



The Milton H. Erickson Foundation NEWSLETTER

The Milton H. Erickson Foundation, Inc.
3606 North 24th Street
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U.S.A.
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Michael D. Yapko, Editor / 2525 Camino del Rio S., Ste. 225 / San Diego, CA 92108

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Volume 7, Number 2

Summer 1987

Editor's Notes

As I begin my new role as editor of this newsletter I want to acknowledge the many fine contributions of Bill O'Hanlon, the founding editor. In addition to informing readers, the newsletter has provided a cohesiveness to the many individuals interested in Ericksonian approaches to hypnosis and psychotherapy. Bill worked very hard to make this newsletter excellent, and his efforts are greatly appreciated.

Certainly one of the key attributes of Ericksonian approaches is the emphasis on the future rather than the past. With this in mind, I am developing goals for the newsletter that I believe will enhance its value to readers. I also hope those who enjoy going to their mailbox and finding a newsletter there will use that good feeling to motivate themselves to offer input. Your feedback means a great deal and will be welcomed.

In future newsletters, new columns will be added, while certain familiar ones will remain. A "Letter to the Editor" column is hereby established, so *please* write. Share views, techniques or whatever else seems important that related to the Erickson movement. Also added to the newsletter is "An Interview With..." a regular column in which prominent clinicians will express their ideas and feelings. The first such interview with Paul Watzlawick is in this issue.

I look forward to making this newsletter an ongoing source of information and contact. Please keep the newsletter in mind when you become aware of events or literature that others also may be interested in knowing about. With your input, the newsletter can evolve into an even more valuable source of information.

— Michael D. Yapko, Ph.D.

Notes From The Foundation

The Milton H. Erickson Foundation has acquired additional property adjacent to the Foundation's offices at 3606 N. 24th St., in Phoenix, Arizona. Remodeling on the building has been completed. The building will be utilized as a low-fee, sliding scale clinic. We will offer quality mental health care mostly to Phoenix-area residents but also to others around the country who seek treatment from Ericksonian practitioners. We also are in the process of reviewing applications for the position of director of the clinic and for psychotherapists interested in practicing part-time at the clinic.

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The Erickson Foundation staff is working through recent transitions with the resignation of Sherron S. Peters, the Foundation's founding administrative director. Sherron's contribution to the Foundation was great. Though the changes are proceeding smoothly, her presence is sorely missed.

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Foundation Administrative Assistant Lori Weiers is recovering at home from a recent illness. We all wish her a speedy recovery and hope to have her back in the office soon.

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The Erickson Foundation is "taking a year off" from its large meetings this year. We are concentrating our efforts in 1987 on the Sessions with the Masters workshop series, along with making some plans for the future.

The Foundation has sponsored two Sessions with the Masters to date. Carl Whitaker, M.D., and Joseph Wolpe, M.D., both faculty members of the Evolution of Psychotherapy Conference, held workshops in March and April, respectively. These workshops were outstanding, and we appreciate the opportunity to have worked with Dr. Whitaker and Dr. Wolpe.

We are planning other workshops in Phoenix for the Sessions with the Masters series. James Masterson, M.D., will come October 10 and 11, 1987, and Ernest Rossi, Ph.D., will offer his workshop Dec. 5 and 6, 1987. Publicity on those events is forthcoming.

Scholarship Applications Being Prepared

The Milton H. Erickson Foundation is preparing revised application forms and instructions for the 1988 Evolution of Psychotherapy Conference Scholarships.

Two \$2,500 scholarships will be given to two graduate students in mental health programs at accredited institutions.

For information, please write the Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, Arizona 85016 **AFTER JUNE 30, 1987.**

Winners will be announced in late 1987.

An Interview With Paul Watzlawick

Paul Watzlawick, Ph.D., was interviewed by Michael Yapko March 6, 1987. Dr. Watzlawick was in San Diego to serve as keynote speaker at the recent Third Annual San Diego Conference on Hypnotic and Strategic Interventions. The following excerpts represent some of the most interesting parts of the interview.

M.Y. The things I said in introducing you this morning — for example, the many contributions of MRI and of you in particular have obviously had tremendous impact. I'm curious how you would assess your influence on what has happened.

P.W. You know, Newton is supposed to have once said that "If I saw farther than others, it was because I stood on the shoulders of giants." We at MRI can say the very same thing, the three giants being Bateson, Jackson, our founder and first director, an incredibly gifted therapist, psychiatrist, and, Milton Erickson, of course. So, these were the people who influenced our thinking. Before I got to Palo Alto, I was still, at least theoretically a Jungian analyst. I had taken my training at the Jung Institute in Zurich. I had gotten my diploma there and had even risen to the sublime rank of training analyst, even though I've never trained anybody... so I was on my way back to Europe, but I stopped over at Temple University. In those days, John Rosen was very famous for the psychotherapy of schizophrenia, application of psychodynamic principles to the psychoses,

continued page 3

Newsletter Business

The closing date for material to be included in the next newsletter is **July 15**. Announcements, news items, letters to the editor and whatever else may seem appropriate for the newsletter **must** be received by Michael Yapko by that date. All correspondence regarding the newsletter should be sent to Michael at his address: 2525 Camino Del Rio South, Suite 225, San Diego, Ca. 92108. Paid advertising, except upcoming training announcements must be sent directly to the Foundation in Phoenix, 3606 North 24th Street, Phoenix, AZ 85016.

Videotapes of The Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

Demonstrations of Ericksonian Hypnosis and Therapy Available for Purchase

- | | |
|--|---|
| <input type="checkbox"/> 86 D-1 Enhancing Therapeutic Responsiveness,
Jeffrey K. Zeig, Ph.D. | <input type="checkbox"/> 86 D-4 Hypnosis to Alter Affect,
Joseph Barber, Ph.D. |
| <input type="checkbox"/> 86 D-2 Rehearsing Positive Outcomes with Self-Image Thinking,
Carol H. Lankton, M.A. | <input type="checkbox"/> 86 D-6 Family Therapy and Hypnosis,
Stephen Lankton, A.C.S.W. |
| <input type="checkbox"/> 86 D-3 Using Dreams to Facilitate Hypnotherapy,
Ernest Rossi, Ph.D. | |

All "D" Programs are two-camera shoots with stage lighting.

- | | |
|---|--|
| <input type="checkbox"/> 86 M-1 Hypnosis for Enhancing Emotional Intimacy and Sexual Desire,
D. Corydon Hammond, Ph.D. | <input type="checkbox"/> 86 M-5 Problem-Solving Women's Issues Through Hypnosis,
Noelle Poncelet, Ph.D. |
| <input type="checkbox"/> 86 M-2 Naturalistic Hypnosis Without Erickson's Genius,
Daniel L. Araoz, Ed.D. | <input type="checkbox"/> 86 M-6 Double Inducted Triple Dissociation,
Norma Barretta, Ph.D. and Philip Battetta, M.A. |
| <input type="checkbox"/> 86 M-3 Therapeutic Metaphor,
David Gordon, M.A. | <input type="checkbox"/> 86 M-7 Stimulating Critical Moments and Providing Therapeutic Alternatives: A Dual Induction Approach,
Ronald A. Havens, Ph.D. |
| <input type="checkbox"/> 86 M-4 Building Expectancy of Change,
Michael D. Yapko, Ph.D. | <input type="checkbox"/> 86 M-8 Directive Relationship Counseling,
Bill O'Hanlon, M.S. |

All "M" Programs are one-camera shoots and are **not** available in PAL.

Prices: 1/2" Beta or VHS — \$75⁰⁰ each;

3/4" U-Matic — \$90⁰⁰ each**

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

Ordering Instructions: Check the tapes desired. Indicate the tape format which is compatible with your equipment and mail to the Milton H. Erickson Foundation, Inc., 3606 North 24th Street, Phoenix, AZ 85016. Make checks payable to the Milton H. Erickson Foundation. Expect delivery in 4 to 6 weeks.

Total Number of Video Cassettes Ordered: _____ Tape Cost: \$ _____

Format Required:

_____ Beta 1/2" _____ VHS 1/2" _____ U-Matic 3/4" Shipping & Handling*: \$ _____

*Please add \$5.00 per order for postage and handling.

Foreign orders add an **additional** \$5.00 per tape for postage.

1.2% Sales Tax (AZ residents only) \$ _____

We honor MasterCard VISA

TOTAL COST: \$ _____

Account # _____ Exp. Date _____

Name: _____ Degree: _____

Address: _____ Major: _____

City/State/Zip: _____ University: _____

Country: _____ Lic./Cert. Type & Number: _____

Daytime Telephone No. _____

**PAL copies of some programs are available at additional cost.

Write to The Erickson Foundation for information.

UPCOMING TRAINING

(NOTE: The Erickson Foundation lists workshops as a service to Newsletter subscribers. We cannot attest to the quality of training provided in these workshops. A \$10.00 fee is required for each workshop submission.)

DATE	TITLE/LOCATION/LEADER	CONTACT
5/11-15/87	Congress on Family Therapy; Prague, Czechoslovakia.....	1
5/16-17/87	Ericksonian Psychotherapy; Salzburg, Austria; Jeffrey K. Zeig, Ph.D.....	2
5/27-31/87	Hypnotic Patterns; San Pedro, CA; Bretto.....	3
5/30-6/2/87	Ericksonian Approaches; Melbourne, Australia; Michael D. Yapko, Ph.D.....	4
5/30-6/2/87	Clinical Supervision; New York, NY; Stephen Gilligan, Ph.D.....	5
6/6-7/87	Strategic Therapy; Sydney, Australia; Yapko.....	6
6/6-7/87	Generative Approaches to Ericksonian Psychotherapy; San Francisco, CA; Gilligan.....	7
6/16-20/87	Generative Approaches to Ericksonian Psychotherapy; Zurich, Switzerland; Gilligan.....	8
6/19-21/87	Esalen Institute; Big Sur, CA; Zeig.....	9
6/20-21/87	Awareness and "The Fertile Void:" Integrating Gestalt and Ericksonian Approaches to Psychotherapy; Phoenix, AZ.....	10
6/21-23/87	Generative Approaches to Ericksonian Psychotherapy; Heidelberg, W. Germany; Gilligan.....	11
6/26-28/87	Generative Approaches to Ericksonian Psychotherapy; Munich, W. Germany; Gilligan.....	12
7/2-5/87	Generative Approaches to Ericksonian Psychotherapy; Vienna, Austria; Gilligan.....	13
7/6-8/87	Solution Oriented Counseling; El Paso, TX; Bill O'Hanlon, M.S.....	14
7/11/87	Directive Relationship Counseling; Albuquerque, NM; O'Hanlon.....	15
7/12/87	Eating Disorders; Albuquerque, NM; O'Hanlon.....	15
7/13-17/87	Ericksonian Therapy; Cape Cod, MA; O'Hanlon.....	16
7/18-19/87	Solution Oriented Therapy; Pittsfield, MA; O'Hanlon.....	17
7/31-8/2/87	Training in Ericksonian Hypnotherapy: To Be Effective in Application; Santa Cruz, CA; Zeig.....	18
7/31-8/2/87	Solutions-Pseudosolutions-Ultrasolutions; San Francisco, CA; Capra, Elkaim, Fisch, von Foerster, von Glaserfeld, Papp, Richeport, Satir, Sifneos, Watzlawick, Weakland.....	19
8/3-14/87	Intensive Clinical Training in the MRI Approach; San Francisco, CA.....	19
8/6-9/87	Clinical Supervision; Vancouver, BC; Gilligan.....	20
8/12-16/87	Generative Approaches to Ericksonian Psychotherapy; Toronto, ON; Gilligan.....	21
8/29-9/1/87	Clinical Supervision; New York, NY; Gilligan.....	5
9/10-11/87	Integration of Modern Hypnotic Techniques into Clinical Practice; Piscataway, NJ.....	22
9/11-12/87	Therapeutic Trances; Kansas City, MO; Gilligan.....	23
9/12/87	Ericksonian Therapy for Phobias; San Diego, CA; Higgins.....	24
9/11-13/87	Ericksonian Psychotherapy; Williamsburg, VA; Zeig.....	25
9/17-26/87	Clinical Hypnosis; San Diego, CA; Yapko.....	24
9/25-28/87	Generative Approaches to Ericksonian Psychotherapy; Santa Fe, NM; Gilligan.....	26
9/26-27/87	Innovations in Clinical Hypnosis; San Pedro, CA; Barretta.....	3

Interview continued

something Freud had thought was impossible because the psychotic cannot establish a transference. It was there I came across the work of the Bateson group. The Bateson group was outstandingly interesting and I decided to go to Palo Alto for six months, maybe a year, and see what they were doing before going back to Europe. This has now been 27 years. When I got there, the Bateson group had already brought out their most important contributions - the double-bind theory. There were a number of other papers. Haley had written some of his very revolutionary books. Jackson was doing a kind of therapy that left me speechless, because it was so elegant and so "here and now" oriented. He worked with a minimum of history. Then I had not yet met Erickson, but Jay Haley and John Weakland had been to Phoenix many times, had interviewed, worked with, and watched Erickson, and brought

back the idea that if you can get people to behave differently then they may find different ways of coping with their problems, without necessarily arriving at an insight.

M.Y. Despite your training, you were open and receptive to the concept of "here and now" kind of work generating behavioral change? Philosophically, you did not have any trouble with that?

P.W. No, no. I think I slipped into this "cybernetic" thinking. It made sense immediately to me. Needless to say, there was a difficult period of adaptation, giving up the Jungian view with its emphasis on the intrapsychic and coming over to a view that, from a Jungian or even from a Freudian point of view, is terribly superficial because it does not go into the depth, it does not go into the causes. But it was less difficult than I would have imagined. It aroused my interest. Bateson had a marvelous way of getting people to see things

continued page 9

CONTACT INFORMATION

1. Michael Vancura, Radistu 620, Praha 6-Ruzyne, Czechoslovakia, OR Dr. Peter Bos; 417 01 Dubi; P.O. Box 14; Czechoslovakia.
2. Peter Schutz; NLP - Sekretariat; A-1140; Teyberg, A/19 Austria.
3. Southern California Center for NLP; Peggy Bongiovanni, Director; 929 Barhugh Place, San Pedro, CA 90731. (213) 833-4234.
4. Australian Society of Hypnosis; Dr. Robert McNeilly; 178 New Street, Brighton 3186, Australia.
5. Eileen Shields; 201 E. 21st Street, #11P; New York, NY 10010; (212) 473-7079.
6. Australian Society of Hypnosis; Dr. Andrew Leon; 293 Malabar Road; Maroubra, 2035 N.S.W. Australia.
7. N. California Society of Clinical Hypnosis; C/O Pam Zelnick; 1535 Spruce; Berkeley, CA 94709. (415) 843-6737
8. Franz Wurm; 8032 Forchstrasse 103; Zurich, Switzerland; 01/53 55 85.
9. Nancy Lunney; Esalen Institute; Big Sur, CA 93920.
10. Gestalt Institute of Phoenix, AZ; 4302 N. 32nd St.; Phoenix, AZ 85018; (602) 955-9298 OR (602) 432-2101.
11. G. Schmidt, B. Trenkle; Bergstr. 36, 6901 Wihelmsfeld, West Germany; 06220 6333.
12. MEG e.V.; C/O Burkhard Peter; Konradstr. 16, Munich 40 West Germany; 089 641 2599.
13. P. Schutz; C/O Helmut Jelen; Rohrbacherstr. 1 0, A-1130; Vienna, Austria; 43 222 822 317.
14. University of Texas Dept. of Educational Leadership and Counseling; Jimmy Walker; El Paso, TX 79968-0567; (915) 747-5300.
15. Stephen Wolinsky; 122 Dartmouth S.E.; Albuquerque, NM 87106. (505) 265-0607.
16. Robert C. Guerette, M.D.; New England Educational Institute; 77 Wendell Avenue; Pittsfield, MA; 01201. (413) 499-1489.
17. Phil Prjma; Berkshire Medical Center; Pittsfield, MA 01201. (413) 499-4161, ext. 2145.
18. George Ingram; Continuing Education Specialist; University of California Extension; Santa Cruz, CA 95064.
19. MRI Conferences; 555 Middlefield Rd.; Palo Alto, CA 94301; (415) 321-3055.
20. Harvey Plouffe; 989 Plecas Place; Nanaimo, B.C., Canada V9R 5R7; (604) 753-9258 or 755-2315.
21. Marilyn Atkinson; 874 Sawcut Alley; Vancouver, B.C. Canada V5Z 4A3; (604) 872-1185.
22. Harriet Hollander, Ph.D.; University of Medicine and Dentistry of New Jersey; Community Mental Health Center of Piscataway; 671 Hoes Lane; Piscataway, NJ 08854-5633; (201) 463-4068.
23. Matrix; 7447 Holmes Road; Kansas City, MO 64131; (816) 363-3313.
24. The Milton H. Erickson Institute of San Diego; 2525 Camino Del Rio South, Suite 225; San Diego, CA 92108; (619) 295-1010.
25. Sally Franek; 416 S. England St.; Williamsburg, VA 23185.
26. New Mexico Erickson Institute; Robert Weiss; 815 Gold S.W.; Albuquerque, NM 87102; (505) 242-2998.

Book Review

Taproots: Underlying Principles of Milton Erickson's Therapy and Hypnosis

by William Hudson O'Hanlon
Published by Norton, 1987. \$19.95

The book jacket says that *Taproots* is destined to become the recommended "first book on Erickson." That may well be the case. *Taproots* is a simple, easy to read book that describes clearly the basic assumptions and patterns associated with Ericksonian approaches to hypnosis and psychotherapy. For those therapists who have little or no background in strategic therapy or hypnosis, *Taproots* will familiarize them with the most integral methods. Therapeutic patterns are well defined, and O'Hanlon has provided clear examples of each.

O'Hanlon likes to describe *Taproots* as a "Cliff's Notes" for Ericksonian approaches. As such, central principles are presented, but without the elaborate detail that readers can get from other works on Ericksonian approaches. Thus, the true value of O'Hanlon's work will prove itself when newcomers to Ericksonian approaches become excited by the possibilities and go on to pursue further expertise.

Taproots is divided into three sections. The first, called "Generic Patterns," describes the

principles and patterns of influential communication and gives examples of each drawn both from Erickson's work and the author's. The second section, "Elements of Erickson's Therapy and Hypnosis," includes chapters on phases, elements, and frameworks for understanding Ericksonian approaches. The third section, "Further Resources," provides a description and commentary of the various books, audiotapes, and videotapes available on Erickson. A list of research studies and a glossary of terms close the book.

I had a famous psychologist as an Introductory Psychology teacher as an undergraduate at the University of Michigan. He insisted on teaching the Introductory course himself, because he was the only one he trusted enough to turn new students on to psychology. He succeeded. I think O'Hanlon has similar intentions for Ericksonian approaches with *Taproots*.

— Reviewed by Michael D. Yapko, Ph.D.
San Diego, California

Book Review

The Psychobiology of Mind-Body Healing: New Concepts of Therapeutic Hypnosis

by Ernest L. Rossi
Published by Norton, 1986 \$25.95

Ernie Rossi once told me the story of how he became interested in Erickson's work. He had been a graduate student in a specialized branch of pharmacology when a fellow student, realizing Ernie was having problems, thrust a copy of Freud's *Interpretation of Dreams* into his hands. He took it home and read it nonstop for several days and soon switched to a graduate program in psychology.

He became interested in Jungian analysis and eventually wrote a book about dreams. He was doing dreamwork with many of his patients, when some of them began to mention that what he was doing felt like hypnosis. He was greatly offended by this suggestion, as he associated hypnosis with charlatanism. The more he heard this kind of comment, though, the more intrigued he became.

One day, an older gentleman patient, whom he respected very much, thrust a book in his hands and told him to read it, because he was doing hypnosis without knowing it. That book was *Advanced Techniques of Therapy and Hypnosis*, Haley's collection of Erickson's selected papers. Rossi read the book nonstop for several days. Shortly after that, he developed a severe gastrointestinal problem. He learned Erickson was still alive and practicing therapy and arranged to see him for this ailment, as other doctors could find nothing physically wrong. His ailment cleared up after a short time in therapy with Erickson, and they developed a professional collaboration that has produced many volumes.

Now Rossi has brought together his long-standing interest in biology and body chemistry with his abiding interest in hypnosis and pro-

duced a magnum opus that gives a "grand unified theory" for the treatment of somatic and emotional/mental disturbances. He has done all the groundwork to provide the scientifically-minded with overwhelming evidence of a mind-body connection and our ability to influence physiological processes with hypnosis and similar methods. He not only says it is possible (for many have claimed that), but he details the means by which it most likely happens.

Rossi brings together diverse information from the fields of stress, placebo studies, state-dependent learning, hypnosis and psychotherapy. As usual in a Rossi volume, there are charts and tables to summarize what has been said in the book.

If I can find any fault with the volume, it is that it is too detailed for some of us. You can find in this book everything you ever didn't want to know about the neuropeptide system. Still, such detail seemed to be essential to develop the thesis of the book and was written in a lucid way so it was easy to follow, even for those of us who have little background in physiology or biology.

Rossi has provided a valuable service to both psychotherapy and medicine by building a bridge between the two fields and showing a lot of evidence that they are really one field. It was time someone took the body of knowledge that has been developed in research studies and brought it together in such a mindful way. We are lucky Ernie Rossi has done this. We all have reason to thank those people who introduced Rossi to Freud and Erickson.

— Reviewed by Bill O'Hanlon, M.S.
Omaha, Nebraska

Call For Papers

The Milton H. Erickson Institute of San Diego will be holding *The Fourth Annual San Diego Conference on Hypnotic and Strategic Interventions*, March 4-6, 1988. The conference will focus on "The Use of Ericksonian Approaches in the Treatment of Anxiety and Depression." Those interested in submitting a proposal for a paper for the conference should send a 200 word abstract to Michael Yapko by August 15. Presentations will be considered for inclusion in the printed proceedings. For more information, contact the institute at 2525 Camino Del Rio South, Suite 225, San Diego, Ca. 92108. (619) 295-1010.

"Deeds are the offspring of hope and expectancy."

— Milton H. Erickson.

Recent Events

The *Third Annual San Diego Conference on Hypnotic and Strategic Interventions*, sponsored by The Milton H. Erickson Institute of San Diego, was held March 6-8. The conference featured a keynote address and workshop by Paul Watzlawick, and presentations by Paul Carter, Stephen Gilligan, David Higgins, John Koriath, Joyce Mills, Bill O'Hanlon, Ernest Rossi, Michael Yapko and Jeffrey Zeig.

The American Society of Clinical Hypnosis held its *29th Annual Scientific Meeting and Workshops on Clinical Hypnosis* April 6-11 in Las Vegas. Ernest Rossi was chairperson of a panel on "Ericksonian Approaches to Hypnotic Therapy." The panel included Donna Spencer, Sandy Sylvester and Michael Yapko.

"In the course of living, from infancy on, you acquired knowledge, but you could not keep all that knowledge in the foreground of your mind. In the development of the human being learning in the unconscious became available in any time of need. When you need to feel comfort, you can feel comfort."

— Milton H. Erickson

"The wider your understandings of human nature, the biological processes, the history of individual living, the wider your knowledge of your own reactions, of your own potentials, the better you will practice and the better you will live."

— Milton H. Erickson

Book Out Of Print

Ericksonian Approaches to Hypnosis and Psychotherapy, published by Brunner/Mazel, Inc. is out of print. A reprint can only be considered if there is sufficient interest. Persons interested in ordering the book are asked to contact the Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016; (602) 956-6196.

INFOMEDIX was honored to provide our professional recording service at The Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, a conference sponsored by The Milton H. Erickson Foundation, Inc. Our goal throughout the meeting was to provide clear, verbatim audiotapes of the sessions. Audiotapes are now available by mail order.

KEYNOTE PANEL

- PS317-K1** Erickson's Use of Humor, K. Erickson,
\$ 9.50 L. Erickson, S. Lankton, E. Rossi

KEYNOTE ADDRESSES

- PS317-K2** The Tools of the Therapist,
\$ 9.50 V. Satir
- PS317-K3** Objects, Language and Reality
\$ 9.50 H. von Foerster

KEYNOTE DEBATE

- PS317-K4** Indirect Versus Direct Approaches to
\$ 9.50 Psychotherapy, P. Watzlawick,
A. Ellis, Moderator: J. Racy

INVITED ADDRESSES

- PS317-S1AB** The Language of Hypnosis,
\$ 9.50 K. Thompson, D. Gordon, J. Zeig
(2 tapes)
- PS317-S2AB** Hypnotherapy with Specific Populations,
\$19.00 D. Araoz, R. Crowley, J. Mills,
(2 tapes) D. Corydon Hammond
- PS317-S3AB** Tailoring Treatment,
\$19.00 K. Erickson, H. Erickson, L. Johnson
(2 tapes)
- PS317-S4AB** Therapy Techniques,
\$19.00 C. Lankton, A. Lange, M. Yapko
(2 tapes)
- PS317-S5AB** Becoming an Ericksonian,
\$19.00 H. Lustig, S. Rosen, C. Zalaquett
(2 tapes)

- PS317-S6AB** Theory,
\$19.00 E. Rossi, S. Sherman, M. Richeport
(2 tapes)

- PS317-S7AB** Creating Change,
\$19.00 J. Barber, S. de Shazer, J. Feldman
(2 tapes)

- PS317-S8AB** Perspectives on Ericksonian Therapy,
\$19.00 S. Lankton, B. O'Hanlon, R. Havens
(2 tapes)

- PS317-S9AB** Special Issues,
\$19.00 B.A. Erickson Elliot, E. Beier, K. Miyata
(2 tapes)

WORKSHOPS

- PS317-W1AB** Language and Change - The Utilization of
\$19.00 Linguistic Patterns in Hypnotic Com-
(2 tapes) munication, N. Barretta, P. Barretta
- PS317-W2AB** Introducing Hypnosis in Psychotherapy,
\$19.00 A. Gaito
(2 tapes)
- PS317-W3AB** Creative Life Facilitation with Hypnotherapy
\$19.00 E. Rossi
(2 tapes)

- PS317-W4AB** Methods of Constructing Sophisticated
\$19.00 Metaphors for Specific Outcomes of Affect,
(2 tapes) Attitude or Behavior, S. Lankton

- PS317-W5AB** Therapeutic Hypnosis and Change, M.
\$19.00 Moore, D. Ross
(2 tapes)

- PS317-W6AB** Living Hypnotically: Hypnosis as a Way of
\$19.00 Living, A Path, N. Katz, M. Lehrer
(2 tapes)

- PS317-W7AB** Directive Couples Counseling,
\$19.00 B. O'Hanlon
(2 tapes)

- PS317-W8AB** Pain and Pleasure: Awareness and Trust
\$19.00 N. Poncelet
(2 tapes)

- PS317-W9AB** Utilizing Ericksonian Techniques in
\$19.00 Hypnotic Psychotherapy, B. Tanenbaum
(2 tapes)

- PS317-W11AB** Ericksonian Approaches in the Treatment
\$19.00 of Depression, M. Yapko
(2 tapes)

- PS317-W20AB** Hypnodrama, D. Araoz,
\$19.00
(2 tapes)

- PS317-W21AB** Hypnotherapy with Children in a Pediatric
\$19.00 Practice, F. Baumann
(2 Tapes)

- PS317-W22** Humor in Strategic Therapy, R. Belson
\$9.50

- PS317-W23AB** The Legacy of the February Man:
\$19.00 Ericksonian Age Regression Techniques,
(2 tapes) Y. Dolan, C. Johnson

- PS317-W24AB** Creating the Time When Change is Possible,
\$19.00 J. Frykman, R. Coblely
(2 tapes)

- PS317-W25AB** Therapeutic Metaphor, D. Gordon
\$19.00
(2 Tapes)

- PS317-W26AB** Strategic Interventions in Panic Disorder,
\$19.00 R. Wilson
(2 tapes)

- PS317-W27AB** Trance Induction and Utilization in Family
\$19.00 Therapy, C. Loriedo
(2 tapes)

- PS317-W28AB** Symptom Phenomena as Trance
\$19.00 Phenomena, S. Gilligan
(2 tapes)

- PS317-W29AB** The Language of Hypnosis,
\$19.00 K. Thompson
(2 tapes)

- PS317-W30AB Ericksonian Hypnotherapy (Using Amnesia & Confusion)** J. Zeig
\$19.00
(2 tapes)
- PS317-W40AB Hypnosis in Psychotherapy,**
\$19.00
(2 tapes)
J. Barber
- PS317-W41AB Incorporating Hypnosis and R.E.T.,**
\$19.00
(2 tapes)
A. Ellis
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Media Of Note

The second issue of *The Ericksonian Monographs* is now available from Brunner/Mazel, Inc. Edited by Stephen Lankton, it is entitled “Central Themes and Underlying Principles” and includes substantive and progressive works on a variety of topics, as well as reviews of recently released books.

The third issue of *The Ericksonian Monographs* is at press and contains nine chapters on Ericksonian Approaches for Special Populations, including multiple personality and pain control.

Lankton is calling for papers for the fourth issue of the Erickson Monographs which deals with the occurrence and use of trance phenomena in therapy. For further information, write to Stephen Lankton, P.O. Box 958, Gulf Breeze, Fla. 32561.

The Evolution of Psychotherapy is a newly-released volume edited by Jeffrey K. Zeig, Ph.D., and published by Brunner/Mazel, Inc. The volume contains the proceedings of the landmark conference of the same name. The event featured many of the most prominent and influential therapists of our time.

Hypnotic and Strategic Interventions: Principles in Practice is a newly-released volume edited by Michael Yapko, Ph.D., and published by Irvington Publishers. The volume contains papers on the subjects of hypnosis, communication and diverse applications of strategic therapy. The papers represent the proceedings of the First Annual San Diego Conference on Hypnotic and Strategic Interventions.

William J. Matthews had one of his papers, “The Psychotherapy of Milton Erickson: A Unique Approach to Change” translated and published in Portuguese in *The Jornal de Psicologia*, 1987, 6, 1, 3-8. Dr. Matthews is an assistant professor in the consulting and counseling psychology program at the University of Massachusetts at Amherst.

Audiotapes from the Evolution of Psychotherapy Conference are still available. Contact the Erickson Foundation for a flyer.

Interview continued

in this new, systemic interactional way... and then to see Jackson work and bring about change, to see Jackson do therapy within the first 10 minutes of a first interview, that really was [amazing].

M.Y. Just to play devil’s advocate for a second, I remember at the Second International Congress you quoted somebody else who asked the question, “When is family therapy indicated?” and their response was “Is there any other type of therapy?” You said that you felt the same way.

P.W. Yes, because I would say that to assume that human problems arise in relations rather than intrapsychically, to me seems the more useful, effective approach. It doesn’t mean that it is “true,” in any metaphysical sense. The goal of science can only be the development of useful methods for a given purpose. If it works, then it is all right. Now, the moment I say this, then someone will immediately accuse me of a crass utilitarianism, that it is immoral to concentrate only on outcomes, etc., for very much the same reason that Erickson was accused of being a manipulator who tricked people. Sure, if you take the moral stance, that you should never say something you

continued page 10

Interview continued

don't believe, then you can never use a reframing, because you are saying something you may not "really believe."

M.Y. Or, if you tell a metaphor, it may not be true when you say, "I had a client once who..." You may never have had a client like that.

P.W. Right, that is a lie, you never had that client, you just invented that story and this is so immoral.

M.Y. Obviously, you have settled those kinds of issues for yourself of when it is "reasonable" or "just" to be deceptive. When is it judged to be acceptable to be deceptive? How is the moral issue dealt with by you?

P.W. Every medicine can also harm. This is no news. It is well-known in the medical field especially that which helps one person can harm another person. Anybody who comes for help, on the other hand, signals not directly, but indirectly, "Change me... do something with me to get me out of my predicament."

M.Y. That is the injunction that the client's using...

P.W. Yes. Now, therefore, any act of helping is, if you will, manipulation. What else? If I pull a drowning man out of the water, jump after him and save him, I have manipulated him. There is no question except those paragons of morality will say "Oh no, this is different, and in that case - it is all right..." If I use a reframing, why am I untrue at that moment? Bear in mind the absolute destructive potential of so-called "truth." What these people usually demand of us is that we never say anything we don't "really" believe. This is a hypocrisy in its own right, because it is based on the assumption that whatever wells up from the depth of my being is "the truth." Bloody nonsense!

If I claim to be a therapist, and therefore, a helper, then my parameters or my endeavors or the whole purpose of my activity is to help. Helping presupposes certain actions that are helpful. For me, this is the ethics of my profession, not to harm.

M.Y. Are there any examples you'd be willing to share of where, despite your best efforts, despite your best intentions, harm was done?

P.W. Everybody makes mistakes, needless to say. Maybe I cannot see the situation correctly, or I am barking up the wrong tree. In self-defense, I can only say the interventions we are using, those kinds of homework assignments and behavior prescriptions, are so small and so non-dangerous that if they don't work, they don't harm. This is why my colleagues and I insist on small, very, very small steps.

M.Y. People go to Erickson conferences and watch demonstrations which are sometimes very dramatic and people start to think this is actually the way therapy is done. They're actually more impressed when you take someone out of the audience that you've never met before. Yet, what you're describing is there is a real methodical planning, a real care used to make sure this is an intervention that is small enough that if it doesn't work, there's no harm, and if it does work, it builds the momentum for more changes...

P.W. Two answers to this: I believe that where Erickson asked for some potentially dangerous behavior, or gave prescriptions that seemed to be potentially dangerous, with his enormous intuition, his clinical experience, and

continued page 12

DONATIONS

The Milton H. Erickson Foundation has received a total of \$205.00 in donations since the Winter 1987 Newsletter. Donations are used to support the activities of the Erickson Foundation. We thank the following persons for their support:

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Conferences

The 8th Biennial MRI Conference, called *Solutions — Pseudosolutions — Ultrasolutions*, will be held in San Francisco from July 31 - August 2, 1987. Speakers include Paul Watzlawick, Virginia Satir, Peggy Papp, John Weakland and Richard Fisch. For information, write to MRI Conferences, 555 Middlefield Road, Palo Alto, Ca. 94301.

The First Asian Conference of Hypnosis will be held July 3 - 5, 1987, in Fukuoka, Japan. For information contact The First Asian Conference of Hypnosis Organizing Committee, Dept. of Psychology, Kyushu University, 9-1 Hakozaki, Hakata-ku, Fukuoka, Japan.

The 11th International Congress on Hypnosis and Psychosomatic Medicine will be held Aug. 13-19, 1988, in Leiden, The Netherlands. Contact The Congress Secretariat, P.O. Box 16065, 2301 GB Leiden, The Netherlands.

Training Program

The New York Milton H. Erickson Society for Psychotherapy and Hypnosis (NYSEPH) announces its on-going comprehensive training program in Ericksonian Psychotherapy and Hypnosis. This program offers a sequential training experience for professionals in the mental health field. A Certificate of Proficiency will be presented to students upon completion of the training program. For further information, please contact Rita Sherr, NYSEPH, 440 W. End Avenue, New York, NY 10024, (212-873-3385).

"The problem in learning to speak well is in your willingness to learn slowly."

— Milton H. Erickson

ERICKSONIAN HYPNOSIS

With Stephen Gilligan PhD.

CLINICAL APPLICATION

A Five-Day Summer Hypnosis Intensive for Health Professionals in Toronto, Canada, August 1987

The Five-Day Hypnotherapy Intensive with Stephen Gilligan, PhD, is called "Therapeutic Trances: Generative Approaches to Ericksonian Hypnotherapy." Dr. Gilligan's program, with its demonstrations, exercise, clinical discussions, and group inductions is appreciated throughout North America as an excellent training in the subtleties of the methods of Milton Erickson. It provides an effective balance of conceptual, vicarious, and experiential learning that brings Ericksonian hypnotherapists back, time and time again, with renewed value. The program includes trained assistants to aid new practitioners, special interest groups and a variety of evening presentations on medical applications and professional specialties. The program will take place in stimulating Toronto, Canada's hub city, close to all major hotels, shopping centres, galleries and the harbourfront.

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August 12-16, 1987, Toronto, Canada

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For Information Contact: Marilyn Atkinson,
CLIFFORD AND ASSOCIATES, (416) 867-1234,
Or Mail to: #901, 111 Richmond St. West, Toronto, Canada, M5H 2G4

Americans remember your U.S. Travel Dollar is worth \$1.35 when exchanged for Canadian funds.

VIDEOTAPES AVAILABLE FROM THE EVOLUTION OF PSYCHOTHERAPY CONFERENCE

- I. **LIVE DEMONSTRATIONS (One Hour)**
- CP3 A Case of Social Anxiety, Joseph Wolpe
 - CP4 Redecision Group Therapy, Robert Goulding & Mary Goulding
 - CP5 Facilitating "Creative Moments" in Hypnotherapy, Ernest Rossi
 - CP8 The Storyline in Psychotherapy, Erving Polster
 - CP10 Using Anecdotes in Hypnotherapy: A Case of Public Speaking Anxiety, Jeffrey Zeig
 - CP13 Existential Psychotherapy, Ronald Laing
 - CP14 The Journey, A Review of Intimate Relations Through Role Reversal, Zerka Moreno
 - CP15 The Blind Date Family Interview, Carl Whitaker
 - CP19 The Use of Gestalt Techniques, Miriam Polster
 - CP20 Workshop on Rational-Emotive Therapy Techniques, Albert Ellis
- II. **TOPICAL PANELS (One Hour)**
- P1 Schizophrenia (Bettelheim, Laing, Szasz, Whitaker)
 - P3 Symptom-Based Approaches vs. Growth Facilitation (Bowen, Rossi, Wolberg, Wolpe)
 - P4 Psychotherapy Research (Beck, Bugental, Rossi, Wolpe)
 - P5 Dreams (Bettelheim, Moreno, M. Polster, Rossi)
 - P6 Training Psychotherapists I (R. Goulding, Lazarus, E. Polster, Wolberg)
 - P7 Psychotherapy & Social Issues (Laing, Marmor, Watzlawick, Wolpe)
 - P8 Language of Human Facilitation (E. Polster, M. Polster, Rogers, Rossi)
 - P9 Training Psychotherapists II (Bugental, M. Goulding, Haley, M. Polster)
 - P10 Resistance (Lazarus, Masterson, E. Polster, Zeig)
 - P11 Group, Individual or Family Therapy II (Ellis, R. Goulding, Minuchin, Moreno)
 - P12 The Role of the Therapist/The Role of the Client (May, Rogers, Satir, Szasz)
 - P13 History of Psychotherapy (May, Rogers, Szasz, Whitaker)
 - P14 Therapeutic Uses of Humor (Bowen, Ellis, R. Goulding, Laing)
 - P15 Brief vs. Long-Term Therapy (M. Goulding, Marmor, Masterson, Watzlawick)
- III. **CONVERSATION HOURS (One Hour)**
- CH3 Ronald Laing
 - CH4 Carl Whitaker
 - CH5 Murray Bowen
 - CH7 Carl Rogers
 - CH8 Robert Goulding & Mary Goulding
 - CH10 Albert Ellis
 - CH11 Arnold Lazarus
 - CH13 James Masterson
 - CH14 Rollo May and James FT. Bugental
 - CH16 Joseph Wolpe
- IV. **SPECIAL PANELS (One and one-half hours)**
- SP1 Some Perspectives on the Masters (Bettelheim, Baumann, M. Adler)
 - SP2 Grandchildren's Personal Perspectives on the Masters: Freud, Jung, Adler (S. Freud, D. Baumann, M. Adler)
- V. **THREE-HOUR WORKSHOPS**
- W1 Theoretical and Practical Aspects of Psychotherapy, Ronald Laing
 - W5 The Client-Centered Approach, Carl Rogers & Ruth Sanford (includes a live-demonstration)
 - W21 The Practice of Rational-Emotive Therapy, Albert Ellis (includes a live demonstration)

NOTE: Videotapes of some invited addresses, cases discussions and supervision panels from The Evolution Conference can be made available. Contact The Foundation for information.

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Interview continued

with the humanity of his approach, he had reason to believe that with this particular person, he could afford to do this. In our case, not being Erickson, we believe the nature of our interventions seems outlandish only to the outside observer. What we take into account before we make an intervention is the attempted solution. This is the cornerstone of our approach. We try to find out what so far people have done in order to deal with this difficulty. And we know they wouldn't sit in our office if that particular problem-solving behavior were successful. As you look at what they are doing, you find this is the very thing that feeds into the maintenance of the problem. It goes on and on and on. If you tell a depressed person to "cheer up" and "it isn't all that bad... that today it rains, but tomorrow the sun will shine again..." you are not very likely to help that person. It maintains the vicious cycle of the depression.

M.Y. You do work with individuals from time to time, but the norm is the family?

P.W. For me, yes. I prefer to see the so-called system in operation in my office. I may then continue seeing only one person, but that's the person who seems to me to, from my understanding of how the system functions, seems to be my best, most promising, entry into the system. He seems to be the one who is most likely to be willing to carry out something. In the case of the delinquent, rebellious teenager for instance, I know I am not going to get very far with him sitting there. I want to see how he behaves, I want to see how the parents react

to his behavior, but very often, after a session I think, okay, now I get a certain idea of how this system functions and keeps itself in trouble. Now I am going to work with the parents alone. For the same reason, I personally really don't like to work... with small children. People say, "Oh, you're depriving yourself of a very, very important barometer of what's going on because the behavior of the child clearly indicates when you have touched important subjects with the parents." Yes, yes, true, but my personal preference is to not have...[the children there].

M.Y. With so many changes that have occurred in the family over time, what implications do you think this has for the systems approach when systems are probably going to continue to be very unstable over time?

P.W. I'm not sure if I understand you, because yes, the nuclear family, the traditional nuclear family is now not the most likely system.

M.Y. I guess what I'm asking you is, because family systems are destabilized because of external forces, whether it's economic pressures or the...

P.W. ...but these de-stabilizing factors were there all along. Their nature changes but I can't see much of a difference between say a family and a larger system. except the larger system is much more complex. I have for the last 10 years been working with very large corporations, international corporations, who are now also catching onto the fact that a system is an entity... an almost superpersonal thing in itself, and this particular thing has its own pathologies

that can no longer be reduced to the shortcomings or the craziness of one person. This is the approach one has taken in management for a long time. If it doesn't work, I mean "that man obviously doesn't do his job." The same development is taking place in that area that took place when in individual therapy we began to do family therapy. In psychiatry, it was believed there are crazy people and their crazy behavior of course has an impact on their human environment, but that's still very secondary. So, I have consulted with very large international firms who got interested in our approach through the books. I am now going over to Europe again and do a number of those consultations...

M.Y. So, you don't really feel that destabilization of the family... the fact that the families can split up more easily affects the work you do... you can still get the kinds of commitments... you don't get people who throw their hands up and say forget it, I'd rather leave...

P.W. No, no... you only talk of the variations of the kind of system, but they are the system as such exists. In the good old days, what we saw very frequently was the exact opposite: that the system was terribly rigid and encapsulated from the outside world, and crazy. Even though the very thing you just mentioned, the splintering, the dissolution of all this, did not hold for that particular system... If anything, it was a state of captivity.. No one could break out of it even when it was absolutely necessary for their survival. So, these are just variations of the same thing...

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