

The Milton H. Erickson Foundation NEWSLETTER

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3606 North 24th Street
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Family therapy leader dies



Virginia Satir

The 1980's have seen the loss of four giants who shaped the evolution of modern psychotherapy: Milton Erickson, Gregory Bateson, Carl Rogers, and most recently, Virginia Satir. Erickson developed a utilization approach. Bateson advanced theory. Rogers championed empathy. Satir demonstrated how contact can promote self-worth and bring out the best in individuals and social systems.

It is an experiential understanding of human contact that I recall when I think of Virginia. She was electric in a one-to-one-encounter. In groups, she made people feel as if she were involved with each individual one-to-one. To say that she was dynamic was an understatement.

Virginia Satir was always bigger than life. Touted by her advance sheets as the "Columbus of Family Therapy," she exuded boundless energy, demonstrated massive perceptiveness, and made her views known in no uncertain terms. There was nothing demure about Virginia.

Her 72 years were filled with professional accomplishments: She earned a bachelor's degree from the University of Wisconsin in 1936; an M.A. from the University of Chicago in 1948; and for decades she traveled internationally as the emissary of humanistic family therapy. Probably no one logged as many miles as Virginia in service of teaching psychotherapy. She had a number of honorary doctorates and received outstanding service awards. Virginia founded the Avanta Network and was co-founder of the Mental Research Institute. She authored or co-authored nine books, translated into 15 languages, and her writing influenced countless therapists. It is impossible to consider oneself current in the field of psychotherapy without having studied Virginia's work.

Virginia was the keynote speaker at the 1986 Third International Congress on

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4th Congress promises variety for delegates

The finishing touches are being put on plans for the Fourth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, scheduled for December 7-11, 1988, in San Francisco, California.

The meeting, entitled, "Brief Therapy, Myths, Methods and Metaphors," is being held at the San Francisco Hilton on Hilton Square. More than 100 experts in the field of brief therapy will give presentations over the four and a half day meeting. Programs include invited addresses, workshops, demonstrations, small group practicum sessions, accepted short courses, topical panels, conversation hours, group inductions, mini-debates, dialogues and trialogues, and supervision panels. Keynote addresses will be given by Jay Haley, Arnold Lazarus and Cloe Madanes, all presenters at the landmark Evolution of

Board of Directors Changes

Peters Resigns; Theisen Appointed

J. Charles "Chuck" Theisen has been appointed to The Milton H. Erickson Foundation Board of Directors.

Theisen, a Phoenix, Arizona, businessman, replaces Sherron S. Peters, who has resigned to pursue her education. Ms. Peters was a founding member of the Board and served as the Foundation's first administrative director from the inception of the Foundation in 1979 to 1987.

Theisen has three graduate degrees: a law degree from Stanford University; an M.B.A. in finance and economics from

Psychotherapy Conference in Phoenix, Arizona, in 1985.

In addition to daytime programs, plans also are being made for evening activities, including a welcome reception, an Authors' Hour and a meeting for Milton H. Erickson Institute officials.

An exhibit area will be set up, and displays of interest to mental health professionals will be featured. Also, books and audiotapes will be available for sale on site.

A total of 31 continuing education credits will be available to attendees at the Congress. Among the groups approving the Congress are American Medical Association, California State Psychological Association, National Board of Certified Counselors and California Board of Behavioral Science Examiners. Applications have been made to other accrediting organizations, and answers are pending.

Related Story, see page 16

Arizona State University; and an M.A. in psychology from United States International University. He has served as a consultant in various capacities to the Foundation since 1979.

Theisen is a member of the Young Presidents Organization, as well as several other local organizations. He is the recipient of an Outstanding Community Leadership Award for the Retail Industry by Valley Leadership Alumni Association and was voted One of Three Outstanding Young Men of Phoenix by the Phoenix Jaycees and First Federal Savings for Outstanding Community Service.

Theisen joins Jeffrey K. Zeig, Kristina K. Erickson and Elizabeth M. Erickson on the Board of Directors.

Registrations for the Congress still are being accepted. Persons interested in attending the meeting may contact the Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016; telephone (602) 956-6196. A registration blank appears elsewhere in this issue. Registration deadline is Thursday, November 10, 1988. The meeting is open to mental health professionals with graduate degrees from accredited programs and to full-time graduate students who can verify enrollment in accredited mental health programs as of December 1988.

Evolution of Psychotherapy Conference: 1990

The Milton H. Erickson Foundation has announced plans for the second Evolution of Psychotherapy Conference. The event will be held December 12-16, 1990, in Anaheim, California.

The first Evolution Conference was held in Phoenix, Arizona, in December 1985. Heralded as a landmark meeting on the subject of psychotherapy, the first event attracted more than 7,200 professionals who wanted to see and learn from the leading experts in the field of psychotherapy.

Faculty members who have confirmed their participation in the 1990 conference, and who participated in the first event, are Aaron Beck, M.D., Bruno Bettelheim, Ph.D., Murray Bowen, M.D., Albert Ellis, Ph.D., Robert Goulding, M.D., Mary Goulding, M.S.W., Jay Haley, M.A., R.D. Laing, M.D., Arnold Lazarus, Ph.D., Cloe Madanes, Judd Marmor, M.D., James Masterson, M.D., Salvador Minuchin, M.D., Rollo May, Ph.D., Erving Polster, Ph.D., Ernest Rossi, Ph.D., Thomas Szasz, M.D., Paul Watzlawick, Ph.D., Carl Whitaker, M.D., and Joseph Wolpe, M.D.

Volunteers Wanted

There still are openings for volunteers for the Fourth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy.

In exchange for a waiver of registration fees, a limited number of spaces have been set aside for full-time students from accredited programs to serve as volunteers. Volunteers assist in a variety of areas including monitoring meeting rooms, assisting at registration and continuing education and helping faculty.

Selected volunteers will be asked to send a \$50.00 deposit which will be refunded after completing their participation in the meeting.

For additional information, please contact Judy Sachs, Volunteer Coordinator, The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, Arizona 85016; or call, (602) 956-6196.

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Linda Carr
McThrall



Notes From The Foundation

Amidst the hubbub of plans for the December 1988 Fourth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy is an underlying awareness of the next milestone for the Milton H. Erickson Foundation.

The Foundation turns 10 next October. To mark the occasion, a special four-day workshop is scheduled for November 2-5, 1989, in Phoenix, Arizona. Featured presenters are Joseph Barber, Ph.D.; Stephen Gilligan, Ph.D.; Stephen Lankton, M.S.W.; Bill O'Hanlon, M.S.; Ernest L. Rossi, Ph.D.; and Jeffrey K. Zeig, Ph.D.

The special event will be in the format of the popular 1983 pre-Congress Institute and will provide attendees with the opportunity to work closely with senior and junior faculty. The format consists of brief lectures, demonstrations and small group practicum sessions.

Due to the nature of the activity, enrollment is limited. Interested professionals are encouraged to inquire as soon as possible about registration. Additional information will be available in early 1989.

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

* * *

In conjunction with the celebration, the Foundation staff is planning a special 10th anniversary issue of *The Newsletter*. Historical information, pieces on Dr. Erickson, photographs and other items of interest will be featured.

The Foundation would like your input. Please contact Michael Yapko, Newsletter Editor, c/o The Milton H. Erickson Institute of San Diego, 2525 Camino del Rio S., Suite 265, San Diego, CA 92108, with anecdotes, photographs or other information you feel would be of interest to readers. You may also contact the Erickson Foundation, 3606 N. 24th Street, Phoenix, Arizona 85016, with information. The issue will be of interest to advertisers. Please contact the Foundation in Phoenix for rates.

Recently...

The International Society of Hypnosis held its 11th International Congress of Hypnosis and Psychosomatic Medicine in The Netherlands in August. The six-day meeting featured internationally known speakers discussing a variety of clinical applications of hypnosis. A panel was held on Ericksonian Hypnotherapy and featured Kay Thompson, Jean Godin, André Weitzenhoffer, and Michael Yapko. It was among the most well-attended presentations of the entire conference, and was well-received. The ISH will hold its next Congress in three years in Jerusalem.

Michael
Yapko



Notes From The Editor

The Newsletter continues to expand with each successive issue in the offerings made available to you. Recent newsletters have contained interviews with Stephen Gilligan, David Cheek, William Kroger, and Paul Watzlawick. Coming in future issues are interviews with Martin Seligman and André Weitzenhoffer. Articles on events and personalities will be included, as will other features. In general, the commitment of *The Newsletter* is to be a valued source of information to you, the reader. To do that well, I need your help, though. When events occur, please let me know. When a technique works, pass it along. When an issue triggers a response you want to share, communicate that to me. Your involvement makes a difference.

This is the last newsletter of 1988. The next newsletter will be out early in 1989. Though a bit early, the Foundation staff and I wish you a happy holiday season.

I hope to see you at the Congress in San Francisco.

Michael
Liebman



Notes From The Center

Fall training programs are under way at The Milton H. Erickson Center for Hypnosis and Psychotherapy. The interest from the professional community for the training programs has been outstanding. The enrollments to date have exceeded our expectations considering these are to be the

I would like to share some news about the status of *The Ericksonian Monographs* and our desire for submitted manuscripts. The proper place to begin is with a summary of the existing issues. Our publications to date, in chronological order, are as follows:

Summary of the Monographs

Ericksonian Monographs: Number 1: Elements and Dimensions of an Ericksonian Approach, S. Lankton (Ed.). New York: Brunner/Mazel, 1985.

Ericksonian Monographs: Number 2: Themes and Principles of Ericksonian Therapy, S. Lankton (Ed.). New York: Brunner/Mazel, 1987.

Ericksonian Monographs: Number 3: Special Treatment Populations, S. Lankton & J. Zeig (Eds.). New York: Brunner/Mazel, 1988.

first offerings from the Center.

We have added a Special Benefit Program to the fall training schedule. The program will feature Jeffrey K. Zeig, Ph.D., and faculty from the Center. The program, "Ericksonian Applications for Brief Psychotherapy — Individual, Couple, and Family," will be held Friday and Saturday, November 11 and 12. The training format will feature videotapes of Dr. Erickson, lectures, small group experiential sessions and demonstrations. Registrations will be accepted until October 31, 1988. Fees are \$90 until October 31 and \$150 on-site. All proceeds from the Benefit Program will go to fund the continued activities of the Milton H. Erickson Center. For information, please call the Erickson Center, (602) 956-6795, or write 3618 North 24th Street, Phoenix, Arizona, 85016.

* * *

In July, Stephen Lankton donated three days of training for Center staff. The training was wonderful! Steve provided presentations, a demonstration of hypnosis with a couple, and direct supervision of staff working with patients. The three days were very instructive as well as entertaining. Steve enchanted us with a wonderful collection of stories about Dr. Erickson.

* * *

The Center continues to progress in its development. We have recently added four new staff members: Gary D. Lovejoy, Ph.D.; Marti W. Waller, M.C.; William A. Cabianca, Ph.D.; and Cari Ellis, M.C. They have already made significant contributions to the Center. We are very pleased to have them with us.

* * *

We are looking forward to San Francisco and the Brief Therapy Conference. A number of the Center staff will present short courses. Many of the staff also will conduct small group practicums. In addition, the Erickson Center will have a booth in the exhibit area of the San Francisco Hilton, and staff will be on hand to provide information about the Center and Center programs.

Ericksonian Monographs

From Stephen Lankton, Editor of *The Ericksonian Monographs*

Ericksonian Monographs: Number 4: Research, Therapy Comparisons, and Medical Applications, S. Lankton & J. Zeig (Eds.). New York: Brunner/Mazel, 1988.

Ericksonian Monographs: Number 5: Ericksonian Hypnosis: Application, Preparation, and Research, S. Lankton (Ed.). New York: Brunner/Mazel, 1988 (in press).

Monograph Number 6

We have a new concept featured in Monograph Number 6. It is as follows:

We have secured from Richard Fisch, M.D., a position paper regarding his views on possible difficulties in disseminating what he calls "The Broader Interpretation of Milton H. Erickson's Work." We have received and accepted rejoinders from several experts regarding his views. In-

Virginia continued

Ericksonian Approaches to Hypnosis and Psychotherapy. Her warm, humanistic message was on the tools of the therapist, stressing the person of the therapist, not the therapist's arsenal of therapeutic techniques. Her address appears in *Developing Ericksonian Therapy: State of the Art*.

In 1985, Virginia was one of the faculty of the landmark Evolution of Psychotherapy Conference. And, she was one of the most popular speakers. Even among the superstars of contemporary psychotherapy, she was a leader. Together with Mary Goulding, Virginia convened a special evening session on world peace, attended by almost half of the 7,000 delegates. A statement favoring disarmament was signed by 3,000 attendees, and sent to Reagan and Gorbachev. Funds were collected to place an ad in the *New York Times* urging support for disarmament. The *New York Times* letter was signed by Virginia.

Virginia died peacefully in her sleep on Saturday, September 10, 1988. She wanted to be sure her work continued. She selected and trained members of the Avanta Network, and they will continue to provide training in Virginia's style of family therapy. For information, contact the Avanta Network, 139 Forest Avenue, Palo Alto, CA 94301.

Those who are interested in sending a donation to the Virginia Satir Memorial should send funds to the Avanta Network. As Virginia requested, these funds will be earmarked for scholarships for foreign students.

There will be a memorial service in Crested Butte, Colorado, on Virginia's birthday, June 26, 1989. For further information, contact the Avanta Network.

Virginia Satir gave until she gave out. I do not think I will ever know another phenomena like Virginia. On behalf of myself and the Board of Directors of the Milton H. Erickson Foundation, I send regrets to her family, her staff, and members of the Avanta Network.

Virginia, thanks for the contact. I will remember you lovingly.

— Jeffrey K. Zeig, Ph.D.
The Milton H. Erickson Foundation

cluding Dr. Fisch's paper these are:

Dr. Fisch, "The Broader Interpretation of Milton H. Erickson's Work."

Dr. Nugent, "Conflict Between Development of a New Research Tradition and Development of Social Technology: A Reply to Fisch."

Dr. Keeney & D. Flemmons, "Milton Erickson's Lesson."

Mr. de Shazer, "A Response to Fisch."

Dr. Pearson, "Commentary on Dr. Fisch's Paper."

Dr. Matthews, "More Than a Doorway, A Shift in Epistemology: A Rejoinder to Fisch."

Dr. Gilligan, "Commentary on Richard Fisch's Position Paper."

In addition, we have accepted research from Dr. Otani, "Structural Character-

continued on next page

An Interview with Virginia M. Satir, M.A., A.C.S.W.

by Michael D. Yapko, Ph.D.

It is my sad duty to report that on Saturday, September 10, 1988, Virginia Satir passed away as a result of pancreatic cancer. The psychotherapy field has lost one of its most creative and humane forces; there can be no substitute for the energetic and generous Satir, a remarkable therapist who touched the lives of so many.

Is there a psychotherapist anywhere who is unfamiliar with the work of Virginia Satir? For four decades, Satir had been central in the development of the field of family therapy. Her often simple, but never simplistic, views of the family and its effect on health, illness, and self-esteem have virtually revolutionized concepts and techniques of psychotherapy. Satir authored five books, co-authored four more, and has been the subject of many other authors' considerations. A past president of the Association of Humanistic Psychology, a co-founder of the Mental Research Institute, a recipient of the Distinguished Family Therapy Award from the American Association of Marriage and Family Therapy, and a recipient of several honorary doctorates, Satir's intense belief in the inherent positive capacities of humans led her virtually all over the world sharing her vision. Everywhere she went, she was appreciated and admired, and it is obvious that her message of "community" is and will continue to be a timely one.

This interview was conducted by Michael D. Yapko in January of this year, prior to her diagnosis of cancer in July 1988.

Her diagnosis and subsequent decline all happened so quickly that all who knew her are still stunned by this unexpected turn of events. We will miss her very, very much.

Y—I think what I would first like you to do is describe things developmentally over time. Please describe your experiences at MRI (Mental Research Institute), how Systems Theory came about, your experiences with Don Jackson and Gregory Bateson, and other relevant developmental events.

S—First of all, the preface and the prelude to this is in 1956 when I'm sitting in my office in Chicago and I read an article card called "Toward a Theory of Schizophrenia." Don Jackson, Jay Haley, and John Weakland, I believe, were the authors. This described what I had been seeing with families with a schizophrenic member. This article touched on what I had seen for over four years.

I never forgot that piece. I had been teaching family dynamics at the Illinois State Psychiatric Institute, which was the first developed institute that was teaching anything about families. When I went to

continued on page 11

Monographs *continued*

istics and Thematic Patterns of Interspersal Techniques of Milton H. Erickson, M.D.: A Quantitative Analysis of the Case of Joe." Other research papers are still in the rewrite process.

Speaking of research, many university professors and students are turning their research efforts and dissertation topics toward the theories and interventions of Ericksonian approaches. For instance, we have published works from Dr. Otani from Johns Hopkins, Dr. Matthews from University of Amherst, Dr. Nugent from Florida State, and Dr. Hollander and her associates from Rutgers Medical School. All of these people are outstanding researchers. I believe the interest in quality research is on the rise and *The Monographs* is becoming a vehicle for those efforts.

Changes for the next issues.

We plan to help the appearance of the next issues of *The Monographs* with changes we feel are responsive to the reviews we have received. We will eliminate the book reviews and the dust jacket. Instead of a dust jacket we will have an attractive "stamped" book cover. With these changes we feel it will bear a closer resemblance to other books of edited articles.

New Editorial Board Members.

In addition to the change in appearance of the next issue we are proud to announce that Stephen Gilligan, Ph.D.,

Ralph Daniel, Ph.D., and Lynn Johnson, Ph.D., have joined the Editorial Board. They each bring a special expertise which will compliment the strengths of the existing Editorial Board.

Submission of Articles

The Milton H. Erickson Newsletter is the only reminder many professionals have about submitting papers to *The Monographs*. I hope readers will be mindful of the importance of letting potential authors know *The Erickson Monographs* exists. Potential authors need to submit previously unpublished, original work dealing with Ericksonian approaches to hypnosis, family therapy, and psychotherapy, including techniques, case studies, research, and theory. An advice-to-authors letter with more information can be obtained by writing to the address or electronic connection below.

Manuscripts should be submitted in quintuplicate (5 copies) with a 100-500 word abstract to Stephen R. Lankton, M.S.W., P.O. Box 958, Gulf Breeze, Florida 32561-0958. Manuscripts of length varying from 15-100 typed double-spaced pages will be considered for publication. Submitted manuscripts cannot be returned to authors. Authors with telecommunication capability may presubmit one copy electronically. Call (904) 932-6819 to arrange transmission line number and times.

December 7-11, 1988
San Francisco, Calif.

Brief Therapy: Myths, Methods and Metaphors



SM

with
**Keynote Presentations by
Jay Haley, Arnold Lazarus and Cloé Madanes**

the fourth
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REGISTRATION FEES

U.S. Registration Fees:

\$350 U.S. (\$250 for full-time graduate students*) for registrations postmarked on or before November 10, 1988.
\$400 U.S. for on-site registrations if space is available. (No student discount.)

Canadian & Other Foreign Registration Fees:

\$300 U.S. (\$200 for full-time graduate students*) for foreign registrations postmarked on or before November 10, 1988.
\$400 U.S. for foreign on-site registration if space is available. (No student discount.)

*Students must provide a certifying letter from their school or department on letterhead stationery indicating proof of full-time student status as of December 1988.

Newsletter Subscribers Deduct \$25.00 from registration fee until November 4, 1988.

ELIGIBILITY

The Congress is open to 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). The Congress also is open to professionals with mental health related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Applications will be accepted from full-time graduate students in accredited programs in the above fields who supply a letter from their department certifying their full-time student status as of December 1988.

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REGISTRATION DEADLINE IS NOVEMBER 10, 1988

Profile: Ernest R. Hilgard, Ph.D.

by Michael D. Yapko, Ph.D.

Ernest Hilgard, known as "Jack" to his friends, is 84-years-old this year. Though officially retired, you would never know it by looking at his schedule or by spending time with him, as I recently had the chance to do. We were brought together by the 11th International Congress of Hypnosis and Psychosomatic Medicine held in The Netherlands in August. Hilgard was a keynote speaker. I had a chance to speak at length with him on subjects ranging from his hopes for the profession, to his perceptions of Milton H. Erickson. Hilgard was refreshingly open in his responses, and quite engaging in his demeanor. He laughs easily, and can tell stories with the best of them.

Hilgard was born in July 1904 in Belleville, Illinois. He studied chemical engineering at the University of Illinois, and was graduated with a B.S. in 1924. He then went through a period of religious interest, and considered the clergy seriously enough to spend a year at Yale's Divinity School. There he found the humanistic orientation appealing, but his established scientific orientation pulled him into psychology, which he saw as a respectable way to merge the objective and the subjective. He transferred to Yale's psychology department, teaching there from 1929-1933. In 1933 he took an assistant professorship at Stanford University, where he stayed until his retirement in 1969 as a distinguished Emeritus Professor. His well-known hypnosis laboratory there remained open until 1975. He is a past president of the American Psychological Association, and a member of the National Academy of Sciences.

Although Hilgard's influence on the field of hypnosis has been extensive, he did not begin his studies of hypnosis until quite late in his career. He first began his research in the mid-1950's, when he was already 50-years-old. He had an interest in hypnosis, though, since his early days at Yale when Clark Hull also was there and wrote his book on hypnosis and suggestibility. However, despite his interest in hypnosis, he was more interested at that time in other things, particularly the psychology of learning. Later he devoted himself to studying hypnosis because it seemed to have the depth to it that seemed lacking in other areas of psychology. He now considers his hypnosis work the most valuable part of his career.

Once Hilgard made the decision to immerse himself in the study of hypnosis, he sought someone from whom he could learn what was objectively known to date. He was pointed in the direction of Andre Weitzenhoffer (who will be profiled in an upcoming issue of *The Newsletter*). Weitzenhoffer had just completed his Ph.D. at the University of Michigan and had written a book on hypnosis respected for its objectivity. Joining together, the two established the hypnosis research lab at Stanford.

One of the first projects the two men undertook was to develop scales for measuring hypnotic responsiveness. The

result of these efforts are the well-known Stanford Hypnotic Susceptibility Scales, widely used in clinical and academic contexts. During this period of development, both consulted with Erickson from time to time, though Weitzenhoffer did so more frequently than Hilgard. Erickson's techniques, however, did not translate well into suggestibility tests. Hilgard commented: "We didn't use many of his practices, because they were so intertwined that they really didn't fit into a scale in which you would have separate items which could be passed and failed without destroying the whole. We had to be able to deal with people of all levels, so we weren't very much influenced by his other methods. . . We found we couldn't get the responses that Dr. Erickson always seemed to get. . . We felt there was something in his relationship with the patient or subject that made that particular thing work for him, and so we didn't include it in our scales. . ."

To many of those influenced by Erickson's work, Hilgard represents a traditional experimental model of hypnosis that is limited in its application to clinical contexts. Hilgard prefers not to view the division between views of hypnosis as either "Ericksonian or traditional," but rather as a "special state" or a "non-special state" of experience. The view of hypnosis as a routine or non-special state experience is a view that diffuses opportunities to study an important phenomenon, in Hilgard's opinion. Hilgard says: "I'm not a 'non-state' person. . . [but] I'm not completely a 'state' person either. . . Really, the conventional position is that either you're hypnotized or you're not. So, they distinguish between waking hypnosis and hypnosis following an induction. Well, if you get sufficiently hypnotized without an induction, then I say you're hypnotized, too. I don't tie it to an induction procedure as such, because certainly people can fall into spontaneous hypnosis. So, I'm more eclectic, really, when you come right down to it. These other people [the non-state people] are the ones I call iconoclasts. They're fascinated by hypnosis, they don't do anything else but hypnosis-types of studies, but they all try to debunk it."

Hilgard frequently has written about Erickson, publicly stating his skeptical views with stark frankness. Hilgard stated: "There was something pretty idiosyncratic about Milton Erickson that makes it hard for anybody to get a grip on just what he does. . . There are things about [him] that from an objective point of view were not very satisfactory. One was his turning defeat into victory. . . that was part of his style. He almost never failed. . . I don't think he was trying to fool us; I think he sometimes deceived himself in those matters. . . some self-deception in his claims. . . There's no evidence whatever that what he said was happening was happening. He never questioned the subject."

Hilgard has some strong views about those who glorify Erickson's work without objective evaluation of its effectiveness. Hilgard commented: "We should do all in our power to maintain the research wing [of this field]. There are so many things that are 'fly-by-night,' like this Neuro-linguistic Programming. There's been more salesmanship than science. . . There's very



Ernest R. Hilgard, Ph.D., left, met with The Milton H. Erickson Foundation Newsletter Editor Michael D. Yapko, Ph.D., at the 11th International Congress

of Hypnosis and Psychosomatic Medicine in The Netherlands.

little follow up on Ericksonian cases. . . and I want to see claims substantiated by evidence."

Hilgard has made many valuable contributions to our understanding of hypnosis. His Neo-Dissociation Theory, his concept of the "hidden observer," his ideas on susceptibility, and his curious and keen analytical considerations of hypnosis have stimulated much controversy and research. Hilgard, however, believes that it is the Stanford scales that are his greatest contribution to the field. He is also proud that

he was the first to include a chapter on hypnosis in an introductory psychology textbook, a practice that is now standard. Hilgard has been instrumental in making hypnosis a respectable and worthwhile phenomenon to study and practice. Regardless of any philosophical and practical differences that may exist, Hilgard stands out as a principle figure in the field of hypnosis. His work should be well-known to all who seek greater depth of understanding of this perplexing phenomenon we call "hypnosis."

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PAID ADVERTISEMENT

Clues: Investigating Solutions in Brief Therapy

by Steve de Shazer
Published by W.W. Norton, 1988, \$30.00

Clues begins like a computer manual written by a programmer fascinated with Ericksonian confusion techniques. The information is often illogically presented and is difficult to follow. The introduction, which reads like Abbott and Costello's famous "Who's on First" skit, and the first two chapters are, from the reviewer's point of view, annoyingly difficult. They need not be, given the well-known premises of solution-oriented psychotherapy.

After a patchy start, however, segments of clearly presented information do begin to surface. Chapter three offers some hope, but it was not until chapter six that the reviewer began to feel moderately comfortable with how the information was presented or what was being said.

De Shazer is obviously excited about his work, which over the years has been, and still is, focused on defining the essence of efficient psychotherapy, both intellectually and practically. This efficiency often seems pressed to the limits of sensibility, especially when de Shazer and his group ask a computer program what to do next in therapy.

Clues is primarily a chronicle of continuing processes in de Shazer's development of his solution-focused model. While there is often a "wham-bam, thank you ma'am" quality about the process he offers, de Shazer does provide some interesting and

useful techniques to be used in first and second sessions of therapy. A "miracle question" and a way to determine whether the client will be receptive to a particular kind of intervention are offered. The impression is that somewhere in Milwaukee there is a computer full of nifty one liners that will briefly cure anything from depression to bulimia nervosa. One may feel a bit slighted, since none but the simplest "watch what happens when the symptom is in remission and do more of the same" interventions are offered in this publication.

Reviewed by David L. Higgins, M.A.
San Diego, CA

Reality, security, and the definition of boundaries and limitations constitute important considerations in the growth of understanding in childhood. To an eight-year-old child, the question of what constitutes power and strength and reality and security can be a serious matter. When one is small, weak, and intelligent, living in an undefined world of intellectual and emotional fluctuations, one seeks to learn what is really strong, secure, and safe.

(In *Erickson, 1980, Vol. IV, chap. 57, p. 507*)

The New Hypnosis in Family Therapy

by Daniel L. Araoz and Esther Negley-Parker
Published by Brunner/Mazel, 1988, \$30.00

The New Hypnosis in Family Therapy provides clear and engaging step-by-step instructions on the theory and practice of family hypnotherapy, which can be utilized by therapists of different orientations. The volume is presented in two parts.

Part 1 focuses on theory, beginning with an overview of family and psychology and therapy, followed by an in-depth description of the five master techniques of family hypnotherapy, developed by the authors. Subsequent chapters discuss the continuing stages of family hypnotherapy, addressing relevant issues in detail.

Part 2 presents detailed case studies, which clearly convey the nature of the transactions as they occur during the therapy sessions. The case studies are clear and specific, allowing the reader to experience each session almost as if there. The authors provide comments and observations on each session which allow the material to be more easily understood by family therapists who might wish to incorporate hypnotherapy into their work with families.

Chapter Two of the book describes the five "master" techniques of family therapy which the authors have found useful with a variety of problems or difficult situations.

"Of the five master techniques, one is future-oriented, *Mental Rehearsal*, which has two modalities, *Goal Attain-*

ment and Change Process. Another master technique is past-oriented, *Past Accomplishments*, and related to this is *Inner Wisdom*. The last two — *Activation of Personality Parts* and *Positive Outlook*, or reframing — focus on true positive aspects of one's personality or the situation to which one is reacting."

The balance of Part 1 goes on to thoroughly describe those techniques and explain how they may be effectively integrated into any major model of family therapy.

While Part 1 is didactic, the second part is structured by the authors to be practical. The reader is asked to "...read it (the case) more as a play than an essay." This reviewer found the case examples to be delightfully presented and valuable in their ability to illuminate the associated principles.

The book is written in a gentle, unpretentious style, much as if Dr. Araoz and Ms. Negley-Parker were offering private tutoring in this new and powerful approach to family therapy. This volume would be a valuable addition to any family therapist's library.

Reviewed by David L. Higgins, M.A.
San Diego, CA

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Eligibility: Masters or above in mental health disciplines.

"Conversational Induction with the Use of Spontaneous Trance."

from The 1982 Seminar in Dallas, Texas with Kay Thompson, D.D.S.

The fact that the client's problem presentation is excluded at the outset has an interesting effect on the viewer. However, it takes no time to pick up the thread of the interaction. In reviewing the initial interviewer, Kay Thompson clearly states her preference for more client participation and a more comprehensive interaction that was evident in the tape. This is, of course, the age old problem with live demonstrations — the artificiality of the contrived context precludes true style.

Thompson demonstrates how a casual and conversational style can be used to pace and lead the client into a sequence of absorbing ideas presented in the metaphorical context of a rafting trip down the Grand Canyon. Thompson is effective in utilizing the responses of the client, such as when he is clenching and unclenching his fists. This behavior provides Thompson an opportunity to further enhance the theme of facing challenge by reframing his clenching response as "seizing opportunities." Thompson demonstrates many

such practices considered essential to the sensitive practice of hypnotherapy. This tape illustrates how the art of the hypnotherapist lies in the unique utilization of both one's self and one's client.

— reviewed by Brita A. Martiny, San Diego, California

Kay F. Thompson, D.D.S. (University of Pittsburgh), maintains a private practice in dentistry in Pittsburgh, Pennsylvania. She is a Clinical Associate Professor in the Department of Community Dentistry at the West Virginia University School of Dentistry. Dr. Thompson is a member of the editorial board of *Erickson Monographs*, and she is active in numerous professional organizations of dentistry and hypnosis. Dr. Thompson has received numerous awards for her work in hypnosis from such organizations as the American Society of Clinical Hypnosis, the Society of Clinical and Experimental Hypnosis, and the Netherlands Society of Clinical Hypnosis.

Call for Suggestions & Metaphors

The American Society of Clinical Hypnosis is currently expanding, updating and revising their Syllabus and Handbook of Therapeutic Suggestions. They are significantly expanding this handbook, wanting to make it the largest compilation of suggestions and metaphors on different topics that is available in the world. Dr. D. Corydon Hammond, one of the faculty in the Ericksonian Congresses, has been asked to edit these materials.

ASCH is envisioning an extensive volume that every clinician will want to have as a handy reference and resource on his or her desk. It will be a compilation of a variety of suggestions and metaphors that clinicians sometimes use with a particular kind of problem. It is not intended as a "cookbook," but rather to serve as a stimulus for the clinician to pick and choose suggestions that may fit an individual patient, and to serve as a stimulus for further creativity.

We can all be enriched by sharing more of the specifics of what we actually do with each other. You are invited to submit suggestions and metaphors for consideration. If you haven't actually written out the suggestions that you use, this would be a wonderful time to put them down on paper. All materials that are published in the volume will naturally be credited to you as the author.

Indications and contraindications for using specific suggestions may also be briefly specified at the beginning. At the end or following a title, please include your name, degree, and affiliation or city.

Along with your suggestions and metaphors, please indicate the following in a cover letter:

1) "I grant the American Society of

Clinical Hypnosis permission to publish any of the suggestions or metaphors that I have enclosed as part of a copyrighted book, without honorarium."

2) "This contribution is original and does not violate any copyright and has not been previously published in this form."

3) [Optional]: "In granting permission to publish these materials, I nonetheless reserve the right to publish these suggestions as part of any future material that I author, but in such a case the ASCH publication will be cited as the original published source."

Deadline: Materials should be submitted by **November 1**. Submit three copies directly to Dr. Hammond: Dr. D. Corydon Hammond, University Medical Center, PM&R, 50 North Medical Drive, Salt Lake City, Utah 84132, USA.

The following is a list of major topic areas that we particularly want to include in the Handbook.

1. Ego-Strengthening (depression, low esteem, assertiveness, etc.).
2. Preparation for Surgery or Surgical Anesthesia Suggestions.
3. Smoking and Addictions.
4. Obesity.
5. Other Habit Disorders (e.g., nailbiting, trichotillomania).
6. Anorexia or Bulimia.
7. Obstetrical-Gynecological Applications (e.g., childbirth, hyperemesis, menopause).
8. Burns.
9. Pain (including headache-migraine) and Cancer (including nausea, vomiting, suggestions facilitating imagery).
10. Sleep Disorders (Insomnia).

Accessing Unconscious Processes

from The 1982 Seminar in Dallas, Texas with Stephen G. Gilligan, Ph.D.

The easy elegance of Stephen Gilligan's hypnotic style is demonstrated throughout this highly instructional tape. Dissociation strategies are used to enhance the client's ability to prepare for the ordeal of writing comprehensive exams. The client, a woman who has had previous trance experiences, presents the problem of wanting to be hypnotically assisted in integrating three years of information.

The integration of the prescribed study material through the use of dissociation strategies is suggested in the initial interview, and then is demonstrated throughout the subsequent trance process. Both conscious and unconscious processes were utilized in order to reorganize established responses in order to facilitate the client's achieving the goal of a selective and competent fashion.

A variety of techniques were demonstrated in this tape. They include: 1) ideomotor signalling (i.e., the use of a "yes" finger); 2) embedded suggestions (intended to bypass conscious processes and pave the way to accessing unconscious processes); 3) direct suggestions; 4) confusion and overload techniques to depoten-

tiate rigid conscious processing and increase receptivity to unconscious change (i.e., temporal disorientation, spatial disorientation, conceptual disorientation); 5) multiple embedded metaphors; and 6) age regression and related imagery to symbolically reframe reorganization of the client's experience, facilitating flexibility in problem-solving by providing alternative solutions. The client is brought out of trance with the use of a counting reversal technique.

This tape is a valuable contribution in its ability to demonstrate how expertise and professional skill in the use of hypnotic techniques may be framed within a change-promoting context of clinical integrity.

—reviewed by Brita A. Martiny, San Diego, California

Stephen G. Gilligan, Ph.D. (Stanford University), is an internationally recognized authority on Ericksonian hypnotherapy who practices in San Diego. He is a popular teacher of Ericksonian methods whose workshops are widely acclaimed. He has authored a book entitled, *Therapeutic Trances: The Cooperation Principle in Ericksonian Hypnotherapy*.

11. Sexual Dysfunctions (impotence, orgasmic dysfunction, retarded ejaculation, inhibited sexual desire, premature ejaculation, vaginismus, dyspareunia). paraphilias (Exhibitionism, Voyeurism, Pedophilia, etc.).
12. Behavioral Medicine and Medical Problems (e.g., colitis, asthma, type-A behavior, hemophilia, Raynaud's, Torticollis, Tinnitus, "pee-shy" problems, allergies, enuresis, encopresis, etc.).
13. Studying, Concentration, and Test Anxiety
14. Suggestions for Facilitating Anger Control.
15. Suggestions for Working Through and Reframing of Abuse and Trauma (including Post-Traumatic Stress Disorder).
16. Dental Applications (e.g., bruxism, fear, denture problems, gagging, salivation, tongue thrusting, thumbsucking).
17. Dermatology Applications (warts, herpes, pruritus, neurodermatitis, eczema).
18. Suggestions and Guidelines for Severely Disturbed Patients.
19. Verbalizations for Age Progression.
20. Suggestions for resistance, amnesia, time distortion, or deep trance phenomena (e.g., negative or positive hallucinations).
21. Speech Disorders (fear of public speaking, stuttering, aphasia, aphonia, etc.).
22. Confusional Suggestions and Word Plays.
23. Sports and Athletic Performance.
24. Enhancing Social Skills.
25. Obsessions and Compulsions, and Obsessive-Compulsive Perfectionism.
26. Multiple Personality (e.g. suggestions and metaphors for integration and for managing malevolent alters).
27. Grief or Loss (e.g., death of a loved one, divorce, amputation or loss of function).

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Hypnosis Programs P.O. Box 7
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DATE	TITLE/LOCATION/LEADER	CONTACT
1988		
9/88-1/89	Hypnosis for Change; Fort Worth, TX; B. Stoy.....	1
10/14-15	Hypnosis Within Clinical Practice; Charlotte, NC; R. Wilson.....	2
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10/14-16	Ericksonian Psychotherapy; Gothenburg, Sweden; Jeffrey K. Zeig.....	5
10/15-22	Fundamentals of Ericksonian Hypnosis; Immaculata, PA; John and Janet Edgette.....	6
10/18-20	Ericksonian Psychotherapy; Berlin, W. Germany; J. Zeig.....	7
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10/24-25	Ericksonian Psychotherapy; Utrecht, The Netherlands; J. Zeig.....	9
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11/16-20	Enchantment and Intervention; Pensacola Beach, FL; S. & C. Lankton.....	13
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1/27	Epistemology — Hypnosis and Family Therapy; Lubbock, TX; S. & C. Lankton.....	26

CONTACT INFORMATION

- Beverly M. Stoy, A.C.S.W.; 1152 Country Club Lane, Fort Worth, TX 76112.
- Southeast Institute for Group and Family Therapy, 103 Edwards Ridge, Chapel Hill, NC 27514; (919) 929-1171.
- Karen Keeler; Health Improvement Network, 21415 Civic Center Drive, #215, Southfield, MI 48076.
- Dr. Robert McNeilly; 10 Wolseley Grove, Brighton 3186, Australia.
- Per Bjorkland; Soderlingsgat. 10B 41466 Gothenburg, SWEDEN.
- Graduate Division; Immaculata College, Immaculata, PA 19345.
- Wolfgang Lenk; Milton Erickson Institut Berlin, Wartburgstr. 17, 1000 Berlin 62, West Germany.
- Dr. Andrew Leon; 293 Malabar Road, Maroubra, 2035 N.S.W., Australia.
- Klaus Schmitt; Koningslaan 8, 3583GB Utrecht, The Netherlands; 030-514638
- The Milton H. Erickson Institute of Philadelphia, Rosemont Plaza, 1062 Lancaster Ave., Rosemont, PA 19010; (215) 525-0223.
- Wolf Buntig; ZIST-Zentrum fur Individual und Sozial-Therapie, ZIST 3, D-8122, Penzberg, West Germany.
- The Milton H. Erickson Center for Hypnosis and Psychotherapy, 3618 N. 24th Street, Phoenix, AZ 85016; (602) 956-6795.
- Carol Lankton; P.O. Box 958, Gulf Breeze, FL 32561.
- Reid Whiteside, Ph.D.; Human Resource Consultants, P.A., 4000 Westchase Blvd., Ste. 570, Raleigh, NC 27607; (919) 839-0384.
- Edmund Cava, M.D.; 276 N.E. 27th Street, Miami, FL 33137; (305) 576-7792.
- California Institute of Integral Studies, 765 Ashbury, San Francisco, CA 94117; (415) 753-6100; or Marc Lehrer, 1959 Pine Flat Road, Santa Cruz, CA 95060; (408) 426-3321.
- Harvey Riskin; Louisiana Group Psychotherapy Society, 1209 Lowerline Street, New Orleans, LA 07118.
- American Society of Clinical Hypnosis, 2250 East Devon Ave., Suite 336, Des Plaines, IL 60018; (312) 297-3317.
- Erickson Institute, P.O. Box 739, Berkeley, CA 94701; (415) 526-6846.
- The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016; (602) 956-6196.
- Esalen Institute, Big Sur, CA, 93920; (408) 667-3005; or M. Lehrer (408) 426-3321.
- The Hudson Center, 12111 Pacific, Omaha, NE 68154; (402) 330-1144.
- Thierry Melchoir; Institut Milton H. Erickson de Belgique, Rue Franz Merjay 76, 1060 Brussels, Belgium.
- Henry Close; The Milton H. Erickson Institute of Atlanta, 104 Ansley Villa Drive, NE; Atlanta, GA 30324; (404) 892-6744.
- Robert Schwarz; Institute for Advanced Clinical Training, 4721 Springfield Avenue, Philadelphia, PA 19143.
- Frank Thomas; TX-AMFT, P.O. Box 93064, Lubbock, TX 79493-3064.

Conference Announcements

The 12th American Imagery Conference is being held November 3-6, 1988, in San Diego, California. The conference features presentations on theories, techniques, and applications of mental imagery. For information, contact the International Imagery Association, P.O. Box 1046, Bronx, New York 10471.

therapy. See the display ad in this newsletter for further information.

* * *

The American Society of Clinical Hypnosis is holding its regional workshop training December 2-4 in San Diego, California. Faculty includes D. Corydon Hammond, Michael D. Yapko, Charles Mutles, Thomas Wall, John Watkins, and others. For more information, contact ASCH at 2250 East Devon Ave., Suite 336, Des Plaines, IL 60018.

* * *

The second conference between eastern and western countries, "Towards an Ecology of Mind," is scheduled for July 13-16, 1989, in Budapest, Hungary. The meeting is being organized by The Ackerman Institute for Family Therapy (New York), Centro Studi di Terapia Familiare e Relazionale (Rome, Italy), and Central National Institute (Budapest).

The Milton H. Erickson Institute of San Diego is organizing its Fifth Annual San Diego Conference on Hypnotic and Strategic Interventions, to be held March 3-5, 1989. A 5-day pre-conference clinical hypnosis training with Michael Yapko also will be held. The conference format will be entirely multiple half-day workshops with leading practitioners. See the display ad in this newsletter for further information.

* * *

The Milton H. Erickson Foundation is organizing the Fourth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, to be held December 7-11, 1988, in San Francisco. The Congress theme is "Brief Therapy: Myths, Methods, and Metaphors." More than 100 leading practitioners will participate as they address issues and techniques of brief

Ericksonian Hypnotherapy and NLP: Clinical Approaches For The Professional

Sunday Dec.4th (1PM) - Tuesday Dec. 6th (5PM)
San Francisco, CA

Tom Condon, MA, Carol Erickson, LCSW, Marc Lehrer, Ph.D. & Maggie Phillips, Ph.D., MFCC

(Participants will receive California Board of Behavior Science Examiners Hypnosis Credits (20 hrs.) and certificate)

For Information: **Erickson Institute, P.O. Box 739 Berkeley, CA 94701 (415) 526-6846**

(Reduced fees for Non-US and full time students)

Eligibility : Masters or above in mental health disciplines.

The Healing Self: Advances in Ericksonian Hypnosis and Psychotherapy

A Series of New Workshops with Stephen G. Gilligan, Ph.D.

Therapeutic Trances: Generative Approaches To Ericksonian Hypnotherapy

This intensive and experiential 3-day workshop will explore how generative change can be stimulated within the therapeutic context. A central theme will be the therapist's use of self and the therapeutic context, along with a variety of techniques, to access and develop a "generative personality" for healing.

Participants will explore how unconscious processes may be useful or not, depending on elements of context such as interpersonal relationship, resource symbols, intention, and bodily state.

The value of hypnotic processes in this therapy will be emphasized via demonstrations, exercises, didactic presentations, case descriptions, and group (hypnotic) processes.

Participants will learn how hypnotic processes can transform experience in significant ways, especially in terms of accessing healing resources, shifting frames of reference, changing bodily feelings, aligning with intention, and enhancing confidence. In short, an Ericksonian model of hypnosis will be presented as a model for empowering the healing self.

This model will emphasize the joint participation of the therapist's and client's unconscious processes. Special attention will be given to developing an interpersonal relationship where the therapist is deeply connected as "a part of yet apart from" the client.

Day 1. Therapeutic Trances —

Ericksonian approaches to hypnosis and therapy. Sorting for assets and skills, the principle of cooperation, and the Generative Self. Becoming "a part of and apart from". Biorapport, verbal rapport and interpersonal trances. Therapeutic trances vs. symptomatic trances. Eliciting therapeutic trances in self and others. Accessing unconscious resources via experiential-symbolic hypnotic processes.

Day 2. The Healing Self —

Psychophysical contexts for psychosomatic healing. Realigning and utilizing interpersonal context. The experiential use of resonating symbols, vibrating "inside" and "outside" the physical body. Hypnotic rituals, ordeals, and other therapeutic rites of passage. Reconnecting with the generative unconscious. Using trance phenomena in healing: Dissociation and association, regression and progression, amnesia and hyperamnesia, introjection and projection.

Day 3. Symptoms Into Solutions —

Unconscious as a foe or friend. Changing symptoms into generative trance phenomena. Deframing and reframing. Amplifying unconscious resources. Creating futures. Amplifying unconscious expressions. Realizing intention via posthypnotic suggestions.

A central focus throughout the workshop will be how these processes can be applied with specific clinical complaints (e.g., anxiety, depression, substance abuse) and in different interpersonal contexts (e.g., couples work).

Orlando, FL
Delta Court of Flags
Sept. 30 - Oct. 2, 1988

Columbus, OH
Hyatt Regency
October 14 - 16, 1988

EARLY REGISTRATION:
Postmarked or charged at least 6 weeks in advance.... \$225
Postmarked or charged at least 3 weeks in advance.... \$250

STUDENT REGISTRATION:
Postmarked or charged at least 6 weeks in advance.... \$195

REGISTRATION:
Postmarked or charged within 20 days or at the door.... \$250

Healing in Hypnosis: A 5-Day Intensive

This 5-day intensive workshop by Dr. Gilligan has been widely acclaimed as one of the most valuable training programs in Ericksonian hypnotherapy and clinical applications available in North America. It provides an effective balance of conceptual, vicarious and experiential learnings that brings therapists again and again with renewed value.

The central theme of the workshop is the experiential use of Self-in-Context, along with various techniques, to access and develop solutions to long-standing problems. This experiential-contextual approach emphasizes the dual and simultaneous use of the therapist's self as an active participant in, and independent observer of, the client's processes. Thus, participants will be encouraged to pursue both professional and personal growth in the workshop, and can expect to learn how to use various methods and techniques with both themselves and others.

Central aspects of Ericksonian psychotherapy will be detailed with specific attention to - 1) Creating a sufficient context for change (e.g., motivating the client, developing rapport, building response potential); 2) Treating specific types of problems (e.g., phobias, habit control, psychosomatic illnesses, and "psychotic" processes); 3) Consolidating and generalizing trance changes with both hypnotic strategies (e.g., amnesia, posthypnotic suggestions, self-hypnosis) and non-hypnotic strategies (e.g., neuro-linguistic techniques, homework assignments, and "mixed state" work.

Day 1. The Cooperation Principle —

The individual self and the collective self. Developing therapeutic trances in self and others. Confusion techniques. Accessing, tracking and differentiating techniques. Client patterns as techniques. Self-hypnosis for generating solutions.

Day 2. The Generative Self —

Using multiple languages in hypnosis. Training the creative unconscious in self and others. Mutual hypnosis. Using the unconscious as co-therapist. Deframing and multi-framing. Re-connecting with the collective (e.g., family, tribal) unconscious.

Day 3. Deep Trance Phenomena —

Specific therapy procedures for change involving age regression and age progression, dissociation and association, dreaming, and therapeutic metaphors. Treating specific complaints such as food and drug abuse, compulsions, anxieties, and depressions.

Day 4. Symptoms As Solutions —

Symptoms as gifts; symptoms as trance phenomena; symptoms as disconnected resources. Recontextualizing symptoms as unconscious expressions. Hypnotic symptom prescription.

Day 5. Generating Futures —

Age progression. Deep trance-identification. Hypnotic experimentation with other persona. Advanced self-hypnosis strategies. Beyond hypnosis.

These and other topics will be covered in multiple ways. For example, there are usually at least two live demonstrations and two exercises per day. In addition, Dr. Gilligan will present on a number of his past and present cases and discuss cases presented by participants.

New Orleans, LA
Sheraton New Orleans
Hotel And Towers At
The French Quarter
November 9 - 13, 1988

Honolulu, HI
Hilton Hawaiian Village
January 25 - 29, 1989

EARLY REGISTRATION:
Postmarked or charged at least 6 weeks in advance.... \$375
Postmarked or charged at least 3 weeks in advance.... \$395

STUDENT REGISTRATION:
Postmarked or charged at least 6 weeks in advance.... \$325

REGISTRATION:
Postmarked or charged within 20 days or at the door.... \$415

— WORKSHOP LEADER —

STEPHEN G. GILLIGAN, Ph.D., received his doctorate in psychology from Stanford University. He studied with Milton H. Erickson, M.D., for over four years.

Dr. Gilligan's book on Ericksonian psychotherapy, entitled *Therapeutic Trances*, was published last fall by Brunner/Mazel. His other publications include articles and chapters on learning, memory, emotion and hypnotherapy.

Dr. Gilligan has been conducting training in Ericksonian psychotherapy since 1975. He has been a major faculty member at all the Congresses and Seminars organized by the Erickson Foundation.

Steve is especially well known and respected for his ability to teach theory and practice in a comprehensive, experiential, humorous and caring fashion.

These workshops focus on how health professionals can creatively apply the innovative psychotherapy approaches of Milton H. Erickson, M.D., in both their professional and personal lives.

Each day will offer didactic presentations, demonstrations, training exercises, and group inductions. Participants will have several opportunities to experience naturalistic trance throughout the workshop.

YOU WILL LEARN HOW TO:

1. Help clients develop trance states through interpersonal experience with the therapist, and use trance states as the primary context for therapeutic change.
2. Develop and therapeutically utilize hypnotic phenomena such as amnesia, dissociation and age regression.
3. Apply Erickson's utilization principle (e.g., pacing and leading techniques) to generate hypnotic processes that absorb, recontextualize, balance, and differentiate the client's symptom complex.
4. Appreciate symptoms as (self-devaluating) trance phenomena; apply Erickson's utilization principle to absorb, balance, and differentiate the client's symptom complex, i.e., to make use of the client's pre-existing style to transform "problem" to solution.
5. Develop skills in reorganizing and utilizing nonverbal minimal clues.
6. Apply hypnotic techniques such as telling stories, creatively utilizing "resistance", and developing therapeutic dissociation.
7. Use an individualized hypnotic approach for specific complaints, e.g., pain control, eating and sleep disorders, etc.
8. Trust and use your unconscious creativity.
9. Facilitate lasting changes by maintaining a person-to-person connection, even when the client is accessing internally.
10. Align with the client's personal and present style, see symptoms non-pejoratively, and use symptom patterns as patterns for solutions.
11. Apply these principles when working with individuals, couples, and families.

— CONTINUING EDUCATION CREDIT —

The three-day workshops are approved for 21 contact hours and the five-day workshops for 40 contact hours by: the National Board for Certified Counselors and by the New York State National Association of Social Workers. Approval by the aforementioned is limited to organizations and does not necessarily imply endorsement of individual offerings. The workshop is also approved by the Florida Board of Professional Regulation for all disciplines within their jurisdiction as well as by the California Board of Behavioral Science Examiners for 21 to 40 hours of hypnosis education towards certification for marriage and family therapists.

— WHO SHOULD ATTEND? —

This workshop is open to professionals in health related fields who hold accredited graduate degrees. Graduate students in accredited health related programs will be admitted, at discount, when their application is submitted with a letter from their department certifying their current, full-time status.

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Braddeley, Mark. Client metaphor: Life structuring and hypnotic amplification. *Australian Journal of Clinical Hypnotherapy and Hypnosis*, 1987(Mar), Vol 8(1), 55-57. —Asserts that hypnotherapy proceeds successfully when the client's own metaphor for his or her desired state is uncovered. The task of the hypnotherapist is to give this metaphor full visual, auditory, kinesthetic, and olfactory representation. The rationale for this approach is outlined through a transformational model.

Diamond, Michael J. Accessing archaic involvement: toward unraveling the mystery of Erickson's hypnosis. *International Journal of Clinical and Experimental Hypnosis*, July, 1988. —The "essence" underlying Milton Erickson's unique style and uncommon technical maneuvers inheres in his uncommon skill at eliciting patients' archaic involvement. Archaic involvement, as characterized by perspectiveless overvaluation, is explicated and America's beloved tale, *The Wizard of Oz*, is used to evoke further perspectives. The importance of such regressive object-representations are noted. Erickson's uncanny ability to access archaic involvement and thereby profoundly influence his client is analyzed in terms of his: (a) relationship style; (b) therapeutic "persona"; (c) theoretical orientation; and (d) specific micro-techniques and interventions. Clinical findings derived from a case transcript and videotaped work are employed throughout to substantiate the argument that Erickson fosters regressive interpersonal shifts. Implications of this skill are discussed, and further avenues for investigation are suggested.

In Memorium

Ann Alhadeff, the senior editor at Brunner/Mazel, was tragically killed in late August when a freak wind storm blew over a tree and crushed her as she drove in her car. Brunner/Mazel, as most readers will know, is the major publisher of Ericksonian works. Thus, many of us associated with the Foundation have had strong working relationships with Ann. She was very highly regarded for her professional skills, and was very much appreciated for simply being the way she was — a warm, caring, patient human being who was an absolute pleasure to be around. We will miss her dearly.

Ann is survived by her husband and two children. A special memorial fund has been established in Ann's name, and the family requests that in lieu of flowers or other sympathy gifts, that a donation be made in her name. Donations can be sent to:

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c/o Larchmont Temple
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Larchmont, N.Y. 10538

Gilmore, Lyman G. Hypnotic metaphor and sexual dysfunction. *Journal of Sex and Marital Therapy*, 1987(Spr), Vol 13(1), 45-57. —Discusses the application of hypnosis in sex therapy. The present author describes M. H. Erickson's (1980) "new" hypnosis as well as his use of multiple embedded metaphors. Case histories of a 50-year-old male and a 34-year-old female are provided.

Hammond, D. Corydon. Will the real Milton Erickson please stand up? *International Journal of Clinical and Experimental Hypnosis*, July, 1988. —Disciples of Erickson are overaccentuating some aspects of his work and are thereby neglecting others. Current training predominantly focuses on indirection, confusion, esoteric metaphors, paradox, and magical expectations of instant success via superficial trances. Therapists are sometimes encouraged to simply go into trance themselves and "trust the unconscious," instead of following Erickson's model of hard work and careful treatment planning. It is time for a new law in the field of hypnosis: the Law of Parsimony. Interviews with numerous long-time associates of Erickson present him as being much more diverse in his approach. Erickson's true legacy is eclectic hypnotherapy, not a dogmatic and restrictive cultism.

Hilgard, Ernest R. Milton Erickson as playwright and director. *International Journal of Clinical and Experimental Hypnosis*, July, 1988. —Milton Erickson in his therapeutic practice can be characterized as a playwright who plans a little play for each patient and then leads that patient to accept and enact the assigned role. This arrangement permits him to be authoritarian as playwright and director by providing the staging and the strategy, while the patient then provides the tactics by carrying out the assignment in his or her own way. Several examples are given from published cases. The first is a case of enuresis in both husband and wife, selected because in this instance no mention is made of hypnosis as Erickson sets the circumstances and gives direct orders for carrying out the instructions. Three pairs of cases are described to indicate how differently Erickson has treated cases with similar symptoms. Finally, one case is discussed more extensively because the treatment extended over a six-year period. Its interpretation shows how difficult it is to distinguish what belongs to the strategic drama and what to hypnosis. All cases had successful outcomes.

Kirmayer, Laurence. Word magic and the rhetoric of common sense: Erickson's metaphors for mind. *International Journal of Clinical and Experimental Hypnosis*, July, 1988. —Milton Erickson

Jeffrey K. Zeig, Ph.D., director of the Milton H. Erickson Foundation, Inc., is in the process of collecting information for a professional biography on the late Milton H. Erickson, M.D.

If there is anyone who has anecdotes and appraisals, we would like to have the information sent to Dr. Zeig at the Erickson Foundation. Information can be on audiocassette or in a letter.

Some of the questions Dr. Zeig is interested in answering include the following:

When did you first meet Erickson? Had you heard of him before then? What had you heard? What did you expect? How did the actual meeting with Erickson differ from that expectation? What were

did not produce a systematic theory of psychotherapy. His talent was as a storyteller, inventing metaphors and more extended healing fictions for his patients. A great many of Erickson's cases did not involve hypnosis in any conventional sense of the term. He used a wide range of persuasive rhetorical forms to encourage behavioral change in his patients. Nevertheless, taken together his work represents a significant shift in paradigm from prevailing schools of psychotherapy. Erickson captured the power of word magic in the language of common sense. This coupling of magical power with folk psychology accounts for much of his current popularity. Attempts to experimentally test his are likely to be unsuccessful because these techniques were unique inventions tailored to the individual idiosyncrasies of patient and context. Although regularities in his work can be found, Erickson's most important contributions are not techniques but changes in the values or ethos under which psychotherapy is conducted.

Lynn, Steven J. & Rhue, Judith W. Fantasy proneness: Hypnosis, developmental antecedents, and psychopathology. *American Psychologist*, 1988(Jan), Vol 43(1), 35-44. —In 7 studies, 6,000 college students were screened to obtain 5 samples of 156 fantasy-prone Ss. Fantasy-prone Ss were selected from the upper 2-4% on a measure of imaginative involvement and were contrasted with nonfantasizers (lower 2-4%) and medium fantasy-prone Ss. Wilson's and Barber's construct of fantasy proneness was supported. Fantasizers differed from nonfantasizers on measures of hypnotizability, imagination, waking suggestibility, hallucinatory ability, creativity, psychopathology, and childhood experiences. Differences in hypnotizability were most reliable when Ss participated in a multisession study and were screened with not only the screening inventory, but also with an interview that substantiated their fantasy-prone status. However, our findings indicated that less correspondence be-

your personal reactions? What is the most memorable thing — personality trait, writing — that is linked with Erickson in your memories of the man? What is your most striking single memory? What was his most important contribution to therapy? What critical appraisals can you provide?

If there are people who have information and would be willing to have a telephone interview recorded, they may call Dr. Zeig to set up an interview time.

Inquiries and information may be directed to The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, Arizona 85016; (602) 956-6196.

tween fantasy proneness and hypnotizability exist than Wilson and Barber suggested. Hypnotic responsiveness is possible even in the absence of well-developed imaginative abilities, and not all fantasizers were highly hypnotizable. Fantasizers recollected being physically abused and punished to a greater degree than other Ss did and reported experiencing greater loneliness and isolation as children.

Van der Hart, Onno. Hypnosis for individuals too susceptible to suggestions. *Australian Journal of Clinical & Experimental Hypnosis*, 1987(May), Vol 15(1), 11-19. —Proposes that lack of assertiveness may be related to over-susceptibility to suggestions. According to P. Janet (1893-1909), the essential characteristics of an effective suggestion are belief in both the suggested event and in the power of the suggestion. Described is a hypnotic procedure, based on cue-conditioning, that is intended to help clients learn to believe in their ability to counter undesired influences from other people. The procedure includes assessment of unwanted influence, identification of desired attitudes/behaviors, use of inner resources, hypnotic conditioning, mental rehearsal, and self-hypnotic practice. Two cases, of a 26-year-old man and a 30-year-old woman, illustrated the procedure.

Call for Papers

Contemporary case studies, including approximate transcripts of significant portions of therapy, are invited for consideration in a book on treatment of perpetrators of child sexual abuse. The studies need to demonstrate effective use of Ericksonian hypnotherapy. Contact Dorothy D. Miller, 7849 Pine Trace Dr., Sarasota, Florida, 34243.

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(Erickson & Rossi, 1981, p. 93)

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___ **Naturalistic Approaches to Hypnosis:** Utilizing Hypnosis in Pain Treatment in Psychotherapy, Joseph Barber, Ph.D.

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___ **Ericksonian Induction Methods,** Robert Pearson, M.D.

___ **A Fail Safe Double Bind Approach to Hypnotic Induction,** Ernest Rossi, Ph.D.

FROM 1983 CONGRESS:

___ **Hypnotic Alteration of Pain Perception,** Joseph Barber, Ph.D.

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Interview *continued*

California, I went to Terra Linda, which is north of San Francisco. I arrived in October, and by February, I decided I needed to reach Don, but I didn't know much about him. I succeeded in finding him, and I knew he was somehow connected with Gregory Bateson, but I didn't know any of these people. The [therapy] world didn't have much in it at this time about any of what I was doing. The only person I had contacted at this time was Murray Bowen, who hospitalized people at the National Institute of Mental Health. I called Don, told him what I was about, and he invited me to present at the ethnology division at the V.A. I didn't know it then, but they had worked on only one family. They were working under the eye of Gregory Bateson, who was an anthropologist, and they were trying to see what happened.

The outcome of that day was that Don asked me to help him start what became the Mental Research Institute, although it was not yet named that. He told me there was a young man, Jules Riskin, a psychiatrist, who had finished his work in Cincinnati, who was coming, and he invited me to be with Jules and himself to start and develop the institute. It opened one month later, March 19, 1959.

We had nothing much to go on, but we were all interested in what could happen. The idea of the Mental Research Institute was to look at the relationship between family interaction and the development of health and illness in its members.

We were all excited about it, but this subject was unknown anywhere. They had

glimmers [about what could be], and by this time they had worked out things they'd learned from the Smith (fictitious name) family.

In working with the Smith family, we took all the laws they had found — rules they had observed in this one family, and translated them into the universals, so to speak, of such a family. Then they recreated the family on tape. This is where the double-bind and related concepts were present. They had successfully deduced the laws that go on in a family where there is a schizophrenic member, and they were able to reproduce it.

There was some very profound work going on at the Ethnology Institute. The three of us, Don, Jules, and I, now were off on another thing, but these other people [Gregory, etc.] were on the periphery and were very interested in us. [They wanted it] to be a total research institute.

Well, I soon found that research was not my cup of tea. At this point, I was very clear that I loved training and I had enough experience to do it, because by that time, 1959, I already had almost six years of work with families. I had seen a lot of families, close to 500 by the time I was there. I didn't know it then, but I had seen more families in the world than anyone else by that time. So, I decided I wanted to do training, and Don felt that way, too. We got a private grant for three years and then NIMH came in with another grant later to work on translating what I knew into a program which became the training program at the Mental Research Institute. So, then we had two parts, a theoretical and a training part. But remember, at that time, all

this was freaky.

Y—Was it literally considered “freaky,” or do you mean it was so revolutionary that no one else was doing this?

S—It was considered freaky by almost everybody.

Y—Fringey kinds of stuff, not respected, not appreciated...?

S—Well, it got more wonder than anything else. One of the first things I did, was say, “I'm not going to talk about this, I'm going to show it.” I took a family, and every Wednesday night, I saw this family and invited people to come to look. It would be hard for anyone today to realize what it was like to be a new element in a very foreign land. As for me, I was fed up with people talking about stuff and not showing what they did. So, one of the things I did was to *show* what I did. It was written up in the *Saturday Evening Post* the next year. [In this way] people could see things they had never seen before. In the meantime, the rest of them were talking theory and to some extent, doing work, but not much. I mean, that was not a part of their practice.

Y—It wasn't the emphasis of what they were trying to do.

S—No, it was not. But, it was my total emphasis. My practice and my teaching all went together.

Y—Did the kind of relationship evolve where you would demonstrate the work and then the others would try to sift out principles?

S—No, it had nothing to do with them. From my point of view, they weren't interested. They weren't interested in anything I did. They talked a kind of theoretical language that didn't make much

sense to me, and so we were [essentially] two institutes. I was always sorry about that, but I didn't know any more how to make [interest in my work] happen because these people were much more interested in the games they were working on and the theory they were working on than with what I was doing. I don't believe any of them ever observed me, even though I invited them. After six years, I left because I was moving in circles and I knew there was no support back there for me.

Y—Here's this supposedly integrated Mental Research Institute where everyone is interested in communication — and you're describing some pretty poor communication.

S—There never was any idea that people would be integrated [in their work] in this institute; it was [starting] from scratch everywhere, but it was to save my psychological life that I got out from under that stuff. I can feel even now the disappointment that I had for these people who were not interested in my stuff. They would think I was doing nice things, but I don't think any of them ever saw me work, even to this day.

Y—How did they know you were doing nice things, then? Because you told them? Because they were hearing it from the community?

S—They were hearing it from the community. Also, I would present at the clinical sessions sometimes. Later, I had a training program and some of the people would come to the training program.

Y—Was some of this apparent indifference because of the practical orientation you had in contrast to their theoretical orientation? Was some of it the fact that working pragmatically with families hadn't been happening anywhere yet and they didn't have any way to judge what was going on? Was it because you're a woman? What explanations or attributions do you have?

S—As I look back on it, in those days I was excited to do *anything* in relation to this kind of work. But, I didn't talk the language they talked. I don't believe *they* even understood what they were talking about a lot of the time. All this “symmetrical” stuff didn't hit me at all in the way Jay Haley used it in explaining an interaction. I tried to put myself in a learning frame from them. I never felt they ever took anything from me, but they tolerated me; and as a person, they liked me — I knew that. Being a woman was one piece of it. These were people who were so deeply involved with their own theories. All of them were involved in playing games, “top dog” kinds of stuff, so that was difficult [to relate to]. Gregory left first, then I left, then Jay left, and then Don died — he committed suicide.

Y—That's interesting. Your emphasis is such a practical one, and of course their claim was that what they were interested in doing was watching things work. In fact, isn't that why they brought in Erickson as a consultant?

S—Well, let me tell you what I know, but you have to remember that there wasn't much communication. I heard that Jay and John [Weakland] learned about their stuff

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Interview *continued*

from the "Upsmanship" games from Potter, and the hypnotic things from Milton Erickson. I didn't know anything about Milton Erickson; I was scared of death of hypnosis, because for me it was a form of control — that was because of my ignorance, but nevertheless, that's how it was. When Milton came, I saw him make motions and I watched him in groups and it was frightening. So, I didn't do much with him, I got out of the room when he came — I was scared!

Y—Can you describe what you mean when you say he was making motions?

S—He was connecting with people and carrying on what looked to me like hypnotic inductions. That's easy to do — you know that's easy to do. I realized afterwards that I didn't know anything about what he was doing, but Jay and John were very wrapped up in him. He [Milton Erickson] was someone I really didn't understand and didn't like.

Y—It's obvious you weren't attracted to him at that early point, but were you at any point?

S—Later, as I came to know him a little bit more. Maybe Milton changed, too; I don't know. But I know in the last years of his life, I understood something about him I hadn't understood before. Whether it was true before or not, I felt in the last years of his life he was a kind man, he really wanted to help people, and his motivations were human and loving. That was my feeling later on. I am glad I was able to know Milton in another way. [Satir described a vignette in which she was told that Erickson talked about Richard Bandler and John Grinder's work and indicated that he did not agree with some aspects of what they did.]

Y—You mentioned Bandler and Grinder. Do you want to talk about your own relationship with them and what your impressions were?

S—You have to remember, I knew I was on to something. Gregory [Bateson] told me many years ago that I was opening a Pandora's box, but I didn't know what he meant. I know now. I was opening up all kinds of things that would be against the grain of the world. Whenever I would find someone who looked like they were interested — it was just an excitement, a delight. Richard [Bandler] was, at that time, a stock boy for Science and Behavior Books. Bob Spitzer, who owned Science and Behavior Books, was a long-time friend of mine, and he wanted my sessions to be taped. Richard was very good at doing that sort of thing, so he came to tape them. In the middle of the tapings, he said, "I want some of that." So, I gave him a "Parts Party." He got very interested, borrowed tapes from me, and looked at everything he could find. Somewhere along the way he met John Grinder. John was a psycholinguist, one of Dr. Noam Chomsky's students. I was excited about what they were finding, because I was very well aware that you can always see more. I was delighted at what was happening, and I was delighted it was happening to them. You can tell by the preface I wrote in the book, *The Structure of Magic* [and by the book

I co-authored called *Changing with Families*]. In fact, I was instrumental in convincing Bob to publish this book, because I felt it was important. You'll see by the pictures that are on there that we were connected at that time. What started to happen, though, was I felt arrogance was creeping in. Wonderful things I was working on with people I saw were being demeaned, and so I withdrew from them. Within three or four years, I said, "I can't be a party to people demeaning other people." To me, this world has enough people demeaning people, and I didn't want to be a part of a sanctioned, theoretical and therapeutic group who went around demeaning people. I lived too long in the encounter group era and I felt this was not the way it should be done. So, I withdrew my support, but it really didn't matter [to them]. I just had to live with myself at that point, which I did. I gained some new awareness and all that, but I couldn't continue with what I considered to be very unethical behavior. Today, I'm very cherry (suspicious) about those I meet who call themselves NLPers. It happens there is an NLP organization to which I am an advisor, because I think the material is good and what happens is good. I really feel [with Bandler and Grinder] the question of ethics, the question of love, and so on, was not there. I meet NLPers who are okay; they have love, they have ethics and they have integrity. But it's very easy to take advantage of people, so I have to declare myself on the side of integrity and love.

Y—Will you expand on a statement you made earlier? You said Gregory Bateson said you were on to something — a Pandora's box — when he said you were going against the grain?

S—Yes, what I was on to was what I was espousing. First of all, I was moving to health in people and not psychopathology. The standard for professionals in mental health was to practice in terms of psychopathology. I wasn't doing that — I felt it was a dead horse. Freud was one of my heroes as far as his willingness to go out on a limb and find some things which we needed to know about what is in our insides. We carry the seeds for our direction and our destruction or construction. That was a different notion from when we thought everything came from the outside. The psychoanalytic model, per se, I know it well. I was taught it, but because of its emphasis on the pathological, it was limited in what it could do to help. Now there are some people in the field who say the practice of psychoanalysis is for research, not for treatment.

Y—Or for description as opposed to treatment.

S—I can understand those kinds of things. But it's going against the grain to work on health. Some say it's only "soft" when you work on health. People miss the whole point that what grows in your garden grows where it's fertile. If there are dead spots in your garden, you help them to grow by making them fertile, adding some things to them. I knew that was an important idea. I knew it would break the back of our current pathological thinking if enough people got there. Then we'd have in this world a whole lot of people trained to be mental

health practitioners. That's what Gregory meant by opening a Pandora's box.

The second thing that came up was I was talking about the fact there is no one to blame. There are actions, reactions and interactions, which is what a system is as opposed to a linear model. That's how a family works — there is no one to blame. You, the husband in the family, you're doing what you're doing from what you learned. You, the wife in the family, are doing the same thing, and you are not doing it out of perversity, you're doing it out of the best you know. We have learned for a long time to live an inhuman life — things like "we shouldn't get angry;" we shouldn't do all kinds of stuff. I know that was also going against the grain. The picture of what acceptable human beings were was they were to do what they were told and they were supposed to be what people wanted them to be. It was easy for me to see why war comes about when you have that viewpoint. What I was doing *sounded* simple, even though it wasn't that easy to perform by other people — and still isn't. Gregory once said to me, "You know, Virginia, the simple things are the hardest to understand and to deal with; complexity will give you all kinds of possibilities which make you think you're doing something, when you're not." I believe more than ever that we're in an evolution of humankind, and it's a basic evolution. It's a change in consciousness where we're moving from health to looking at the total planet as a whole interactional set of ingredients. The more we

know that, the better off we'll be.

Y—That's a good lead-in for describing your Avanta network, the traveling you're doing and the kinds of things you're trying to promote through your network.

S—I'm one of those people who tries to establish a structure after I see what's needed. It's the *Avanta Network*. Avanti is Italian for "moving ahead," and mine is *Avanta*, which means "going beyond." I got the name in a meditation. After World War II, it was very clear there was an energy on this planet asking us to look at all our old forms. If you look back at history since 1945, you will see that every country that was colonized wanted to get rid of its oppressor. Minorities wanted people off their necks, women wanted men off their necks, and of course, men had things on their necks, too, but it wasn't women. Even the flower children of the sixties tried to deal with things oppressive to people. So, that energy was there. And you know how many dictators got deposed and how many dictator-like people came in their place, because the people didn't know a different process. They knew only divide and conquer, polarization, and [the like]. After World War II, Abraham Maslow and Carl Rogers said we need [to encourage] a different view of people, both toward themselves and toward each other. This meant instead of polarizing, you cooperate. Instead of seeing things only as linear, you know it's a systemic organization. There is

continued on next page

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Interview *continued*

no such thing as a single variable. Well, it takes a long time for that [kind of thinking] to advance. I see that as so basic to our present century knowledge, as basic as the knowledge that the world is round instead of flat.

Y—Would you address what I'm sure will strike some people as idealism, even naive, to promote a viewpoint that says the world can cooperate?

S—Well, do you believe that it is naive to think that that's a possibility.

Y—My personal viewpoint?

S—Yes.

Y—I wouldn't use the term "naive," but I would say it's idealistic. My viewpoint is that as world resources dwindle because of overpopulation, which I see as the number one problem that we face as a planet, competition for those resources has to increase.

S—Well, that's one way of looking at it. That would be true for the people, who, in my opinion, are linearly oriented. For those people who say, "Okay, we have our resources here, now how can we pass them around?", that wouldn't happen. What I have to tell you is we have nothing in the world today except little prices here and there which represent the higher nature of human beings. What we're doing now is facing the outcome of what we have been practicing for so long — "the lower nature of human beings," is what I call it. So, we have the atom bomb, nuclear weapons, and we had Hitler. Hitler was just as much related to the world as he was to Germany, because he represented the ultimate of one person telling another person what to do. At one point in the world's history, it was commonly accepted that slavery was a good thing, because slaves were not people. That was very commonly accepted. It was also commonly accepted at one point that all dark-skinned people were more like animals. There were few people who said, "No, that's not so." I think there are few voices now that say, "All right, you think that will happen, and people are capable of that, [but it doesn't have to be that way]."

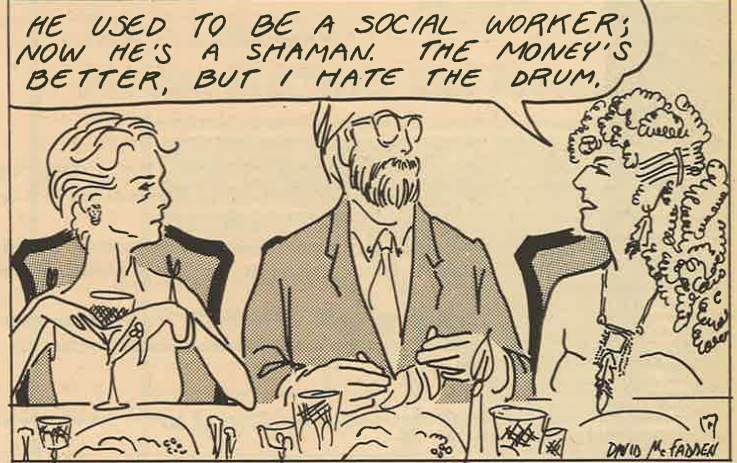
Now, idealism to me is the recognition of something that can happen that has positive possibilities. If I didn't have that [vision], I wouldn't be able to help anyone. You wouldn't be able to help anyone if you didn't know that a new state could exist. Rather than decrease the emphasis on what you're calling idealism, I say, "No, let's look at it." Because in our minds, what we think has something to with what happens. I have no problem whatsoever with you or anyone else, to say, "Yes, I believe what you say can happen." I know people can be destructive. That they will at *this moment*, well, that is something different. I know that when I go somewhere with people, they begin to notice their higher natures. They begin to better see the relationship between how they've been behaving and their nature and their illness and all the rest of that. So, I don't mind being one of those few people, and really they're not so few anymore, who say, "We can change that, we can grow and we can mature." It's there.

Y—So that's the focus of the international travels you're doing. Do you want to talk about your upcoming trip to

Russia or the other plans you're making? Here's the chance to let people know what you're doing and how they can contribute.

S—I have yet to write the first letter to apply for any job or to ask people to come to me. I've yet to do it, and I'm 51 years in the field. Except once, when I applied to sell fruit when I was fourteen. We have a world of five billion people — it just passed that mark last year in China, I'm told. Let's think of something, something splintered perhaps, maybe it's called an individual, and that individual becomes integrated and knows how to let the energy of an integrated person move out. That's going to act as an attraction for anybody else who is ready to be connected, right? It can be a family member, or it could be someone in the community. Eventually, the whole family gets that way and the attraction is there. The pull of attraction is powerful, and in fact, the only way I work is on the basis of attraction. Later, it's not only the community, but it may be the state. Then, not only one state, but many states. Then it becomes countries — all are attractions. I gave my first paper in Vienna in 1961 and there were only eight people who came. It was a paper, however, that was considered good, and it was published in the proceedings. The next year I came back to present again. My room was so full that there wasn't even standing room when I presented. That went on in only 12 months. So this attraction is now all over the world. My books are published in 22 languages. It's a natural growth. I now have a university for "being more fully human" that I started. That's Avanta, a non-profit organization, which we started in 1977. We started our teaching work in 1981, so we're in our eighth year. We have students from all over the world. I will have my first mainland Chinese student this year. I've been having Czechoslovakian and Hungarian people now for at least four years. And we have Polish and there will also be some more Chinese and Hungarian students coming. I expect after this year we will have Russian and other people as well. We've already had people from Hong Kong and Taiwan. Next month, I go to Costa Rica and I will be at the U.N. Peace University for three or four weeks. I plan to go into San Salvador and Nicaragua, because I have invitations from the Ministers of Education from both of those countries. Very likely, there will be a television crew with me. A man who was one of the cameramen on [the news magazine show] *20/20* is going to be one of these people. In May, I will spend four weeks in Russia with a camera crew. In between, I'm moving to other places. Next year I'll be going to Kenya. So what is happening now is the world is part of all this. I also started a video textbook, where I see a family and then I do a "Parts Party" and a family reconstruction, and come back in a year and see where they are. I want to do that with every kind of person. So far, I have four generations of doctors on one, and on another one I have older people and their older parents. I have one on someone from public welfare, one on American Indians, and one on a teenager who didn't want to go to school. What I'm trying to show is

EXTRAMAN



that the basic thing for all of our behavior, the key thing is how well we value ourselves. Unfortunately, we've lived in a culture where that isn't truly promoted. We've had no value for human beings; you can't put people out and shoot them or have them shoot others if you have value for them — it doesn't work that way. We couldn't be dealing with each other as we do if we had a sense of value for ourselves. It has simply never been a value of human beings to have value for themselves [in this way].

Y—Isn't it a shame that there even has to be a commission on self-esteem, such as the one you were appointed to here in California?

S—Sure, but it's also a comment. You see, the world is moving. It's moving at a snail's pace, but it's moving. We developed technology beyond everyone's imagination. I mean, we're thinking about building cities in space! There are drawings on the drawing board for that. We have done some of the most sophisticated development of equipment — we don't even have to open a body up anymore to have something to look at. We have fantastic achievements, except one; never have we taken the human being into consideration. We know all about how they get bad; we don't know very much about how they grow. That's

continued on page 15

Three days with **Bill O'Hanlon**

Miami, Florida November 18, 19, 20, 1988

As an organization accredited for continuing medical education by the Florida Medical Association, the South Florida Psychiatric Society, Inc. designates this continuing medical education activity as meeting the criteria for 6 hrs. per day in Category I of the physicians' recognition award of the American Medical Association. It is also approved for an equal number of CEUs for psychologists, clinical social workers, marriage and family therapists, mental health counselors, and school psychologists.

The cost will be \$110 for one day, \$210 for two days, and \$300 for all three days. Discounts are available for full time university faculty members and full time graduate students.

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Brief discussions of the nature of rapport between the hypnotist and patient; and hypnosis and memory.

Two lengthy question and answer periods covering a wide range of topics and including more case examples.

ACKNOWLEDGEMENTS: The Milton H. Erickson Foundation is grateful to **THE AMERICAN JOURNAL OF CLINICAL HYPNOSIS, ELIZABETH ERICKSON** and **ERNEST L. ROSSI, Ph.D.** for granting permission to distribute the audiotapes of Dr. Erickson's lectures at the 1952 UCLA symposium. The texts of "Control of Psychological Functions by Hypnosis" and "Hypnotic Approaches to Therapy" were originally published in the July 1977 issue of *The American Journal of Clinical Hypnosis* and then produced in *The Collected Papers of Milton H. Erickson, Vols. II and IV (E. Rossi, Ed.)*, respectively. Except for these lectures, the material on these audiotapes has not been published previously. An edited and annotated transcript of the 1952 Los Angeles Symposium will be published *Mind/Body Connections in Hypnosis*, which is Volume 3 of *The Seminars, Workshops and Lectures of Milton H. Erickson*, edited by Ernest L. Rossi and Margaret O. Ryan (New York:Irvington, in press).

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More than 4 hours of Dr. Erickson's presentations on 4 cassettes including lectures on:

"Resistance: A Demonstration and Discussion," Dr. Erickson elicits and discusses manifestations of resistance and does a reverse set induction to demonstrate breaking down negative sets. (Tape A; Side 1)

"Psychodynamics of Hypnosis," Dr. Erickson discusses as an intrapersonal and interpersonal experience: 3 categories of human behavior and brain functioning and how they relate to suggestions; and the importance of indirect methods. (Tape A; Side 2)

"Advanced Techniques I: Permissive Language, Ordeal Therapy, Geometric Progressions," Dr. Erickson describes these techniques as applied in cases of sexual dysfunction, stuttering, bed wetting, compulsive habits and aerophobia. (Tape B and C)

"Advanced Techniques II: Double Binds," Dr. Erickson describes a variety of types and uses of double binds, case illustrations include patients with cancer, physical handicaps, childhood eating disorders, and patients who are self-defeating. (Tape D)

The Milton H. Erickson Foundation wishes to express its appreciation to Marion R. Moore, M.D., who donated both sets of tapes from his collection to the Foundation Archives.

ELIGIBILITY: These tapes are available to 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 to 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 can purchase tapes if they supply a letter from their department certifying their student status.

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Interview *continued*

what the new challenge is. One hundred years ago, in 1888, we were an agrarian society. We could see the railroads were pretty well going, the cities were beginning, and we could see what the thrust of the next century would be. That was the forerunner of this century. What's the forerunner for the next century? It's human service. Human experience. That's the next one. Y—What in the last few years, in your view, would you say has been the most important step forward in the world of psychotherapy? What role will the clinicians play in all of this?

S—Well, I don't have a position, what I call the "airport control tower position," on all of this. I can only speak for myself and acknowledge the fact that I, Virginia Satir, am welcome in every country of the world; I am welcome in every level of society. Now, maybe someone will say to me, "I don't know if I want to learn from you, but I'd love to talk with you." The fact is, I'm not the only one like this, not by a long shot. Five years ago, there were 6,500 groups in the United States that were working on peace [and social issues], each wanting to develop something different. When it [social awareness] began to evolve, therapists would think of things like existential therapy, rational therapy, and body therapy. In other words, once the psychoanalytic model was not the only model, then people began to move in and there developed a flexibility. With the

tyranny existing before World War II, you were nobody unless you were psychoanalytic, even though there was Adler and Jung around. I was asked when I went to graduate school, was I a Freudian, Adlerian, or Jungian. I knew the University of Chicago was psychoanalytic, so I had better be Freudian!

Y—Those were the three choices?

S—Yes. But after the horror of World War II, there was a context of more openness and flexibility. And you can see that if you look at the different kinds of therapies that came: Transactional Analysis, Gestalt Therapy, all the body therapies, Lowen's therapy, psychomotor therapy, and Moreno's stuff. I came in 1951, only six years after the war was over, so we've had an openness [for sometime]. There are places of tightness at this point, but we'll never be back where we were.

Y—Did you view the Evolution of Psychotherapy Conference [sponsored by the Milton H. Erickson Foundation, organized by Jeff Zeig and held in Phoenix in December, 1985] as a useful thing in that regard?

S—Oh, yes. I thought it was wonderful. It was the first conference I had gone to in all my life where I felt there was more integration than there was separation. *Time* magazine wrote about all the strife, but there wasn't any. I don't know how they could have been there if that's what they saw. I saw all these characters I'd known for years behave differently. Oh sure, some of them had to do their little thing, but

basically, this was a wonderful, integrative conference. When I called for a meeting on peace, three thousand people came to it. I felt this was *the* landmark as far as psychotherapy was concerned. I enjoyed it, — I felt the tone and the tenor of it was integrative.

I want to say one more thing about this. What I've noticed is that there are many, many more therapists now who will join "Physicians for Social Responsibility," or "Psychiatrists or Psychologists for Social Responsibility." There is much more of that going on now. If you really want to see how far the therapist has come [in seeing a vision of an integrated] community and world, just look at the programs of professional meetings. Take a program 20 years ago at a professional conference and look at one now, and you will see there is far less emphasis on pathology and much more on community, society and so on. There has been an effect, there's certainly no question about it.

Y—It must be extremely gratifying for you.

S—Well, it is. What's also so wonderful is to see it all over the world.

Y—I don't want to be greedy about my time with you, but is there anything you wanted to comment on that I didn't ask about? Anything that you want to share about your work, Erickson's work, communication, systems?

S—Well, let me say this. . . I think growing pains are always present and they are often hurtful. We've gone through a lot of

growing pains, and while there are still a lot of people who are looking for the one "right" way, that is diminishing. We are more apt to listen to other people, and I think that's a good thing. What we have to learn is how we can feel a sense of our own grounding without at the same time wearing blinders — and I see a lot of that changing. I can only approach this with hope. Also, I'd like to be clear in saying you don't always have to know everything is perfect before you can have hope.

Y—There's certainly graphic evidence from the things you're pointing out that things are getting better in some ways.

S—They're much better now than they were and not only that, people are taking more steps toward saying, "This doesn't work, we'll change it." There are still a whole lot of people who say, "We'll endure it!" But, you see, all you have to have is six percent of any given group to come to be the leader, and then when 20 percent of the group is

continued on next page

In the process of living, the price of survival is eternal vigilance and the willingness to learn. The sooner one becomes aware of realities and the sooner one adjusts to them, the quicker is the process of adjustment and the happier the experience of living. When one knows the boundaries, restrictions and limitations that govern, then he is free to utilize satisfactorily whatever is available. [1962]

(In Erickson, 1980, Vol. IV, chap. 57, p.514)



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Ericksonian Classes

In the last issue of *The Milton H. Erickson Foundation Newsletter*, information about courses available on Erickson approaches was requested.

The Johns Hopkins University School of Continuing Studies offers a course in the counseling and human services program. Akira Otani, Ed.D., assistant professor in the program teaches the one-hour course called, "Ericksonian Approaches to Counseling." The course is open to advanced counseling students in graduate level programs.

If others know of similar courses around the country, we would be interested in learning about them. Also, we receive numerous requests from students interested in learning Ericksonian methods in a graduate school program. If you know of programs with an Ericksonian component please contact the Foundation. Please send information to the Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, Arizona 85016.

Interview *continued*

leader, then you have a new movement. So, we don't even have to go the whole five billion. What are we asking for? We're asking for health — the health and life and love that human beings can [and should] have.

Y—Are you going to be changing in some specific direction in the future?

S—Well, you know, this is so exciting and there are so many places to go. Not only outside, but inside. All this wonderful stuff goes on about how we can have our insights and be a good leader to ourselves. Like this wonderful stuff we're beginning to hear about Roberto Assagioli who was very definitely on the road to "health." We are ready for him, but we had to deal with the illness part of it first. It's like you change your focus. You know how to be blind? One person says you mustn't look at that and so you say, "I'll blind it out and look over there." But, if you're blind here and open your eyes over there, then you're not seeing *everything*. One of the things we have to do is look at everything and put it into perspective. So, that's where I am. And apparently, there are a lot of other people who want to be there, too.

Y—Very infectious, isn't it? Thanks so much for the interview, Virginia.

Founding Administrator, Board Member Resigns to Further Education

Sherron S. Peters, founding administrative director of The Milton H. Erickson Foundation, has resigned her position on The Board of Directors to continue her education.

Ms. Peters also was a member of the original Foundation Board of Directors, which was formed in 1979. She served in her administrative position until February 1987, when she resigned to return to school.

She has become increasingly active in her education goals and attends Arizona State University full-time, seeking a degree in business.

Ms. Peters administered three International Congresses, The Evolution of Psychotherapy Conference, three national seminars, several regional workshops and a pre-congress institute.

She also was instrumental in choosing and developing the physical location of the Foundation and helped establish the



Sherron S. Peters

Erickson Archives and *The Foundation Newsletter*.

The Erickson Foundation staff and The Board of Directors express their deep appreciation and fond regards to Ms. Peters. We all wish you the best of everything.

Media of Note

An article entitled "L'Hypnose Ericksonienne" appeared in the *Annales Medico Psychologiques* (French), April 1988 edition, Vol. 146, No. 4. The article was written by M. Meggle.

* * *

Dictionnaire clinique des thérapies familiales systémiques (French) has been published by Jacques-Antoine Malarewicz and J.C. Benoit. The edition features contributions about family systems therapies from therapists around the world.

* * *

The Milton H. Erickson Foundation has added to its Archives a thesis entitled "Hypnose, Strategie et Psychotherapie un approche clinique de Milton H. Erickson." The thesis is by the French doctor, Claude Virot.

Donations

The Milton H. Erickson Foundation has received a total of \$485.00 in donations since the last issue of *The Newsletter*. We wish to thank the following people for their generosity and kindness in remembering the Foundation:

Harlene Arenberg, M.S.
Lloyd R. Beavers, M.A.
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Wilfred Proudfoot
Shirley Solis, Ph.D.
T.J. Steppacher-Ray, Ph.D.

Special thanks goes to Bob G. Stout, Ed.D., and Edward Tamberino, Ph.D. for their generous donations. We also thank Leslie Szent-Milkosy, who donated a March 7, 1960, issue of *Life Magazine*. An article on Dr. Erickson appears in that issue, which has been placed in The Erickson Foundation Archives.

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by
STEVE DE SHAZER
November 18-19, 1988
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