka and the other faculty decided to continue the tradition. The workshops continue today with many of the same core faculty. Overall they train about 50 professionals each year; one year there were 86 in attendance.

The group has expanded their efforts to include a mid-year workshop, "The Kay F. Thompson Memorial Symposium" co-sponsored by the Western Pennsylvania Society of Clinical Hypnosis, a component society of the ASCH. Both teaching events have become highly successful and have brought well-known clinicians as speakers and teachers to the area. The training is extremely important in bringing skills and information about new techniques and clinical tactics; it provides a welcome "brush-up" as well as networking opportunities to the rural environment of Morgantown and West Virginia.

Income from both workshops are dedicated to a scholarship in Thompson’s name. This scholarship pays tuition and expenses for fulltime graduate students in health-related fields to attend the workshops. In 2003, five people attended training on scholarship, including one from out-of-state.

As a graduate assistant, Kostka worked in the Counseling Center at WVU, teaching biofeedback and relaxation. He remembers that roller-coasters were among his favorite images in teaching relaxation. He always was aware that something "different"—something more than just relaxation and imaging—was happening. This was his first inspiration to investigate hypnosis. He was limited to reading and studying about it on his own until the series of Thompson workshops began.

Kostka met his wife Penny who is a LPC in private practice, when she returned to school. "I looked in the hallway," he recounted, "and there she was." Although Penny was a few years behind him in the hypnosis training program, she has been fully involved in the monumental effort entailed in putting together the programs each year. She is also a founding member of the Board of Directors of the Erickson Institute in West Virginia.

Kostka likes to illustrate the power of hypnosis with a story about his daughter. Years ago, he and Penny were re-modeling their home, a 100-year old farm-house. Their daughter, who was six at the time, got a splinter deep in her foot. She was screaming with fright and pain as her mother worked trying to dig it out with a needle. With very little effort, Kostka, anesthetized her. The little girl became impatient at how slowly her mother was working. So she took the needle, from her mother and finished the job herself!

A prolific presenter for years, Kostka teaches on widely varying topics. These range from presentations on language, to pain management, from stress reduction, to the topic "Stress – It Ain’t Necessarily Bad." Sponsors range from The West Virginia Psychological Association to the Department of Justice, from The American Association for Counseling and Development, to a Professional Engineering organization as well as various private corporations. He is faculty member for the Preparatory Course for the Urology Certifying Examination, and a member of the West Virginia University Committee on Sexual Assault. He co-author articles on ways for nontraditional female students to deal with math anxiety, and is the author of professional publications on test anxiety, hypnosis and many other topics. He even wrote a fascinating unpublished short story about Erickson and Sherlock Holmes, "The Therapist as a Detective: Erickson and Holmes." Kostka is a man of many talents.

Marion, "Mon" Kostka, is a man to be celebrated for bringing hypnosis education to a vast number of professionals, thereby influencing more beneficial health-care for multitudes. And to think, it all grew from a one man’s creative effort to find out more about hypnosis by becoming a camera-man!
## UPCOMING TRAINING

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10. Solution Focused Brief Therapy Association; Thorana Nelson; E-mail, Thorana.nelson@usu.edu ; Web, www.sfbta.org
11. Jennifer Walsh; jwalsh@cuic.ca
12. Eddythe Nerlich; E-mail, enerlich@hincksdellcrest.org
13. Helen Adrienne; E-mail, HAMSW@aol.com ; Tel, 212/758-0125

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 2004 Winter Issue (November) is September 30, 2004. 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, karen@erickson-foundation.org.
CONFERENCE NOTES

The 62nd Annual Conference of the American Association for Marriage and Family Therapy (AAMFT) will be held September 9-12, 2004, in Atlanta, Ga. For information contact AAMFT, 112 South Alfred Street, Alexandria, VA 22314-3061; Tel, 703/838-9808; Fax, 703/838-9805; Web, www.aamft.org

The 13th National Congress: Hypnosis and Hypnotherapy in the practice of medicine and psychotherapy (XIII Congresso Nazionale: Ipnosi e Psicoterapia Ipnotica nella pratica del medico e dello psicologo) will be held September 16-18, 2004, in Milan, Italy. The Congress will be held at the Università Cattolica Sacro Cuore and is sponsored by Associazione Medica Italiana Studio Ipnosi (A.M.I.S.I.), Società Italiana Ipnosi Clinica, Scuola Europea Psicoterapia Ipnotica, and AMISI Stiftung Fondazione. Presenters include E. Bresadola, A. Calzeroni, M. Cesa-Bianchi, M. Cigada, A. De Micheli, G. Gagliardi, G. Geminiani, S. Giacosa, I. Lanzini, S. Laurini, R. Magnotti, M. Margnelli, A. Massone, GP. Mosconi, B. Peter, A. Quadrio-Aristarchi, F. Ravaccia, M. Redana, A. Rossi, and E. Rossi. For information contact XIII Congresso Nazionale - AMISI, Segreteria Organizzativa, Via G. Paisiello 28, 20131 Milano, Italy; Tel/Fax, +39 (0)2 236 54 93; E-mail, l3ipnosi@virgilio.it

The Instituto Milton H. Erickson de São Paulo and the Instituto de Hipnoterapia Educativa announce the First Brazilian Congress on Psychotherapy and Hypnotherapy (Congresso Brasileiro de Psicoterapia Breve e Hipnoterapia) October 14-17, 2004, at the Blue Tree Towers Convention Ibirapuera, in São Paulo, Brasil. For information contact the Instituto Milton H. Erickson de Sao Paulo, Rua Campina da Taborda,414, Planalto Paulista, Sao Paulo, SP CEP 04069-050, Brasil; Web, www.hipnoterapia.com.br ; Email, hipnoterapia@hipnoterapia.com.br ; Tel, 11 5585 3372; Fax, 11 577 3692.

The 16th International Congress on Hypnosis and Hypnotherapy, sponsored by the International Society of Hypnosis (ISH) will be held October 17-22, 2004, in Singapore. The Congress will include clinical skills workshops with the final three days including 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. 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 International Conference on Systemic Coaching will be held October 18-20, 2004, in Vienna, Austria. The Conference is sponsored by the Institute for Systemic Coaching and Training. Presenters include Amon, Anger-Diaz, Berg, Caußman, Fink, Furman, Jackson, McKergow, Köhninge, Mang, Nardone, Radatz, Schmidt, Schmidt, Simon, Szabó, Varga Von Kibéd, Whitney, and Zeig. For information contact the Institute for Systemic Coaching and Training (ISCT), Lange Gasse 65, 1080 Vienna, Austria; Tel, +43 1 409 55 66; Fax, +43 1 409 55 66 77; Email, kongress@isct.net ; Web, www.isct.net

The 55th Annual Workshops and Scientific Program Conference of the Society for Clinical & Experimental Hypnosis (SCEH) will be held in Santa Fe, N.M., Wednesday through Sunday, November 10-14, 2004. The topic of the Conference is Hypnosis and Healing. For information contact the Massachusetts School of Professional Psychology, 221 Rivermoor Street, Boston, MA 02132; Tel, 617/469-1981; Fax, 617/469-1889; E-mail, schein@mspp.edu

The Gregory Bateson Centennial Conference: Multiple Versions of the World, will be held Saturday, November 20, 2004 (9:00AM-5:00PM), at the University of California Berkeley, Lawrence Hall of Science. The conference gives the opportunity to explore the inter-connections between the various fields in which Bateson has made such a difference: ecology, spirituality, psychology, philosophy. Presenters include Mary Catherine Bateson, Jerry Brown, James Koch, Nathan Gray, Tim Campbell, Jay Ogilvy, Carol Wilder, Peter Harris-Jones, Stephen Nachmanovitch, Jaimie Cloud, Terrence Deacon, Tyler Volk, Wendel Ray, Charles Hampden-Turner, Richard Rathbun, and Jesper Hoffmeyer. For information visit: www.batesonconference.org ; or contact Gordon Feller, 870 Estancia, San Rafael, CA 94903 USA; Tel, 415-491-4233; Email, GordonF20@comcast.net

The Milton H. Erickson Foundation is sponsoring the Ninth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy: A World of Unlimited Possibilities celebrating the 25th Anniversary of The Milton H. Erickson Foundation, Inc. The Congress will be held December 1-5, 2004, at the Hyatt Regency Phoenix, Phoenix, Ariz. The Congress features a Pre-Congress workshop on December 1 entitled Professional Resources Day; two and three-hour workshops; interactive events; keynote addresses; an 18-hour Fundamental Ericksonian Hypnosis Track (runs concurrently with Congress sessions); and Solicited Short Courses presented by members of the 112 National and International Erickson Institutes and Ericksonian Professionals. The full brochure will be available in May 2004. For information 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/intlcong.htm

The 47th Annual Scientific Meeting and Workshops on Clinical Hypnosis: Communication, Hypnosis, and Intentionality, sponsored by the American Society of Clinical Hypnosis (ASCH), will be held March 11-15, 2005 at the Adam's Mark Hotel, in St. Louis, Missouri. For information contact ASCH, 140 N. Bloomingdale Road, Bloomingdale, IL 60108-1017; Tel, 630-980-4740; Fax, 630-351-8490; E-mail, info@asch.net ; Web, www.asch.net

The Fourth International Workshop of Therapeutic Hypnosis and Related Technics - The First International Encounter of Natural and Traditional Medicine - "HIPNOSANTIAGO 2005" will be held March 14-18, 2005 at the Heredia Convention Center, Santiago de Cuba. The Workshop is presented by the Cuban Society of Therapeutic Hypnosis, the "Universidad Médica de Santiago de Cuba," and the Therapeutic Hypnosis Group of Santiago de Cuba, and the Cuban Society of Psychology Health. There will be a Scientific Program, Pre-event courses and workshop, and Abstract Presentations. For information contact Dr. Wilvian E. Cobas Contreras, Pte. Comision Promoción y Divulgacion; Email, wecc@sierra.scu.sld.cu ; Dr. C.M. Alverto E. Cobían Mena, Pte. Comite Organizador; Tel, 53 22 653011, ext. 280; Email, psico@sierra.scu.sld.cu
The Milton H. Erickson Institute
of Sao Paulo, Brazil

Interviewed by Marilia Baker, M.S.W.
email: miltonerickson@hipnoterapia.com.br
website: www.hipnoterapia.com.br

The MHEI of Sao Paulo, the largest city in South America, with more than 20 million inhabitants, was established in 1995, the first in Brazil. The current members of the Board are: Bayard Velloso Galvao, Lic. Psych., executive director and president; Joao Humberto Vanin, Lic. Psych., and Vicente Augusto de Carvalho, M.D., each bringing a wide range of experience and knowledge in several areas.

Psychiatrist Vicente de Carvalho, author and co-author of four books on the theme of psycho-oncology, has been an innovator, along with notable others, in conceptualizing and introducing psycho-oncology and hospice work in Brazil, through scientific activities since 1973. He has been head of the Department of Complementary Medicine of the Brazilian Institute of Cancer Control (IBCC); he also has been responsible for heading the psycho-oncology graduate program at Instituto Sedes Sapientiae.

J. Humberto Vanin, originally with degrees in philosophy (1968) and theology (1972), was licensed as a psychologist in 1986. He teaches Ericksonian approaches at the Institute, also providing clinical supervision to students. Vanin is also a master practitioner and trainer in NeuroLinguistic Programming, with extensive training from sources in the U.S., France, Italy and Spain.

Bayard Galvao brings on board an endless curiosity about Erickson's masterful interventions and a formidable legacy: his late grandfather, Victorio Macchiavello Velloso, M.D., psychiatrist, pediatrician, writer and philosopher, was one of the pioneers of classic and Pavlovian hypnosis in Brazil. From an early age, Bayard was influenced by his grandfather's profound respect for the individual's freedom of thought; by his optimism about humanity despite human-engendered catastrophe; and ultimately, by his faith in the transcendence of human wisdom. He started formal training in philosophy and hypnosis with his grandfather around age 14. Bayard, 28, has published his first book, (May 2003) Reflexoes sobre a Formacao do Ser Humano, Hipnotese e Terapia: Hipnoterapia Educativa. This book introduces a comprehensive, in-depth system of ideas and reflections about character building; the development of human beings; Greek and classic philosophical thought; the nature of hypnosis and implications for psychotherapy. He has termed his approach Hipnoterapia Educativa essentially because it elicits full human potential through disciplined self-knowledge and self-mastery thus leading to freedom of being and freedom of thought.

The training, teaching and supervisory activities of the Institute are many, currently with four simultaneous groups totaling 80 students, undergoing approximately 180 contact hours of training in Ericksonian Hypnosis and close to 360 hours for those choosing the two year course on Hipnoterapia Educativa (which also includes training in Ericksonian approaches). Since early 2001, 200 trainees have graduated. There are also two satellite programs in the neighboring State of Mato Grosso do Sul, administered by the faculty.

In addition to other training offered, there is clinical work, supervision, therapist development; self-actualization groups, and frequent presentations to the media, to Universities and corporations. The Institute is planning the First Brazilian Congress on Hypnotherapy and Brief Psychotherapy to take place in Sao Paulo 14 - 17 of October, 2004, in which psychology, neuroscience and philosophy will converge to propose and introduce complex change in a most strategic fashion, with or without use of hypnosis.

Bayard Galvao sums up the mission of the Institute: "The best education is that which offers the individual all the possibilities for self-taught learning - that is to say - that education which fosters and nurtures freedom of thought. Milton Erickson clearly demonstrated, in his interventions, the full range of possibilities for human change in the realm of feelings, emotions and in the search for meaning."

The IV World Congress for Psychotherapy, Psychotherapy: A Bridge Between Cultures, will be held August 27-30, 2005, in Buenos Aires, Argentina. For information visit www.4cmp.org.ar; Email, info@4cmp.org.ar

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 Sánz 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
Alexander Luria, 1902-1977

Written by Eugene Don, Psych., Dnepropetrovsk, Ukraine

Continuing the series of articles on Russian psychologists I would like to dedicate this article to Alexander Luria, who had a significant influence on Soviet psychology. Despite his strong influence on the field of psychology, his main focus of study was neurology.

Born July 16, 1902, in Kazan (Russia), Luria’s father was a well-known specialist in gastrointestinal disturbance. He did not approve of his son’s passion of psychology until 1937 when Luria received the degree in medicine.

In 1918, Luria finished secondary education and entered the University of Kazan in the Faculty of Law which was later renamed the Faculty of Social Sciences to reflect a broader emphasis. He dreamed of writing about the beginning of expansion of ideas. As he education progressed, he stated that reading the books of Wundt, Titchener and Hefding was a frightful bore for him. He described himself as having an aversion to psychology, but after being introduced to Sigmund Freud’s works he developed a passion for the same subject.

Freud’s works so influenced him that he even opened a psychoanalytic circle and sent notification to Vienna. Three weeks later, Luria got an answer from Sigmund Freud that addressed him as: "Dear Sir President…” This unique correspondence is in Luria’s archive.

Next Luria developed an interest in the works of Behterev, a famous Russian psychologist, physiologist, neuro-pathologist and psychiatrist. He was impressed by this work and began to publish a journal. In this, he described a method of studying the reaction times of people who are fatigued. The articles were noted by Director of Psychology at the University of Moscow, who then invited Luria to join the University.

At the University of Moscow, Luria pursued his first research that had an international resonance. He created a connected motor method that was based on an experiment by Jung. In this experiment, he asked the subjects to state the first word that came to their mind in response to a word expressed by the experimenter. A rubber pear was pressed by the subject simultaneously with their responses. On significant words, Luria observed a delay of verbal and motor activity. He expanded this study and results were then used in criminal investigative practices. In 1929, Luria spoke at the IX International Psychological Congress, in the U.S., on objective methods of study of affects. His studies were published in his book The Nature of Human Conflicts (N.Y. 1932) published in English.

Information from his work was used creating the lie detector. Russian literature states Luria and Erickson corresponded. Erickson worked with John Larson, M.D., who was instrumental in the development of the polygraph, at the time Larson was developing the lie detector (Roxanna Erickson Klein, personal correspondence, April 5, 2004).

Continuing work in psychoanalysis Luria became the secretary of the Russian Psychoanalytic Association and routinely published in the international psychoanalytic field. Luria’s passion for psychoanalysis came to naught because he found using this approach did not have the most beneficial effect in practical clinic settings.

In 1923, he began work in the area of growth and development. He pursued new research and, in 1930, published "Speech and Intellect in the Development of the Child" and "Speech and Intellect of Urban, Country and Homeless Children."

Luria invited an influential psychologist, Vygotsky to Moscow and acknowledged him as a mentor even though Luria was greatly experienced and only five years younger. Luria and Vygotsky both saw that object of psychology is to study complex psychic activity, including the concepts of consciousness as well as volitional response. It was not just the study of reaction and automatic responses. Together they sought an explanation in the developmental objective psychological and physiological rules of brain activity.

During World War II, Luria led a rehabilitation hospital that pioneered the incorporation of neuropsychology in psychology. He examined the brain functions of patients with local lesions of the brain and developed rehabilitative methods. He also developed one of the first theories of localization of brain functions as well as formulating basic principles of localization of psychic processes. Luria created a classification of aphasic disorders and described early and previously unknown forms of speech disturbances. During the last year of his life, he focused on problems of cerebral hemisphere dominance.

Alexander Luria was world-reknown scientist; a full member of Academy of Psychological Sciences of the USSR; professor, a foreign member of National Academy of Science of the US, the American Academy of Science and Art, the American Academy of Pedagogies, an honorary member of French, British, Swiss and Spanish Psychological Associations, and an honorary professor of six foreign universities. He died August 14, 1977, leaving as a part of his legacy, a wide circle of theoretical questions that even now influence knowledge and research throughout the world.

References (in Russian):
http://www.extit.ru/gloss.php?id=2248
http://psi.webzone.ru/st/139200.htm
http://www.azps.ru/handbook/l/luri867.html

For more information in English: http://luria.ucsd.edu/

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To be placed on a list to receive a brochure for this landmark conference, contact The Milton H. Erickson Foundation
Tel 602-956-6196 Fax 602-956-0519
office@erickson-foundation.org
Watch our website - http://www.erickson-foundation.org
VIDEO REVIEW

Experiential Engagement in Integrative Therapy

By Jeffrey K. Zeig, Ph.D.
Video No. BT03-D1

Jeffrey Zeig’s video tape demonstration recorded December 12, 2003 at the Milton H. Erickson Foundation’s Brief Therapy Conference in San Francisco is representative of the conference’s theme: Essence and Evolution. Zeig demonstrates how to create a dynamic experience in psychotherapy, which he defines as a "symbol drama of change." Hypnosis is demonstrated, but it seems to emerge from the activity and interaction between the volunteer and Zeig. Viewers of this tape will recognize many techniques and gain a sense of the volunteer’s internal experiences. Yet Zeig does not appear as focused on technique as he is on empathizing with the volunteer and using himself to help facilitate an experience which will enable her to access resourceful states. How he goes about doing this is the topic of this video demonstration.

He begins by establishing rapport with the volunteer. Then he empathically elicits what she would like to accomplish: a readiness to change, and a presupposing that she will be successful. Reflecting his early Rogerian training, Zeig listens and reflects back. He elicits specific instances when she exhibits the unwanted behavioral response, her specific avoidant activities. Then he shifts his and her state by standing up and moving off to the side of the chair, fixing her attention by getting her assistance in sculpting his body to represent her problem.
Hypnosis International Monographs, 4, 5, & 6
Burkhard Peter Ph.D. & Walter Bongartz Ph.D., Series Editors
Milton Erickson Society
Munich, Germany

The Hypnosis International Monographs, 4, 5, & 6 continue their fascinating explorations with clinical hypnosis, psychotherapy, and hypnotherapy. Something of interest can be found for everyone, including those sympathetic to physiological, social, cognitive-behavioral and psychological models as a source of paradigms for hypnotic phenomena and treatments.

Monograph 4, Suggestion and Suggestibility: Theory and Research presents a variety of theories and experimental studies, based on an earlier symposium on suggestion and suggestibility held in Rome in the late 1990’s. The first group of articles, General Psychological and Psychophysiological Aspects of Suggestion and Suggestibility are conceptually based, guided by sophisticated technical concepts from systems theory and social psychology. They discuss psychological and physiological aspects of suggestion, often tending suggestibility to social influence. The second section, Cognitive and Social Psychological Aspects of suggestion is more experimental in its emphasis. The social attribution perspective of social psychology is applied to suggestion in these articles. Part III, Suggestion and Hypnosis, offers applications of suggestion as an explanatory concept to specific topics including memory and memory distortion, placebo effect and suggestion mediated by response expectancy and one article on application of suggestion to psychosomatic disorders. The final article is a complex model of threat perception mediated by various factors including hypnosis. With the mix of theoretical and experimental articles, readers can learn at many levels, in many forms.

Volume 5 of the Monographs, The New Hypnosis: Utilization of Personal Resources, will appeal to clinicians interested in gaining new techniques or re-considering their favorite techniques in new ways. The "New Hypnosis" means a client-centered and facilitative approach along Rogerian lines. Zeig’s article articulates useful Ericksonian paradigms for working indirectly with patients. His expert advice involves shifting away from using standardized specific technique towards a nonspecific approach to guiding associations of patients towards therapeutically desirable patterns. Some of the other articles in this monograph offer conceptual models, orienting practitioners to other treatment concerns than just problem solving. Zeig’s article on values is unique, emphasizing that associations can be stimulated and guided by incorporating values into therapeutic technique.

EXPERIMENTAL continued from page 15

Geary’s article on values is unique, emphasizing that associations can be stimulated and guided by incorporating values into therapeutic technique.

When she is satisfied with the sculpture, she spontaneously goes into a trance state. He deepens the trance by reflecting back to her what she is doing, and intersperses suggestions. She becomes so involved in the process that she later reports becoming less and less aware of his presence. When she comes out, he asks her to describe her internal experience, which is vivid and sensory based. Zeig then takes her back into a deeper and more spontaneous trance. This is Ericksonian therapy at its best, including something for all levels of practitioners.

Zeig is demonstrating more than how to do Ericksonian psychotherapy and hypnosis. Recall the theme of the conference: essence and evolution. Audience members drew parallels between gestalt, parts, and externalization. He acknowledged the similarities. For Zeig, at this stage of his career, psychotherapy is "a symbol drama of change," and hypnosis is, like the sculpting, "a way of gift wrapping simple ideas and making them come alive." He believes the congruent dynamic insights expressed by the volunteer were preceded by a dynamic experience. This is one of the reasons he used his body for the sculpting, to take on the other’s experience in order to develop an experiential empathy in a dramatic manner, an empathy realizable by both. He is demonstrating how a therapist can be more flexible, more alive, and more dramatic, and use self for the patient.

Like many who view this video, the question of how to do therapy is predominant in this reviewer’s mind. Zeig’s concern, however, is with how to be a therapist: What he can bring out of himself, to be the best therapist in the moment and with the person. He would encourage therapists to use who they are instead of a particular set of beliefs or orientation, to not let our religion – so to speak – contaminate the other’s reality. This videotape exemplifies the conference’s theme of essence and evolution: The essence of the Ericksonian model, and the ongoing evolution.

Halim A. Faisal, M.S.W.
Thomasville, Georgia
Hypnosis & Counselling in the Treatment of Chronic Illness
David Frank & Bernard Mooney, Ph.D.
Crown House Publishing 2002

From the beginning, the authors of Hypnosis and Counselling in the Treatment of Chronic Illness recognize what seasoned hypnotherapists know – everyone can be hypnotized if they want or need to be - this is especially true for people who are suffering. The authors align Erickson and Carl Rogers as a therapeutic model by briefly discussing how each believed that the client has all the resources required for healing already within them. This is offered as a powerful attitude with which to engage in counseling and hypnosis.

Thin books, only 124 pages of text, demand more from authors. Frank and Mooney have sifted through shelves of history, research and case studies to offer a quietly compelling treatise advocating the use of hypnosis as an integral part of a comprehensive treatment plan for chronic and potentially terminal illnesses. As part of their observations, the authors note cases that have resulted in individuals experiencing remission or cure (individuals who had been previously diagnosed as "imminently terminal") have not been given the attention deserved to such phenomena.

The overall tenet of the authors is that the mind has a significant effect on the immune system. The book begins by offering a succinct historical overview of hypnosis along with addressing the more common myths, misconceptions and fears associated with hypnosis. This could be useful in generating informed participation and support in individuals considered chronically or terminally ill, and their family or other involved individuals. Psychoneuroimmunology is one of the few big words used, making for 'friendly reading' for the non-clinician or physician. Reluctant clinicians and physicians might benefit from the discussion in Chapter 4, Only a Placebo Effect, which addresses the roles of faith, belief, expectation and imagination in hypnosis, counseling and healing.

How to implement hypnosis and counseling with the chronically ill is predominately left to other sources although the case studies illustrate what is possible. The authors offered cases that utilize the client’s own resources and imagery. A particularly clever client generated imagery of herself as a game show winner in which she won bits of herself as the prize until she ultimately won her whole self.

In Chapter 7, Emotional Health, the focus is shifted to the significance of a healthy self-esteem and offers suggestions and references for how to begin establishing self-esteem early with children as well as how to reestablish healthy self-esteem in adults. While the connection is not explicitly drawn in any concluding section – there is the implication throughout the book that creating and maintaining an expectantly hopeful and healthy emotional outlook is paramount in the treatment of chronic and terminal illness.

I am planning to pass this book along to a reluctant oncologist.

Reviewed By
Deborah Beckman M.S., LPC, NCC
Dallas, TX
Practical Uses of Humor for Enhanced Creativity and Effectiveness in Therapy and Life

By Yvonne Dolan, M.A.

Brief Therapy Congress in California in 2003
San Francisco, California
Audiotape BT03-W12a/b

Comments from Eugene Don, Psych
Dnepropetrovsk, Ukraine

Milton Erickson was a pioneer in the therapeutic use of humor, and from his many books and articles, we have excellent examples of his successful use of humor. In the audiotape Practical Uses of Humor for Enhanced Creativity and Effectiveness in Therapy and Life Yvonne Dolan introduces the audience to her own experience and views on using humor in therapy.

The style of the tape is a combination of didactic, audience participation, and exercises integrated with commentary on clinical applications of techniques. It is done with an atmosphere of playfulness. Some parts of the cassette are inaudible due to laughter and lack of microphone use when audience comments were solicited; this interfered somewhat with a full understanding of the presentation, especially for students like myself for whom English is not my native language.

Dolan begins by distinguishing three main forms of humor: (1) Saying the opposite with a twinkle in the eye. (e.g. "Of course you will fail the exam"). (2) Exaggeration (3) Repeating patients' words slowly, so that they can hear the full effect of their own comments.

Dolan's list is expanded following the execution of exercises to include a number of additional strategies including: talking in quotes, cheering a mistake, telling the truth in a light-hearted way, self-deprecation, agreeing with irrationality, minimization, reframing, and shock value.

There are a lot of unusual ideas. Overall the tape was interesting, although some of the exercises are elementary and the relationship to building clinical skills is not immediately obvious. Using humor is like other therapeutic skills that improve with practice. A good sense of humor can help therapists to reduce tension and overcome the different forms of patients' resistances. But I think most importantly, humor helps therapists with their own feelings.

Comments from Roxanna Klein RN, PhD
Dallas Texas

Yvonne Dolan is a well-known Ericksonian who has a solid reputation for effective techniques and congenial style, whose professional strength is her broad appeal for both new and seasoned therapists.

To me an interesting aspect of this presentation was her outspoken commitment that this will be an interactive and participatory exercise, not "boring" as she described previous presentations on humor that she had listened to. She does achieve that, and the overall atmosphere is one in which the audience is clearly having fun at participating! It also was interesting to see how the exercises generated creative thinking. The remarkable diversity with which therapists approach problem resolution was indirectly but effectively demonstrated.

Listening to the presentation, one learns not only about therapy and problem resolution but also about concepts of impromptu comedy and the role that plays in our own interactive experiences.

Dolan presents a string of exercises, the purpose of which is not fully discussed, but implicit within them are the development of fluidity and flexibility of thinking --- "learning to think outside of the box." Although the exercises themselves seemed elementary, and even tangential to professional studies, they were well received by the audience and humorous in their results.

Overall, Yvonne Dolan lived up to her reputation as a creative and effective teacher of technique, and of being able to communicate a broad understanding of the interactive context of therapy and life. I would recommend this Practical Uses of Humor for Enhanced Creativity and Effectiveness in Therapy and Life audiotape for therapists who wish to explore ways to inject a little more humor into their work and daily life.

BOOK REVIEW

OF ONE MIND

The Logic of Hypnosis, The Practice of Therapy


Hypnosis is more widely used today than we talk about, whether used as a means for therapeutic change; when watching a good movie; reading a novel; or when captured by a sunset. Reading Of One Mind (2002) by Douglas Flemons one finds oneself in a trance-like state much like when reading J.K. Rowlings' invented world of Harry Potter. Just as Rowling invents the world of magical wizardry and common folk muggles, Flemons brings to life the logic of hypnosis by writing about authentic case examples. Written for a generation of practitioners who have all but forgotten the meaning and purposefulness of hypnosis, again like Rowlings, Flemons conjures up new terms that convey complex meaning and intertwine relationships that at first seem curious soon bring clarity.

Hypnosis or concordance as Flemons terms his therapy is not a special state, rather a relationship, "...or rather, two special relationships—one between you and me, and the other between you and yourself" (p. 4). Flemons defines concordance as "a heart-and-mind connection (a) between two (or more) people (say, a therapist and a client); (b) between a person and him-or herself; and/or (c) between a person and his or her "problem" (2002, p. 249). For the concordist, boundaries between the way one distinguishes the self and how one makes sense of the who, what, and where, "you" are indistinct (p. 4). As Flemons would have hypnosis portrayed, one is able to dissociate oneself from the roles one creates in daily life and given the freedom to converse and make connections by viewing the transparency of relative boundaries.

Supervision and case examples bring us into the therapeutic world. Chapter 1 begins with explanations of Hypnosis, Concordance, and the Self. Chapter 2 embarks on the Relational Freedom using hypnosis. Chapter 3 discusses Your Relationship with Clients, while Chapter 4 moves to Your Clients' Relationship with You, resulting with Chapter 5 addresses Your Clients' Relationship with Themselves. Finally, Chapter 6 tackles Your Clients' Relationship with Their Problem. These simple titles fulfill the logic of using hypnosis as a relational modality, guiding the reader in the practice of hypnosis.

Reading this book one finds one's fingers turning the pages as if it were a mystery novel. We enter the author's thoughts, actions, and language and are guided to the who, what, how, and why's of hypnosis. Flemons transports himself into readers thought processes as if talking to them directly and taking them on a journey to the ins-and-outs of a concordist's mind. He reveals the special relationship facilitated by hypnosis and in doing so makes known that when we are of one mind, we can challenge our separateness and think in terms of relationships. In the end the mystery solves itself, and as all good novels end, we better understand the context, the people, and ourselves.

Reviewed by
Si-Pui Wong, Ed.S., ABD.
Wendel A. Ray, Ph.D.
Monroe, L.A.
Interviews with Brief Therapy Experts
Edited by Michael F. Hoyt, Ph.D.
Published by Brunner-Routledge, Taylor & Francis Group, 2001
307 pages

Michael Hoyt’s considerable interviewing skills draw a wide range of ideas and feelings from many interesting people in these Interviews with Brief Therapy Experts. We are treated to conversations with luminaries like Steve de Shazer, John Weakland, Michael White, Donald Meichenbaum, Bob Goulding, Karl Tomm, Kenneth Gergen and others. One chapter features Hoyt himself, interviewed by Jon Matthew Carlson.

In his preface Hoyt describes his extensive homework (immersing himself in readings, tapes, and workshops) for each interview. It shows. His questions are informed, considered, and to the point. The footnotes are worth reading, offering quick references for further study, personal insights, or illuminating quotations from other works.

Hoyt adapts his style to his interviewees, ranging from academic to humorous and from formal to intensely personal. Each subject’s personality emerges, an element sometimes lost in an author’s own books and articles. The interview with Karl Tomm contains considerable information about how he works and what he sees as important in therapy. But the strongest impression is the emotional power of the exchange among Tomm, Hoyt and Stephen Madigan. The conversation took place in front of 200 people, but Tomm’s responses are so intimate that he repeatedly chokes up. Once, Hoyt inserts the poignant editorial note, [weeps]. Tomm speaks eloquently about respect and equality; his vulnerability communicates the meaning even more deeply than his words. Hoyt’s willingness to let the conversation go where it will says a lot about his sense of trust.

A few chapters examine the rarified philosophical underpinnings of therapeutic forms variously described as constructionist, constructivist, post-modernist, and anti-realist. This will be a selling point for some readers and a turn-off for others. In the most freewheeling of these, Scott Miller speaks of how these points of view help him to "open up some possibilities … challenge my own presuppositions." Still, he says, the discussion can make him "glaze over … when it goes one step beyond … and we start talking about what really is or is not out there …" Much time is spent debating whether external reality exists at all, or whether it is entirely a construction of mind and language. I was at times annoyed by this ("OK, guys, when do we start debating how many angels can dance on the head of a pin – if the pinhead exists, of course!"). But at other times impressed by how often the speakers demonstrated that their thinking had direct application to a therapist’s responses to real clients.

Interviews with Brief Therapy Experts covers a lot of ground, from using de Shazer’s Miracle Question to considering what nature of reality. Everyone involved is smart and committed and has important things to say based on significant experience – not least of which is the editor. Hoyt conducts a lively interview, and his subjects come through for him and for the reader. Perhaps the best praise is that I often found myself thinking of my own practice and how I might want to change it in light of what I was reading. Recommended.

Reviewed by
Will Handy, LCSW
Milton H. Erickson Institute of Dallas

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Visit Our Website:
www.erickson-foundation.org
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www.topica.com/lists/EricksonList
"Facilitating the Four-Stage Creative Process in Psychotherapy" by Ernest Rossi is an excellent means to understand how creativity occurs when people are in trance. The video is filled with explanations that can help both experienced and novice therapists. This approach looks at psychotherapy from a psychobiological perspective, because it focuses on gene expression, neurogenesis, and brain plasticity. Dr. Rossi talks about how Dr. Erickson referred to psychotherapy as a neuropsychophysiological process. Because there is a special focus on biological processes, we also learn that gene expression is dependent on behavior and interaction with the environment. We know that when we practice something, a learning process occurs, and as a result of this a new ability is developed.

Diagrams of cycles that occur during both awake and sleep cycles help learners understand that each cycle consists of three stages: Right before the Arousal period, there is data collection. Incubation starts, as a previous stage before Crisis. Once the person resolves the problem, in other words when the Crisis is over, an Illumination period takes place and then it is followed by Relaxation.

Clients and therapists may not know on a conscious level what exactly happened. Nevertheless, if we are careful to observe the changes that occur when our clients are in trance, we will be able to notice that the problem has been solved (such as those deep breaths, when a client relaxes after solving their problem whatever that might have been). A diagram explains fascinating things that occur when we dream. I really enjoyed learning that when we have a meaningful dream that reflects something outstanding in our real life behavior, a certain gene is turned on. This gene, 268, is a brain growth factor that facilitates neurogenesis. Then if we have an ordinary day with no meaningful dreams, 268 is not turned on. Dr. Rossi found there is an important relationship between these factors and psychotherapy.

The video also includes an explanation about three stages that take place during both awake and sleep cycles. Every one and half-hours, this cycle repeats.

Dr. Rossi asks for a volunteer who wants to talk about a recent dream that was "surprising, novel and fascinating," even if the person has no idea what it was about. I found that teaching this process through an example was quite useful. I also liked how he emphasized the importance of the subject only discussing things she felt comfortable with, especially when talking in front of an audience. "Iko," who accepts to volunteer, talks about a dream where a "motherly, goddess-like woman" came to her and touched her.

As Iko is describing her dream, Dr. Rossi encourages attendants to observe how she shows signs of spontaneous trance, eye catalepsy, and relaxation, among other things. Dr. Rossi exemplifies the stages he had previously described in the diagrams with Iko’s reactions. As I was watching, I remembered Dr. Erickson’s utilization principle, to utilize patients’ resources while respecting them. Here it is also possible to observe how breathing patterns change and relaxation occurs as the subject reaches a "resolution" phase.

Dr. Rossi’s video is great. As I reviewed it I learned, and many times had to rewind it, because I was spontaneously entering my own trance while enjoying it.

My deepest thanks to the Milton H. Erickson Foundation and to Alex and Annellen Simpkins for "letting my brain” work on this review.

Reviewed By
María Escalante Cortina, Psychotherapist
Mexico City
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Dreams are highly valued by healers; they connect the dreamer with the spirit world, with ancestors and can be used to create healing ceremonies.

Wisdom from shamanistic healing practices and traditions has been long ignored by Western cultures that place more value on empirically-based scientific studies and technology, despite regular changes in health directives. Jeffrey Kottler, Jon Carlson and Bradford Keeney, authors of American Shaman, are all respected psychologists, each having authored many influential books. Together, they have written a fascinating account of Keeney’s evolution from early studies with Gregory Bateson and Heinz von Foerester, through his distinguished academic career and to his present studies of healing traditions thousands of years old. During this decades-long passage, Keeney, currently Vice-President of Cultural Affairs at Ringing Rocks Foundation and Cultural Anthropologist at the Mental Research Institute, has earned acceptance as a shaman in his own right.

Kottler and Carlson journeyed with Keeney to the Southern African Kalahari Desert to witness healing ceremonies and rites. Their book centers on that trip, conceptualizing Shamanism for those with a more-Westernized understanding of healing.

Accepted wisdom in the Western world seeks understanding; other cultures focus on meaning which is not the same as understanding. Understanding is unnecessary for change and in fact, understanding best serves when it holds a great amount of respect for that which cannot be understood. The shaman’s way, Keeney says, is to “stop trying to make sense of things and just to appreciate them.” (p 147) The world, especially that of spirits, is so complex that is impossible to understand much of life, another’s problems, and even ourselves completely.

Traditional psychotherapy seeks theory, explanations and hypotheses, relying on the notion that these create order and control. Shamanistic traditions welcome mysteries, the “un-understandable” facets of life, and use prayer, music, movement and even violent dancing to create possibilities for the unexpected to occur in people’s lives. Even by Western definitions, prayer, music, and movement create altered states of mind which can open new paths for the person. Shamans also recognize that they are exactly the same as their “patients”—both are partners in changing and healing takes place for them both. This is quite different from Western therapy, where a client comes to receive treatment from an expert.
Some discussion about healing practices feel familiar to Western trained minds. Dreams are highly valued by healers; they connect the dreamer with the spirit world, with ancestors and can be used to create healing ceremonies. Keeney defines this more precisely, saying it is important to show respect to the source of dreams and act upon its behalf. "We give it the same attention we would anything in the physical world." (p199)

Many Native American rituals involve a task that brings dreams which are created by the spirit world, into the physical world. The authors give the example that a Native American medicine man could ask a person who dreamed of a striped horse to paint stripes on a piece of wood and carry it as a totem—or to paint stripes on a horse and ride it until the stripes wear off.

This is easily seen as a homework task, familiar to Western thinking—where dreams spring from the unconscious. But, as most therapists know, homework tasks often make no logical sense; their meaning occurs outside the bounds of understanding. This, obviously, fits neatly within the framework of Shamanism.

There are several examples of healing rituals included from Keeney’s own experiences and from the ceremonies Kottler and Carlson watched in the Kalahari. Kottler even participating in one. The book is complex but simple, a metaphor for one of its premises—meaning transcends understanding.

An Ericksonian practitioner reading this thought-provoking book will be reminded of the universality of good therapy, helping and healing. All readers can see that American Shaman offers a bridge of appreciation for far-reaching traditions that go beyond cultural confines. Most importantly, anyone who spends time with this wise, entertaining and multi-leveled book will think, wonder, and grow. There is no higher praise that I can offer.

Reviewed by
Betty Alice Erickson, M.S., L.P.C.
Dallas, TX
Audio Review

Pathways to Possibility with Difficult Cases

Scott Miller, Ph.D.
Brief Therapy: Essence and Evolution
San Francisco, California 2003
Audiorecord No. BT03-W11AB
See page 21 for ordering information

What works in psychotherapy? What works with difficult cases? In this two
part audiorecord series "Pathways to Possibility with Difficult Cases" from the
2003 Brief Therapy Conference, Scott Miller, Ph.D. addresses these questions.
Miller packs a lot of knowledge from his extensive research and practice into
these tapes. His style is humorous, engaging, fast-paced and accessible. He uses
case studies and videotape presentations to create an experiential learning envi-
ronment. His position on what works does not come from the "worried well;" he
uses case and research examples from the treatment fields of substance abuse,
serious mental illness, disability, and the homeless. In this presentation he also
addresses practical concerns of therapists such as documentation, managed care,
and how to get paid.

The listener can easily relate to Miller’s examples and work. He uses
Ericksonian language and spontaneous responses with the audience. In the first
part of the tape he builds the suspense, enticing the audience to wonder what
really works with these difficult clients.

Miller begins the presentation by examining different types of "impossible"
or "stuck" clients that therapists work with, inductively soliciting examples from
participants. He then discusses trends in diagnosis, treatment and theoretical
perspective. As he presents information he interprets the data clearly, concisely and
in a way that is credible, although he humorously omits the statistics and num-
bers.

Miller refers to his website http://www.talkingcure.com. This useful website
has information about what works and what doesn’t work. It offers free forms
to access client outcomes. A fascinating part of the website is the "Baloney
Watch" that presents the latest psychotherapy fads that do not work.

As Miller discusses what works and what doesn’t work, he explains the dif-
ference between evidence based practice and practice based evidence, or out-
come informed practice. As he explains this, I wondered whose side he was on
—the side of evidence based practice or the "other side," that which is skeptical of
evidence based practice. I listened further, and saw that his bias was on
achieving positive outcomes with individual clients.

In this audiorecord, Miller provides some significant information: that success
in treating "impossible" clients is not related to diagnosis, the theoretical per-
spective used, the training of the therapist, or quality assurance. Client success
in difficult cases is more often associated with the client’s perspective of the
client/therapist alliance, and from knowing and utilizing the client’s theory of
change. The use of client feedback and therapist flexibility, important features of
Erickson’s work, is emphasized in this 21st century, outcome-informed, practical approach.

The use of client feedback and therapist flexibility, important features of
Erickson’s work, is emphasized in this 21st century, outcome-informed, practical approach.

The final section offers practical methods and interventions that can be used
to deal with anxiety and trauma. The chapter on "The scramble technique" is a
method for utilizing a client’s natural abilities to inhibit a symptom and replace
it with new resources. Lankton lays out a six-step process, explaining it with case
examples. He also offers an association/dissociation method for regaining abili-
ties that have been lost after trauma. The book ends with a verbatim case descrip-
tion of a client with a history of early family violence followed by commentary.

Assembling Ericksonian Therapy: The Collected Papers of Stephen Lankton
is a well-written and thought provoking collection from a pioneering master that
will be useful for anyone doing hypnosis, hypnotherapy, and brief therapy.

Reviewed by
C. Alexander Simpkins, Ph.D. & Anellen M. Simpkins, Ph.D.
San Diego, CA.
AUDIO REVIEW

Brief Therapy With the Borderline Client
W. Michael Munion Ph.D.
Brief Therapy Conference 2003
San Francisco, CA
Audiotape No. BT03-WS32AB
See page 21 for ordering information

Brief Therapy with the Borderline Client is the two-tape audio recording of a workshop in which W. Michael Munion, PhD masterfully teaches his audience using a structure parallel to that of the therapy he’s teaching.

Munion begins by setting up realistic boundaries and expectations for his audience. He is not going to teach "How to Cure a Borderline is Six Sessions,"

The primary goal of this brief, solution-focused therapy is that the client will experience success, something they may not experience very often.

although, much like their clients, his listeners come hoping for magic. Rather, he explains his method of targeting a single issue, and keeping the client focused on improving that facet of their life. The primary goal of this brief, solution-focused therapy is that the client will experience success, something they may not experience very often.

Munion next reviews several classic theories on the origin of Borderline Personality Disorder. He presents the Kernberg's and Moeller's portrayal of the development of personality disorders. He reviews also James Masterson's important work on the distinction between narcissistic and borderline personalities, and the object relations view of treating Axis II disorders.

Munion then delves into the present, reviewing contemporary research on personality disorders, the likelihood of comorbidity in these disorders, and the phenomenology of symptoms commonly demonstrated by clients diagnosed as Borderline. Each of these aspects is examined and, using solution oriented methodology, Munion conveys specific skills with which therapists can generalize to assist their own clients in countering those symptoms.

This workshop format is analogous to the therapy Munion is teaching. The clients initially may want to come in and review the history of everything that has gone wrong in their lives, which they see as the cause of their difficulties. After acknowledging and respecting the reported history, the therapist orients his them to the present, establishes the limit and scope of the current therapy, and begins to set an eye on the future. Munion asks, "How is this affecting you now? What would you like to change in the six sessions we have?" In this brief therapy, the client is assisted in acquiring skills they can generalize in the future to other aspects of his or her life. There is also the expectation that clients may have multiple episodes of brief therapy. Munion cites examples from his own practice to provide experiential applications of the concepts he is teaching, yet leaves the listeners to expand on the concepts presented to fit the needs of their own clientele.

This outstanding workshop offers immediately applicable information. The presentation is well organized, and comprehensive. It provides theory and research as well as application. Munion mixes humor with his professional, user-friendly style. At one point late in the tape, he refers to a cartoon being shown to the audience at the workshop. Addressing the audio listeners he teases, "If you want to know what is on the cartoon, you'll have to come to the workshop." Acceptance of this invitation is highly recommended.

Reviewed by
Sharon McLaughlin, M.A.
Lakeport, CA.

The Milton H. Erickson Foundation Newsletter VOL. 24, NO. 2

INTERVIEW

continued from page 9

later years when I did human-rights work, Roxanna Erickson Klein, once told me, "I know you've been doing some work with torture survivors, and I want to tell you something I think Daddy would want you to know... do you know how Daddy suffered paralysis down to the use of one eye?" He used to say, 'I find that to do anything is pleasing.' And I think in your work with torture survivors if you understand that...you can help them benefit.

A person comes out of torture no longer who they were, and they'll never be who they were again. They have to start with anything they can find pleasing...start there. Not only did I get it for torture survivors, but others including battered women. Whoever is depersonalized, which happens to anyone -- seriously ill, divorced men and women, women when their children leave home, a man whose partner dies-- you wake up and you aren't who you were. One project I'm working on is about making the smallest change, not overcorrecting.

Erickson once said, "If you can't say something to suggest that a person lift their finger, do you think you can help them go home and change their life?" He'd learned that even the smallest cataleptic movements embodied possibilities for people. If they could make any movement, heartened by the smallest change positive or negative, people will go on to make changes. If you have a terrible situation and you can make it worse, if you feel you can influence it at all, it gives you power over your life. Milton's thinking was so different from the rest of the field at that time.

SM: So the client then influences the symptom?

MR: Erickson spoke to the body. Today, with the overuse and abuse of psychopharmacology what upsets me is, he was just starting to teach people how to talk to the body, and how to affect biochemistry. He understood all these things because of his work with his own body. I spoke earlier of all the mentors I had. His mentor was polio. He had to learn to move again in small steps. He learned everything from this terrible disease, and knew of the mind/body relationship. He understood pain management, which is key to any symptom. We all hurt in some way. He worked with people to find their own way to manage their own discomfort, rather than make it all just go away.

SM: You use these concepts in your teaching and your work?

MR: After leaving a university position in Seattle, I decided to teach. I looked at my old videotapes from Philadelphia Child Guidance Clinic, and I was going to use them to teach. I had one of a family, but as I watched I observed that the parents and I basically suggested things to the young man which activated his symptoms. He came in the therapy room without symptoms, thinking clearly and having no chest pains. Instead of seeing my magnificent work at hand, I saw that somehow we, his parents and I, elicited his symptoms. Thinking of my teaching career, I said, "This is terrible." Then I realized, "No. This is how symptoms are produced. So I watched over and over, and used the Rossi Erickson paradigm - 5 steps, there it was. The family had spontaneously followed their model, and I had unwittingly allowed it. Thank God, I did wake up in the tape. But from then on, I understood that what therapy entailed was a counter-induction. I learned all this from watching this process. Now, I let people do their thing to each other, I let it unfold. I study how their symptoms get activated, and that tells me how to do my work.

SM: What projects are you working on now?

MR: Teaching workshops. Couples workshops. I really want to teach a select population of good people--people who work with clients because they care about humans as a species-- and want to better the world and see the species evolve.

I'm also doing poetic inductions. Erickson was a great storyteller. I can tell some stories, and I learned a lot from his stories, but I am a poet. One of my first loves is poetry. Poetry is the language of the unconscious mind. So I thought, "Why don't you do what you do instead of what he does?" I've never been a follower of Milton's. I was inspired by him. People would call me an Ericksonian. I think Milton's stomach would turn if he thought of people calling themselves "Ericksonian." I once asked

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Milton, "Are you telling me just to be myself? And trust my intuitions? He said, "I certainly hope that's the message you're receiving."

So I do poetic inductions, on different suggestive levels because I'm very socially minded, I'm always seeing four levels at least, individual, social, family, and spiritual. I feel that poetic inductions in favor of human decency give people alternatives to the negative hypnosis by the media and social structures and concepts that exist: homophobia, uselessness of 50-year-old women, not having a skinny body, excessive fear of The Other. We need ongoing sources of counter-inductions to the prevailing media models. The first poetic inductions I delivered were against hate movements. I do them at workshops because I want to do them en mass.

In couples work, there's a way to respond to each member of a couple so that you (short of one being in danger) take sides equally. My job is to find a higher order resolution of the conflict. I think that can be applied on a more global level. What is the possible project of these people toward the future? If you look at each country in a conflict as a member of a couple, and work on putting aside what has happened in the past, you cannot compensate for loss or the disaster of what happened in the past, but you can orient countries and couples toward a slightly brighter shared future.

How do we take our real disappointments and pains and move on to the future?

You can't tell people to drop it, or to forgive, but you can teach them to forget. To forget means to put away. Hypnosis teaches us the mind has a foreground and a background. Hypnosis goes into the background of the mind, and brings it into the foreground. Forget means I'm going to take what you did, and it and put it on the shelf back there so we can move forward. I know it's there.

SM: So you spell it f-o-r-e-g-e-t?
MR: Exactly. Erickson was a pragmatist. He taught you can forget, you still have a resource for self-protection, you can take it down if you need it again, but for now, to move ahead you can put it to the side. But you do not have to forgive, in my opinion, for healing and evolution to take place.

One time, Erickson asked me what was my definition of psychotherapy? I said something like, 'planning a strategy to make people change.' He said, "In psychotherapy the therapist changes nothing. You create the circumstances under which the individual can respond spontaneously out of change...then heartened by the possibility of change no matter how small positive or negative, they will go on to make other changes."

SM: Back to the smallest move of the finger.
MR: Yes. Back to the smallest move of the finger. The heartening possibility of change.

SM: Thank you for taking the time this afternoon to share your experiences and insights.
MR: Thank you, Sharon, for an enjoyable afternoon.

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