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The Milton H. Erickson Foundation, Inc.
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U.S.A.
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The Milton H. Erickson Foundation NEWSLETTER

Michael D. Yapko, Editor / 2525 Camino del Rio S., Suite 225 / San Diego, CA 92108

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Volume 7, Number 3

Winter 1987

ERICKSON CENTER OPEN FOR OPERATION

We are pleased and excited to announce the August 10, 1987, opening of the Milton H. Erickson Center for Hypnosis and Psychotherapy. The Center is located in a separate facility on the Erickson Foundation campus.

Correspondence and telephone calls will be received at The Milton H. Erickson Center for Hypnosis and Psychotherapy; 3618 N. 24th Street; Phoenix, Arizona 85016; (602) 956-6795.

Michael Liebman has been named Director of Clinic Services and will manage the Center. All inquiries regarding the Center should be directed to Mr. Liebman.

The Center offers brief, solution-oriented psychotherapy in the traditions begun by Dr. Erickson. The Center operates on a sliding-fee scale, and has bilingual services in an effort to provide high-quality psychotherapy services to the whole community. We have begun accepting referrals, and to date the response has been excellent. In our first week of operation, we have had requests from California, Nevada, Utah and Colorado, as well as Arizona.

The Center staff consists of 14 psychologists, counselors and psychiatrists from the Phoenix metropolitan area. Most are private practitioners. Others work for hospitals and mental health agencies. All have dedicated about 40 hours a month to the Center. Staff members each provide 3-5 clinical hours per week in which they work with families, couples and individuals. Staff members also donate 8-12 hours a month to work on research, program development, training and supervision.

The facility is equipped with one-way mirrors, video and audio recording capabilities and intercom systems. We will operate in a live-supervision team-based model. Clients who do not feel comfortable with that format may be seen in a more confidential setting.

A primary goal of the Center will be to provide training and supervision for professionals. We expect that component to be fully operational in 3-6 months. We will see to it that the clinic therapy program is well in place before developing the training and supervision components of the center.

Foundation Director Jeffrey K. Zeig, Ph.D., has been active in establishing the Center and providing the initial staff training and supervision. Jeff will remain active throughout the development of the Center. The Board and staff of the Foundation also have been active and supportive in getting the Center under way.

We plan to keep you informed as our efforts progress. We have had several inquiries regarding training. When those programs are available, they will be announced in the Newsletter. Again, should you have any inquiries regarding the Center, please contact Michael.

— 1988 CONGRESS — CALL FOR PROPOSALS — See Page Three

While December 1988 seems to be in the distant future, the Milton H. Erickson Foundation staff and Board of Directors are gearing up for the Fourth International Congress.

The Congress, entitled **Brief Therapy: Myths, Methods and Metaphors**, is scheduled for Wednesday through Sunday, December 7-11, 1988. The meeting, which also will serve as the Fourth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, will be held in San Francisco, California.

Erickson Congresses in past years have been held in Phoenix, Arizona, the home of the late Milton H. Erickson. The Foundation was unable to secure its preferred dates in Phoenix, and has changed its venue to San Francisco. The Congress headquarters and all meeting activities will be housed in the San Francisco Hilton and Towers.

(Continued on page 6)

Sessions with the Masters

The Milton H. Erickson Foundation is pleased to announce that the Fall 1987 "Sessions with the Masters," a series of three individual workshops, will be held in Phoenix starting in October. Featured program presenters are James F. Masterson, M.D., October 10 & 11; Paul Watzlawick, Ph.D., November 14 & 15; and Ernest L. Rossi, Ph.D., December 5 & 6.

Readers will recognize all three as widely acclaimed psychotherapists in their areas of specialty. Each was a featured faculty member of the Foundation's landmark 1985 Evolution of Psychotherapy Conference. (See page 3 for more information and registration form.)

Ongoing Training in Ericksonian Hypnosis and Strategic Therapy

A comprehensive, experiential training program of 12 sessions led by Jeffrey K. Zeig, Ph.D., will be held twice per month for six months starting January 15, 1988. The training will be held at the new Milton H. Erickson Center for Hypnosis and Psychotherapy, and staff from the Erickson Center will co-facilitate. (See the ad on page 12 for dates and times.) The class is limited to 12 participants, and a commitment to complete the training is required.

The cost for the program is \$720. Arrangements can be made for convenient payments; however, no refunds from the total amount will be allowed. The initial payment of \$240 is due no later than November 1, 1987, which is registration deadline.

Participants will enjoy didactic presentations, role playing, demonstrations, videotapes of Milton H. Erickson, M.D., and behind-the-glass supervision.

An Interview with William Kroger, M.D.

by Michael D. Yapko, Ph.D.

(William Kroger, M.D., is one of the elder statesmen in the field of clinical hypnosis. Born in 1906, Kroger's fascination with hypnosis developed at a young age, and has endured throughout his long, distinguished career. Not only did Kroger write the book that was long considered THE book on hypnosis, *Clinical and Experimental Hypnosis in Medicine, Dentistry, and Psychology*, but he authored and co-authored many other works, including *Hypnosis and Behavior Modification*, and *Psychosomatic Gynecology*. Kroger co-taught for many years with Erickson, and knew Erickson in ways that few others did. Kroger's precedent setting videotapes of surgical procedures done under hypnosis remain landmark events in propelling the young and questionable field of hypnosis into its current level of acceptability. Anyone who professionally practices hypnosis owes a great deal to William Kroger, whose pioneering efforts paved the way for the field to grow to its current proportions. Kroger was interviewed early in 1987 at the annual meeting of the American Society of Clinical Hypnosis.)

Y—First, let's talk about Bill Kroger, can you provide a little bit of biographical background,
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William Kroger Interview

(Continued from Page 1)

background, such as when you were born; where you were born; and where you got your training?

K—Three great things happened in April of 1906: the San Francisco earthquake, and the birth and death of Dr. William S. Kroger. I was born dead at Mercy Hospital, and revived by the famous Dr. De Lee, who was the father of modern obstetrics. My mother was the original behavior modifier. She said to me, "Dr. De Lee saved your life. You've got to be like Dr. De Lee." And so I had to fashion myself after Dr. De Lee so that I would slowly and systematically be processed into being an obstetrician/gynecologist.

After my medical training in that field, I became very much enamored with psychoanalysis. This was in 1926, when I met Lionel Budson in medical school after he had just come back from being psychoanalyzed by Freud. He had a study club, which I attended with prominent psychiatrists and psychoanalysts, many of whom are still alive today. This was the beginning of the Chicago Psychoanalytic Institute. I applied for candidacy but they didn't allow me because I wasn't practicing as a psychiatrist. But I did take many of the courses and I had an analysis under Rudolph Hurst at the Institute, and I also worked under Franz Alexander. I was very much involved with psychoanalytic theories and principles, so much so that I wrote my first book, which is a classic today, called *Psychosomatic Gynecology*. It is an anthology of everything germane to the female. It starts with the womb and ends with the tomb. It's the first book on hypnosis and hypnoanalysis. It takes endocrinology, and neurobiology, and puts them in a general systems approach and (considers) every condition including pre-menstrual tension, and anorexia nervosa... now mind you — this would be between 1941 and 1951. It was a classic and it made my reputation. It was (especially) important for hypnosis because I was asked to lecture at schools and medical meetings of repute.

Y—Well, your interest in hypnosis obviously started very early on.

K—My interest in hypnosis started in 1919. My father had a fur store in Evanston, IL. In order to stimulate business, a professional hypnotist was hired to hypnotize a woman as a publicity stunt in order to create interest in the Main Street Businessmen's Association. This I can see as if it were yesterday. The girl's name was Florina, and she was dressed in purple flowing gowns and veils. And he, with piercing eyes, approached her and said, "Florina, sleep!" He stared in her eyes, and she fell backwards and they put her in a coffin and buried her in the ground. I was a curious little cuss, and so I went by and paid a nickel to see this sleeping beauty in the ground. She lay there in a vault for two days, and I thought, "Gee, that's fantastic!" On the third day, they dug her up; "Florina, wake up!" She opened her eyes, she blinked, she stood up — it was the same kind of thing you could see on the stage today. So I went

around to the kids in the neighborhood and I looked into their eyes and said, "Sleep!" And to my amazement, half of them fell over! I did the usual things, like putting pins in their arms, and I'd say "Jeez, I could be a doctor some day — this would be great for anesthesia!"

However, I didn't realize that hypnosis was anything more than a stage tool until I got to Northwestern University. At Northwestern University, I met the late Dr. J.D. Morgan, whose book you may be familiar with on abnormal psychology. We had several lectures on hypnosis, and I said, "My God, this is a scientific tool!" So, Morgan and I soon became good friends, and I opened up an office nearby and he used to drop by or send me patients. He was a great admirer of my

work. Now, I was the only doctor who was using hypnosis in the Chicago area. I was laughed at, ridiculed, vilified, and abused, and made to walk seven steps behind everybody else like I was a leper. I was persecuted by the medical society as an exhibit, the Illinois State Medical Society. They were just against hypnosis... the word.

Y—Your convictions were strong. It didn't intimidate you?

K—(No, I knew I was right.) I worked in a drug store for awhile. If a patient would walk in I'd say, "This is good medicine. You take it. You will come out ahead!" The patients did better than if I'd say, "I don't know if it's any good, but try it anyway." So I asked myself, what is the X factor that makes

(Continued on page 3)

STEPHEN LANKTON

In Chicago, IL



"Ericksonian Approaches to Therapy"

Presented by the

Milton H. Erickson Institute of Northern Illinois

Two-Day Seminar on Ericksonian Therapy

November 7-8, 1987

\$175 before Oct. 15; \$195 after Oct. 15.

Both Workshops \$250; \$275 after Oct. 15.

Eligibility: Masters or Doctorate in Mental Health Disciplines.

One-Day on Ericksonian Hypnosis

November 9, 1987

\$95 before Oct. 15; \$110 after Oct. 15

\$50 deposit required for either workshop.

Eligibility: Masters or Doctorate in Mental Health Disciplines.

For information & registration, contact: Marc Weiss, Ph.D., or Larry Stephens, ACSW, 5962 N. Lincoln Ave., Suite 11, Chicago, IL 60659, (312)-274-0746.

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PAID ADVERTISEMENT

The Fourth International Congress on
Ericksonian Approaches to Hypnosis and Psychotherapy
 December 7 - 11, 1988 — San Francisco, California
“Brief Therapy: Myths, Methods and Metaphors”
 — P R E S E N T A T I O N C O V E R S H E E T —

1) Individual submitting proposal: (All correspondence will be sent to this address.)
 Name _____ Phone _____
 Address _____
 City/State/Country/Zip _____

2) Name and addresses of co-presenters (if any):

3) Title of Presentation:

4) The presentation is submitted as a:
 a) _____ short course (one hour and 30 minutes)
 Level: Basic _____ Intermediate _____ Advanced _____
 b) _____ symposium (one hour and 30 minutes; 3-4 speakers discussing a single topic)

NOTE: Only one presentation (symposium or short course) will be accepted for any prospective faculty member submitting a proposal.

Enclosure checklist: (Send 5 copies of each.)

- 200 word presentation summary
- 50-75 word abstract (for publication in the program and syllabus)
- Educational objectives (minimum of 2 objectives). In your objectives indicate what participants will have learned at the end of the presentations. Be specific, e.g.: 1) To list three principles of hypnotic induction; 2) To identify three techniques of hypnotic pain control.
- Curriculum vitae of all presenters.

If my proposal is accepted and placed on the program, I will be present at the Congress.

Signature _____ Date _____

Proposals must be postmarked by January 2, 1988. Acceptance or rejection will be sent by March 31, 1988.
 Mail proposals to:

The Milton H. Erickson Foundation
 1988 Congress Committee
 3606 North 24th Street
 Phoenix, Arizona 85016 USA

(Only a limited number of proposals can be accepted. Please submit early.)

William Kroger Interview

(Continued from page 2)

a drug work? It *must* be suggestion. Later on, I found Coue was a pharmacist, and he coined his famous “Day by day in every way you’re getting better and better” phrase by noticing the effects from the way he’d talk to a patient, both his nonverbal and verbal communication. The communication was of profound significance in getting individuals better. . .

Y—Can you talk about your relationship with Erickson?

K—I met Milton Erickson in the late 1930’s

when we attended the American Psychological Conference at Northwestern. We had been “pen pals” until then. He came to my office and I showed him some very interesting cases I had. So, Erickson and I were pen pals and (then) became friends for years. Later, we taught together. It seems now I’m the only guy who doesn’t say much about him, and yet I was probably closer to him than anybody.

Y—Are there some things that you would like to be able to say about him?

K—Well, I would say that he was the original behavior modifier. He was a master of the double bind. I would say that the

hypnosis didn’t play such an important role (in his work), but the way he structured a situation was a genius type of structure where he would *force* the patient into a recovery. And that was his forte. Often, I don’t think it was so much what he did, but I think he had the demeanor that inspired confidence. He spoke with assurance. For example, if he was working with a pain problem, he would say, “Look, do you think you could have less discomfort?” or “Would you be willing to keep less discomfort?” “Would you like to have less discomfort than you’re willing to keep?” Words can kill and words can cure!

(Continued on page 4)

William Kroger Interview

(Continued from page 3)

He was the great master of words. That's how he did it. It wasn't so much the hypnosis as I see it. We taught many seminars together.

Y—What's your impression of all the focus on Erickson?

K—Well, I think a lot of it is merited. Erickson contributed a lot, but his stuff will have to be put in the proper perspective. Perhaps a lot of its significance has been carried a little bit too far. Erickson might come out of his grave and ask "Is this me?" I think he deserves all these things. But, Erickson was a very modest man; he was never looking for self-aggrandizement. I attribute his techniques to a profound knowledge of human nature and a solid eclectic psychology on the nature of everyday living. He could take a patient into his heart; that was his secret. The patient could feel the empathy. It wasn't so much what he did, but it was that feeling the patient had in knowing that he cared. And then he could structure the therapy well.

There is so much word by word analysis on his techniques. . . Those are after the fact, though. Erickson was a gifted therapist, an honest man, and a dedicated scientist. Erickson used to sit and talk to me. He was very receptive when I would talk to him about brain computer analysis. No other living system can do (what humans can). Ideas have representations and names. You can't say to a dog, "Go to the toilet!" He doesn't understand "toilet." But a human can. And, that makes humans unique, because they can manipulate symbolic communication. The cortex is uniquely different in a human than in any other living system. And it's that cortex that you get out of the way (in terms of its criticalness), that allows you to induce a feeling of belief. So what is hypnosis? It's the induction of conviction. All these guys talk about "hypnosis is this and that." Actually, it's a very simple thing that's (been made) complex, enormously complex.

Y—Many of our readers have been exposed to hypnosis only through the writings about Erickson. What would you want them to know about what you've been doing? There are a number of things that you did that were pretty dramatic; I think one of the films on the thyroid surgery. . .

K—Yes, that was an important film. It was an historical moment. First one in the world, and we pulled it off. (The medical director) was sitting downstairs in his office, getting a blow by blow description of how the surgery was going, hoping it was going to fail (because hypnosis was involved). I was an angry young man because I had to fight against the crowd. I had to fight and it put a scar on me, and I recognize it. Individuals who have never gone through things like that can't understand it. See, today hypnosis has some respectability, but in those days, they said, "Walk seven steps behind me, you're a leper!" They didn't want to associate with me, they said, "You're a hypnotist."

Y—Is it gratifying to you to see, that because of your efforts, this field has advanced?

K—Well naturally I'm pleased to think that the fruit of my efforts, not only by me, but others too, that my work not only in hypnosis, but on psychosomatic medicine, sex, and other subjects have crossed this line of fire and gotten acceptance and recognition. If you've lived long enough to see your work come to a fruition, that is indeed gratifying, because you've spent your whole life on it, and you've taken your knocks.

Y—Call it the fruits of your labor, but it's obvious that as you walk around here (at the recent ASCH convention) everyone knows your name.

K—Yes, but. . . There are very few people who know my work in other fields. Very few people know I was a pioneer in sex; very few people know of my work in biomedical engineering.

Y—Now in the age of specialization, if people are into therapy and hypnosis, they often don't know what's going on in another field.

K—You're right. We need to move into areas like general systems theory, adapter control processes, feedback control, serial mechanisms, brain computer analogies. That's where today's discovery in computer technology has got tomorrow's market. Hypnosis has become static. There's a reification of the same ideas. Most people refer to it as a "trance." It's not a "trance." To me, that term is like fingernails on a chalkboard. That's the most ridiculous term for it. It's a state of increased awareness. If you're more aware, whatever you hear is going to sink in better. If it sinks in better, you get better responses, whether it's hitting a golf ball or having an erection. As Bernheim said, "There is no hypnosis, only suggestion." That's how I conceptualize it. I conceptualize it in terms of biochemical engineering concepts as a method of transmitting a message in a minimal noise environment. If the signal to noise ration is reduced, the message is clear.

Y—What do you see ahead for the field of hypnosis?

K—I'm going to continue to emphasize the cybernetic principles of feedback systems relative to theories of hypnosis, as well as some of the very important neuro-psychophysiological aspects by making computer analogies. The brain functions like a computer; I'm not saying the brain is a computer — I'm only saying I think we can better understand the brain's chemical qualities and neuro-physiological mechanisms in terms of electronic principles and feedback mechanisms.

Y—Rather than everybody's current focus on language, language patterns, and influential communication. . . You don't think that's the best focus?

K—Well, language is a signal. What you're saying is important. Earlier I said that when a man effects consistent expectations — you communicate that you expect him to get better — you can expect him to actually get better. Now, an induction technique is an

interesting study on feedback control. If I say, "You are looking into my eyes, your eyes are getting heavy;" they're not getting heavy because of what I'm saying; they're getting heavy because of the fact that you're putting your head back and you're gazing up at the ceiling. But the guy imputes to you a magical omnipotence, and he thinks, "My God, my eyes did get heavy! This guy's got power!" If he accepts A, B, C, and D, he'll accept X, Y and Z. All the time, you say, "Yes, that's why that happened." And all the time, it had nothing to do with what you're saying; it had to do with his beliefs. You're restructuring his beliefs.

Y—It's interesting that so many people are attracted to the simplicity of hypnosis, and yet now it has become so much more complicated.

K—They make it complicated. I have been studying hypnosis for more than sixty years and it's not complicated at all, it's a very simple process of everyday life. (Let me describe some information theory). . . Imagine you have a square here which is your transmitter. You have a line here which is the encoder. You have two more lines here, a channel. You have another line here which is the decoder, and you have the receptor. If you get noise, i.e., you don't say what you mean or mean what you're saying in the transmitter, you're going to get entropy or a need for redundancy in the system. Therefore, you have to say what you mean. You have a medium whereby you can be heard. You can't have bells ringing, or they'll produce noise. The channel has to be clear, the receptor has to receive the signal in his language that he understands, and that now affects the receptor at the end product. Well, anyone of these six places can get noise or redundancy. Hypnosis is merely a process of getting a message through without redundancy and the need for entropy.

Y—Minimizing the noise, maximizing the signal. . .

K—Minimizing the signal-noise ratio. As I said from the minute we sat down, it's nothing more or less than the transmission of a message in a minimum noise environment. That's all! Why do we have to have all these other damn meanings to it? Don't you see, they obfuscate everything!

Y—Which of your works would you consider to be the most significant?

K—*Psychosomatic Gynecology* was the most significant work I ever did because I took everything and looked at it from a multidisciplinary approach. The endocrinological, the neurological systems. . . in fact, our chapter on neuroendocrinology is as fine as anything that could be written today, and it was written over 45 years ago. We even had a chapter on the limbic system, which is just beginning to be talked about now. We had immunological aspects of cancer in that book, even personality profiles. . . we had a tightly written book, approximately 500 pages and I'm quite proud of it. It's not out of print, it can be gotten.

Y—Thanks for the interview, Bill.

SESSIONS WITH THE MASTERS

REGISTRATION FORM

Please register me for the following (please check):

1. James F. Masterson, M.D., October 10 & 11, 1987 (2 days), Phoenix, Arizona

"Psychotherapy of the Borderline Personality Disorder: The Masterson Approach"

PROFESSIONAL: _____ \$150.00

STUDENT*: _____ \$100.00

Registration Deadline: September 25, 1987

2. Paul Watzlawick, Ph.D., November 14 & 15, 1987 (2 days), Phoenix, Arizona

"Direct Interventions in Families and Systems"

PROFESSIONAL: _____ \$150.00

STUDENT*: _____ \$100.00

Registration Deadline: October 24, 1987

3. Ernest L. Rossi, Ph.D., December 5 & 6, 1987 (2 days), Phoenix, Arizona

"Advances in Ericksonian Approaches to Mind-Body Healing"

PROFESSIONAL: _____ \$150.00

STUDENT*: _____ \$100.00

Registration Deadline (no exceptions): November 14, 1987

4. Please register me for **ALL THREE ABOVE** workshops.

PROFESSIONAL: _____ \$400.00

STUDENT*: _____ \$250.00

Registration Deadline (no exceptions): September 25, 1987

*SPECIAL — Deduct 10% for Registrations Postmarked by
September 16, 1987*

Checks should be payable in U.S. CURRENCY, drawn on an AMERICAN BANK, and made payable to:
THE MILTON H. ERICKSON FOUNDATION.

We honor: VISA MASTERCARD Account No.: _____ Exp. Date: _____

Please complete all the information requested below:

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Country: _____ Telephone: () _____

Profession: _____ Degree: _____ Major: _____

University: _____

(*Students only: Applications will be accepted from full-time graduate students in accredited programs in the fields of psychiatry, psychology, social work, guidance and counseling, and other mental health professions if they supply a letter from their department on letterhead stationery, certifying their student status as of September 1987. Student verification letters *must* state the level of degree being sought, the area of study and the projected graduation date.)

Cancellation Policy: \$25 (PER WORKSHOP) cancellation fee will be charged for cancellations postmarked 21 days prior to the beginning of the workshop. No refunds will be made after the 21-day deadline.

Return to:

THE MILTON H. ERICKSON FOUNDATION, INC.
3606 North 24th Street, Phoenix, AZ 85016, Telephone: (602) 956-6196

Eco-System Approach

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**STEPHEN LANKTON &
CAROL H. LANKTON**

On Pensacola Beach, Florida

"Ericksonian Approaches to Therapy"

Five-Day Basic Intensive

September 9-13, 1987
November 11-15, 1987
February 3-7, 1988
April 6-10, 1988

Tuition \$350

CE credits (3.0) - Psych, MF, SW, MHC

Eligibility: Masters or Doctorate in Mental Health Disciplines.

Four Advanced Training Days

September 17-20, 1987
April 14-17, 1988

Tuition \$250

CE credits (2.4) - Psych, MF, SW, MHC

Eligibility: Must have attended at least three days previous

For information & registration, contact: Carol H. Lankton,
P.O. 958, Gulf Breeze, FL 32561, USA. (904) 932-6819.

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PAID ADVERTISEMENT

DONATIONS

The Milton H. Erickson Foundation has received a total of \$1,338.00 in donations since the Summer 1987 issue of the Newsletter.

Donations are used to support the activities of the Erickson Foundation. We thank the following persons for their support:

Frances Stiffelman, ACSW	Fletcher Peacock, MSW Cand.	Jane Wyler, M.D.
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A large contribution to the Erickson Foundation was made in Laurel Elizabeth Erickson's name while visiting her grandmother earlier this year. Laurel is the daughter of Alan and Roxanna Klein, and the granddaughter of Elizabeth Erickson and the late Milton H. Erickson. A special thank you from the Erickson Foundation.

1985 Evolution Memorabilia

To prepare for the 1988 Brief Therapy Conference and for the 1990 Evolution of Psychotherapy Conference, the Foundation is offering memorabilia from the 1985 Evolution of Psychotherapy Conference.

We have syllabuses, as well as posters from the noted conference, available for sale for a limited time. T-shirts in small sizes also are available. Syllabuses from the Conference are available for \$5.00 each; posters are \$15.00; T-shirts are \$12.00. Prices include shipping and handling. Arizona residents should add 1.2 percent sales tax.

All these items are limited in number, and will be sold on a first-come, first-served basis.

Please write or call the Erickson Foundation for information.

EDITOR'S NOTES

This newsletter is the last one of 1987. The next newsletter will have a new look, and a little different organization. Best of all, it will be larger, and contain more information and features. The Milton H. Erickson Foundation is undertaking some changes, perhaps the most prominent of which is the increased emphasis on on-site training. The training facility at the Foundation is now complete (with one-way mirrors and all!) and soon the Foundation will provide ongoing comprehensive training in Phoenix. As an instrument for providing information, this newsletter will also reflect the emphasis on training, and will feature specific techniques and case reports to enhance applications of Ericksonian methods. As always, your feedback regarding specific interests is welcome.

1988 Congress

(Continued from page 1)

Since sponsoring the Evolution of Psychotherapy Conference, the landmark psychotherapy meeting held in Phoenix in 1985, the Erickson Foundation has tried to create interdisciplinary dialogue across schools of psychotherapy. The proposed 1988 Congress reflects that orientation.

We hope to bring together experts on all aspects of brief therapy: Ericksonian hypnosis, strategic, psychodynamic, family, etc. The Congress will examine history (myths); developments in techniques (methods); and different models (metaphors).

The Brief Therapy Congress can promote cross-fertilization among what have previously been disparate schools. The Foundation feels the time is right for this meeting: There is a demand from social agencies, third party providers, patients and therapists for attenuated, result-oriented treatment.

CALL FOR PROPOSALS

This is the only opportunity to be given to submit proposals for the Fourth Congress. Please see the form on page 3 of this issue. All information must be submitted by Jan. 2, 1988, to the Milton H. Erickson Foundation, 1988 Congress Committee, 3606 N. 24th

(Continued on page 15)

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
1987		
9/10-11	Integration of Modern Hypnotic Technique into Clinical Practice; Piscataway, NJ	1
9/11-12	Clinical Hypnosis & NLP; Utah Society of Clinical Hypnosis	2
9/12	Ericksonian Approaches to Treating Anxiety and Phobias; San Diego, CA; David Higgins	3
9/17-26	Clinical Hypnosis: A Synthesis of Approaches; San Diego, CA; Michael Yapko	3
9/18-19	Ericksonian Hypnosis; Iowa City, IA; Bill O'Hanlon	4
9/26-27	Ericksonian Hypnosis and Psychotherapy, Workshop I; Ann Arbor, MI	5
10/3	Therapeutic Metaphors; San Diego, CA; Michael Yapko	3
10/9-12	Clinical Supervision; Spokane, WA; Stephen Gilligan	6
10/10	Pain Management Through Hypnosis; San Diego, CA; M. Yapko	3
10/10-11	Trance-forming Middle Age; Houston, TX; Carol Lankton	7
10/10-11	Sessions with the Masters, Psychotherapy of the Borderline Personality Disorder: Masterson Approach; Phoenix, AZ; James Masterson	8
10/16-18	Ericksonian Approaches to Therapy: 3-Day Basic Intensive; Philadelphia, PA; Stephen Lankton	9
10/17-18	Innovations in Clinical Hypnosis; San Pedro, CA; Barretta	10
10/19-20	Ericksonian Psychotherapy; Jeffrey K. Zeig; Budapest, Hungary	11
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10/24-25	Ericksonian Hypnosis and Psychotherapy, Workshop II; Ann Arbor, MI	5
10/26-27	Ericksonian Psychotherapy; Zeig; Rome, Italy	13
10/29-11/1	Clinical Supervision; New York City, NY; S. Gilligan	14
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11/6-8	Trance Integrations; San Diego, CA; Paul Carter	15
11/7-8	Enchantment and Intervention with Individuals, Couples & Families: Ericksonian Approach; Chicago, IL; S. Lankton	16
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11/14-15	Sessions with the Masters, Direct Interventions in Families and Systems; Phoenix, AZ; Paul Watzlawick	8
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12/5-6	Sessions with the Masters, Advances in Ericksonian Approaches to Mind-Body Healing; Phoenix, AZ; Ernest L. Rossi	8
12/5-6	Innovations in Clinical Hypnosis; San Pedro, CA; Barretta	10
12/11-13	Metaphors; San Pedro, CA; Barretta	10
1988		
1/9-10	Innovations in Clinical Hypnosis; San Pedro, CA; Barretta	10
1/16-17	Advanced Metaphors; Los Angeles, CA; Bill O'Hanlon and Jeffrey K. Zeig	8
1/16-17	Integrating Gestalt and Ericksonian Approaches to Hypnotherapy; Phoenix, AZ; Stan Clark, M.C.	19
1/24-25	Ericksonian Psychotherapy; Rosemont, PA; Zeig	20
1/29-31	Innovations in Clinical Hypnosis; San Pedro, CA; Barretta	10
2/19-21	Ericksonian Approaches to Therapy: 3-Day Advanced; Philadelphia, PA; S. Lankton	9
3/19-20	NLP in Action; Los Angeles, CA (USC); Barretta	10

CONTACT INFORMATION

1. Harriet Hollander, Ph.D.; Community Mental Health Center at Piscataway; 671 Hoes Lane, Piscataway, NJ 08854-5633; (201) 463-4068.
2. Kenneth L. Rodgers, Ph.D.; Utah Society of Clinical Hypnosis; (801) 943-3319.
3. Linda Griebel; Milton H. Erickson Institute of San Diego, 2525 Camino Del Rio South, Suite 225, San Diego, CA 92108; (619) 295-1010.
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5. The Milton H. Erickson Institute of Michigan, P.O. Box 815, Royal Oak, MI 48068-0815; (313) 864-1035.
6. Kent Hoffman; 1422 South Dickinson Dr., Spokane, WA 99212; (509) 927-8097.
7. Carol Kershaw; 9207 Country Creek Rd., Ste. 170, Houston, TX 77036; (713) 774-2377.
8. The Milton H. Erickson Foundation, Inc., 3606 N. 24th St., Phoenix, AZ 85016; (602) 956-6196.
9. Robert Schwarz, Psy. D.; Institute for Advanced Clinical Training; 4721 Springfield Ave., Philadelphia, PA 19143; (215) 724-1884.
10. Peggi Bongiovanni, Program Director; Southern California Center for NLP, 929 Barhugh Place, San Pedro, CA 90731; (213) 833-4234.
11. Janos Furedi, M.D.; Central National Institute; Budapest 114; Pt. 330; 1536; Hungary; 361/350-244.
12. Susy Signer-Fisher; President; GHypS; Weissenbuhleg 29; 3007 Berne, Switzerland.
13. Camillo Lorio, M.D.; Centro di Studie di Ricerche per la Psicoterapia; Viale Regina Margherita; 37-00198; Roma, Italy; (06) 852130-852006.
14. Eileen Shields, M.S.W.; 201 East 21st St. #11P, New York, NY 10010; (212) 473-7079.
15. Chris Beletsis, Ph.D.; META Institute, P.O. Box 2591, La Jolla, CA 92038; (619)942-5490.
16. Marc Franchot Weiss, Ph.D.; The Milton H. Erickson Institute of Northern Illinois, 5962 N. Lincoln Ave., Ste. 11, Chicago, IL 60659; (312) 274-0746.
17. Julie Bowden, M.S.; 1129 State St. #19, Santa Barbara, CA 93101; (805) 962-4255.
18. Leonard Bearne; 7323 Earldon Ave., Playa del Rey, CA 90293; (213) 823-6636.
19. Gestalt Institute; 4302 N. 32nd St.; Phoenix, AZ 85018; (602) 955-9298.
20. John Edgette, Psy.D.; Rosemont Plaza; 1062 Lancaster Ave., Suite 8; Rosemont, PA 19010; (215) 525-0223.

Videotapes Available from the Milton H. Erickson Foundation

I. Training Tapes:

- The Process of Hypnotic Induction: A Training Videotape Featuring Inductions Conducted by Milton H. Erickson in 1964.** Jeffrey K. Zeig, Ph.D. discusses the process of hypnotic induction and describes the microdynamics of technique that Erickson used in his 1964 inductions.
LENGTH: 2 hours \$150.00 Beta or VHS 1/2" (1 tape);* \$200.00 U-Matic 3/4" (2 tapes)*
- 2 — Symbolic Hypnotherapy.** Jeffrey K. Zeig, Ph.D. presents information on using symbols in psychotherapy and hypnosis. Segments of hypnotherapy conducted by Milton Erickson with the same subject on two consecutive days in 1978 are shown. Zeig discusses the microdynamics of Erickson's symbolic technique. LENGTH: 2 hours, 40 minutes \$200.00 Beta or VHS 1/2" (1 tape);* \$275.00 U-Matic 3/4" (2 tapes)*

II. Professionally Produced Video Demonstration from the 1981-1986 Erickson Conferences:

FROM 1981 SEMINAR:

- Naturalistic Approaches to Hypnosis: Utilizing Hypnosis in Pain Treatment in Psychotherapy, Joseph Barber, Ph.D.
- Induction with Children and Adolescents, Franz Baumann, M.D.
- The Parts Model: Demonstration of Work with Phobias and Anchors, Paul Carter, Ph.D.
- The Varieties of Ericksonian Hypnotic Suggestion, Stephen Lankton, M.S.W.
- Ericksonian Induction Strategies, Robert Pearson, M.D.
- Conversational Introduction to Trance, Kay Thompson, D.D.S.

FROM 1982 SEMINAR:

- Utilizing Hypnosis in Psychotherapy, Joseph Barber, Ph.D.
- The Initial Interview in Brief Psychotherapy, Richard Fisch, M.D.
- Accessing Unconscious Processes, Stephen Gilligan, Ph.D.
- A Dual Induction Using Dissociation, Stephen Lankton, M.S.W. & Carol Lankton, M.A.
- The Constructive Use of Hypnotic Phenomena, Marion Moore, M.D.
- Ericksonian Induction Methods, Robert Pearson, M.D.
- A Conversational Induction with Fixation on Ideas, Bertha Rodger, M.D.
- A Quick Utilization Approach to Hypnotic Inductions, Sidney Rosen, M.D.
- A Fail Safe Double Bind Approach to Hypnotic Induction, Ernest Rossi, Ph.D.
- A Conversational Induction and the Utilization of Spontaneous Trance, Kay Thompson, D.D.S.
- Accepting the Subject's Cognitions as a Basis for Therapy, Richard Van Dyck, M.D.
- The Effective Utilization of Multilevel Communication, Jeffrey Zeig, Ph.D.

FROM 1983 CONGRESS:

- Clinical Use of Trance Phenomena for Therapy and Pain Control, Stephen R. Lankton, M.S.W.
- Indirect Techniques of Hypnotherapy, Jeffrey K. Zeig, Ph.D.
- Utilizing Different Parts of a Person Simultaneously, Stephen Gilligan, Ph.D.
- Hypnotic Alteration of Pain Perception, Joseph Barber, Ph.D.
- A Fail Safe Double Bind Induction Procedure, Ernest Rossi, Ph.D.
- Conversational Induction with Utilization of Spontaneous Trance, Kay F. Thompson, D.D.S.

FROM 1984 SEMINAR:

- The First Therapeutic Treatment of Dr. B., Joseph Barber, Ph.D.
- Unity, Complementarity and Multiplicity: Principles for Generative Personality in Ericksonian Hypnotherapy, Stephen G. Gilligan, Ph.D.
- Use of Multiple Embedded Metaphor for Psychological Reassociation, Stephen R. Lankton, M.S.W. & Carol H. Lankton, M.A.
- Brother Sun and Sister Moon: Multiple Trances and Experiential Encounter Between Therapists, Ernest L. Rossi, Ph.D.
- Conversational Induction Techniques, Kay F. Thompson, D.D.S.
- Using Metaphor and the Interspersal Technique, Jeffrey K. Zeig, Ph.D.

FROM 1986 CONGRESS:

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

PRICES: 1/2" Beta or VHS—\$70.00 each* 3/4" U-Matic—\$80.00 each*

ORDERING INSTRUCTIONS: After checking the box of the tape(s) desired, checking the format required to playback on your equipment, send this order form and your remittance to the Milton H. Erickson Foundation, 3606 North 24th Street, Phoenix, Arizona 85016, (602) 956-6196. Make checks payable to The Milton H. Erickson Foundation.

Please add \$5.00 per order for postage and handling. Foreign orders add an additional \$5.00 per tape for postage. These programs are only available for sale to professionals.

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The Milton H. Erickson Foundation Evolution of Psychotherapy Conference Scholarships

The Milton H. Erickson Foundation is offering two \$2,500 scholarships to full-time students in accredited graduate programs in mental health fields. The major areas of study must be in psychiatry, psychology, social work, counseling or psychiatric nursing. Funds for four scholarships were generated from the 1985 Evolution of Psychotherapy Conference. The first two scholarships were presented to the recipients in 1987, and the next two awards will be made available for the 1988 academic year.

Applications must be submitted and postmarked by October 16, 1987. For information contact the Foundation.

Office Space At The Milton H. Erickson Foundation, Inc.

The Milton H. Erickson Foundation has three individual office spaces available for lease in a building adjacent to the Foundation on North 24th Street between Indian School and Osborn Roads in Phoenix, Arizona. The offices can be rented separately or the entire building can be leased, and it is available for immediate occupancy. It is ideal as a private practice for psychologists and/or physicians.

The 900-square-foot building is unfurnished and consists of five rooms: There are three offices and a reception room, all of which are carpeted. Another room with a ceramic floor includes a sink and a refrigerator, and could be used as a lounge or as an additional office. The bathroom is equipped for handicapped. There is ample parking space for tenants and patients.

If rented separately, each office will be leased at \$350.00 per month, plus 1/3 of the utilities (gas and electric). Water, refuse collection, landscaping and exterminator service are provided. If the building is rented as a whole, the rental fee and services provided will be negotiated.

A one-year lease is required for separate offices or the entire building. There is a damage deposit and a non-refundable cleaning deposit. For information contact Linda Carr McThrall, (602) 956-6196.

Call for Papers

A special issue of the Journal of Strategic and Systemic Therapies is being planned on the theme of treating survivors of intrafamilial sexual abuse. If you have any ideas or material regarding Ericksonian approaches to treating such populations, contact Christopher Wheeler, M.S.W., c/o SAFE-T Program, Thistleton Regional Centre, 51 Panorama Court, Rexdale, Ontario, Canada M9V 4L8.

Dorothy Miller, Ph.D. of the Erickson Institute of Tampa Bay is seeking accounts of successful Ericksonian hypnotherapy with both offenders and survivors of sexual abuse for possible inclusion in a book on the subject. For information, she may be contacted at 8337 Paddlewheel Street, Tampa, Florida 33637.

Advanced Metaphors

2 days in Los Angeles, California

with Bill O'Hanlon, M.S.

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Conference Announcements

The Fourth Annual San Diego Conference on Hypnotic and Strategic Interventions will have a theme: Brief Interventions for Anxiety and Depression. The conference will be held March 4-6, 1988, on San Diego's beautiful Mission Bay. Presenters include Jeffrey Zeig, Ernest Rossi, Stephen Gilligan, Joyce Mills, Michael Yapko, David Higgins and others. For information, contact the Erickson Institute of San Diego at 2525 Camino Del Rio South, Suite 225, San Diego, CA 92108.

★ ★ ★

The American Society of Clinical Hypnosis is organizing its 30th Annual Meeting to be held March 13-18, 1988, in Chicago. Included will be a number of workshops on Ericksonian approaches. For information, contact ASCH at 2250 East Devon Avenue, Suite 336, Des Plaines, IL 60018.

ANNOUNCEMENTS

The London Society of Ericksonian Psychotherapy and Hypnosis is sponsoring upcoming workshops by Ernest Rossi, Marc Lehrer, and Joseph Barber. For information, contact Philip Booth, LSEPH, 18 Yarnells Road, Oxford, England OX2 0LY.

John Edgette, Psy.D., of The Milton H. Erickson Institute of Pennsylvania will teach a graduate course entitled "Fundamentals of Ericksonian Hypnosis" in the Fall at Hahnemann University, an APA approved clinical psychology program. John can be contacted at the Institute at 1062 Lancaster Avenue, Suite 8, Rosemont, PA 19010.

The second edition of the *Ericksonian Monographs* is now out and is available from Brunner/Mazel. Edited by Stephen Lankton, this volume is entitled "Central Themes and Principles of Ericksonian Therapy." It includes articles on such topics as Erickson's future orientation, a comparison of Ericksonian methods with client-centered approaches, and the treatment of pain.

BOOK REVIEW:

Therapeutic Metaphors for Children and the Child Within

by Joyce C. Mills, Ph.D. & Richard J. Crowley, Ph.D.
in Collaboration with Margret O. Ryan

Published by Brunner/Mazel, 1986, \$27.50

The uniquely whimsical four color jacket of *Therapeutic Metaphors for Children and the Child Within* appropriately foreshadows the specialness the reader will find within. This delightful book by Joyce C. Mills and Richard J. Crowley, written in collaboration with Margaret O. Ryan, is entertaining, easy to read and provides immediately useful information and techniques.

The book is written primarily for therapy with children. However, the methods of metaphor construction, the stories, and many of the experiential exercises are readily applicable to adults as well.

The book is divided into three parts. The first begins with a palatable dialog about the history of metaphors, continues with a carefully prepared rationale for the use of metaphor in the treatment of childhood disorders, and ends by presenting the basic

structures and differences between literary and therapeutic metaphors.

Part two explains how to gather information about the child and his world which can be used as the basis for constructing metaphors. It includes material on how to utilize the child's positive experiences and abilities in the interest of change. The authors explore how therapists can make use of a particular child's language and primary sensory systems. The second part concludes with a chapter on multi-level communication including task assignments which the authors call "living metaphors."

Part three includes a wealth of specific, easily used techniques consisting of a variety of metaphorical artist projects and exercises. "Artistic metaphors" are designed to have positive therapeutic impact

as well as to be a source of projective information gathering.

Throughout the book the authors colorfully illustrate various points with experiences from their own practices. These are presented clearly in a fashion that allows the reader to relate to the situation and to interpolate how the techniques might be adjusted for use in other circumstances.

Mills, Crowley and Ryan evidence their creative skills in this book. The authors have carefully crafted the work into a comfortable volume — one that is both enjoyable and usable.

—Reviewed by David L. Higgins, M.A.
San Diego, California

The Milton H. Erickson Institute of San Diego
announces

The Fourth Annual San Diego Conference on Hypnotic and Strategic Interventions

Three days of presentations and demonstrations on **strategic methods for treating anxiety and depression** by Stephen Gilligan, Ernest Rossi, Michael Yapko, Jeffrey Zeig, and other leading Ericksonian practitioners from various parts of the country.

March 4-6, 1988

Pre-Conference training in clinical hypnosis • February 26 - March 2

For information contact the Institute: 2525 Camino Del Rio South, Suite 225 • San Diego, CA 92108
(619) 295-1010

BOOK REVIEW:

The Evolution of Psychotherapy

edited by Jeffrey K. Zeig

Published by Brunner/Mazel, Inc., 1987.
(\$50.00)

Late in 1985, *The Evolution of Psychotherapy* conference was held in Phoenix. Organized by The Milton H. Erickson Foundation, the conference featured 26 of the most well-known and influential psychotherapists of our time. It was an ambitious dream on the part of Jeffrey Zeig, Sherron Peters, and the Foundation to bring together such a collection of individuals. It was a dream fueled with a hope of facilitating a positive step in the direction of integrating the splintered field of psychotherapy. The response was overwhelming. The conference sold out months in advance, drawing 7,000 therapists from all over the world. This book, edited by Zeig, is the lasting concrete product of that significant event. Principally, it contains a chapter written by each of the presenters describing his or her perspectives

Business Matters

The closing date for announcements, news items, and advertising for the next newsletter is November 15, 1987. The time between the closing date and the publication of the Newsletter is approximately six weeks. Therefore, submissions should reflect events occurring after January 1, 1988.

All items EXCEPT display advertising should be sent to Michael Yapko, Ph.D.; 2525 Camino Del Rio South, Ste. 225; San Diego, CA 92108. Display advertisements and associated fees should be sent directly to the Foundation in Phoenix. Listings for the "Upcoming Training" section should be sent to San Diego.

about psychotherapy. These chapters were the invited addresses presented at the Conference. Authors were provided with a general set of questions, such as how to define psychotherapy, the strengths and limitations of their approaches, and the nature of change. In addition to the formal chapters, each faculty member's presentation is commented on in a discussion by another faculty member. Most chapters also include a transcript of the question and answer sessions following the invited address.

All of the authors are articulate in presenting their views, and most are quite convincing about their ideas. Even the most experienced clinicians will find substantial viewpoints that lie beyond the boundaries of preferred and established positions on conducting psychotherapy.

Zeig has done a truly remarkable job. With the same finesse evidenced in organizing the largest conference ever held on the subject of psychotherapy, he has cohesively organized a volume consisting of a number of diametrically opposed views. Certainly the contributors are exceptionally competent in presenting their ideas, but the intensity of their focus in organizing such succinct

presentations of their work can only be seen as a product of Zeig's ability to draw out the essence of their approaches. The seven sections into which Zeig has organized the chapters is a great help in facilitating the appreciation for the similarities and differences in viewpoints.

Zeig's introductory chapter describing the fundamental issues and the climate of the world of psychotherapy provides a good framework for appreciating the contents of the volume. His optimistic emphasis on the cross-fertilization of ideas that can integrate the field may well cause each reader to examine his or her own prejudices and superstitions about how psychotherapy *should* be practiced.

This is a book to be read (savored) slowly, with lots of time to absorb and reflect the presented views and their implications. It is a book that can be used as *the* book in any college course on psychotherapy. Also, it is a book to be used again and again to both confirm and challenge one's own ideas about this ambiguous thing we do for a living called psychotherapy.

Reviewed by Michael Yapko, Ph.D.
San Diego, CA

Letter to the Editor

Q. Dear Michael:

Why don't more people write letters to the editor to share views or raise relevant issues for clarifying the nature of this type of work?

Signed,

An anonymous newsletter editor

A. Dear Anonymus:

Other than because it takes time, energy, and a high level of interest to want to initiate such contact, I'm not sure. The cynical response would be "Who cares?" but I'm not that way.

You have all the protection of your own unconscious, which has been protecting you in your dreams, permitting you to dream what you wish, when you wish, and keeping that dream as long as your unconscious thought necessary, or as long as your conscious mind thought would be desirable.

(Erickson, Rossi & Rossi, 1976, p. 35)

The conscious mind downgrades unconscious accomplishments, and you can't allow that downgrading to continue because conscious emotions filter down to the unconscious.

(Erickson, Rossi & Rossi, 1976, p. 208)

THE HEALING SELF

in Ericksonian hypnosis
and psychotherapy

with

DR. STEPHEN GILLIGAN

Nov. 13-15, 1987

San Francisco Bay Area

10 am - 6 pm

Dr. Gilligan, author of *Therapeutic Trances* is offering this intensive workshop
in Ericksonian approaches to Psychotherapy.

Registration before Oct. 15 - \$190.00 / after Oct. 15 - \$235.00

For registration or information contact:

Leonard Bearne, 124 Brooks Ave, Venice, CA 90291; (213) 452-7237

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with Jeffrey K. Zeig
and Staff from the
Milton H. Erickson Center
of Hypnosis and Psychotherapy

12 Sessions - 3 Hours/Session

(1:30 - 4:30 p.m. Fridays)

Jan. 15 and Jan. 29, 1988
Feb. 12 and Feb. 26, 1988
March 11 and March 25, 1988
April 8 and April 22, 1988
May 6 and May 20, 1988
June 3 and June 24, 1988

— Class size limited to 12 —

Initial payment of \$240
Payments of \$120/month by
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\$720 TOTAL

Deadline to register:
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NEW INSTITUTES APPROVED

The Erickson Foundation Board of Directors has approved three new institutes in the United States, along with two new ones in West Germany:

The Milton H. Erickson Institute of
Central Texas
9207 Country Creek Drive, Suite 170
Houston, TX 77036
Director: J. William Wade, M.Div.
(713) 774-2377

Orange County Society for Ericksonian
Psychotherapy and Hypnosis
2001 E. 4th Street, Ste. 205
Santa Ana, CA 92705
Director: Gary P. Ruelas, M.A.
(714) 547-7277

The Milton H. Erickson Institute of
Oklahoma
6106 S. Memorial Drive
Tulsa, OK 74133
Director: Reese Price, Ph.D.
(918) 254-8022

Milton H. Erickson Institut of Berlin
Wartburgstr. 17
1000 Berlin 62
WEST GERMANY
Director: Wolfgang Lenk, Ph.D.
42.67.60-109

The Milton H. Erickson Institute of
Heidelberg-Rottweil/N.
Bahnhofstr. 4, 7210 Rottweil/N.
WEST GERMANY
Director: Bernhard Trenkle, Dipl.Psych.
and
Im Weiher 12
6900 Heidelberg
WEST GERMANY
Director: Gunther Schmidt, M.D.
24.11.84

There also are address and name changes for some of the existing institutes:

The Milton H. Erickson Institute of
Northern Illinois
5962 N. Lincoln Ave., Suite 11
Chicago, IL 60659
Director: Marc Weiss, Ph.D.
(312) 274-0746

The Milton H. Erickson Institute of
Chicago
c/o Carol Sommer
5242 Grand Ave.
Downers Grove, IL 60515
Director: Philip Welches, Ph.D.
(312) 525-3574

The Milton H. Erickson Institut of
Western New York
S.U.N.Y. College at Fredonia
Fredonia, NY 14063
Director: Richard A. Leva, Ph.D.
(716) 366-0898

The Milton H. Erickson Institute of
Philadelphia
Rosemont Plaza
1062 Lancaster Ave.
Rosemont, PA 19010
Director: John H. Edgette, Psy.D.
(215) 525-0223

The Ericksonian Institute of Tampa Bay
8337 Paddlewheel St.
Tampa, FL 33637
Director: Dorothy D. Miller, Ph.D.
(813) 870-6220

The Milton H. Erickson Institute of
Michigan
P.O. Box 815
Royal Oaks, MI 48068
Director: Charles R. Stern, Ph.D.
(313) 862-3584 or 445-2210

Milton H. Erickson Institute of Vermont
and Northern New England
c/o Mountain Affiliates in Psychology
P.O. Box 424
Stowe, VT 05672
Director: Rodger Kessler, M.A.
(802) 253-7337

The Milton H. Erickson Institute of New
Mexico
815 Gold, S.W.
Albuquerque, NM 87102
Director: Norman Katz, Ph.D.
(505) 242-2998

Videotapes

Videotapes from the 1985 Evolution of Psychotherapy Conference are still available for sale.

Among the featured video recordings are a conversation hour with the late Carl Rogers, as well as a one-hour live demonstration of Dr. Rogers' work at the landmark psychotherapy meeting, held in Phoenix, Arizona, in 1985.

Videotapes of other leaders in the field of psychotherapy also are available through the Milton H. Erickson Foundation.

For information and brochures, contact the Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016; telephone (602) 956-6196.

Audiotapes

In only a few months, interested professionals will be able to purchase only selected audiotapes from the Evolution of Psychotherapy Conference and from the 1986 Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. For information and brochures regarding the complete listings of these tapes, please write or call the Erickson Foundation.

Audiocassette Tapes from The Milton H. Erickson Foundation

The Evolution of Psychotherapy Conference Program Program L-330

INVITED ADDRESSES

- L330-7 **If You Desire To See, Learn How To Act**, Paul Watzlawick, (Ernest Rossi, Disc.) \$9.50
- L330-12 **The Family as Deduced from Twenty Years of Families Only**, Carl Whitaker, (A. Ellis, Disc.) \$9.50

WORKSHOPS

- L330-W19AB **Family Systems Therapy**, Murray Bowen \$19.00 (2 tapes)
- L330-W26AB **Ericksonian Hypnotherapy**, Jeffrey K. Zeig \$19.00 (2 tapes)

CONVERSATION HOURS

- L330-CH2 **Jay Haley & Cloe Madanes** \$9.50
- L330-CH4 **Carl A. Whitaker** \$9.50

DEMONSTRATIONS

- L330-CP13 **Existential Psychotherapy**, Ronald Laing \$9.50
- L330-CP20 **Workshop on Rational-Emotive Therapy Techniques**, Albert Ellis \$9.50

PANELS

- L330-P5 **Dreams**, B. Bettelheim, Z. Moreno, M. Polster, E. Rossi \$9.50
- L330-P14 **Therapeutic Use of Humor**, M. Bowen, A. Ellis, R. Goulding, R. Laing \$9.50

These programs are only available for sale to professionals with a minimum of a Master's degree in a mental health field and are intended for professional education and research.

— DISCOUNTS —

6-11 Tapes - \$9.00 each 12 or more tapes - \$8.50 each

The Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy Program PS 317

KEYNOTE DEBATE

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

INVITED ADDRESSES

- PS317-S1AB **The Language of Hypnosis**, K. Thompson, D. Gordon, J. Zeig \$19.00 (2 tapes)

WORKSHOPS

- PS317-W3AB **Creative Life Facilitation with Hypnotherapy**, E. Rossi \$19.00 (2 tapes)
- PS317-W23AB **The Legacy of the February Man: Ericksonian Age Regression Techniques**, Y. Dolan, C. Johnson \$19.00 (2 tapes)

PANELS

- PS317-P8AB **Cross Cultural and Comparative Approaches**, T. Tafoya, D. Bathel, C. Carreon, M. Phillips \$19.00 (2 tapes)

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- PS317-D-2 **Rehearsing Positive Outcome With Self-Image Thinking** \$9.50

CONVERSATION HOURS

- PS317-CH5 **Paul Watzlawick** \$9.50

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- PS317-611 **Norman Katz** \$9.50

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- PS317-TP-10 **Pain Control**, J. Feldman, S. Lankton, N. Poncelet, S. Sylvester \$9.50

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- PS317-SC25 **Ericksonian Approaches to Permanent Weight Reduction and Non-Smoking**, B. Grodner \$9.50

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Professor of Psychology and Psychiatry
Yale University
Past President - Biofeedback Society
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*Past President - Health Psychology Division
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"This is quite simply, a remarkable product. Its potential for improving theories and applications in health promotion and education deserves to be taken seriously."

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Behavioral Medicine, Hartford, Conn.
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*Elizabeth L. Stroebel, M.Ed., M.S.
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ERICKSONIAN MONOGRAPHS

Edited by Stephen R. Lankton, M.S.W.

No. **2**

Central Themes and Principles of Ericksonian Therapy

This is the second volume in the widely hailed series of *Ericksonian Monographs*, sponsored by the Milton H. Erickson Foundation. The articles presented in this volume of original work are an indication of the far-ranging influence of Erickson's work in many areas. Contributions include R. Havens' discussion of the fundamentals for brief Ericksonian therapy, H. Gunnison's comparison of Erickson's utilization approach with C. R. Rogers' person-centered approach, Eric R. Aronson on Ericksonian utilization in shyness intervention with adolescents, E. Rossi on memory and hallucination, James R. Allen on the self and its survival in the work of Milton Erickson, W. J. Matthews and R. Daniel on hypnotherapy with chronic pain, S. Lankton on the scramble technique, C. J. Kershaw on therapeutic metaphor in the treatment of childhood asthma, and William R. Boyd, Jr. on promoting therapeutic movement through the use of ambiguous function assignments. ■

List \$22.50 First Press \$19.50

No. **1**

Elements and Dimensions of an Ericksonian Approach

The inaugural issue of *Ericksonian Monographs* includes Memory and Hallucination by M. H. Erickson with commentaries, by E. Rossi; Elements of an Ericksonian Approach, by C. Lankton; Treatment of Depression, by M. Yapko; a Cybernetic Model of Ericksonian Hypnosis, by W. J. Matthews; Hypnotic Suggestion for the Control of Bleeding, by W. O. Bank; A State of Consciousness Model, by S. Lankton; and more. ■

List \$22.50 Special \$20.25

Coming Soon

ERICKSONIAN MONOGRAPHS No. 3 (tentatively titled) *Treatment of Special Populations with Ericksonian Psychotherapy* will be available Spring 1988.

To order at the special prices indicated above, send payment plus \$1.75 postage for one book, 50¢ each additional book (NY residents please add local tax). Visa, American Express and MasterCard users provide number and expiration date. You are free to return the book within 30 days for full refund. Send orders to **BRUNNER/MAZEL, 19 Union Square West, New York, NY 10003.**

PAID ADVERTISEMENT

Notes from the Foundation...

The Erickson Foundation has had a relatively quiet summer, but the staff is gearing up for the fall series of Sessions with the Masters. The three Fall sessions feature James Master-son, M.D., October 10 and 11, 1987; Paul Watzlawick, Ph.D., November 14 and 15, 1987; and Ernest Rossi, Ph.D., December 5 and 6, 1987.

★ ★ ★

We welcome Michael S. Liebman to the staff. Michael is director of clinical services for the Foundation, and has been working hard to open the Milton H. Erickson Center for Hypnosis and Psychotherapy.

Michael was born in Washington, D.C. He received his bachelor's degree from the University of Maryland, an M.A. from George Washington University and his M.C. from Arizona State University.

He has worked as a trainer for the National Institute of Mental Health, was on-site director of the Arizona State Sex Offender Treatment Program; director of Counseling Service for Planned Parenthood; and is a private practitioner.

He has been trained in hypnosis by Jeff Zeig and Sandra Sylvester.

★ ★ ★

The staff also is making plans for a workshop in Los Angeles, Calif., featuring Jeff Zeig and Bill O'Hanlon. The event is scheduled for Jan. 16 and 17, 1988. An order form appears in this issue of the Newsletter on page 12.

★ ★ ★

Lori Weiers is back at the Foundation after an extended illness. We all are happy to have her back.

★ ★ ★

The Erickson Archives, located on the Foundation campus, is open to mental health professionals. Audio-and videotapes with Dr. Erickson's work, as well as from Foundation-sponsored workshops, seminars and international Congresses. We also have a/v materials from the landmark Evolution of Psychotherapy Conference. To make reservations to use the Archives, please call Lori Weiers, (602) 956-6196. There is a \$5.00 per hour fee for using the archives.

★ ★ ★

We would like to add to our collection of photographs of Dr. Erickson. If you have negatives or photos, or slides from which prints can be made, we would be most appreciative to borrow them. All negatives and slides will be returned to you. Please send the information to the Erickson Foundation, 3606 N. 24th Street, Phoenix, Arizona 85016.

Linda Carr McThrall, Executive Director

1988 Congress

(Continued from page 6)

Street, Phoenix, Arizona 85016.

CHANGE OF VENUE

San Francisco, Calif., is one of the most beautiful cities in the United States—perhaps in the world. This meeting will give you an opportunity to take advantage not only of learning from leading therapists but also to enjoy the romance of San Francisco.

Ride the cable cars and sing Christmas carols—come early or stay late and do some Christmas shopping in the famed Union Square. Easy access to the San Francisco International Airport via the Airport bus, whose terminal is located across the street from the Hilton.

HOTEL ACCOMMODATIONS

A \$200 million expansion of the San Francisco Hilton, to be completed in mid-1988, makes it one of the most attractive and luxurious convention sites in the Western United States.

For information regarding reservations, please contact The San Francisco Hilton and Towers, (415) 771-1400.

SPECIAL ROOM RATES

A very special rate of \$59.00 single/\$66.00 double (each additional person is \$20.00) is being offered by the San Francisco Hilton and Towers. Suites are available for 50 percent off the prevailing rate.

These rates are extraordinary for a San Francisco hotel room—and the San Francisco Hilton is located in the heart of the city where you left your heart.

SPECIAL REGISTRATION RATES

The Erickson Foundation is offering at this time a very special registration price for the Fourth Congress: If you register by or before January 1, 1988, the cost will be \$175.00 (\$100.00 for full-time graduate students). After that date, the price will go up to \$250.00 (\$175.00 for full-time graduate students).

Please see the early-bird registration form located on page 16 of this issue.

1990 EVOLUTION

In addition to other changes, regular attendees of Erickson Congresses will note that we have advanced the date of The International Congress one year. Plans are under way for the Second Evolution of Psychotherapy Conference in 1990. Because of the scope and size of an Evolution Conference, we are allowing the additional two years to prepare for the meeting. More information regarding the Evolution Conference will appear in upcoming issues of the Newsletter.

EARLY-BIRD REGISTRATION FORM FOR
Fourth International Congress: **Brief Therapy: Myths, Methods and Metaphors**

San Francisco, California December 7-11, 1988

REGISTRATION BY OR BEFORE JANUARY 2, 1988

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*Students must provide a letter from their department heads on letterhead stationery, certifying full-time student status in mental health fields from accredited institutions. Student letters **must** state the level of degree you are working toward, area of study, projected graduation date and that you are enrolled as a full-time student as of December 1988. All Other eligibility requirements apply.

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