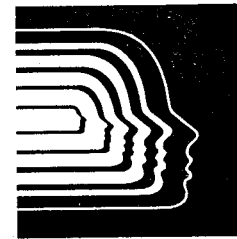




ERICKSON

2001 CENTENNIAL ISSUE



Vol. 21, No. 2

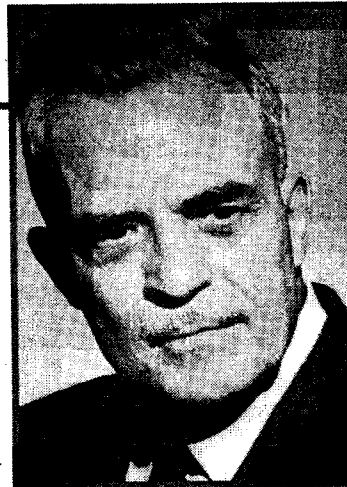
Professional Biographical Chronology

Milton Hyland Erickson, M.D.

12/5/1901-3/25/1980

- Born December 5, 1901, in a log cabin in Aurum, Nevada
- 1916 First Publication: "Why Young People Leave the Farm." *Wisconsin Agriculturist*
- 1919 High school graduation. Reeseville, WI (class of 2 boys and 4 girls; captain of debate team)
- 1919 August--Became paralyzed from infantile paralysis (polio)
- 1920 Summer--Canoe trip for recuperation from polio
- 1921 Fall--Entered University of Wisconsin
- 1923-24 Led study group on hypnosis at University of Wisconsin under Professor Clark L. Hull
- 1924 Completed course work for Bachelor's Degree, University of Wisconsin
- 1924-27 Clinical & Research Psychologist at State Board of Control of Wisconsin
- 1928 Master's Degree in Psychology, University of Wisconsin
- 1928 Medical Degree, University of Wisconsin Medical School
- 1928-29 General internship at Colorado General Hospital, Denver, CO
- 1929 Psychiatric internship (3 months) at Colorado Psychopathic Hospital, Denver, CO
- 1929 Junior Physician, Rhode Island Hospital for Mental Disease, Howard, RI

See **BIOGRAPHICAL** on page 15



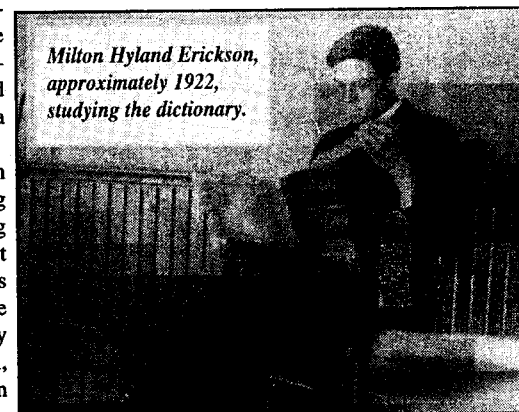
Milton H. Erickson: Sketch of a Youth

by Jay Haley, M.S.
La Jolla, CA

Milton Erickson was always delighted to recount that he was one of the few people who traveled East in a covered wagon. His love of doing things differently was a theme in his life as well as in the way he practiced psychotherapy. His unique approaches have impacted and changed psychotherapy in a pivotal way.

Born in 1901, in Aurum, Nevada, a long vanished silver-mining town, he was Albert and Clara Erickson's second child. When he was five, the family moved to Lowell, Wisconsin, and began farming on 80 acres.

The family eventually grew to 7 girls and 2 boys, which was a distinct disadvantage in the epoch of clear male and female work roles. The family frequently "loaned out" a girl for kitchen duties in exchange for an extra hand at crop time.



Milton Hyland Erickson, approximately 1922, studying the dictionary.

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GUEST EDITORS

Sharon McLaughlin, M.A.
Murriel Schulte, Ph.D.
George W. Burns, M.A.
Richard Landis, Ph.D.

See **YOUTH** on page 2

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EDITOR'S COMMENTS

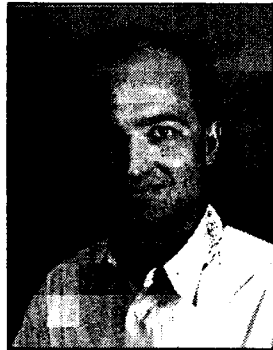
This year marks the 100th anniversary of the birth of Milton H. Erickson. For this special occasion, we have prepared a centennial issue of the *Newsletter*.

In honor of Erickson's accomplishments, this issue begins with a list of his professional achievements followed by Haley's illuminating sketch of Erickson's childhood (front page). In recognition of the extraordinary impact Erickson made on the lives of others, this issue contains an interview with Erickson's wife, Elizabeth Erickson (Interview, p. 3), and Jane Parson-Fein's personal account of her life changing encounter with Erickson (Connections, p. 16). The brilliance of this extraordinary practitioner is highlighted in a case reported by Milton Erickson and discussed by a team of leading experts in Ericksonian hypnosis (Case Report, p. 14). Erickson's vision and pioneering achievements form the basis of a fascinating review of current developments in neuroscience (Speaking of Research, p. 10). Adding to the uniqueness of this centennial issue is a previously unpublished manuscript written by Erickson, around 1960 (Therapeutic Frameworks, p. 7).

While examining the culmination of Erickson's work, it is essential to recognize the accomplishments of those inspired by him. Erickson's greatest accomplishments are, in some ways, obscured by his ability to work, undetected, through the lives of others. The incredible accomplishments of Jeff Zeig (Leading Contributors, p. 8, Historical Times, p. 18) is only one example of the Erickson legacy. While asking Zeig about his six years of training under Erickson, I got the impression that he originally had no idea about the actual magnitude of the achievement for which he was being prepared. Zeig recounts that Erickson posited possible nationwide recognition for Zeig, in hypnosis circles. Erickson followed this remark with a question answered by a powerful declaration, "Do you want to know how to get ahead in an organization... Drag people up with you." (*Experiencing Erickson*, 1985. Brunner/Mazel, p. 63). As many well-known leaders in the field will acknowledge, Zeig has done exactly that. Erickson's contribution to the worldwide acceptance of hypnosis is partially seen in his seminars with participants from around the world. However, it is only after studying the impact of individuals such as Jeff Zeig or Burkhard Peter that Erickson's legacy is fully appreciated.

During his 1978 visit to the world's leading expert in hypnosis, Peter was encouraged by Erickson to found a professional society for hypnosis in Germany. When asked if his name could be used, Erickson responded, "You can use my name in any way you find appropriate." Since hearing these words, Peter has served on The Board of Directors for The International Society for Hypnosis (ISH), organized the 15th International Congress of Hypnosis in 2000 (with more than 1500 participants), and helped found the incredibly successful Milton Erickson Gesellschaft (MEG) (Introducing the Institutes, p. 6). When I asked Peter to describe his meeting with Erickson, Peter recalled a particularly enduring suggestion, "Do the best you can." As you will see throughout this issue, Erickson's strength extends far beyond the reach of his own hands.

In closing, I would like to offer a special thanks to those who helped make this centennial issue of the *Newsletter* truly unique. Our list of remarkable contributors includes accomplished authors and teachers: Marilia Baker, M.S.W.; Goran Carlsson, Psych.; Betty Alice Erickson, M.S.; Eric Greenleaf, Ph.D.; Jay Haley, M.S.; Richard Landis, Ph.D.; Carol Lankton, M.S.W.; Steven Lankton, M.S.W.; Jane Parsons-Fein, C.S.W.; Ernest Rossi, Ph.D.; and Jeff Zeig, Ph.D. Appreciation is also given to literally hundreds of other contributors who, throughout the years, have helped make the *Newsletter* possible. Most importantly, we thank Milton H. Erickson for his lasting impressions, footprints that have helped pave the way for many professionals dedicated to the well-being of humanity.



Dan Short, Ph.D.

Even as a child, Milton was recognized as different. His schoolmates called him "Pat" because he always had his lessons "down pat." There was a paucity of printed material in his farm community and he already had an insatiable appetite for reading. He amused himself by reading the dictionary. While still a teenager, he began his prolific publishing career, writing an article about the problems of youths on farms for a national magazine. He enjoyed writing for newspapers as a student and continued to contribute to newspapers for many years. His submissions ranged from serious editorials to humorous anecdotes.

He admired the wise country doctor, as a youngster, and planned that career for himself. Then at 17, he was stricken by poliomyelitis. He spent a great deal of time analyzing the intricacies and hidden messages of the conversations in rooms adjacent to his bedroom as he lay paralyzed. His examination of minute details of the relationships between thinking and healing and the effects of the mind on the body proved to be key elements in his recovery.

As a transition back to physical well-being, Milton planned a camping trip by canoe from the Wisconsin River in Milwaukee down the Mississippi to St. Louis. A friend who was going with him canceled at the last minute. As Milton's parents were already uncomfortable with this trip, he decided not to tell them it would be a solitary venture. He began his trip with \$5.00 in his pocket and being carried to the river

because he couldn't walk far. There would be many portages with his canoe, but he decided he could depend on his wits until he could develop the muscles he needed. He was confident that even alone he would manage.

He paddled home after six weeks. He still had his \$5.00, was tanned and had developed enormous shoulder muscle strength. He had learned to walk again, supported only by a cane. The trip impacted him and his thinking for the rest of his life. Many nights, he had "earned" his supper by telling stories to fishermen along the river and he recognized the power of stories the rest of his life. He became even more appreciative of the power of nature to soothe and teach. Erickson always relished learning and on this trip, he was able to see other ways of living. He talked to and learned from the company of people whose life styles were totally outside his experiences.

In Erickson's youth was marked with times of isolation and solitude as well as intervals of physical hardship. His life philosophy was shaped by the resulting appreciation of the values of observation, patience, perseverance, and hard work. All surroundings provide solutions, whether the circumstances are sparse, filled with adversities or teeming with yet-to-be discovered possibilities for the navigation of life. This life philosophy, this different view of the resources available within each person and the environment shaped his professional views and created a broader spectrum for psychotherapy.

The Milton H. Erickson Foundation NEWSLETTER

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CENTENNIAL ISSUE INTERVIEW

Elizabeth Moore Erickson

Interviewed by Marilia Baker, M.S.W.

Interviewing Mrs. Elizabeth Euphemia Moore Erickson has been an extraordinary honor and privilege. In addition to being Milton Hyland Erickson's wife, companion and caregiver in his later years, mother to his eight children, partner and fellow researcher, hypnotic subject, editor, assistant writer and proofreader, Mrs. Erickson has witnessed, participated in and helped shape hypnosis and psychotherapy in the second half of the 20th Century.

In addition to the professional work, Mrs. Erickson collaborated with Dr. Erickson and esteemed colleagues over the decades. She was the 'C.E.O.' of a busy household, raising a lively family of eight children including three children he brought into the marriage and the five they had together. Their 1936 marriage was synergistic and happily successful, finding creative solutions to the everyday family issues as well as facing the difficult challenges of a varied professional life compounded by times of severe physical illnesses.

The Erickson offspring are engaged in a variety of professions--teaching, farming, medical arts and mathematics. Today there are 34 grandchildren, and 41 great grandchildren. Mrs. Erickson does her best to keep track of them all!

Dr. Erickson had a fundamental-ly naturalistic orientation. His worldview included the idea that therapy occurs 'out there' in life more than in the consulting office. He believed in the utilization of common-everyday trance phenomena and the use of directives to elicit people's unique resources. Elizabeth Erickson shared this life. Her intellectual curiosity, professional acumen, indefatigable dedication, and devotion to a modern genius in an 'everyday married life' of almost 44 years - about 16,000 days - gives her an inextricable genius of her own.

Marilia Baker (MB): Clinicians, academicians, researchers, therapists of many persuasions all over the world, friends, and family, are celebrating your husband's centennial this



Milton and Elizabeth Erickson, 1936, on their honeymoon.

year. This is also the year of Margaret Mead's centennial. She wrote in her autobiography *Blackberry Winter* (1972), "Blackberry Winter, the time when the hoarfrost lies on the blackberry blossoms; without this frost, the berries will not set. It is the forerunner of a rich harvest." It seems appropriate to apply that saying to your life as well.

Her intellectual curiosity, professional acumen, indefatigable dedication, and devotion to a modern genius in an 'everyday married life' of almost 44 years - about 16,000 days - gives her an inextricable genius of her own.

The beginning of your contact with Margaret Mead and Gregory Bateson was your participation in reviewing and analyzing their Balinese trance films. Much was written recently in the book *The Letters of Milton H. Erickson*. (Zeig & Geary, Eds. 2000. Zeig, Tucker & Theisen). Can you tell us about the 'everyday' facets of your relationship?

Mrs. Erickson (Mrs. E): Margaret and Milton developed a friendship over the years. After their initial exchange of letters, which focused on studies and conferences on Balinese trance experiences, Margaret came to include our family among the places to visit when she

was on her many professional tours. She and Milton also continued to coordinate their invitations to lecture so that they could combine work with visits to each other's homes and meet with each other's colleagues, families and friends.

She visited us several times when we lived on Cypress Street where we lived from 1949 to 1970. Sometimes she would be put up at a hotel as part of a professional meeting, but she frequently stayed with us, crowded as it was. We all enjoyed it! We had three bedrooms; the baby crib was kept in our bedroom during the day and pushed into the dining room at night. The front bedroom was for the girls and the larger back bedroom for the boys. One of the girls would sleep on the living room couch and her bed would be turned over to Margaret. For years, she continued to be amused by the fact that she was made so much part of our family that even the mouse cage, full of pet white mice, was at the foot of her bed!

As the years went by, more and more, she seemed to me to be the beloved older sister I always wished I had. She always kept up with all of our family relationships, events and



Milton and Elizabeth Erickson, 1978, in the backyard of their home.

interact with anyone at exactly his or her level. Milton and she had vigorous and long-standing intellectual debates. She treated me as a colleague as well as a loved sister. She also interacted with the children. Betty Alice particularly remembers her sage advice on motherhood; Roxanna remembers, as a small child, happily digging through Margaret's suitcase and trying on Margaret's favorite hat. Not only could she engage in an interested conversation with the maid about various cleaning techniques, but also she would talk to family friends about every day life. She would make everyone feel important and comfortable. Margaret died of cancer in 1978, in New York. Milton and I were both deeply grieved at her passing.

MB: The Erickson family moved to Phoenix in the summer of 1948. Could you describe those early years in Arizona, and how those times helped shape the evolution of your husband's professional footprints?

Mrs. E: Milton had serious health problems in Michigan throughout the 1940's, although he was able to work very hard and for long hours between episodes of illness. Although it is now recognized that victims of poliomyelitis often suffer severe muscle loss and periods of intense pain many years later, this was not known then. In 1948, my husband had such a severe bad spell

occasions. She continued to come to visit after we moved to Hayward Avenue in 1970. I would meet her at the airport and then bring her home for a visit with Milton and anywhere else she was scheduled. I recall once going over to the Heard Museum with her and a young fellow stopped us on the sidewalk. "Hey," he said, "you are Margaret Mead!" She smiled, "Yes, I am." "May I shake your hand?" he asked. "Oh, boy, my wife will find this hard to believe. I can't wait to tell her. I met Margaret Mead!" For Margaret, this was just part of life--being kind and gracious to everyone.

She was always a joy to be around. She could converse and

CENTENNIAL CELEBRATION OF MILTON H. ERICKSON, M.D.

The Milton H. Erickson Foundation will celebrate the centennial of the birth of Milton H. Erickson, at the *Eighth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy*, to be held December 5-9, 2001, at the Phoenix Hyatt Regency and Phoenix Civic Center Plaza, in Phoenix, Ariz. The Congress theme will be "Ericksonian Footprints: Past, Present and Future."

The faculty for this meeting includes the foremost leaders in Ericksonian Hypnosis, including: Alman, Andreas, Argast, Battino, Beahrs, Bell-Gadsby, Edgette, BA Erickson, Fisch, Frykman, Geary, Gilligan, Greenleaf, Hammerschlag, Havens, Hoyt, Keim, Kershaw, Landis, C Lankton, S Lankton, Lorio, Madanes, McNeilly, Miller, Mills, Munion, Parsons-Fein, Phillips, Ritterman, Robles, Rosen, Rossi, Ruelas, Schefflin, Schmidt, Short, Signer-Fischer, Tafoya, Trenkle, Weitzenhoffer, Wilson, Yapko, and Zeig.

Keynote Addresses will be given by Stephen Lankton, Cloé Madanes, Ernest Rossi, and Jeffrey Zeig. Carl Hammerschlag will present the Invited Address.

The Congress program was designed by Stephen Lankton and includes a special new Ericksonian Footprints Track. Congress workshops will be presented Friday, Saturday and Sunday. A Fundamental training program also will be offered. Accepted Short Courses will be given on Thursday, December 6, from the Milton H. Erickson Institutes, both national and international, as well as from other professionals worldwide.

A special hike is planned to the Squaw Peak Mountain Preserve on Wednesday, December 5, for the dedication of the Milton H. Erickson bench that will be built this summer. In addition there will be an evening celebration for the 100th birthday of Milton H. Erickson, M.D., including music, dancing, special door prize memorabilia, and celebratory birthday cake. More information is included in the Conference brochure.

See the ad and registration form on page 5 to register at the special rate of \$349. This is \$50 off the current fee of \$399! This offer is valid until August 29, 2001, and is not valid with any other offer and cannot be used retroactively.

If you would like to receive a brochure for the Congress, contact The Milton H. Erickson Foundation, Inc., tel., 602/956.6196; fax, 602/956.0519; E-mail, mhfevol@aol.com. Information also is available on our web site, visit: www.erickson-foundation.org/cong01.htm

ADVERTISING RATES FOR NEWSLETTER

The Milton H. Erickson Foundation is accepting ads for the Fall/Winter (November, 2001) issue of the Newsletter, with the deadline set for September 1, 2001. Advertising rates are as follows:

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Full Page	9 1/4" x 11 1/4"	\$940
1/2 Page/Vertical	4 1/2" x 11 1/4"	\$550
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VOLUNTEERS NEEDED FOR DECEMBER CONGRESS

The Milton H. Erickson Foundation is looking for full-time graduate students to assist the staff and faculty at the upcoming *Eighth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy*, December 5-9, 2001, at the Phoenix Hyatt Regency and Phoenix Civic Plaza.

Volunteer duties include assisting with registration procedures, continuing education, assisting faculty and monitoring meeting rooms. In exchange for the registration fee, volunteers are asked to send a \$100 deposit that will be refunded after successfully completing volunteer duties.

Full-time graduate students and interns are the first to be accepted as volunteers. Professionals will be accepted as the meeting draws closer, if there is need. Volunteers are assigned on a first-come, first-served basis. Accepted volunteers must attend a mandatory volunteer meeting on Wednesday morning, December 5, 2001. To volunteer, please submit the following:

- A letter requesting to volunteer.
- A letter from your university stating full-time graduate student status as of December 2001. Interns should send a letter from their supervisor stating their status as of December 2001.
- A completed registration form.
- A \$100 deposit (To be refunded after successful completion of volunteer duties.)

Send all of the above information to: The Milton H. Erickson Foundation, Inc., Attn. Ann Webb, Volunteer Coordinator, 3606 N. 24th Street, Phoenix, AZ 85016-6500. For more information contact, Ann, at the Foundation: tel, 602/956-6196, ext. 201; E-mail, mhfevol@aol.com

FUNDS NEEDED FOR ERICKSON BENCH DEDICATION

A bench will be constructed this summer, dedicated to Milton H. Erickson, M.D., on the Squaw Peak Mountain Preserve located in Phoenix, Ariz. The bench will be constructed one-third of the way up the main trail.

Dr. Erickson sent many of his patients to Squaw Peak as a part of their therapy or training. In December 2001, those attending the *Eighth International Congress* in Phoenix are invited to a dedication ceremony on the Squaw Peak Park Preserve on the 100th anniversary of Milton H. Erickson's birth.

The Erickson Foundation must provide a stipend to the City of Phoenix for the bench. If you are unable to participate in the dedication, but would still like to help, you can send an ear-marked donation to the Erickson Foundation. All donations are greatly appreciated.

COUPLES CONFERENCE COMING IN 2002!

The Milton H. Erickson Foundation, Inc., announces the 2002 *Love & Intimacy: The Couples Conference*, to be held April 19-21, 2002, at the LAX Marriott Hotel, in Los Angeles, Calif.

Presenters include Ellyn Bader, Christine Padesky, Pat Love, David Scharf, Janis Spring, and Jeffrey Zeig. Keynotes will be given by Helen Fisher and Frank Pittman. Additional presenters to be announced.

To be placed on a list to receive the brochure (September 2001), contact the Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; tel, 602/956-6196; Fax, 602/956-0519; E-mail, mhfevol@aol.com; Web, www.erickson-foundation.org.

SPECIAL RATES FOR NEWSLETTER READERS

CENTENNIAL CELEBRATION

THE EIGHTH INTERNATIONAL CONGRESS
on Ericksonian Approaches to Hypnosis and Psychotherapy

DECEMBER 5 - 9, 2001

Hyatt Regency Phoenix and Phoenix Civic Plaza



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December 5, 1901-December 5, 2001

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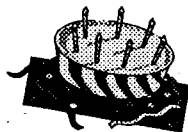
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7:00 - 10:00 PM - Birthday Party



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For more information and a complete brochure, contact us at:

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REGISTRATION FORM

8th INTERNATIONAL CONGRESS
on Ericksonian Approaches to Hypnosis and Psychotherapy
Celebrating the
MILTON H. ERICKSON CENTENNIAL
December 5 - 9, 2001 Phoenix, Arizona

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\$399 for registrations postmarked on or before November 2, 2001	\$299 for registrations postmarked on or before November 2, 2001

*Graduate students/interns must provide a certifying letter from their school/department indicating proof of student/intern status as of December 2001. *Seniors must provide proof of age (65 and older).

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Wed, Dec. 5, 2001, from 7:00-10:00 PM?

YES NO How many? _____

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Fax: 1-602-956-0519 (credit card payments only)
email: mhreg@aol.com * www.erickson-foundation.org

INTRODUCING THE INSTITUTES

The Milton H. Erickson Institutes

Past, Present and Future

by Sharon McLaughlin, M.A.

Lakeport, Ca.

Milton H. Erickson was a planter of seeds. His history reflects the lessons of farm life. Erickson taught his students that ideas, like seeds, that were planted in the past and nurtured in the present, continue to grow and flourish into the future. The network of Ericksonian Institutes is one example of such generative growth. During his life, Milton Erickson authorized the use of his name by five institutes. Three were in the United States, including New York, California, and New Mexico. Two of the institutes were in Munich, Germany. The Milton H. Erickson Foundation was established in 1979. One of the tasks of the Foundation is to oversee the use of Dr. Erickson's name by institutes and societies that promote and teach Ericksonian psychotherapy and hypnosis. According to Foundation Director Jeffrey K. Zeig, "The purpose of the institutes is to foster local interest in Ericksonian theory, research and practice." As the Foundation commemorates the 100th anniversary of the birth of Milton H. Erickson, it celebrates the spread of Erickson's influence to almost 100 institutes located throughout the world.

Institutes and Societies, dedicated to teaching Ericksonian principles, can be found in North America, South America, Europe, Asia, Australia, New Zealand, and Africa. There are six registered Institutes in Germany, seven in France, eight in Mexico and 36 in the United States and Canada. Each of the Institutes has its own distinct personality, reflecting the interests of the individuals inside the Institute and in the surrounding culture.

The Milton Erickson Society for Clinical Hypnosis, Germany (MEG), is one of the first and perhaps the

largest and most influential of the Institutes. MEG serves as an umbrella for a network of organizations, currently with 15 branches and 1500 members; it is the largest hypnosis society in Germany. Established in 1978, MEG's activities include publishing and training in clinical hypnosis, Ericksonian therapy, medical and dental hypnosis. MEG publishes a newsletter biannually to a circulation of approximately 30,000 professionals. As a catalyst for fostering interest in Ericksonian theory and research, MEG has been extremely influential, including offering financial support for universities conducting research in hypnosis. MEG's leaders believe this research is important because it is scientific approval that will lead to the general acceptance of hypnosis in society and ensure that it will be transmitted to future generations.

Another surge in interest in Ericksonian hypnosis and therapy has occurred in South America. The Instituto Milton H. Erickson de Buenos Aires was established in 1986 by Sylvia and Edgar Etkin. IMHEBA created *Rapport*, a Spanish language journal dedicated to Erickson's work. Between 1995 and the year 2000, seven new institutes were established in Brazil and Argentina.

Of the 94 institutes currently active, two have recently gained distinction by obtaining recognition from their government education boards. El Centro Ericksoniano de México, established in 1999 by Teresa Robles, Ph.D., was recognized by the Education Ministry and Health Ministry of Mexico, allowing them to offer a Masters Degree in Ericksonian Psychotherapy. In Italy, the Società Italiana Milton Erickson (SIME), directed by Camillo Loredio, M.D. has been recognized and approved by the Italian State. The instruction provided by this Institute is of such high quality that their students receive the same status as those with a university specialization.

In celebration of the 100th birthday of Milton H. Erickson, several Institutes planned important events. Some Institutes, such as the Milton H.

Erickson Institute of Jeffersonville in Indiana, directed by John Lentz, planned special workshops. The Milton H. Erickson Institute of Turin, Italy, planned a series of ten one-day free workshops, addressing Ericksonian hypnosis and therapy for both professionals and patients. The series culminates on December 5, 2001. Also in Italy, SIME dedicated the International Congress "The Self of the Therapist" held on the Island of Capri, to the 100th birthday of Milton Erickson as well as the 20th year of Jeffrey Zeig's teaching in Italy.

Erickson's influence sustains its

global expansion. The Foundation continues to review applications from new institutes around the world. This year, the Milton H. Erickson Institute of South Africa became the first on its continent. Mexico increased its continuing contribution to the spread of local interest in Ericksonian hypnosis and psychotherapy with the Instituto Milton H. Erickson de Queretaro. As requests are continually submitted to the Foundation, the exponential growth of Erickson Institutes insures that the ideas planted by Milton Erickson will continue to flourish in future generations.

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THERAPEUTIC FRAMEWORKS

Analytical Techniques in Hypnosis

by Milton H. Erickson, M.D.

Phoenix, Arizona, 1960

Editor's note: *The following is an abstract of an unpublished paper presented by Milton H. Erickson, M.D., at the Tenth Congress of the American Medical Association in Mexico City, May 4, 1960. Before presenting his paper, Erickson responded to comments made by an earlier speaker. In an effort to advocate for the use of hypnosis by experienced physicians, Erickson stated, "First of all, I disagree with the statement that the average medical man is "too immature" and "too incompetent" to use hypnosis...Nor do I agree that the average physician should be sent back to school for three years or for 400 hours, to be trained in some special school of psychoanalysis or theoretical interpretation of human behavior." These comments provide a context for the following presentation. During this era, psychoanalysis was preeminent and its elitism threatened the proliferation of hypnosis within the broader field of medicine. Congruent with his general approach to therapy, Erickson suggested that his colleagues should, "...take a kindlier and more appreciative look at their fellow physicians and wonder if they are not underestimating their capabilities..." This statement reflects Erickson's general perspective on hypnosis. Erickson saw opportunity in what others dismissed as inability. Where others saw resistance, Erickson saw potential for growth.*

Ericksonian Footprints

by Stephen Lanckton, M.S.W.

Pensacola, Florida

I have developed the Ericksonian Footprints model by studying Dr. Erickson's work directly and by evaluating my own model, as well as those of other students of Dr. Erickson. My goal is to synthesize a model from these varying views that may better represent the essence of Dr. Erickson's work.

Many have suggested that clinical hypnosis typifies Erickson's approach. Others believe that techniques like metaphor, paradoxical intention, and indirect suggestion are the crucial signposts. But techniques are not the essence of Erickson's work. It is, instead, a theory of change, a process of contact with clients that embodies the unique aspects of this approach.

There are obstacles to stating a minimum number of steps that identify this process. There are interactions that do not exhibit all of the phases. The process that identifies an Ericksonian approach includes six phases: Matching, Blending, Utilizing, Ambiguity, Reframing, and

Co-creating Outcomes.

Matching: Erickson often emphasized the need to "speak the client's language" as an initial phase of the change process. This included the vocabulary and the manner of expression used by the client. He matched word-salad, word-selection, and the nonverbal selection expressed by the client. The goal was not to remove the problem or cure the client. The goal was to begin to understand the client's world at an intuitive level.

Blending: Matching and blending have sometimes been viewed as if they were the same thing, but this is not the case. Blending is to move at the proper rate for the client, with the therapist possibly taking a complementary, or a symmetrical role vis-à-vis the client. Erickson often took the opposite interlocking role with the client. For instance, if the client criticized him, he took the role of the victim. He did not simply do the exact thing as the client. In blending, Erickson gave no resistance to the client. He responded to all messages from the client in the manner in which they sent them. The goal of blending is to reduce possible resistance.

Utilization: Once matching and blending have occurred, Erickson suggested accepting the offerings of

The utilization of analytical technique in hypnosis should not mean the theoretical interpretation of ordinary behavior, psychopathological manifestations and hypnotic phenomena in terms of some chosen school of interpretative thought. Rather, it signifies the utilization of hypnosis as an investigative, explorative, and re-educative technique by which the patient can be enabled to examine into the realities and actualities of his experiential past in terms of his own cognitive and affective comprehension, and not in accord with the limited teachings of some one school of "psychodynamics," whether Freudian, Rogerian, Rankian, or any other school.

Hypnosis as a technique permits: (1) a special state of conscious awareness, conducive to a degree of objectivity otherwise difficult to secure; (2) a receptiveness to ideas in terms of their actual inherent values, rather than possible associated significances as is ordinarily the case; and (3) the ready access and utilization, singly and in combination, of specific, basic and fundamental processes of psychological behavior, such as imagery, repression, re-association, amnesia, and dissociation. In this way, the specific processes of psychological behavior underlying maladjustments can be identified, examined and dealt with correctively. These procedures are markedly facilitated by the readier cooperation and more effective participation enabled by the increased objectivity characterizing the hypnotic state and the correspondingly altered subjectivity which is less likely to be attended by obstructive reactions common in the usual state of consciousness.

the client and to "encourage them and heap it up." Therapists sometimes want to overlook this part of the process in favor of stopping the client's ranting, complaining, aggression, etc. But, encouraging the presenting behavior begins the process of getting the client beneficially off balance.

Ambiguity: The interpersonal goal of metaphor, indirection, and confusion is not simply to disrupt the system, but rather to encourage the client to seek balance. Since there are many possible interpretations of a metaphoric story, clients rely upon information from the therapist. It is as if his or her balance is unstable. Various interventions include confusion, metaphors, anecdotes, indirect suggestions and binds, and homework assignments.

Reframing: As clients obtain a sense of balance, they are interested in the meaning it carries. Therapists have a wonderful opportunity to shift a meaning slightly to the most beneficial interpretation. Clients can get the certainty they seek from the framework of the therapist. Of course, if the client's interpretation is already maximally beneficial, the therapist only needs to provide a reinforcing comment. The goal is to help clients

realistically and beneficially interpret their found experiences as resources needed for a cure.

Co-creating Outcomes: Clients bring unique talents that affect how therapeutically retrieved perceptions, attitudes, emotions, and behaviors are implemented. This process is only partially guided by the therapist who is careful to allow clients to interpret successful outcomes that are 'close to,' but not exactly formed as the therapist expected.

Some interventions produce several phases simultaneously. Therapists continue to do preliminary phases as they advance through the others. Any phase can be omitted, depending on various factors of the case. When too many are omitted, however, one can no longer identify the intervention as something that exclusively identifies Erickson's basic footprint.

This model is proposed to better understand the work of Milton H. Erickson and to provide a framework from which Ericksonian therapists can evaluate their own work. The model forms the core of the 8th Ericksonian Congress which will be held in Phoenix, December 5-9, 2001.

LEADING CONTRIBUTORS

Jeffrey K. Zeig, Ph.D. Phoenix, AZ

by Roxanna Erickson Klein, Ph.D.
Dallas, TX

Known world-wide as the leading proponent of Ericksonian psychotherapy, Jeff Zeig, Ph.D., has made contributions of such magnitude as to earn recognition as a leader of leaders. Founder and director of the Milton H. Erickson Foundation, Zeig has done more than any other individual to promote recognition of the work of Dr. Erickson. Even more remarkable, Zeig has engineered a series of remarkable conferences called "The Evolution of Psychotherapy" that has brought together more leaders in the field than any other person in history.

Zeig is an exceptionally talented organizer and planner. He has conducted workshops, congresses and conferences in 35 countries. However, in addition to being an accomplished teacher, lecturer, author and adept practitioner, Zeig is someone who diligently seeks-out and advances the work of those whose talent he admires.

Just after completing his master's degree in clinical psychology, fortuitous circumstances led Zeig to visit Erickson and meet the man whose work he had studied and admired. In that initial meeting Zeig learned first hand about the power and the pivotal influence that can occur in moments of ordinary interaction.

Although a myriad of professionals sought to study with Erickson, only a handful were given the opportunity to work with him over a period of time. Zeig's interval of study, 1973-1980, occurred when Erickson was becoming widely recognized for his innovative approaches and contributions to brief therapy. Zeig, intrigued by the seemingly simple yet highly effective interventions, immersed himself in Erickson's teachings.

Upon completion of his doctoral degree, Zeig planned an event to honor the person whose teachings had been so central to his own professional outlook. He also wanted to broaden the opportunity for others to study and learn more about Erickson's work. In 1980, Zeig orchestrated a meeting to coincide with Erickson's 79th birthday that would focus on material relevant to the newly emerging "Ericksonian Approaches to Hypnosis and Psychotherapy." Although Erickson died nine months prior to the Congress, he enjoyed the knowledge that the meeting would be attended in monumental numbers.

Erickson worked with Zeig to establish the Foundation, which became the instrument through which conferences continue to be held. With the groundwork completed, and the success of the first Congress, Zeig continued to establish ways to provide cutting-edge training for a generation of therapists who were eager and ready to break-away from the constraints of traditional therapeutic thinking.

While continuing to promote Ericksonian approaches and to hone his own therapeutic skills, Zeig also forged relationships among leaders from diverse therapeutic ideologies. Nurtured by the Zeig's organizational genius, The Evolution of Psychotherapy emerged as a meeting in which leaders came together from virtually every major psychotherapeutic approach. In this venue, for the first time, dialogue and debate among great innovators in therapy was presented in a forum in which professionals could witness and participate. Held every five years since its inception in 1985, the Evolution of Psychotherapy conferences have stimulated continuing dialogues, commentaries and searches for common elements among diverse ideologies. Therapists who study these efforts are given an opportunity to reflect upon and refine their own ideologies and therapeutic positions.

Although Zeig has learned from his contacts with the most talented practitioners of our time, he has remained dedicated to the development of Ericksonian approaches as representative of his own core commitment to the best in psychotherapy.

Jeff Zeig's concern with human welfare, his readiness to embrace intellectual diversity and his devotion to personal and professional development has cre-

ated a unique ability to bring forth the wisdom of others. He is the dreamer behind the Milton H. Erickson Foundation. Without him, there would be no Foundation, fewer Ericksonian Institutes around the world, and no Evolution of Psychotherapy conferences. Zeig's willingness to pursue a dream has resulted in a series of events that will undoubtedly have a lasting impact on the future of psychotherapy.

Perhaps the best birthday is one that belongs to somebody else . . . while the best way to celebrate it is to buy a present for yourself.

With this in mind, please join us in celebrating the 100th anniversary of the birth of Milton H. Erickson — give yourself two great books at one great price:

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The Handbook of Ericksonian Psychotherapy: This long-awaited book will prove itself worth the wait the instant one begins to read. Erickson's ideas and innovations are weaved into the very contemporary perspectives of this next generation of practitioners. From pain management to trauma resolution, B. A. Erickson, the Lanktons, Mills, Ritterman, Schefflin, Yapko, and more than 30 premier professionals demonstrate the many and diverse applications of Ericksonian approaches in psychotherapy today.



So, toast the centennial of one who revolutionized our thinking about the human condition and its treatment — give a nod to Milton H. Erickson and then curl up with some good books. Visit www.ZeigTucker.com and order today.

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CONFERENCE NOTES

International Congress for Psychotherapy in China,

"Psychotherapy: Dialogues between East and West," will be held August 20-24, 2001, in Kunming, China. The Congress is sponsored by the German Chinese Academy for Psychotherapy. Eminent figures from all fields of psychotherapy and researchers from the extended field of human and social sciences in the East and West will share their expertise and discuss perspectives and experiences in this East-West dialogue on psychotherapy. For more information, please contact the Congress Bureau, KunmingKongress 2001, Prof. Ilie Oehlhaf, Agathenstr.3,

20357 Hamburg, Germany; tel/fax, 0049 (0)40 41355196; E-mail, KunmingCongress@aol.com; web, www.dcap-psychotherapy-china.de or contact First Affiliated Hospital of Kunming, Prof. Dr. Zhao Xu Dong, Xi-Chang-Road 153, 650032 Kunming, China; fax, 0086 (0) 871 5336015; E-mail, zylyx@public.km.yn.cn

The American Psychological Association will hold its 109th Annual Convention, August 24-28, 2001, in San Francisco, Calif. More than 1,000 symposia, invited addresses, workshops, films, and other ses-

continued on next page

DATE	TITLE / LOCATION / LEADER	CONTACTS
8/1-31	Intensive Advanced Ericksonian Techniques (Spanish) / México, D.F. (Serves as credits for Master's Degree in Ericksonian Psychotherapy)	1.
8/6-10	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Advanced / Phoenix, Ariz. / Brent B. Geary, Ph.D.	2.
9/7-9	Ericksonian Hypnotherapy / Guadalajara, Mexico / Jeffrey K. Zeig, Ph.D.	3.
9/27	Ericksonian Hypnotherapy / Bad Lippspringe, Germany / Zeig, Betty Alice Erickson, M.S.	4.
9/29-30	Ericksonian Hypnotherapy / Berlin, Germany / Zeig	5.
10/3-7	Hypnotherapy 2001: Ericksonian Approaches to Problem Solving (Five-day Intensive - Advanced Training) / Pensacola Beach, Fla. / Stephen Lankton, MSW, DAHB, & Carol Lankton, M.A.	6.
10/4-5	NASW-Arizona Chapter 14th Annual Conference, "Moving Forward: Technology in Social Work Practice" / Phoenix, Ariz. / Invited Faculty	7.
10/6-7	Hypnosis for Couples/London, England/Zeig	8.
10/8-10	Hypnotherapy 2001: Ericksonian Approaches to Problem Solving (Three-day Additional - Advanced Training) / Pensacola Beach, Fla. / Lankton & Lankton	6.
10/12-13	Arizona Psychological Association 2001 Annual Convention: The Power of Psychology / Scottsdale, Ariz. / Invited Faculty	9.
10/12-14	Ericksonian Methods in Couple and Family Therapy & The Figure of Milton H. Erickson and his Main Contribution to Therapy / Nantes, France / Invited Faculty	10.
10/15-19	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Fundamental / Phoenix, Ariz. / Geary	2.
10/22-26	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Intermediate / Phoenix, Ariz. / Geary	2.
12/5-9	8th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy / Phoenix, Ariz. / Invited Faculty	2.
2002		
4/3-7	Hypnotherapy 2002: Ericksonian Approaches to Problem Solving (Five-day Intensive - Advanced Training) / Pensacola Beach, Fla. / Lankton & Lankton	6.
4/8-10	Hypnotherapy 2002: Ericksonian Approaches to Problem Solving (Three-day Additional - Advanced Training) / Pensacola Beach, Fla. / Lankton & Lankton	6.
4/19-21	Love and Intimacy: The Couples Conference / Los Angeles, Calif. / Invited Faculty	2.

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* To submit a listing for Upcoming Trainings, please send dates, title of workshop, venue, city/state/country, list of presenters, and complete contact information ONLY. A \$10 fee, per listing, is required. Deadline for the 2001 Fall Issue (November) is September 1, 2001. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact the Erickson Foundation at 602/956-6196; or E-mail Production Assistant, Karen Haviley, mhreg@aol.com.

NOTES continued

sions will focus on the latest research advances and public issues involving the spectrum of human behavior. A Workshop entitled, "Hypnosis in Brief Therapy," will be presented by Jeffrey Zeig. In addition, "An Ericksonian Perspective on Hypnosis and Brief Psychotherapy," symposium will be presented by Eric Greenleaf, Ernest Rossi, and Jeffrey Zeig. For convention information contact the American Psychological Association at 202/336-6020; E-mail, convention@apa.org; Web, www.apa.org/convention

The 59th Annual Conference of the American Association for Marriage and Family Therapy, with the theme, "Scientific Art: Evidence-Based Therapy," will be held October 18-21, 2001, in Nashville, Tenn. For information contact AAMFT, 1133 - 15th Street NW, Ste. 300, Washington, D.C. 20005-2710; tel, 202/452-0109; fax, 202/223-2329; E-mail, central@aamft.org; Web, www.aamft.org

The Psychotherapy Networker (formerly Family Therapy Networker) celebrates the 25th anniversary of the Networker at their annual conference in Washington, D.C., March 7-9, 2002. Pre-Conference Workshops also will be available on March 6, 2002. For information contact Fred Freedman at the Psychotherapy Networker at 202-291-1257; Web, www.familytherapy-networker.com

The American Society of Clinical Hypnosis (ASCH) is sponsoring the 44th Annual Scientific Meeting and Workshops on Clinical Hypnosis, "Integrating Brain and Behavior," March 15-19, 2002. The Workshop will be held at the Omni Severin & Crowne Plaza Hotels in Indianapolis, Ind. Full programs will be available in mid-November, 2001. For more information, contact ASCH at 630/980-4740; E-mail, info@asch.net

The Ninth Congress of the European Society of Hypnosis, "Hypnosis and The Other Therapeutic Modalities in The New Millennium," sponsored by the Società Italiana Di Ipnosi and the Società Italiana Milton Erickson, will be held September 25-29, 2002 at S. Thomas Aquinas University, Rome, Italy. The Congress consists of a Precongress Workshop, Scientific Program and a Postcongress Workshop. Keynote Addresses, Invited Addresses, Invited Workshops, Invited Seminars, Symposia, Research Panels, Clinical Panels and Supervision Panels will be offered. A Call for Papers also has been announced. Discounted registration fees are available until September 30, 2001. For registration and Call for Papers information, contact Società Italiana Di Ipnosi, Via Tagliamento 25, 00198 Rome, Italy; tel, 06 8542130; fax, 06 8542006; E-mail, ipnosi@tin.it; Web, www.hypnosis.it

S P E A K I N G O F R E S E A R C H

Updating Milton Erickson's Neuro- Psycho-Physiological Dynamics of Therapeutic Hypnosis and Psychotherapy

by Ernest Lawrence Rossi, Ph.D. Los Osos, CA

Today it seems as if we all have our own favorite Milton H. Erickson depending on what we read and the anecdotes we hear about him. My favorite view of Erickson comes from a few of his early papers where he writes about the role of arousal, reassociation and the resynthesis as the essence of hypnosis and psychotherapy.

in therapeutic hypnosis in medicine and psychotherapy. Here are some of my favorite quotes from Erickson that gain new significance in the light of current research on novelty, gene expression, neurogenesis, and healing.

The induction and maintenance of a trance serve to provide a special psychological state in which patients can re-associate and reorganize their inner psychological complexities and utilize their own capacities in a manner in accord with their own experiential life.

"Direct suggestion is based primarily, if unwittingly, upon the assumption that whatever develops in hypnosis derives from the suggestions given. It implies that the therapist has the miraculous power of effecting therapeutic changes in the patient, and disregards the fact that therapy results from an inner re-synthesis of the patient's behavior achieved by the patient himself.

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"For example, anesthesia of the hand may be suggested directly, and a seemingly adequate response may be made. However, if the patient has not spontaneously interpreted the command to include a realization of the inner need for reorganization, that anesthesia will fail to meet clinical tests and will be a pseudo-anesthesia.

"An effective anesthesia is better induced, for example, by initiating a train of mental activity within the patient himself by suggesting that he recall the feeling of numbness experienced after a local anesthetic, or after a leg or arm went to sleep, and then suggesting that he can now experience a similar feeling in his hand. *By such indirect suggestion the patient is enabled to go through those difficult inner processes of disorganization, reorganization, reassociating, and projecting of inner real experience to meet the requirements of the suggestion and thus the induced anesthesia becomes a part of his experiential life instead of a simple, superficial response.*

"The same principles hold true in psychotherapy. The chronic alcoholic can be induced by direct suggestion to correct his habits temporarily, *but not until he goes through the inner process of reassociating and reorganizing his experiential life can effective results occur.*

"In other words, *hypnotic hypnotherapy is a learning process for the patient, a procedure of reeducation. Effective results in hypnotic psychotherapy, or hypnotherapy, derive only from the patient's activities. The therapist merely stimulates the patient into activity, often not knowing what that activity may be, and then guides the patient and exercises clinical judgment in determining the amount of work to be done to achieve the desired results. How to guide and judge constitute the therapist's problem, while the patient's task is that of learning through his own efforts to understand his experiential life in a new way. Such reeducation is, of course, necessarily in terms of the patient's life experiences, his understandings, memories, attitudes, and ideas; it cannot be in terms*

of the therapist's ideas and opinions.

"For example, in training a gravid [pregnant] patient to develop anesthesia for eventual delivery, use was made of the [direct] suggestions outlined above. ...The attempt failed completely even though she had previously experienced local dental anesthesia and also her legs 'going to sleep.' Accordingly, the suggestion was offered that she might develop a generalized anesthesia in terms of her own experiences when her body was without sensory meaning to her. *This suggestion was intentionally vague since the patient, knowing the purpose of the hypnosis, was enabled by the vagueness of the suggestion to make her own selection of those items of personal experience that would best enable her to act upon the suggestion.*

"She responded by reviewing mentally the absence of any memories of physical stimuli during *physiological sleep*, and by reviewing her dreams of walking effortlessly and without sensation through closed doors and walls and floating pleasantly through the air as a disembodied spirit looking happily down upon her sleeping, unfeeling body. By means of this review, she was able to initiate a process of reorganization of her experiential life. As a result she was able to develop a remarkably effective anesthesia, which fully met the needs of the subsequent delivery. Not until sometime later did the therapist learn by what train of thought she had initiated *the neuro-psycho-physiological process* by which she achieved anesthesia."

These are the essential dynamics of what Erickson called the *naturalistic and the utilization approach to the neuro-psycho-physiological* dynamics of therapeutic hypnosis (Erickson, 1958/1980, 1959/1980). Notice how Erickson distinguishes between *direct and relatively superficial and short acting suggestion* of traditional hypnosis that attempts to program the patient from the outside. Erickson, by contrast, tends to facilitate, evoke, prompt, and stimulate patients to

continued on next page

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RESEARCH *continued*

synthesize the inner dynamics of their own creative hypnotic process in their own personal way. In the language of modern neuroscience we would say that Erickson was facilitating unconscious processes with that we might today call "implicit processing heuristics." A number of these Ericksonian approaches are summarized in the following table (references will be found on the *Newsletter* website at www.ericksonnewsletter.org/archives.htm and in my forthcoming book "The Psychobiology of Gene Expression").

Ericksonian approaches to therapeutic hypnosis and psychotherapy that anticipated current neuroscience research on novelty, environmental enrichment, and physical exercise that facilitate gene expression and neurogenesis:

- ▲ **Facilitating Behavior State Related Gene Expression** by suggestions for hypnotic induction ranging from comfort, relaxation, sleep, dream, dissociation, and somnambulistic behaviors to states of emotional and cognitive arousal.
- ▲ **Facilitating Experience or Activity Dependent Gene Expression and Neurogenesis** by all the Naturalistic & Utilization Techniques (Erickson, 1958/1980, 1959/1980; Erickson, et al., 1976; Lankton & Lankton, 1983; Zeig, 1997) such as those listed below.
- ▲ **Facilitating Immediate Early Gene Expression** with Psychobiological Shock & Surprise (Erickson and Rossi, 1979; Rossi, 1973)
- ▲ **Entrainment and/or Modulating Clock Genes** with time distortion and posthypnotic suggestion (Cooper & Erickson, 1959)
- ▲ Experience Dependent Activities for learning, memory and arduous work (Haley, 1985)
- ▲ Experience Inducing Anecdotes (Zeig & Geary, 2000)
- ▲ Yo-Yoing Consciousness, expectancy & response sets (Erickson & Rossi, 1976a & b, 1981); Lynn & Sherman, 2000; Kirsch, 2000)
- ▲ Numinous Enchantment, Fascination, Wonderment, Stories, Metaphor, Humor (Rosen, 1982)
- ▲ Physical exercise in Erickson's self-recovery from polio at 18 and his recommendations to patients to climb Squaw Peak.
- ▲ Utilizing Ultradian dynamics of 2 hour therapy sessions (Rossi, 1996)
- ▲ Creative Edge Therapy: Strategic Focus on most important life issues (Haley, 1963)
- ▲ Activity Dependent Learning, Education, Puzzles & Breaking out the Box thinking, and Posthypnotic Suggestion and Pantomime techniques (Erickson, 1964a/1980; Erickson & Rossi, 1979)
- ▲ Questions, Erickson's healing version of Socrates (Erickson et al., 1976; Rossi, 1996)
- ▲ Therapeutic Double Binds (Erickson & Rossi, 1975), Two-Level Communication (Erickson & Rossi, 1976), and other Implicit Processing Heuristics (Rossi, 2002)
- ▲ Replaying memory and Re-Dreaming a Dream to explore new possibilities (Erickson, 1952/1980) and recreate identity (Erickson & Rossi, 1989).
- ▲ My Friend John & Resistance Techniques (Erickson, 1964b/1980)
- ▲ Replaying Sensory-Perceptual Experiences to facilitate the creative process (Erickson, 1965/1980)
- ▲ Experience Dependent Family therapy for schizophrenics and social encounters for the lonely (Dolan, 1985).

Erickson's patients often became excited and aroused emotionally so that they wept, became hot and would actually sweat during the *psychobiological work* of their hypnotherapeutic sessions. The accompanying Table lists some of Erickson's approaches that were designed to heightened states of *neuro-psychophysiological arousal* in hypnotherapy (Erickson and Rossi, 1976). Indeed, my very first published paper on Erickson's work was titled "Psychological Shocks and Creative Moments in Psychotherapy," wherein I was myself shocked by the novelty of learning the fantastic extent to which Erickson went to arouse his

patients on deeply challenging psychobiological levels so they could breakout emotionally and *re-synthesize a new experiential reality for themselves* (Rossi, 1973). Erickson described his approach to me in an informal manner as a "yo-yoing" of the patient's consciousness and expectancies "to initiate response readiness and the hypnotic process" (Erickson and Rossi, 1989, pp. 1). In our first book, we initially described the secret of Erickson's success as the facilitation of the patient's "response tendencies" as follows. "We witness a simple secret of the effectiveness of Erickson's approach: he *offers* suggestions in an open-ended manner that admits many possibilities of response as acceptable. Suggestions are offered in such a manner that any response the patient makes can be accepted as a valid hypnotic phenomenon. These open-ended suggestions are also a means of exploring the patient's response tendencies (the 'response hierarchy' of learning theory and behavior therapy). The therapist can utilize these response tendencies to facilitate the therapeutic goals" (Erickson et al., 1976, pp.27-28). Particularly noteworthy in the Table is how the facilitation of each patient's personal patterns of arousal and responsiveness is a common theme. Psychobiological arousal is evident in Haley's early interpretation of Erickson's approach as "arduous therapy" as well as current views of expectancy and response set theory by Kirsch (2000) in socio-cognitive models of hypnosis (Lynn and Sherman, 2000). *The highest research priority is now needed to document how Erickson's innovative neuro-psycho-physiological approaches can*

continued on next page

"The positive view is the realistic view" Milton Erickson (1976)

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RESEARCH *continued*

provide a road map for the neuroscientist's inspired search for the cognitive-behavioral-environmental-psychosocial processes of optimizing novelty and neurogenesis in animals and humans.

Novelty, Fascination, and Neuro-Psycho-Physiological Work in Erickson's Innovative Approaches to Hypnotic Induction and Psychotherapy

A careful study of Erickson's case reports indicates that he was always engaging his patients in their own deeply motivated inner neuro-psycho-physiological work rather than "miracles" (Erickson & Rossi, 1976, 1979, 1980; Siegel,

...hypnosis was used for the specific purpose of placing the burden of responsibility for therapeutic results upon the patient...

1986, 1989). This was clearly expressed in a paper he wrote-titled, "The Burden of Responsibility in Effective Psychotherapy" (Erickson, 1964/1980).

"The three persons reported upon are examples of dozens of others that this author has seen over the years, and the results obtained have been remarkably good despite the fact that the patients were seen only on one occasion for *an hour or two*. [Italics added to emphasize Erickson's casual mention of what later came to be known as Kleitman's 90-120 minute ultradian rhythm of activity and rest (Kleitman and Rossi, 1992).]

"In each instance, *hypnosis was used for the specific purpose of placing the burden of responsibility for therapeutic results upon the patient himself* after he had reached a definite conclusion that therapy would not help and that a last resort would be a hypnotic "miracle." In this author's understanding of psychotherapy, if a patient wants to believe in a "hypnotic miracle" so strongly that he will undertake the responsibility of making a recovery by virtue of his own actual behavior and continue his recovery, he is at liberty to do so under whatever guise he chooses, *but neither the author nor the reader is obligated to regard the success of the therapy as a hypnotic miracle*. The hypnosis was used solely as a modality by means of which to secure the patient's cooperation in accepting what was wanted. In other words, *they were induced by hypnosis to acknowledge and act upon their own personal responsibility* for successfully accepting the previously futilely sought and offered but actually rejected therapy. *... the use of hypnosis as a technique of deliberately shifting from the therapist to the patient the entire burden of both defining the psychotherapy desired and the responsibility for accepting it"* (Erickson, 1980, 210-211).

Many patients seek hypnosis hoping the therapist has the magic to heal them. Erickson constantly taught, to the contrary, that patients must become engaged in their own numinous and creative healing work just as he did in his own struggle with polio all his life. Notice Erickson's emphasis on the patient's *personal responsibility* for reorganizing and resynthesizing the neuro-psycho-physiological foundations of their own experience. This is contrary to the common misunderstanding of therapeutic hypnosis as a technique of programming people where the ultimate locus of control is in the therapist rather than the patient. This focus on the patient's responsibility for their own neuro-psycho-physiological inner work is entirely consistent with the pioneering work of Thomas Szasz (1997) in re-visioning the patient's response-ability the medical model of psychotherapy as well as the novelty-gene expression-neurogenesis research of current neuroscience. We are all ultimately responsible for facilitating novelty, neurogenesis and the numinosum in our own personal development.

Editor's Note: Publication information for references listed above is available in the article posted at www.ericksonnewsletter.org/archives.

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CASE REPORT

Case of Airplane Phobia

Milton H. Erickson, M.D.

Edited by Richard Landis, Ph.D.

Discussion by Betty Alice Erickson, M.S.; Carol Lankton, M.S.W.; Erik Greenleaf, Ph.D.; Göran Carlsson, Psych.; and Steve Lankton, M.S.W.

Editor's Note: Steve and Carol Lankton, Eric Greenleaf, Göran Carlsson and Betty Alice Erickson were asked to discuss one of Erickson's classic cases, "Case of Airplane Phobia." The following is an excerpt from that discussion. A complete transcript of this case, as described by Erickson in his teaching seminars, can be found on the Newsletter website at www.ericksonnewsletter.org/archives.htm.

Steve Lankton (SL): The "Case of Airplane Phobia" or "Two Phobias" is explained at varying lengths in the different literature references (*Experiencing Erickson*, pp. 122-125; *Hypnotherapy Casebook*, pp. 314-347; *Teaching Seminar*, pp. 64-70). This is a case of a woman having anxiety that is related to an earlier mild air travel trauma that was beginning to generalize to situations where she is destined to experience disruptive air turbulence. The first intervention is preceded with a demand that she agree to a "total commitment" of anything Erickson might ask.

Carol Lankton (CL): The next part is pure and practical and vintage Ericksonian intervention.

He has her experience the anxiety of being on an airborne plane, while in trance. Erickson then lets that fear slide off her and remain on the chair as she comes out of trance comfortably and safe. She learns a quick self-induction and leaves with the instruction to enjoy her upcoming airplane trip (not just survive it) using self-hypnosis any time that she might like. Erickson then supplies her with differently developed pictures of the chair as the eternal resting-place of her anxiety. I think it's nice that even her anxiety is safely resting. And all of her attention has been successfully turned to enjoying the trip!

The Assessment

SL: Erickson's assessment most assuredly went beyond the few facts we are given in print. He would have assessed her word selection, nonverbal behavior, self-awareness, degree of congruity, cadence, and so on. My understanding of Erickson's work leads me to believe that these sort of interpersonal and personal features are essential to proceeding with meaningful personal interventions. So, lacking that knowledge, we are only given his dramatic interventions.

CL: The client asked for hypnosis to cure her airplane phobia. After discovering her anxiety only occurred when the plane was airborne, Erickson concluded that what she was really afraid of was being absolutely committed in closed spaces where there was no visible means of support. This highly specified, operational definition went beyond the more abstract label of "airplane phobia."

Erickson maintained that "we

Erickson concluded that what she was really afraid of was being absolutely committed in closed spaces where there was no visible means of support.

always translate the other person's language into our own language," but in this case his careful attentiveness to exactly when she had anxiety allowed him to translate the client's experience beyond her own language and into her specific experience.

His deductive thinking then led to the conclusion that she must also be similarly uncomfortable in elevators and on suspension bridges since these two contexts also contained the same common denominator with an airborne plane: absolute commitment, closed space, no visible support.

Betty Alice Erickson (BAE): This case is a wonderful example of Erickson paradoxically expanding rigid sets. Fundamental to the way he worked is his precept that expansion of mental and emotional sets gives choice. If options and choices exist, people don't need therapy. Erickson focuses on the patient's simple definition of her ordinary problem and works metaphorically with the broad-

er based problem to which she alluded. He is dogmatic even while he works indirectly and symbolically. Interventions are separate yet intricately woven so the thread of each merges with the whole.

Setting the stage

Erik Greenleaf (EG): Erickson uses a paradoxical combination of reasonable goals and unreasonable constraints.

Göran Carlsson (GC): I'm most fascinated about the way Dr. Erickson challenges the patient, both to help her go into a trance and to help her change and take control over her problems: "Well, I don't know if you are a good hypnotic subject." She said, "I was in college, it's been a long time ago." "The question is, are you a good hypnotic subject now. I'll have to test you." How could she not go into a trance right then?

BAE: Fear, which she defined as trembling and shaking and wanting to run away, was given a new emotional frame. Erickson stated obvious facts in a way to elicit anxiety.

GC: That's when he said, "There's one more important thing. You're an attractive young woman, and I'm a man. I'm in a wheelchair.

You do not know the extent of my disability. Now listen carefully. I want you to promise me that you will do anything, good or bad I ask of you. I want the promise to be absolute."

BAE: He was also respected psychiatrist, in a wheelchair, with his office in his busy home. Clearly there was nothing to fear. Most fear is not the fear of a hungry tiger walking in a room, as Erickson often said. Setting the stage so she would define one fear as invalid, also set the stage to re-define other fears.

EG: "You do not know the extent of my disability." This is intriguing, and seems to me paradoxical. It induces fear of the therapist, who "may do anything," but, while speaking of the therapist, raises two important possibilities for the patient: 1. She may not know the extent of her disability, or her abilities. 2. She may be willing to do absolutely anything to recover.

GC: She wanted Dr. Erickson to

help her, she trusted him. Her motivation to change was high. He knew that. Of course, she promised.

CL: He chose to hint that it could be an inappropriate sexual thing that could happen between her as a woman and him as a man simply because he believed she would find this most disagreeable in her newly married state.

In making this absolute commitment to whatever might happen, she voluntarily placed herself in the most feared circumstance of having no control over anything. She did this under the impression that it was important to the treatment. And it was important for two reasons: 1) "she found out that she could live through a commitment," and 2) the actual problem including a bodily threat was present as a reality in the office and could be worked on in the session and then left in the chair.

SL: I felt that Dr. Erickson's demand that she agree to a "total commitment" of anything he might ask, is useful as it heightens the gravity in the session and forms a basis for the client's fear. This is admittedly done at some risk. The therapeutic reliving and subsequent post-hypnotic suggestions were an acceptable method of treatment (especially, for a trauma that is not debilitating).

EG: "I want you to promise me that you will do ... just anything, good or bad, I ask of you. I want the promise to be absolute." Having switched the greatest fear from the phobia to the therapist, Erickson then asks that she choose to experience compelling, helpless change for the better. This shifts her from her experience of helpless fear. She replies, "Nothing you could do or ask is going to be as bad as my airplane phobia, so I'll promise."

CL: Based on this specified understanding about the scope of this client's anxiety, Erickson was able to create a parallel anxiety that contained her fears of absolute commitment, closed space, and no visible support. It could be experienced in the present, namely her absolute commitment to accept anything he might do to her, good or bad, in the treatment session.

The Focused Intervention

BAE: Hypnosis was the vehicle for her to experience flying in ways Erickson directed—as she had promised she would do. Hypnosis allowed her to see the fears separate from her, and become very real in the

continued on next page

- 1930 Publication of first professional article on hypnosis, "Possible Detrimental Effects from Experimental Hypnosis"
- 1930-32 Junior and Senior Psychiatrist, Research Service, Worcester State Hospital, Worcester, MA
- 1932-34 Chief Psychiatrist, Research Service, Worcester State Hospital, Worcester, MA
- 1934-48 Director of Psychiatric Research and Training, Wayne County Hospital, Eloise, MI
- 1938-48 Instructor, Assistant Professor, Associate Professor at College of Medicine, Wayne State University (formerly Wayne University), Detroit, MI
- 1939 Began correspondence with Margaret Mead
- 1939 Certified as a psychiatrist by the American Board of Psychiatry and Neurology
- 1940-55 Associate Editor of professional journal, *Diseases of the Nervous System*
- 1941-45 Served on Induction Board for U.S. Military during World War II. Served on multiple government projects with Margaret Mead and Gregory Bateson
- 1942-48 Full Professor, Wayne State University, College of Medicine, Detroit, MI
- 1944-48 Professor at Graduate School, Wayne State University, Detroit, MI
- 1947 Conducted post-graduate courses in psychiatry, State Hospital, PA
- 1948 Visiting Professor of Clinical Psychology, Michigan State University, East Lansing, MI
- 1948-49 Clinical Director and Acting Assistant Superintendent, Arizona State Hospital, Phoenix, AZ
- 1949-80 Private practice and professional teaching, Phoenix, AZ
- 1950 Research work on time distortion with Linn Cooper, M.D.
- 1950s Began Seminars on Hypnosis, an educational teaching group
- 1953 Began work with Jay Haley
- 1954 *Time Distortion in Hypnosis* co-authored with Linn Cooper, published by Williams & Wilkins, Baltimore.
- 1957 Co-Founded the American Society of Clinical Hypnosis (ASCH) (with E. Aston, M.D., I. Sector, DDS, W. Kroger, M.D., and S. Hershman, M.D.)
- 1957-59 President of American Society of Clinical Hypnosis (ASCH)
- 1958-68 Founding Editor of *American Journal of Clinical Hypnosis*
- 1961 Co-authored: *Practical Applications of Medical and Dental Hypnosis* (with S. Hershman & I. Sector) New York: Julian Press
- 1972 Began collaboration with E. Rossi, Ph.D.
- 1973 Began collaboration with Jeffrey Zeig Ph.D.
- 1976 Awarded Benjamin Franklin Gold Medal by the International Society of Clinical Hypnosis
- 1976 Co-authored: *Hypnotic Realities* (with Ernest Rossi & Sheila Rossi) New York: Irvington
- 1977 Special edition of *American Journal of Clinical Hypnosis* commemorating Erickson's 75th birthday
- 1979 Co-founder of the Milton H. Erickson Foundation (with Jeffrey Zeig Ph.D.)
- 1979 Co-authored: *Hypnotherapy, An Exploratory Casebook* (with Ernest Rossi) New York: Irvington
- Died March 25, 1980, following a short illness

Editors Note: This professional biographical chronology compiled by Roxanna Erickson Klein, Ph.D., identifies only major publications and related collaborations. These are works published during Erickson's lifetime. Dr. Erickson's professional life was replete with numerous and significant collaborative works that are not reflected in this outline.

AIRPLANE *continued*

chair. His communication with her about those fears was paradoxical.

SL: The remainder of the transcript provides a wonderful example of how Erickson helps the client dissociate or split affect from the traumatic fear while at the same time blending with the client's twists and turns of thought.

EG: "All the devils of torture have slipped off your body, into the chair... not on you, but all around you." In trance, Erickson induces the fearful flight. Then, when she is shaking, he has the plane descend. "And when you arrive on the ground, you'll find all your devils appear..." He moves the place of fear from the airplane to the ground, then, from the patient's interior feelings to the space around her. He distances these fears further by taking photos of the chair, labeling them "The eternal resting place of your fears, phobias, anxieties."

BAE: One message was carried by the phrase "the eternal resting place," which every adult knows means a final end. The other by giving her the pictures to carry like a child carries a lucky penny. In a trance, this made perfect sense and the convolution of the paradox became impossible to dissect or refuse.

EG: Erickson demonstrated changing places, that identify problems, changes symptoms, meanings, and the status position of patients. He stayed close to the psychological and interpersonal experience of his patients in crafting seemingly eccentric interactions. As he explained, "She was talking about fear of an enclosed space that had no visible means of support, and her life in the hands of some stranger."

CL: The second part brings the

other two problems with the common elements (elevators and bridges) to the client's conscious attention while at the same time demonstrating to her that she has, in fact, already solved them back in the first session before she had even mentioned them. This was accomplished by having her hallucinate (in trance) in detail a delightful and completely comfortable sightseeing trip across the San Francisco Golden Gate Bridge. This was quite remarkable since she previously went over bridges (even in trance) in great discomfort, cowering and with her eyes closed.

Similarly, he asked her to report on how she had recently been able to comfortably ride 20 floors in a glass elevator instead of getting off at each floor and taking a different elevator one floor at a time as she had previously done.

SL: He ultimately associated her feelings of success with overcoming the bridge trauma, to provide the solution of her previous homework concentration problem.

BAE: Most Ericksonian of all, she didn't have to understand exactly why she changed.

SL: Again, this shows that it is the process and not the content used by Erickson that must be learned and recreated for successful treatment. It is important to realize the idiosyncratic nature of intervention in these cases. Dr. Erickson would be quick to dissuade a therapist from trying to generalize from this case to any other and quick to discourage the use of an intervention that appears to be decisive in such a case. These interventions were used with a specific person about whom we have insufficient information to be able to generalize and replicate the therapy.

Erickson Books Reviewed

Conversations with Milton H. Erickson, M.D., edited by Jay Haley, M.A. (Triangle Press) and *The Letters of Milton H. Erickson*, edited by Jeffrey K. Zeig, Ph.D., and Brent B. Geary, Ph.D. (Zeig, Tucker & Theison) are reviewed by Ivan Tyrrell, in "Human Givens," (p. 44, Vol.8 No.1, Spring 2001). For a copy of this publication, contact Human Givens, The Barn, Church Farm, Chalvington, East Sussex, BN27 3TD; E-mail, info@humangivens.com; Web, www.humangivens.com

CONNECTIONS

The Strange Attractor

by Jane A. Parsons-Fein, C.S.W., D.A.H.B.

New York, NY

In our relationships we touch each other to the quick. From moment to moment we change each other. Milton Erickson changed me before I even met him.

In 1978, I was working in the Department of Psychiatry at Mount Sinai Hospital. I was restless and discouraged. I saw little improvement in many of our patients, even with finely-trained staff and tremendous expenditures of energy and money. One Saturday morning I was reading a book in Central Park. Suddenly a paragraph jumped off the page into my head and into my heart. It was as if a lightning flash had hit me hard in that one moment. For the first time that I can remember I made an instant decision with fierce and absolute clarity. I did not care where he was or how long it would take me to find him, I vowed that I was going to learn from this man.

The book was *Uncommon Therapy* by Jay Haley. The case was the suicidal girl with the space between her two front teeth. When I read how Erickson worked with this girl, I almost leaped into the air with joy. Erickson's way of thinking, which Haley communicated so superbly, was lasered into my brain. His mind was complex, yet the intervention seemed so simple. Something happened to me in that minute that redirected my life. My heart has never beaten the same way since.

As luck would have it, right after I made that momentous decision I met Steve Lankton who was bringing videotapes of Erickson to an ongoing group in New York. After absorbing the tapes for a number of months, I found myself sitting with about ten other people in a tiny office in Phoenix. I felt like a kid on the first day of school. There we sat expectantly, our tape recorders ready.

The door opened and a lovely, bright-eyed, somewhat shy woman wheeled him in. I noticed how neatly his hair was combed. His face was open, kindly. Then I looked closely at him. Wherever he looked, his gaze was unwavering, yet the expression deep in those eyes was continuously changing -- flickering, smiling, sparkling, and darkening. When they were serious they were very serious. Later, I learned that what I experienced he called his "ocular fix."

I had watched him for hours on videotape, but was unprepared for the impact his presence had on that room. It was like the difference between looking at reproductions of Van Gogh's paintings and then standing before the actual canvas...and experiencing the vibration of this artist's perception of color -- the texture, the depth, the luminosity. There right in front of me was the same awareness that I had sensed watching the videotapes -- the intelligence, impishness, humor, and rigor -- a vigorous and agile mind in a wearied body. He was all there.

I experienced the same bolt of consciousness as I had on that spring day in Central Park.

The two weeks went by in a very short time. I was often early -- an unusual experience for me. He talked, he told stories, often about his children. I was absorbed for hours at a time. Afterwards, I was so exhausted I sometimes skipped dinner. I had not a clue about what he was doing. Something was shifting in my internal world -- something glowing and powerful, a kind of quiet energy. I could not put words to it. I think I was beginning to hear my own drumbeat.

After those two weeks, my life started to change. I returned to New York and without my usual catastrophising I made plans to go part-time at Mt. Sinai

and increase my private practice. I gave up wanting to marry Arnold Fein, a widower who had announced loud and clear he would never remarry. Erickson had remarked that he would probably keep circling around me and never land, so I decided to enjoy what I had with Arnold and dedicate myself to my career. This decision improved our relationship. Now my name is Jane Parsons-Fein.

Another pattern broken: Always teased by my family about my ineptitude with mechanical equipment, when I returned to Phoenix I stubbornly carried all the necessary video equipment, including tripod and cassette player. I proudly came home with forty-eight wonderful hours of Dr. Erickson.

During the next years, a group of us met continuously, absorbed the tapes, started the New York Milton H. Erickson Society for Psychotherapy and Hypnosis, began teaching classes, presenting at conferences and consulting. I edited our first newsletter, which came out in 1982, and continued as editor for the next fifteen years. NYSEPH grew and I learned and expanded a tremendous amount by teaching and directing its training program. NYSEPH continues to grow. In 1997, I left to start my own training institute.

Now, twenty-one years after I met him, I see how my relationship with Erickson moved me into parts of myself I hadn't even known were there. I went far beyond what I had thought were my capabilities. Now, twenty-one years later, I see how my response to his particular kind of awareness carried me into many areas I would never have tried -- taking risks that surprised and delighted even me, transforming my way of working, changing my relationships. His influence brought me to people I could not have conceived of working with and counting as my dear friends -- Virginia Satir, Moshe Feldenkrais, Kay

Thompson. Erickson was so at home with his own unconscious that I learned self-trust. Somehow I think his African violet metaphor wove itself into my life.

I never had a sister. After

I met Erickson, I found my sister. Her name was Kay Thompson. She was passionately committed to his work and she and I were on the same wavelength.

There is not one area of my life that has not been richly colored by Erickson's turn of mind, his agility with language and the awarenesses that have reverberated in me long after my first experience with him. And I am not alone. I know many eight-cylinder people who were going on two cylinders when they met him who are now going on full power.

In 1983, NYSEPH dedicated fifteen smoke bushes to Dr. Erickson's memory in Central Park. In her dedication, Kay Thompson said: "All I can do is teach what I think he taught me....Then the second generation Ericksonians teach the third generation Ericksonians and then it goes on and it gets changed and it gets modified the same way that the trees get modified when there is too much wind..."

After she died, we dedicated to Kay, a flourishing young blue spruce that stands where she stood when she dedicated the smoke bushes sixteen years before.

As a result of travel, teaching and training, I have beloved friends in Sweden, Germany, Poland, Italy, Denmark, Croatia, New York, and in many parts of the United States. I think we are connected by an invisible bond. Perhaps we self-selected because we were drawn to a man who said: "There are two things in life we can be sure of: change and suffering. Our job is to bring as much joy into life as we can." That is a vision worth evolving and teaching -- each in our own unique way.

Even though my work and life have been profoundly changed by my contact with Milton Erickson, it is hard for me to put into words the essence of his impact on me. His consciousness transmitted something that I still carry around with me. Recently I watched a moving presentation of vibrating fractals radiating brilliantly-colored designs, each one a powerful work of art. I am still resonating to it. I keep thinking about chaos theory and the strange attractor. I think Erickson was my strange attractor.

*Now, twenty-one years after I met him, I see how my
relationship with Erickson moved me into parts of myself
I hadn't even known were there.*

Changing A Violent Family

by Jay Haley
& Madeleine Richeport-Haley
Videotape, 43 minutes

From the video series "Learning and Teaching Therapy with Jay Haley"

P.O. Box 8094, La Jolla, CA
2000, Triangle Productions

<http://www.haley-therapies.com/>

As the market becomes saturated with books and training videos promising quick cures using seemingly magical techniques, it is nice to know that some materials still provide an honest look at the complex and sometimes frustrating experiences that are a part of the therapeutic process. Jay Haley's *Changing A Violent Family* is one in a series of training videotapes that provides a rare look into the interchange between a master teacher (Haley), a therapist in training, and a family torn apart by violence.

Jay Haley, who has been recognized as one of the founders of family therapy, shares with the viewer the type of insight and wisdom that

...the goal is not only to change the family but also to change the therapist, as she learns to become more capable of bringing change to those in need.

can only come from many years of watching families grow and develop. During Haley's one-on-one supervision with a group of interns, the viewer is carefully guided to a better understanding of Haley's methods of change. Haley states in the beginning of the narrative that he is not teaching any particular approach to therapy. Very little of the applied technique is shown. Instead, Haley's narration of this case provides a lesson in humanity.

Similar to his mentor, Milton Erickson, Haley encourages both the therapist-trainee and client-family to develop their own resources as gradual progress is made toward problem resolution and ongoing family development. Haley describes his approach as brief and problem-focused. In this tape, several weeks of training and therapy are reduced to 43 minutes. The viewer has the

opportunity to watch a variety of techniques employed toward a single goal, which is to eliminate violence in the family. The father has been sent to prison for beating his son with such severity that he had to be hospitalized. The mother has recently won back the right to guardianship, after losing her children to a placement in foster care. However, the ongoing violence among the siblings leaves her doubting whether she is capable of keeping her children. The odds against this family seem overwhelming. The young therapist-trainee is anxious for instruction on what to do. In answer to this mixture of confusion and despair, Haley offers brief, common sense suggestions. The excitement and enthusiasm of the trainee builds as the family makes incremental steps forward. However, it is what occurs within the family that is spell-binding.

As is true with most conscientious, master-therapists, Haley carefully protects the trust and

confidentiality of the family. Similar to watching a 1950's mystery thriller, the viewer is left with gaps that invite imagination to complete the picture (i.e., the faces and

identities of the mother, son, two twin girls, and the estranged stepfather). The names are covered by sound edits. Video clips of the family are masked using various editing techniques. In addition to respecting the family's need for privacy, this approach shifts the focus from the family to the observation room where Jay Haley is at work providing direct and immediate intervention. As Haley reminds us in the tape, the goal is not only to change the family but also to change the therapist, as she learns to become more capable of bringing change to those in need.

The title of this videotape suggests its application as a training piece for those working in the area of domestic violence. However, its scope and content is worthy of broader application. There are lessons to be learned about relations between a

mother and her twin daughters, between an older brother and his younger siblings, and between a boy and his father. This moving example of family therapy teaches us neither to give up on a family nor to judge its members prematurely. However, the interaction between the therapist-trainee and the client-family was skillfully crafted by Jay Haley to meet the unique needs of this specific group of individuals. As a former domestic violence counselor, I do not think the methods employed in this case are appropriate for generalized use with any and every family caught in the cycle of violence and abuse.

Changing A Violent Family demonstrates the mechanics of

change as viewed from the inside of a one-way mirror. Haley's training is lucid and his interventions deceptively simple. This tape provides a valuable example of the types of resources that can be discovered within families when the therapist is paired, in the role of apprentice, with a master practitioner. For those seeking relief from over-theorizing and unnecessarily complicated interventions, *Changing A Violent Family* provides a refreshing look at the discovery of human potential.

Reviewed by:
Dan Short, Ph.D.
Dallas, TX

The International Conference on Thinking XI

Creating the Future:

Paradigm Shifts in All Disciplines

The International Conference on Thinking XI, hosted by Ottawa University, will be held July 21-27, 2003, in Phoenix, Ariz. It is a highly respected, world renowned, inter-disciplinary academic conference in the world. The Conference will review past, present, and anticipated paradigm shifts in major academic disciplines. The Milton H. Erickson Foundation is a nominal co-sponsor.

The first Thinking Conference was held in 1982 at The University of the South Pacific, Suva, Fiji, with 250 scholars from more than 40 universities in 14 nations. The Conference drew scholars from major disciplines, from anthropology to zoology. Some of the presenters included: Howard Gardner, Professor of Psychology at Harvard; Mihalyi Csikszentmihalyi, former University of Chicago professor of psychology, author of the bestseller "The Flow"; Peter Senge, professor of management at MIT, author of the best selling "The Fifth Discipline"; Charles Stevens, Neurophysiologist and one of the leaders in brain research; Edward de Bono, pioneer who advocated the teaching of thinking skills in the 1960s; Laura Jansson, Sport psychologist, Finland former European Diving Champion and member of the Finnish Olympic Committee; Sir Edmund Hillary, the first man to set foot on the summit of Mt. Everest, and many more.

Call for Papers and Proposals:

To submit a paper or proposal for this Conference, please contact The International Conference on Thinking, Ottawa University, 13402 North Scottsdale Road, Phoenix, AZ 85254, Attn. Dr. William Maxwell; tel, 602/749-5207; E-mail, willgaia@aol.com

Registration for this Conference began in January 2001. For more information and to register, contact Ottawa University, 13402 North Scottsdale Road, Phoenix, AZ 85254; tel, 602/749-5207; E-mail, willgaia@aol.com

HISTORICAL TIMES

The Milton H. Erickson Foundation

by Dan Short, Ph.D.
Dallas, Tx

The Milton H. Erickson Foundation was incorporated in 1978 but its history began earlier. The seeds were sown in 1974. A young psychologist, Jeffrey K. Zeig, Ph.D., had the aspiration of holding a meeting to promote and advance Erickson's contributions to mental health professionals throughout the world (see Leading Contributors p. 8).

Zeig's primary goal for the original Congress was to offer Dr. Erickson the opportunity to witness the dramatic impact of his life's work. Because Erickson had taught Zeig, and many other students, without charge, Zeig organized this tribute as a way of expressing gratitude. As the enrollment reached large numbers there was need to have a more formal body making decisions and managing the finances. Dr. and Mrs. Erickson agreed to work with Zeig and Peters to form a non-profit educational foundation. The Milton H. Erickson Foundation was officially established October 29, 1979, with Dr. and Mrs. Erickson, Jeff Zeig and Sherron Peters comprising the Board of Directors.

The Foundation's first year was one of dedication and hard work. To maintain low overhead, volunteers worked in Zeig's living room, mailing more than 70,000 brochures. The response was phenomenal with as many as 50 registrations arriving each day in the daily mail. As administrative tasks increased, it was decided to establish a paid position of Administrative Director, and Sherron Peters, then Zeig's wife, assumed this role.

There was no seed money to establish the Foundation. Brunner/Mazel contracted for a proposed book on the proceedings of the Congress. Additionally, a decision was made to transcribe videotapes taken by Zeig during one of Dr. Erickson's seminar classes, which was published as, *A Teaching Seminar with Milton H. Erickson*.

The advances for these books paid for the incorporation of the Foundation.

On March 25, 1980, Dr. Erickson died, nine months before the meeting would be held in his honor. He had worked until the week prior, and his calendar was booked for the year. Erickson received some of the intended gift because 750 people had already registered, at the time, the largest number to attend a hypnosis conference. Each registrant was notified of his death. Unexpectedly, donations came in to the Foundation honoring Dr. Erickson's memory. According to Zeig, "The Erickson

The study of clinical hypnosis and many approaches to psychotherapy as they are currently practiced owe an immense debt to Erickson's pioneering work.

family's support renewed our energies to continue plans for the Congress. They encouraged us to go forward with plans for the Congress."

Kristina Erickson, M.D., took the position on the Board of Directors vacated by her father. As the Board moved ahead with its meeting planning efforts, a second loss was encountered. In July, Gregory Bateson, who was scheduled to deliver a keynote speech, died. After long deliberation, the Board decided to go outside the field of Ericksonian therapy and invite Carl Whitaker, M.D., to present a keynote address. He proved an excellent choice.

In December 1980, the meeting honoring Erickson attracted more than 2,000 attendees and to this day stands as the largest meeting ever held on the topic of hypnosis.

After the First Congress, the Foundation began its transformation from a vehicle for that meeting to a more permanent organization. The Board of Directors purchased property for the Foundation offices at 3606 N. 24th Street, Phoenix, Arizona. This remains the Foundation's headquarters.

In 1989, Charles Theisen, J.D., was added to the Board bringing the total number to five. Theisen, having a law degree from Stanford University and a friendship with

Erickson and Zeig, brought expertise in business and a strong commitment to the advancement of the study of Erickson's pioneering approaches. In 1994, Kristina Erickson, M.D., retired from the Board and her position was filled by Roxanna Erickson Klein, R.N., Ph.D., another of Erickson's daughters. Both of these practicing professionals, having strong familiarity and insight into Erickson's theories, have contributed uniquely to the guidance of the Foundation.

Recognizing the importance of fostering an international perspective, the Board elected Camillo Lorio, M.D., in 1998, as one of its members. Having established the Erickson Institute in Rome, Italy, Lorio has also served as President for the Italian Society of Hypnosis, The Italian Society of Family Therapy, and has

established The Erickson Archives to serve as a repository of historical materials about the late Dr. Erickson, including audiotapes, videotapes, letters, and historical interviews. Valuable donations of letters, book, transcripts and tapes continue to be received from contributors all over the world. Today, The Erickson Archives house an extensive collection of audio, video, and written documents from the work of Erickson, as well as many influential theoreticians and clinicians in the field of modern psychotherapy.

Guest archivist Wendel Ray, Ph.D., said, "The materials in the Archive represent some of the most lucid teaching I have ever experienced. The study of clinical hypnosis and many approaches to psychotherapy as they are currently practiced owe an immense debt to Erickson's pioneering work. His contributions to assessment and intervention techniques in the fields of brief, individual, couple, and family therapy are simply too numerous to count" (for more information see Feature Interview, Vol. 20, No. 1). Professionals from around the world visit the Archives throughout the year and hundreds of hours are spent viewing videotapes, listening to audiotaped programs or reviewing printed materials.

Shortly after the First Congress, William O'Hanlon, M.S., took the responsibility of establishing *The Milton H. Erickson Foundation Newsletter*. The inaugural issue was published June 21, 1981. Michael Yapko, Ph.D., replaced O'Hanlon as Editor-in-Chief in 1987. After expanding the content of the *Newsletter*, Yapko was succeeded in 1993, by co-editors Betty Alice Erickson, M.S., and Roxanna Erickson-Klein, Ph.D. In 1996, Dan Short, Ph.D., was invited to participate in the *Newsletter's* publication, thereby completing the current editorial team. Carol Kershaw, Ed.D., and Bill Wade, M.S., served as the first Guest Editors in 1995.

In recent years, the scope and content of the *Newsletter* have increased substantially. The *Newsletter* continues to be published three times a year, currently under the editorial teamwork of Dan Short, Betty Alice Erickson and Roxanna Erickson-Klein. The distribution of the *Newsletter* has grown to over 13,000 readers and now includes an electronic issue, which archives con-

continued on next page

tent from previous years. It is currently distributed to approximately 4,000 individuals around the world.

Workshops, seminars and congresses were the mainstay of the Foundation's business in the early years. Having attracted therapists from around the world, The International Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy have been held in Phoenix in 1980, 1983, 1986, 1992, and 1999; in San Francisco in 1998, and in Los Angeles in 1994. The 8th International Congress is scheduled in Phoenix, December 5-9, 2001. In 1993, the Foundation sponsored The Brief Therapy Conference in Orlando, Florida, followed by ones in 1996 and 1998 in New York City. The Foundation also sponsors conferences focusing on two prominent aspects of couple's lives, intimacy and sexuality. These are organized by Elynn Bader, Ph.D., of The Couples Institute in California. The Love and Intimacy Conferences have enabled thousands of individuals to listen to influential practitioner-theorists and leading researchers. The 5th Love and Intimacy Conference is scheduled for April 2002 in Los Angeles. The Foundation jointly sponsored the European Evolution of Psychotherapy Conference, 1994, in Hamburg, Germany; the organization was spearheaded by Bernhard Trenkel, Dip.Psy.

In the early years, Zeig began to consider another idea—the Evolution of Psychotherapy Conference. The intention was to establish Ericksonian therapy as a mainstream therapy within the psychotherapeutic community. The Evolution Conference, scheduled for December 5-11, 1985, in Phoenix, was sold out in September with more than 7,000 registrations. Three thousand others had to be turned away. The result was a meeting that created a sense of cohesiveness never before experienced in the field of psychotherapy. The Evolution of Psychotherapy Conference, hailed as a landmark event in the history of psychotherapy, stands as one of the outstanding achievements of the Foundation. Feature articles appeared in *Time*, *The New York Times* and *The Los Angeles Times*. After the first Evolution Conference, the Foundation became one of the major organizations in the United States providing a framework for the study of medical and therapeutic hypnosis. The Evolution Conference was repeated in 1990 and in 2000, in Anaheim, California, and in 1995 in Las Vegas, Nevada. More than any other event, The Evolution Conferences have brought numerous practitioners face-to-face with the greatest therapeutic luminaries of our time.

Informal meetings of the Erickson Institutes have been held at all of the major conferences. At the Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy in 1986, representatives from many of the 27 Institutes met with Foundation officials. The network of Institutes continues to be vital and growing. At this time, there are almost 100 active Institutes around the world. Approval of Institutes began with Dr. Erickson, who granted permission to some organizations to use his name. After his death, the Foundation assumed this responsibility. Only those professionals who meet rigorous professional standards are granted affiliation. It is the desire of the Foundation to encourage and contribute to the growth of these Institutes.

A 1987 project was the establishment of the Erickson Center for Hypnosis and Psychotherapy. It provided a sliding scale fee clinic and offered training for professionals in the areas of therapy and counseling for several years. From this, Brent Geary, Ph.D., has developed the Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy, which offers three levels of training and 30 hours of continuing education per week. For the past 13 years, this comprehensive, small group program has drawn professionals from around the world.

Following the landmark Evolution of Psychotherapy Conferences, the Foundation has served as a resource for professionals, from a wide variety of backgrounds, interested in acquiring knowledge about the life sciences and healing arts. The Foundation does not merely memorialize Erickson's contribution. In the words of Jeff Zeig, "We want the Foundation's influence to grow as a part of the development of psychotherapy into the 21st century. Flexible creativity was the hallmark of Dr. Erickson's approach, and we intend to keep the Foundation guided along that path."

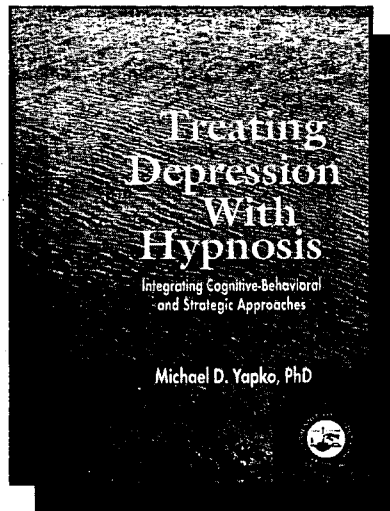
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INTERVIEW *continued from page 3*

that he was hospitalized at the University of Michigan Medical Hospital and was advised that he should take a leave of absence for the summer and see if the Southwest climate would help him.

We chose Phoenix as it was the only western location where we knew anyone. The superintendent of Arizona State Hospital, the only public mental health hospital in Arizona was a good friend.

MB: That was Dr. John Larson, with whom Dr. Erickson collaborated on matters of police psychiatry and forensic work investigating the 'criminal mind.'

Mrs. E: Yes. John A. Larson, who was a M.D., and a Ph. D., was a brilliant psychiatrist Milton had known in Michigan. He had been assistant director for the Recorders' Court Clinic for the City of Detroit. Larson had come to Arizona for the health of his only son, a teenager with severe asthma. Larson was a fine gentleman and an outstanding scien-

tist, who pioneered the lie detector before Leonarde Keeler, even though the lie detector was called, for many years, the Keeler polygraph. I remember Larson referred to it jokingly as "my Frankenstein's monster" as he thought it was greatly misused.

I think conversations between Milton and Larson contributed greatly to my husband's understandings of the criminal mind and his concepts of forensic medicine. Milton was always interested in criminal behavior. His bachelor's thesis in 1927 was on some aspects of low intelligence and crime. He also worked with the prison system in Colorado before we were married and continued to work, for many years, with police departments and with parole boards. Milton worked with investigators on interrogation techniques helping them to understand the methodology of gathering all the information available, but recognizing when a subject begins to confabulate. They even brought witnesses over to our house a

continued on next page

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Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols and Procedures and EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma by Dr. Shapiro, the originator of the EMDR method.

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- SW:** Pending in other states where available.

few times for criminal investigations.

MB: It is interesting that Dr. Erickson's work with John Larson in Michigan was the deciding factor for the choice of location. Will you tell us about the difficulties in this move to Arizona?

Mrs. E: Milton was so sick at that time that I made arrangements for him to travel to Arizona by train. Two young medical interns took care of him on the train trip. Then they flew back to Michigan and I paid their fares. Dr. Larson put up Milton at his home while I drove out from Michigan. Our oldest sons, Bert and Lance, both had summer jobs and stayed behind. I brought Betty Alice, Allan, Carol and Robert. It took almost a week of driving and stopping at motels. Quite an ordeal--there were four children between the ages of 14 and three, driving all that way in the summer before the days of air conditioned cars! But we made it! Milton was already a lot better. We stayed for a week in Phoenix at a motel called "The Autopia," and then moved to a little house that I rented for the summer, partly furnished. The address was 22 South 30th Place.

Milton was so much better by late summer that we decided to move to Phoenix permanently. He resigned from Eloise State Hospital (Wayne County General Hospital and Infirmary), the giant mental hospital. Larson invited Milton to join the staff of Arizona State Hospital with the hope that together they would bring it's medical care into the 20th Century. The rest of the psychiatric staff consisted of two or three elderly psychiatrists with no specialization.

MB: How did you manage, with the four small children, all these rapid and drastic changes in your life?

Mrs. E: It was a very busy and very difficult time for all of us. I flew back to Michigan, stayed one week and hired a small moving company and got all of our stuff packed and shipped by train. Bert decided to stay in Michigan. Lance came to Arizona on the bus later that summer and entered college.

Sadly, this was also the final week of my mother's life. My father had cared for her for two or three years of illness and she died at home of breast cancer. I attended her deathbed and her funeral. I am grateful I saw her again.

MB: In addition to Dr.

Erickson's work at Arizona State Hospital with Dr. Larson, what other projects took his interest during these early years in Arizona?

Mrs. E: There was an organization named "The Seventh Step Foundation" for ex-convicts who were seriously attempting to go straight, keep out of trouble and be good citizens. Milton and Larson would make periodic trips to the State Prison, which was located in the town of Florence. There was a special division and confinement area there for mentally ill lawbreakers and the two of them worked with those prisoners. On one of the trips, Milton found out about "The Seventh Step" which was founded in Phoenix.

The small town atmosphere of Phoenix in the 1950's worked very well for this program. There was an old three-story mansion, as I recall, over on the southwest area of downtown. "The Seventh Step" provided a place where paroled or discharged convicts could stay for a few days, get cleaned-up, have good meals and look for work. I remember that when Milton would pay a visit to the halfway house. I would usually pack up some clothes for him to donate and I always included a necktie with every shirt so the ex-con could look neat and nice. There were a number of these men who really appreciated the personal interest and counsel that was provided, and the group continued with its work for many good years. It was still functioning when Milton died in 1980, but I don't believe it is in existence anymore.

When it was going strong, they even had a pre-release branch out at the prison. Milton went there to a banquet attended by full members from the Phoenix site and by prisoners who were near release. I still have a card dated 1974, which made him a "Honorary Ex-Convict." He was told that he was the first and only "honorary ex-con" they had ever made. This was meant completely seriously and Milton took it that way. He knew they regarded it as an honor. Milton did not tell many people about this. He did not want it regarded as a joke.

MB: What an extraordinary story!

Mrs. E: At our house on Hayward, I remember one ex-convict who came over and did lawn work for several days. Milton let him sleep on a big padded lounge chair we had in the back yard. I left the back door to the office unlocked so he would have a bathroom. He did very well.

Milton gave him quite a bit of help. My daughters remember being a bit doubtful about this arrangement. But they knew that their father could really size up people well. The ex-con told us he had been shot in the heart. Kristina, who was in medical school at the time, was quite skeptical until he showed her his scar!

MB: It sounds as though Dr. Erickson was involved with community resources as well as unusual and innovative programs.

Mrs. E: Milton was a strong supporter of Alcoholics Anonymous. He donated quite a bit of time to many members who were seriously committed to the program.

A more unusual project Milton was very involved with was a private

residence for homeless teenage boys run by Mr. and Mrs. Tex O'Leile. In Arizona, at that time, there were virtually no formal resources for these boys. Tex had some land and ran a small farm outside of Phoenix. He had a son of his own and took in four or five homeless teenagers. Mrs. O'Leile was a wonderful mom to all the boys and took it for granted that anyone available would help with whatever needed doing from preparing vegetables from the garden to washing dishes, doing laundry and other such chores.

Milton let Tex know he would help with counseling and psychological care for the boys, on an ongoing

continued on next page

BOOK REVIEW

The Angry Self: A Comprehensive Approach to Anger Management

by Miriam M. Gottlieb, Ph.D.

1999, Phoenix, Arizona: Zeig, Tucker & Theisen Publishers

www.zeitucker.com

I purchased this book from the publisher long before I was asked to review the text. My reason for buying the book was to use with groups of adult males who are violent toward women. I was hoping for some new material on anger management to use with my clients. To clarify my intention, anger management is only a piece of the work with violence, so I was not using this book as an entire program for men who use violence against women.

Gottlieb presents the information on anger management in an elementary, well-organized manner. It is written for a lay population or for therapists to use with clients. I was able to successfully use some of the content and assignments with my batterer intervention groups. The information on assertive, aggressive and passive behavior worked with the men, as well as some of the information about recognizing anger.

The book provides not only techniques for anger management, but stories to follow the process of developing control over reactions to anger. Gottlieb uses storytelling, metaphors, graphics, and homework in a way that the operator understands the process of anger development and management. She ushers our attention to the emotion of anger being in the physical, emotional and behavioral realms. The information on physical cues and the anger journal is helpful to a motivated client. Using relaxation as an antithesis to tension and showing how to express anger in an appropriate way is also presented well by Gottlieb.

After reading and applying this book, I think it is best used with a young or less sophisticated audience because the language is so clear and, although there are some adult situations, her examples relate more to youth. Anyone working with adolescents or impulse control disordered adults would find something beneficial for their clients in the text. Gottlieb's organization of the material and the easy to read nature make *The Angry Self* an important contribution to the toolbox of anger management work.

Reviewed by:

Mimi Jalenak, MSW, LCSW, CCH
New Orleans, LA

INTERVIEW *continued*

basis and did so. Tex and Mrs. O'Leile gave many youngsters a lot of help and did a good, if informal, job with their facility. I have no idea when it came to an end. My daughter Betty Alice remembers several of the young men coming to the house. She could never figure out where they fit—they were not really patients but they had private sessions with Milton. One day, one of them was indulging her with a game of jacks on the front porch, and told her all about living at the O'Leile's. She remembers that the best part, for the boy, was the multitude of dogs and small animals on the farm.

MB: Dr. Erickson understood the importance of animals and nature. In addition to the well-known outdoor assignments — Squaw Peak, Desert Botanical Garden — were there other places he sent patients to?

Mrs. E: Yes, there were quite a number of places. I don't recall when Milton first learned about Mr. Bernard Roer's Bird Farm but it was when we were on Cypress Street. Milton was still in good physical shape and could walk around with ease. Mr. Roer died in December of 1999. His obituary cites him as a "noted expert on the care and breeding of rare and exotic birds" and his bird farm as "a Valley landmark and a Mecca for bird lovers, offering tours for thousands of school children over the years." Milton really enjoyed visits there. Mr. Roer not only had large comfortable pens with shelters in every one for his rare and exotic birds, but also big areas where the birds would gather or stop off while migrating, and take advantage of the bird feeders and shady rest stops. The farm had chickens, roosters, pigeons, finches, canaries, parakeets, parrots, pheasants, waterfowl, peacocks and exotic birds.

Milton referred many patients there for many reasons as he sent people on various other outings. He suggested to many individuals that they go to Encanto Park to spend a day, to have a picnic and to enjoy nature and to learn whatever they could learn from the outing. He also sent many people to Sunset Point, to the Boyce Thompson Arboretum near Superior, and to the Arizona-Sonora Desert Museum in Tucson, which is one of

the finest zoos in the United States! He was a great believer in seeing the grandeur and beauty of nature everywhere not only to enjoy the striking beauty all around us to also to elicit, indirectly, inner resources for problem solving.

In his later years, he became known for sending individuals to the Botanical Gardens and Squaw Peak. But those were only two of the many places he enjoyed and enjoyed sharing the beauty of.

MB: Dr. Erickson had a tireless ability and the endless imagination to generate utilization of the world and construct positive circumstances. How did this kind of creativity show in the ways he interacted with children?

Mrs. E: Milton was fond of "pretend" and fantasy. He believed it should play a fairly major role in contact and communication with small children. I have always believed that as well. We

both agreed that many children can carry on a belief system in Santa Claus, fairies, talking animals and the like which is very sincere. Even though they believe it, they know, on another level, that these fantasies are a part

of childhood. I recall, once, as a child, marveling over hearing about an elderly Irish household worker who really believed in fairies and elves. A grown-up woman!!

Milton and I felt it was perfectly all right and even good for children to believe in fairies, Santa Claus, the tooth fairy and so on. His special addition to this fantasy world was the frog named "White Tummy." He could always compose a story about White Tummy with no special effort at all. Our youngsters always loved the White Tummy stories and some of them carried on the tales to their own children.

My husband loved magic. He liked the illusion of a good magic trick. He liked trying to figure out just what the magician had done and how the audience had been distracted. He also had several magic tricks and

some he did with strings and magnets. He taught some of our children these tricks. But he first always enjoyed amazing them with his magical powers.

One of his students, years ago, had been a professional magician. Milton asked him to perform many magic tricks for the children sometimes even explaining how he did them as he went along. It was a very powerful demonstration to the children of how distraction affects perception. He and the student also had extended discussions about the subliminal cues people give off when their "mind is being read," as well as the importance of timing, distraction techniques.

Milton also loved to read comic books. He enjoyed the funny ones as well as some of the more "magic" ones such as Captain Marvel, Superman and my son Allan's favorite, Plastic Man. Milton and Allan would discuss ways in which Plastic Man could stretch and manipulate his being. Allan was just a little boy but these discussions were quite serious. Milton's favorites were Little LuLu, Pogo and Donald Duck. The children all knew they better not misplace them before Milton

Milton looked at our friend and promised him he would "teach him to shake hands so no one would even notice he had lost three fingers."

This unexpected promise became part of a deep trance induction.

got to them!

MB: Roxanna commented to me that her father's work with an artist friend who suffered a serious injury, was one of his major therapeutic successes. This occurred early in his career as a private practitioner. This work was a testimony that reinforced Dr. Erickson's conceptualization of the infinite resources within people and illustrates the profundity of the healing capacity that he was able to elicit.

Mrs. E: Yes. This friend had a career primarily as an artist and he was especially talented as a sculptor. He earned his daily living and supported his wife and four children mainly by carpentry and fine cabinetwork at which he was also an expert. In 1951, while working on house repairs for another doctor, as I recall,

he accidentally cut off three fingers of his right hand.

Milton was called to the hospital immediately after the emergency surgery. The artist felt his life was over. He was distraught from the pain of this terrible accident. Worse, he could no longer imagine being able create in the way he loved.

In this first visit, Milton looked at our friend and promised him he would "teach him to shake hands so no one would even notice he had lost three fingers." This unexpected promise became part of a deep trance induction. The circumstances were such that the man already trusted Milton as a physician, and knew Milton was a master of healing himself.

Our friend then understood that he could have a bright future. If he could shake hands so no one would notice the injury, he could do anything. After a series of surgeries, his remaining finger and thumb were repositioned so he had grasping powers in that hand. Eventually he learned to use that hand very capably. Ultimately, he was able to adjust completely. He would even joke about his "pair of pliers hand."

He went on to make many more beautiful works of art after his accident. In fact, he believed his greatest works of art were done post-accident. He did a terra-cotta head of Milton, which was eventually cast in bronze. He also did a copper plaque of me with my five birth children. He became a prolific artist and eventually was well recognized within the art community. Some of his work continues to be exhibited in public forums in Arizona. (*The artist's widow talks about quite movingly about this event on the video "Milton H. Erickson, Explorer in Hypnosis and Therapy." Haley and Richeport. 1993. Triangle Productions.*)

MB: It seems from your experiences in those early years in Arizona, that the desert landscape and vegetation, the atmosphere of the community, the environment blended well with Dr. Erickson's own creative capacities and resilient spirit.

Mrs. E: All of what we do makes us who we are. The connections we make and what we do, has impact that we can't even anticipate at that time. Everything is meaningful if we're open to it.

MB: Thank you for spending this time with me and our readers around the world.



Celebrating
100 YEARS
of
MILTON H. ERICKSON

We look forward to seeing you as we celebrate
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*Eighth International Congress on Ericksonian
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Keynote Addresses will be given by Stephen Lankton, Cloé Madanes, Ernest Rossi, and Jeffrey Zeig.

Carl Hammerschlag will present the Invited Address.

D O N A T I O N S

The Milton H. Erickson Foundation, Inc., would like to thank the following colleagues for their generous donations since the last issue of The Milton H. Erickson Foundation Newsletter: Delores Argast, M.A., Mary Ann Bull-Ehinger, MSW, Annette Long, Ph.D., Nancy Ritsko, Ed.D., Tutsie Silapalikitporn, Marion P. Kostka, Ed.D. Thank you for your continued support of the Foundation and its activities.

The Erickson Foundation would also like to extend a special thank you to Leon Lalsingh, MSW. Leon made a very generous donation to the Foudnation that will be used for the activities of the Milton H. Erickson Foundation and the Milton H. Erickson Foundation Archives.

The Foundation is engaged in a massive project of making new masters of audio and videotapes in the Erickson Archives to preserve them into the new millennia. For those interested in participating in The Archives Fundraiser, the Erickson Foundation has bricks from the former Erickson home on East Cypress Street still available. With a donation of \$25 U.S., you will receive a commem-

orative brick; with a donation of \$100 U.S., you will receive a limited edition commemorative brick (numbered and signed by Mrs. Elizabeth Erickson); and with a donation of \$250 U.S., you will be sent a limited edition commemorative brick and a pencil sketch of Dr. Erickson's, "Home of Hynosis," 32 W. Cypress Street in Phoenix. In the United States, please add \$7 U.S. for postage and handling charges. All foreign requests, please add \$20 U.S. postage and handling charges. Please contact the Milton H. Erickson Foundation at 602/956-6196, ext.210, for more information. We thank you for your help in preserving audio and videotapes of the late Milton H. Erickson, M.D.

For information on donating to the Archives Fund, contact The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix AZ 85016-6500; tel, 602/956-6196; fax, 602/956-0519. The Milton H. Erickson Foundation, Inc., is a nonprofit corporation, and donations may be tax deductible within IRS guidelines.

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