

The Milton H. Erickson Foundation NEWSLETTER

Vol. 24, No. 3

WINTER 2004

Inside This Issue

INTERVIEW: <i>Dan Short, Ph.D.</i>	1
INTRODUCING THE INSTITUTES: <i>Phoenix Institute for Ericksonian Therapy</i>	4
INTERNATIONAL COMMUNITY: <i>The Fifth Latin American Meeting on Ericksonian Hypnosis and Psychotherapy.</i>	6
SPEAKING OF RESEARCH: <i>Black Adolescents and Domestic Violence: an Exploratory Study Using Solution Focused Group Therapy</i>	8
FACETS AND REFLECTIONS: <i>Milton H. Erickson: The Cheerful Work Ethic of an American Farm Boy</i>	9
CASE REPORT: <i>Think Small</i>	11

Visit Our Website:
www.erickson-foundation.org

I N T E R V I E W

Dan Short, Ph.D.

Dan Short, Ph.D., has been a significant contributor to the development and future of Ericksonian Psychotherapy. From 1996 to 2001, he was the Executive Editor of the Milton H. Erickson Foundation Newsletter. He was a member of the founding Board of Directors of the Dallas Erickson Institute. He recently served as Associate Director for the Milton H. Erickson Foundation, and Chief Archivist, indexing and preserving more than 1,000 hours of audio recordings of Dr. Erickson's work. He worked with Jeff Zeig, Foundation Director, in creating the Milton H. Erickson Foundation Press, the Pioneers of Psychotherapy Collection, and organized the Professional Resources Day of the 2004 Ericksonian Congress. He has participated as faculty for the Erickson Foundation's Intensive Training Program and has presented at numerous conferences. Short designed and engineered Milton H.



Erickson: Complete Works 1.0, which is the first digital collection of Erickson's professional papers complete with search engine and over 2,600 pages of text. He is currently in private practice in Scottsdale, Arizona. He is a member of the Graduate Faculty at Ottawa University, and is a training associate at the recently founded Phoenix Institute. Short is a volunteer examiner for Doctor's of the World Human

Rights Clinic and has recently co-founded a community mental health clinic that acts as a training center for graduate interns and a resource for financially disadvantaged patients.

Sharon McLaughlin (SM): Dan, you've written about Erickson's work in book chapters, journal articles, and the Newsletter. Now you are working on a new book project, will you tell me about that?

Dan Short (DS): I am excited about this project, more so than any other in the past. It is the result of listening to nearly a thousand hours of lectures and demonstrations by Milton Erickson. My experience as archivist for the Foundation was more intellectually intense than studying for a doctorate degree. After a decade of researching and being slightly baffled by Erickson's insights into healing, his clinical reasoning suddenly began to make perfect sense! After having Erickson enter into my daily

See INTERVIEW on page 10

LOVE & INTIMACY: THE COUPLES CONFERENCE Moves To Boston - March 2005

ONLINE BROCHURE AND REGISTRATION AVAILABLE!

The Milton H. Erickson Foundation, Inc., with organizational assistance by The Couples Institute (Menlo Park, Calif.), is sponsoring the next *Couples Conference*, March 4-6, 2005 (Friday through Sunday), at the Omni Parker Hotel in Boston, Massachusetts. The Couples Conferences have become a leading vehicle for learning the applications and the latest research on facilitating treatment with couples.

Topics to include: Antidepressants in Couples Therapy, Hot Monogamy, Affairs and Forgiveness, Hypnosis in Sex Counseling, Attachment Theory, Relational Empowerment, Acceptance - Healing Intimate Wounds, Developing Creative Solutions, Competence and Challenges, and more!

The Faculty for this Conference is Ellyn Bader, Frank Dattilio, Helen Fisher, Susan Johnson, Pat Love, Peggy Papp, Terry Real, Janis Spring, and Jeffrey Zeig.

See COUPLES on page 2

RETURN SERVICE REQUESTED
U.S.A.
Phoenix, Arizona 85016
3606 N. 24th Street
The Milton H. Erickson Foundation, Inc.

Non-Profit org.
U.S. Postage Paid
Kansas City, MO
Permit No. 1932

EDITOR'S COMMENTS

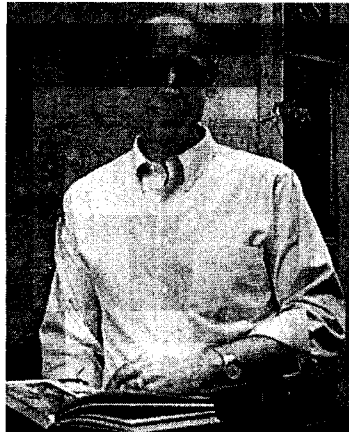
We dedicated our last issue to the celebration of the twenty-fifth anniversary of the Milton H. Erickson Foundation and the Ninth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. In this issue, we are celebrating the continuing evolution of the Foundation and Ericksonian thought through a series of connections that follow the Erickson influences throughout the world.

Included here are several articles that emphasize the Erickson respect for an individual's uniqueness within a cultural context. Sharon McLaughlin's interview with the multi-talented, Dan Short highlights his understanding and respect for these cultural and individual differences. He tells us about his collaboration with a multi-cultural, multi-national team to write about Erickson's influences, to produce "... several literary works that have been carefully tailored to a specific country and culture."

To provide a more in-depth look at cultural issues, Marilia Baker, one of our special contributors, has coordinated a trilogy featuring The Milton Erickson Institute of South Africa (MEISA) and contributions by Woltemade Hartman and Boitumelo Diale. The cross cultural elements are continued with Historical Times from the Ukraine by Eugene Don, and Gustavo Mendonca's report on the Fifth Latin American Meeting on Ericksonian Hypnosis and Psychotherapy from Belo Horizonte, Brazil.

At home, we are celebrating our newest institute, The Phoenix Institute for Ericksonian Therapy. The co-founders and trainers read as a proverbial Who's Who of the Ericksonian world, filled with names familiar to those who have attended the many Ericksonian Congresses over the years. The introduction gives a nice overview of the accomplishments and contributions of this respected team.

Even more than his powerful and elegant techniques, Erickson's philosophies and attitudes impacted my life and how I do therapy. He was elegant in his timing and in his ability to know the exactly right thing to say at the right time. For a rare double Facets and Reflections column, I



asked his daughter, Betty Alice Erickson and renown author Ernest Rossi to share one of the special moments they had with Erickson where his words had profound impact on their lives. In the Case Reports column, Annette Poizner, takes an Erickson moment and applies it in her article, "Think Small."

I am especially pleased with the book and media reviews this issue, most of which are specifically for therapists. I am sure that Ronald Havens' collection of primary resource materials, *The Wisdom of Milton H. Erickson*, will become a timeless reference-book classic. Ethan Klein describes it as "...a fundamental guide to Erickson's ideas and methodology." Each of the remaining books focus on short-term therapies and contain elements that are either consistent with the Ericksonian philosophies or challenges them. *Guided Imagery and Other Approaches to Healing* represents Rubin Battino's classic systematic style to nontraditional areas. Michael Hoyt's *The Present is a Gift* is "...a rich reading experience for anyone interested in good stories and strength-based time-sensitive therapy". And *QUICKIES, the Handbook of Brief Sex Therapy* edited by Shelley Green and Douglas Flemons is wonderful. The name says it all. As a change of pace, we included Wade Luquet's *Short Term Couples therapy: The Imago Model in Action*. I enjoyed this book for the "Ericksonian Seed" that was subtly underneath the decidedly non-Ericksonian surface.

As a special review, we have also included the delightful Jane Parsons-

Fein's book *Loving in the Here and Now*. I have used this book as both a source of ideas and as part of my therapy with clients. Jane's personality shines through every page. It is a fun and useful read.

This newsletter is dedicated to both the past and the future of Ericksonian approaches to hypnosis and psychotherapy. The last 25 years have seen a lot of changes and evolution in how psychotherapy is conducted. Many of Erickson's ideas and philosophies have become mainstream. While many have undergone such changes as to be almost unrec-

ognizable or have been made rigid to fit the research-based criteria of academia, under all of it remains the Erickson humanity and respect for the individuality of the person. The next decade will see even more changes and expansions of the Ericksonian-based concepts. As we close the Ninth International Congress, I am looking forward to seeing you at the Evolution of Psychotherapy in Anaheim, California in 2005.

Rick Landis, Ph.D.
Laguna Niguel, CA

COUPLES *continued from page 1*

For Newsletter Readers Only! Clip and send the ad on page 3 with your registration form and extend the December 8 deadline to January 15, 2005! View the Online brochure and register! www.erickson-foundation.org/whatnew.htm For all registration questions contact the American Continuing Education, Inc. (ACEI), P.O. Box 17980, St. Paul, MN 55117; Tel, 651-487-3001; Fax, 651-489-3387; E-mail, miltonerickson@cmehelp.com

To receive a brochure by mail 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, mhefvol@aol.com - Be sure to include your complete mailing (postal) address with your request.

Join Us in Beautiful New England!

*Note: Graduate Students/Interns/Seniors (age 65 and above) can not use Online registration due to required paperwork. See the conference web site for more information.

Visit Our Website:
www.erickson-foundation.org

The Milton H. Erickson Foundation NEWSLETTER

Executive Editor: Richard Landis, Ph.D.

Managing Editor: Sharon McLaughlin, M.A.

Review Editors: C. Alexander Simpkins, Ph.D.,
Anellen Simpkins, Ph.D.

Web Editor: Barry Grossman

Production Assistant: Karen Haviley

Guest Editors: Betty Alice Erickson, M.S., LPC, LMFT, Kathleen
Donaghy, Ph.D. *Institutes:* Marilia Baker, M.S.W.

Contributor of Note: Roxanna Erickson Klein, R.N., Ph.D.

Historical Times: Eugene Don

Guest Reviewers: Michael Grusenmeyer, M.D., Deborah Beckman,
M.S., LPC, Maria Escalante Cortina, Will Handy, LMSW-ACP

-Board of Directors-
Jeffrey K. Zeig, Ph.D.
Roxanna Erickson Klein, R.N., Ph.D.
J. Charles Theisen, M.A., M.B.A., J.D.
Camillo Lorio, M.D.
Bernhard Trenkle, Dipl.Psych.

The Milton H. Erickson Foundation, Inc.
3606 North 24th Street
Phoenix, Arizona 85016-6500
U.S.A.
Telephone: (602) 956-6196
FAX: (602) 956-0519

EVOLUTION OF PSYCHOTHERAPY IS COMING!

The Milton H. Erickson Foundation announces the fifth *Evolution of Psychotherapy Conference*, December 7-11, 2005 (Wed-Sun), at the Anaheim Hilton Hotel and Convention Center, in Anaheim, California.

Faculty will include Bandura, deShazer, Ellis, Glasser, Gottman, Goulding, Haley, Hillman, Kernberg, Lazarus, Linehan, Lowen, Madanes, Masterson, Meichenbaum, Minuchin, Moreno, Polster, Rossi, Seligman, Shapiro, Szasz, White, Zeig, and more!

The preliminary brochure will be mailed in beginning of 2005. Newsletter readers will be the first to receive the preliminary brochure with the lowest registration fee being offered for this landmark Conference!

Online registration will be available. Visit the Foundation's Web Site for the most current information on the 2005 Evolution Conference - including the preliminary brochure - beginning in February 2005: www.erickson-foundation.org

For registration information, contact American Continuing Education, Inc. (ACEI), P.O. Box 17980, St. Paul, MN 55117; Tel, 651-487-3001; Fax, 651-489-3387; E-mail, miltonerickson@cmehelp.com

The fifth *Evolution of Psychotherapy Conference* is sponsored by The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ. 85016-6500.

CONFERENCE VOLUNTEERS NEEDED!

**BOSTON
AND
ANAHEIM
2005**

The Milton H. Erickson Foundation is seeking full-time graduate students and interns to assist the staff and faculty at the upcoming *Love & Intimacy: The Couples Conference*, March 4-6, 2005, at the Omni Parker Hotel, in Boston, Massachusetts; and The Evolution of Psychotherapy Conference, December 7-11, 2005, at the Anaheim Hilton and Convention Center, Anaheim, California.

In exchange for registration fees, volunteers will assist with registration procedures, continuing education, assist the staff and faculty and monitor meeting rooms.

Full-time graduate students and interns are the first to be accepted as volunteers. If needed, professionals will be accepted as the meeting draws near. Volunteer duties are assigned based on the needs of each session, the faculty and staff. Accepted volunteers must attend a MANDATORY Volunteers meeting the day prior to the first day of each conference.

To receive complete information regarding these volunteer opportunities, please send a letter requesting a Volunteer Application Packet to: ACEI, P.O. Box 17980, St. Paul, MN 55117; E-mail, miltonerickson@cmehelp.com; Tel, 651-487-3001; Fax, 651-489-3387. Please indicate the meeting for which you are requesting a Volunteer Application Packet: *Couples Conference* or *Evolution Conference*. Also, please include your complete mailing address or full E-mail address with your request.

LOVE & INTIMACY:



THE COUPLES CONFERENCE

MARCH 4-6, 2005

**Omni Parker Hotel
Boston, Massachusetts**

FEATURING:



**Ellyn Bader
Frank Dattilio
Helen Fisher
Susan Johnson
Pat Love
Peggy Papp
Terry Real
Janis Spring
Jeffrey Zeig**

This innovative and exciting meeting is sponsored by THE MILTON H. ERICKSON FOUNDATION, INC., Phoenix, AZ with organizational assistance by THE COUPLES INSTITUTE, Menlo Park, CA

Registration Information:
AMERICAN CONTINUING EDUCATION, INC.
P.O. Box 17980, St. Paul, MN 55117
Tel 1-651-487-3001 * Fax 1-651-489-3387

miltonerickson@cmehelp.com www.erickson-foundation.org/bostcpls.htm

Clip this ad and extend the December 8 deadline to January 15, 2005!

INTRODUCING THE INSTITUTES

Phoenix Institute for Ericksonian Therapy

By Roxanna Erickson Klein RN, PhD

Phoenix, long recognized as a hub of Ericksonian teaching, training and interest is now home to an Institute as well! Perhaps, the Foundation being located in Phoenix obscured the very real need for an independent Institute. Many of the requirements for study and training have been well-managed by the Foundation. But, there was still a call for year-round "hands-on" types of interaction with the community at large as well as a definite requirement for a clinical "arm." So, recently, a group of extraordinary Ericksonians, long involved as teachers, authors and clinicians, have joined forces to create an Institute dedicated to this and to providing a vast array of clinical services.

Spearheaded by Stephen Lankton, MSW, DAHB, and joined by Kathleen Donaghy PhD, and Joyce Mills PhD, LMFT, RPT-S this Institute is now up and running. As a team, as co-founders and co-directors, and as trainers, they are all committed to keeping Ericksonian ideology in the forefront as well as to bringing it forward as the world and the world of psychotherapy evolve.

Lankton is well known for his tireless contributions to Ericksonian approaches. Among his many honors is the 1994 Lifetime Achievement Award given by the Foundation. He was one of Dr. Erickson's most apt and energetic students in the 1970's and has since continued with avid interest and ambitious explorations. For more than a decade, he served as a primary editor for the *Erickson Monographs* series. While maintaining a busy clinical practice, and international training schedule, he also authored and co-authored 17 books, all of which were well-received and many of which have become classical references in the field. His books created a model and framework for understanding and implementing effective Ericksonian psychotherapy strategies. Additionally, he has excelled in multi-faceted teaching with emphasis on the health of indi-

viduals, and families, and even into the realm of organizational and institutional effectiveness. He rounds out his busy international teaching by serving locally as adjunct faculty at Arizona State University's Dept. of Behavioral Science and Sociology.

To add to his talents, he also brings a wealth of knowledge in the computer field having initially set up the Foundation web site. He has long been a facilitator for interactive web site called "Behavior OnLine" and most recently created the informative and user-friendly site for the Institute. In addition he is the moderator for the Foundation's official "List Serve."

Kathleen Donaghy is a licensed counseling psychologist. She has an extensive background in research and treatments for cancer. Her in-depth experience in palliative treatments makes her a perfect fit for the methodology offered within the Institute. Donaghy has authored and co-authored numerous book chapters and articles in journals and has much appreciation for the rigors attached to research. She combines this with the gentle touch that is especially needed working with seriously ill patients. She conducts a busy general private practice and juggles her time teaching as adjunct faculty at ASU's Department of Behavioral Science. For the last two years she has been a regular contributor and reviewer for the Foundation Newsletter, where she has repeatedly demonstrated her impeccable writing skills.

Joyce Mills is also well known in Ericksonian work. She is the founder of Ericksonian Play Therapy, an indirective model of play therapy, which along with trans-cultural and indigenous teachings, is one of the primary roots of her work. Her excellence with trauma survivors and with children is an area of work where she has earned

recognition. Author and co-author of seven books, Mills was the recipient of the 1997 Play Therapy International Award for "Outstanding career contribution to the field of child psychology and play therapy." Mills is also Founder and Executive Director of the "StoryPlay Center; Creative Solutions for Positive Change." She developed ways to encourage and build upon the positive possibilities that are present even in the most dire of situations. Mills has shown her imaginative capabilities and their formidable impact on healing that takes place through non-traditional means. She has been on the Board of Directors of the Turtle Island Project for nearly two decades.



Stephen Lankton, MSW, DAHB; Marilia Baker, MA;
Joyce Mills, Ph.D.; Kathleen Donaghy, Ph.D.; Dan Short, Ph.D.

This Phoenix-based non-profit organization works with Native-American spiritual and educational leaders; Mills co-leads retreats for women. The energy she generates brings opportunities for experiences and a sense of power that is often elusive and even unattainable with more traditional approaches.

In addition to an impressive list of notables on their international advisory board, the Institute's work party is joined by local clinicians serving as Training Affiliates. Dan Short PhD, and Marilia Baker MSW, LMFT add to the scope and diversity of the Institute. Each of these therapists is a respected clinician and has shown sustained dedication to the advancement of Ericksonian methodology. They help provide greater depth and

*Each of these therapists
is a respected clinician
and has shown sustained
dedication to the
advancement of
Ericksonian methodology.*

breadth to the Institute's clinical and teaching offerings through work in local and international venues. Other Training Affiliates are expected to join the staff soon.

Baker's first book: *A Tribute to Elizabeth Moore Erickson* is an inno-

vative perspective on the contributions of Erickson's widow. It has been published in Portuguese and Spanish and is currently being expanded for the English edition. Baker is founding director and a board member to two Latin American Ericksonian Institutes and is also an international advisor and consultant to the Centro Ericksoniano de Mexico. Baker's professional contributions to the furtherance of Ericksonian ideas span nearly 17 years.

Short, a licensed psychologist in private practice, is a volunteer for "Doctors' of the World" Human Rights Clinic and is a member of the graduate faculty at Ottawa University. For two years he held the position of Associate Director of the Erickson Foundation where he oversaw the preservation and organization of the archives. Prior to that appointment, he served as Editor for the Foundation Newsletter for five years during which time he introduced the concept of Guest Editors, an innovation which has substantially enhanced the publication. Author of numerous book chapters and professional publications, Short is preparing his first book, a treatise on understanding the psychotherapeutic strategies of

continued on next page

Milton Erickson simultaneously in seven languages. Each foreign version of the work represents the collaborative harmony of Short working with a prominent co-author. Beginning with the same core constructs, each adaptation has developed in a complementary, but uniquely different direction.

The team of professionals that constitute the Phoenix Institute has produced a plethora of publications on a multitude of topics. What also makes this organization unique is the group's ability to work as an integrated team. All of these therapists are respected clinicians and have shown sustained dedication to the advancement of Ericksonian methodology. Individually and cooperatively, they provide a great depth and breadth to the Institute's clinical and teaching offerings in both local and international venues.

I would encourage everyone visit their website, <http://phxinstiute.com> In this brief article, I have only touched upon their incredible

resources. There is regular schedule of workshops, intensives, and focused trainging offered locally and in other cities. There is also a listing of books, articles and multi-media resources that are available.

Perhaps a truly distinctive characteristic of the Phoenix Institute of Ericksonian Therapy is its spirit of dedication and harmony. I have personally known all the founders and the faculty and I count them among the warmest and most personable in my fellowship of friends. The talents that come together here promise to provide wide-reaching and extensive efforts that benefit the local community and even larger venues.

Thank you for answering the long awaited call for superb clinical skills and focused expertise in training opportunities and psychotherapeutic work. I—and the Erickson family—are all deeply gratified to see the formation of this robust and expansive resource that will complement in such a worthy way, the important work done by the Erickson Foundation.

Need to Advertise a Product or Workshop To Couples Therapists?

Love & Intimacy: The Couples Conference

Omni Parker Hotel Boston, Massachusetts
March 4-6, 2005

Sponsored by
The Milton H. Erickson Foundation, Inc.
Organizational Assistance by
The Couples Institute, Menlo Park, CA

Syllabus Advertising FREE-Take-One Table

CONFERENCE ON-SITE SYLLABUS ADVERTISING

Full Page:	\$550	7 1/2"w x 9 1/2"h
1/2 Page Horiz:	\$350	7 1/2"w x 4 3/4"h
1/4 Page:	\$200	3 3/4"w x 4 3/4"h

Application and artwork must be received by February 4, 2005.

FREE-TAKE-ONE LITERATURE TABLE

\$200 per piece

(Send Minimum of 500 Pieces)

Application and sample piece must be received by February 4, 2005.

For Information and an Application:

The Milton H. Erickson Foundation, Inc.
3606 N. 24th Street Phoenix, AZ 85044-6500
Tel, 602.956.6196 ext.212 / E-mail, karen@erickson-foundation.org

The Online version of

The Milton H. Erickson

Foundation Newsletter can be found at

<http://www.erickson-foundation.org/news>

MILTON H. ERICKSON INSTITUTE OF DALLAS 2005 TRAINING SCHEDULE

FEATURING BETTY ALICE ERICKSON, MS, LPC, LMFT
WITH DEBORAH BECKMAN, MS, LPC AND WILL HANDY, LCSW
AND SPECIAL GUEST PRESENTERS FOR LEVEL III

Level I: Fundamentals of Ericksonian Hypnotherapy - April 7-10

Level II: Intermediate Skills in Ericksonian Hypnotherapy - July 21-24

Level III: Advanced Ericksonian Hypnotherapy - October 20-23

Thurs (2-8PM) • Fri/Sat (9AM-6PM) • Sun (9AM-3PM)

Limited to 8 Participants Per Session

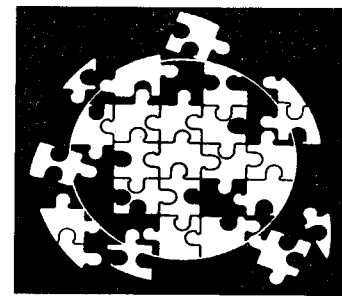
Tuition: \$435 - Materials, Textbook,
Three Working-Lunches & One Working-Dinner Included

For Information & Registration:

Deborah Beckman & Will Handy, Education Coordinators
Call 214.824.2009 • E-mail: therawill@earthlink.net

PAID ADVERTISEMENT

The Fifth EVOLUTION OF PSYCHOTHERAPY



A CONFERENCE

December 7 - 11, 2005 (Wed - Sun)

Anaheim Hilton Hotel & Convention Center

With . . . Bandura, de Shazer, Ellis, Glasser, Gottman, Goulding, Haley, Hillman, Kernberg, Lazarus, Linehan, Lowen, Madanes, Masterson, Meichenbaum, Minuchin, Moreno, Polster, Rossi, Seligman, Shapiro, Szasz, White, Zeig and more . . .

To be placed on a list to receive a brochure for this landmark conference, contact The Milton H. Erickson Foundation
Tel 602-956-6196 Fax 602-956-0519
office@erickson-foundation.org

Watch our website - <http://www.erickson-foundation.org>

INTERNATIONAL COMMUNITY

The Fifth Latin American Meeting on Ericksonian Hypnosis and Psychotherapy.

May 13-16 2004. Belo Horizonte, Brazil.

By Gustavo Mendonca.

Website: www.ericksonbh.com.br

Email: instituto@ericksonbh.com.br

Founding Director Angela Cota, Co-directors Cristina Cota and Gustavo Mendonca and staff of the MHEI of Belo Horizonte felt highly gratified and rewarded by their hard work, with the success of the Fifth Meeting of Ericksonian Therapists from Latin America. The theme was "Ericksonian Psychotherapy in the 21st Century." The Patron of Honor was Elizabeth Moore Erickson, with opening remarks via video. Likewise, Jeff Zeig was present through video with "The Evolution of Ericksonian Therapy," from its origins to present. There were nine Brazilian MHEI Institutes represented, in addition to local and national institutions: Federal University of Minas Gerais; University Center of Brasilia; Brazilian Society of Hypnosis; Mineira Society of Hypnosis; the Medical Hypnosis Society of Sao Paulo and the Brazilian Institute of Clinical Hypnosis. The Brazilian Psychological Association (*Conselho Federal de Psicologia*) was a prime sponsor, thanks to the continuous efforts of Director Angela Cotas. Among the international guests were Betty Alice Erickson, MHEI/Dallas; Teresa Robles, *Centro Ericksoniano de Mexico*; Cecilia Fabre, MHEI/Cuernavaca; Wilma Trasarti Sponti and Consuelo Casula of the *Scuola Italiana di Ipnosi e Psicoterapia Ericksoniana*; Ana Luco, of the *Institut de Formation et d'Application des Therapies de la Communication*. Also present were Virginia Avedekian of Argentina and Olga Nelly of Queretaro, Mexico.

A guest of honor was Prof. Dr. Malomar Lund Edelweiss, of Minas Gerais, a pioneer psychoanalyst, hypnoanalyst, who studied with Igor Caruso in Vienna in the early 50's.

He was one of the earliest proponents of Milton H. Erickson in Brazil and has vigorously encouraged his students to come to Phoenix to attend the Foundation's intensives and conferences. Another was Prof. Dr. M. Margarida de Carvalho (*Contributor of Note*, Vol. 24, No 1, and Spring 2004) with the keynote speech: "Does a Latin identity exist?"

There were 21 short courses, 25 poster panels and 11 workshops presented. Presentations encompassed specific subjects, including the scientific basis of hypnosis; clinical and epistemological considerations on and impact of Erickson's methodology and therapeutic interventions; work with children, adolescents, families and couples; psycho-oncology and pain management; chemical dependency and other addictions; pediatric dentistry; affective disorders and eating disorders; universal metaphors as language of the collective unconscious of Nature applied to individual needs; conflict management and conflict resolution and the use on therapy of some 21st century emerging ideas and concepts such as cyberspace and alternative realities were among innovative contributions.

Betty Alice Erickson's opening keynote was "The Essence of Ericksonian Hypnosis," with another on "Latin America: Vital in Keeping Ericksonian Legacy Alive in the 21st Century." Teresa Robles concluding keynote addressed "Latin American Ericksonian Psychotherapy in the 21st Century."

Psychologist Mauricio Neubern of Brasilia introduced innovative perspectives on epistemological aspects of the Ericksonian approaches through his book: *Complexidade e psicologia clinica. Desafios epistemologicos*. (Complexity and Clinical Psychology: epistemological challenges). Two books launched by Editorial Diamante, MHEI/Belo Horizonte's publishing arm were Cecilia Fabre's (Ed.) *Fazenda Esperanca: historias que ajudam pequenos e grandes*. (Farm Esperanza: Stories that help children and adults); and the Portuguese version of *A Tribute to Elizabeth Moore Erickson: Colleague Extraordinaire, Wife, Mother and Companion*, a novel perspective on Erickson's lega-

cy, contributed by Marilia Baker.

Ericksonian hypnosis and psychotherapy are thriving in Brazil and Latin America. There is an active, interactive and productive therapeutic community leading the way to innovative interventions and solutions to local and continental needs. Mexico leads the way with 14 Institutes, and countless original publications. There are presently 10 Erickson Institutes in Brazil with three or four others underway. The MHEI of Belo Horizonte (established in 1995) is among the foremost, with many clinical, training and supervision activities. In addi-

tion, it is the first institution in Brazil to offer a masters program in Ericksonian psychotherapy in conjunction with the *Centro Ericksoniano de Mexico*.

The Latin American Association of Erickson Institutes, Societies and Centers will continue to support these annual meetings by encouraging each country or Institute to organize and host the conferences. The Sixth Meeting will take place May 6-8, 2005 in Mendoza, Argentina, hosted by the MHE Institutes of Mendoza, San Luis and Santiago. The Seventh Meeting will be in October 2006 at Aguas Calientes, Mexico, just prior to the Seventeenth Congress of the International Society of Hypnosis (ISH) in Queretaro, Mexico.

WEB NEWS

FOUNDATION WEB SITE AVAILABLE IN SPANISH!

Fundación Milton Erickson - Español

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

THE MILTON H. ERICKSON FOUNDATION PRESS

www.erickson-foundation.org/press

The Milton H. Erickson Foundation, Inc., has more than 20 years of experience in providing internationally recognized training programs for mental health providers.

The Milton H. Erickson Foundation Press is now offering a variety of published resources in the fields of brief therapy and hypnosis. Offering a veritable library of printed, audio, video and CD resources. To view the complete catalog of available resources: www.erickson-foundation.org/press/catalog.htm

ONLINE NEWSLETTER

The Online version of *The Milton H. Erickson Foundation Newsletter* can be found at <http://www.erickson-foundation.org/news>

Download the Foundation Newsletter to Palm Pilot or Pocket PC

You can now download each issue to a hand held PC or any computer to read at your convenience. All files are formatted for iSilo and Acrobat. For more information visit our web site: www.erickson-foundation.org/news/archives.htm

JOIN THE FOUNDATION E-MAIL MAILING LIST!

Be the first to receive conference announcements and registration specials; information on audiotape/videotape, and CD/DVD specials from the Erickson Press; automatically receive the Online version of the Erickson Newsletter and more! Sign-up on our web site: www.erickson-foundation.org/whatnew.htm *The Erickson Foundation will not sell or rent your E-mail address to any person or organization.*

THE ERICKSON LISTSERV - Join the Discussion!

This Internet discussion group addresses Ericksonian approaches to hypnosis and psychotherapy. Additionally, list members have access to a web site featuring papers, photographs, and a matching service for workshop presenters and those in need of training.

TO SUBSCRIBE: <http://www.topica.com/lists/EricksonList>

Or send a BLANK e-mail to: EricksonList-subscribe@topica.com

The Milton Erickson Institute of South Africa (MEISA)

By Woltemade Hartman, Ph.D.,
 Founder Director

hartmanw@global.co.za

The Milton H. Erickson Institute of South Africa (MEISA) is now in its fourth year of existence. To date, more than 300 professionals have completed their training. The Institute also offers training in Ego-State Therapy approaches. Participants are expected to successfully complete a five-day fundamental, five-day intermediate, and a five-day advanced training course in both approaches over a period of three years. They are also expected to attend supervision workshops, subsequently demonstrating their competence in *viva voce*.

MEISA organized and hosted The First African Conference on Sexual Abuse in November 2003. To our surprise more than 400 participants registered and the conference was a great success. The faculty was requested to investigate and approach the topic from an Ericksonian perspective. Thus, we have now reached the stage where the Ericksonian approach has gained tremendous popularity and respect amongst professionals in Africa, more specifically in South Africa, Swaziland, and Namibia.

It is said that Ericksonian principles respect African culture, African traditions, African life and African traditional healing methods as well as human dignity in general. In fact, this naturalistic, permissive, and contextualized approach is democratizing the African psyche by helping clients to broach their adversities of the past and to increasingly focus on finding solutions for their future.

In this regard, the contributions of one of our students is significant and of note. Tumi Diale, MA is truly a remarkable African woman who grew up in a very poor, rural family in an exceedingly violent neighborhood in the Gauteng

province. She overcame adversity and lifelong racial discrimination during the Apartheid years, with admirable tenacity and resilience, graduating with honors and presenting innovative perspectives on her research with black South African adolescents (please see *Speaking of Research* section on page _). I was so taken by this professional woman's efforts to make a success of her life that Prof. Jackie Byrne and I organized a sponsorship for her first trip to the United States to present the results of her research at the 2003 Brief Therapy Conference in San Francisco. Tumi Diale has *transformed* her training at MEISA into an opportunity by offering to conduct, with a fellow participant, an Ericksonian induction in Xhosa, an African language characterized by palatal clicks.

Soon after completing the section regarding the utilization of linguistic patterns in Ericksonian hypnosis during the workshop, Tumi complained about the suitability and acceptability of Western linguistic patterns within the black South African cultural context. We decided to challenge this difficulty by changing it into an opportunity. We first wrote a script of a naturalistic trance induction in English, then gave it meaning with a truly African metaphor, then translated it into Xhosa. The results were remarkable! Tumi has now used this blueprint script with several clients in various contexts with great success. Currently we are doing research amongst traditional black South African cultures regarding dancing rituals and concomitant trance experiences. It is indeed an exciting new prospect!

The Milton H. Erickson Institute of South Africa (MEISA) is planning an international conference to take place February 19 to February 27 2006, during the South African summer. The theme is "The Changing Faces of Psychotherapy in Africa." We intend having, amongst other offerings, traditional healers/indigenous doctors - *sangomas* - to teach us about traditional African healing practices and trance states. MEISA will host two meetings, one in Pretoria, the capital of South Africa, and the other in Cape Town. Concurrent with this event we will also host the Second World Congress of Ego-State Therapy. For further information please contact MEISA at the above email address.

Pioneers of PSYCHOTHERAPY

Have you ever wished you could watch the most celebrated practitioners of our time as they conduct therapy?
 Now you can!



Learn more about this exciting collection • www.erickson-foundation.org/pioneers • phone: (602) 956-6196 • fax: (602) 956-0519

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

Black Adolescents and Domestic Violence: an Exploratory Study Using Solution Focused Group Therapy

By Boitumelo Diale

South Africa has been rated amongst the world's most violent societies. Many women and children of all races and income levels are victims of violence from their partners or parents. There is widespread recognition that domestic violence represents one of the major causes of stress in modern social experience. However, a large gap exists in our knowledge about the adolescents' views and experiences of domestic violence in South Africa. The focus in many studies has been women's experiences of domestic violence. For this reason the focus of this research was to explore a way in which these adolescents can be helped to deal with their experiences of domestic violence.

The aim of this study was twofold. First, as a victim of childhood domestic violence, I wanted to explore and understand Black adolescents' experiences of domestic violence. Second, I also wanted to establish whether or not Solution-Focused Group Therapy can be a useful attribution to the helping professionals dealing with Black adolescents who have experienced domestic violence in the South African context.

An assumption was made that Solution-Focused Group Therapy would go a long way to rectify some of the problems facing black adolescents in our communities. This is evident in the fact that many Black people are not exposed to therapy, or if exposed, due to cultural beliefs, never go for therapy on issues such as domestic violence and abuse. The research explored Solution-Focused Group Therapy as a therapeutic approach that is brief, cost effective and possibly relevant to black adolescents as its focus is on solutions rather than on problems. This study utilized the generic qualitative methods based on the exploratory paradigm. A case study used three Black adolescents, one boy and two girls, who have experienced domestic violence. The research had three main themes: 1) the adolescents' attitudes towards therapy; 2) the adolescents' experiences of domestic violence; and finally 3) how adolescents related to Solution-Focused Group Therapy. From the participants' responses, it appeared that Solution-Focused Group Therapy has a place in the helping professions in this country and that the participants related well to this approach. However, Solution Focused techniques had to be adjusted to fit the African culture and collectivism. An important contribution of this study was the information obtained, which provided a new perspective on domestic violence in Black communities and the value of group therapy for black adolescents. The information which has emerged from this study may be useful for psychologists working with black adolescents.

Recommendations were formulated for helping professions in helping adolescents in this plight. This research can therefore be seen as being beneficial in the field of educational psychology, to improve the lives of our children.

In summary, I learned that participants had experienced domestic violence at a different level than generally perceived. They experienced domestic violence from the extended family members and this heightened awareness of the broadness of the concept of domestic violence from an African perspective. I have been privileged to listen while the participants shared stories of domestic violence as well as witness the courage and resources they possessed. Through sharing these stories of success and courage – stories that sometimes go unnoticed – the adolescents will be encouraged to re-invent themselves and thus be able to break the cycle of domestic violence. This was a beneficial experience for me and the participants. I wish to conclude with a lesson from James (in De Jong and Berg, 2002, p.217) that:

"Great emergencies show us how much greater our vital resources are than we had supposed."

References:

James, M. (2003) *Domestic Violence as a form of child abuse:*

Identification and prevention.

Retrieved September 9, 2003

<http://www.aifs.org.au/nch/issues2/html>

A Story of My Life

By, Boitumelo Diale, MA*

"Regardless of how much effort has been made by care giving adults to keep it a secret, when a mother is battered, a child becomes a victim too." (Senecal, 2002, p.1)

My interest in this topic was sparked a few years ago when I began to realize that there were significant areas of my life that were informed by my own exposure and experiences as a child living within a violent family and society. I began to realize how I had unconsciously constructed a self-narrative that limited my life in terms of possibilities. Somehow, in relation to certain social situations, I remained distant, a frightened little girl.

Looking back I see that like many victims, I remained silent as I thought that nobody could protect me--not the law and not even my mother as she was also a victim. I could not talk about it to peers, or my teachers, because it was said to be a "family issue." I had no idea how to protect myself other than to retreat into books and silence.

I grew up in a small township called Duduza in the Gauteng province. Then the political situation in South Africa was still very bad. Political violence was the norm of the day and to a certain extent only home was a safe haven. For me this was a different story. I experienced violence in all the domains of my life, politically, socially and domestically. I managed to dodge the bullets and the adversities they carried. However, when violence happened from within the most solid, stable and important structure of my existence, my family, I was almost damaged to the core.

When I was in my second year of University study, my parents divorced. Initially I thought that was the best thing my mother could have done for us and for herself, but I was in for a big surprise. The drastic change that happened in our family system affected me so much that I failed three of the courses I was taking. This was a shock for me because I had never failed before. To rub salt into the wound, I could not go back to university the next year because my mother did not have money and my father was not interested in paying for my fees. I had to spend a year at home; however I went back the following year and completed my first degree in 1992.

From then on I made a pact with myself that the sky is my limit. I continued to study part-time and during 2003 I obtained my Master's degree through the support of my mother and husband. I am presently planning on starting my doctoral studies. At this stage I am unsure which field to follow. My passion lies with an Ericksonian approach to hypnosis and psychotherapy, because I have been trained in both the fundamental and intermediate courses by the Milton H Erickson Institute of South Africa (MEISA). I am presently very proud of who I am and hope to be somewhere amongst the big names of hypnosis one day.

Boitumelo Diale's credentials include: MA BA; UED; Diploma Remedial Education; BEd Educational Psychology (Honors); Masters in Educational Psychology; MBTI; Hypnosis.

References:

Senecal, K. (2002) *In the Shadow of Domestic Violence.*

Retrieved September 9, 2003

http://www.salve.edu/dept_adjjustice/certionari/2001/senecal/html

Visit Our Website:
www.erickson-foundation.org

F A C E T S A N D R E F L E C T I O N S

*Milton H. Erickson: The Cheerful Work
Ethic of an American Farm Boy*

By Ernest Lawrence Rossi

My most vivid and enduring reflection of Milton H. Erickson is that of a classical American farm boy who just naturally seemed to enjoy a cheerful work ethic and warm family values. His world view, daily preoccupations, and anecdotes, during the last eight years of his life when I studied with him, revolved continuously around being effective in the real world. Even his casual chatter about everyday life and the family dogs (there were always several about the house) invariably centered about "How to Approach a Seemingly Hopeless Situation" so that everything works out well in the end with everyone learning something new of great value for their character development and happiness.

But the truth is that Milton and I truly were odd bedfellows in the beginning – he was always preoccupied with positive constructive approaches to practical and professional issues – while I forever had my head in the theoretical clouds of "How to Write a Differential Equation" for his anecdotal case histories of rehabilitation and healing. All this changed, however, when I had a stroke two years ago. Now I was in a seemingly hopeless situation. My speech was slurred, I had great difficulty swallowing, and my entire body was weak and uncoordinated. I had to hold on to a banister with two hands to precariously make my way slowly up and down stairs.

One day I noticed my wife wince with worry as she watched me use both arms to lift and haul my still limp right leg into our van to take me to yet another appointment with a rehabilitation therapist. Paradoxically her worried wince suddenly evoked a grim satisfaction in me as I recalled an analogous situation 30 years ago when the situation was reversed. At that time my strong body easily lifted Milton out of his wheel chair into his family's station wagon to take him for a nature drive through the back roads and lost byways in deserts around Phoenix to visit rock shops, which we both loved. Then, I was the one who wincing with worry lest I hurt Erickson as I casually hauled and jostled him about.

Erickson noticed my worried wince and would try to reassure me with yet another story about his personal efforts at self-rehabilitation, coordination, and strength building when coping with two debilitating bouts of polio. Life is actually a continuous process of rehabilitation, he would explain. Every day when you make a *conscious choice to work cheerfully* with your handicap rather than complain gives you a leg up. Erickson described how he used getting out of bed and into his wheelchair in the morning as an opportunity to explore new patterns of muscle coordination and strengthening. This became the practical foundation of what he described as his *naturalistic or utilization approach*. I now call it, "The Symptom Path to Enlightenment" whereby the creative effort of coping with symptoms facilitates real physical healing as well as further psychological development. This was the source of my positive attitude toward my own personal rehabilitation and, in retrospect, Erickson's greatest gift of healing to me even though I could not appreciate its significance 30 years ago.

This also became the substance of my new book *The Psychobiology of Gene Expression: Neuroscience and Neurogenesis in Hypnosis and the Healing Arts* (W. W. Norton Professional Books) that I mailed to my editor just two months before my stroke. Erickson's creative and cheerful work ethic in actively facilitating healing is traced in this book to the ultimate molecular mechanisms of *rehabilitation via activity-dependent gene expression and neurogenesis*. In neuroscience it is now thought that facilitating gene expression and brain plasticity (synaptogenesis and neurogenesis) in the adult human brain by creatively *replaying activity-dependent and highly motivated experiences* is a basic mechanism of healing that makes rehabilitation possible. People with severe trauma resulting in loss or paralysis of sensory-motor functions due to disease, physical injury, cardio-vascular accidents, stroke, etc., for example, can recover with the many activities of physical and occupational therapy that operate by *activating their*

Erickson noticed my worried wince and would try to reassure me with yet another story about his personal efforts at self-rehabilitation, coordination, and strength building when coping with two debilitating bouts of polio.

behavior. Until recently the deep genomic psychophysiological sources of healing by behavioral activation were not understood. The current neuroscience view is that highly motivated cognition, emotions, and behavioral activity initiates neuronal and hormonal activity in the brain that regulates the transcription factors that turn on "activity-dependent gene expression." This activity-dependent gene expression initiates healing by the generation of proteins that facilitate brain plasticity and stem cell differentiation into new tissues that can be initiated within minutes and continue during the hours, days, weeks, and months required for full rehabilitation.

For me this becomes the full story of how the adventurous and cheerful work ethic of an American farm boy, who at the age of 18 paddled a canoe the length of the Mississippi river to rebuild his strength after his first bout of polio, has morphed into a profound psychogenomic theory of mind-body healing that I still hope to express as a differential equation.

HISTORICAL TIMES

Sergey Rubinshtein, 1889-1960

Written by Eugene Don, Psych.,

Dnepropetrovsk, Ukraine

Nearly every student of psychology in Russia begins with study of Sergey Rubinshtein. Born June 18, 1889 in Odessa (now the Ukraine) into an upper-class family which emphasized education, he and his two brothers all rose to notable heights in their respective fields. Home-schooled because of congenital heart disease, Rubinshtein received an outstanding education. Before entering an elite high school for nobles, he had a solid foundation in world literature, Russian and Western philosophies, excellent mathematical skills, spoke three languages and was able to read both Hellenic and Latin literatures.

Despite this, and his graduation with honors, he was refused admittance to Russian universities because he was a Jew. So he attended the Universities of Freiburg, Berlin and Marburg in Germany. In Marburg, on the eve of World War I, he defended his Ph.D. thesis on the "problem of method" identifying philosophical methodology to better understand social sciences. His dissertation was later published in Germany in 1914. Despite offers from Universities throughout Europe, he returned to Odessa to teach high school psychology and logic.

One of the greatest influences on his life was Nikolay Lange (1858-1921), eminent Russian psychologist and department head for philosophy and psychology at Odessa University who enlisted Rubinshtein as an assistant professor. After Lange's death, Rubinshtein became department head and focused on methods of teaching and reorganizing education in the Ukraine. Rubinshtein's educational work and his care of personnel exemplified his position as one who teaches the art of thinking.

See HISTORICAL on page 11

FACETS AND REFLECTIONS

Instant Change

By Betty Alice Erickson, M.S., L.P.C.

Dallas, TX

To be in Milton Erickson's presence was to invite him to teach. And teach he did! Almost everyone who spent time with him can remember precisely words he said that changed life forevermore. Even people who read his words often comment that "his voice goes with them."

I am fortunate that when I think of my father, I vividly remember many times, when just a few words changed me instantly. In this case, Dad and a family friend, Margaret Mead, worked in tandem. Although the event and words are crystal clear, I don't remember who said what—they complimented each other beautifully.

In the mid-1970's, my family and I had just returned from a four-year stay in Addis Ababa, Ethiopia. I had taught at a private high school there; our student body was a mixture of races and cultures. One third were military or State Department dependents, a third Ethiopian nationals and

the remainder were children of the international community, including a small number of Americans whose parents were employed by the United Nations.

On my first visit home after our return to the States, I was telling Dad and Margaret Mead about something that had truly troubled me. My last year there, one of my 15-year-old American students, Tom, had great difficulties and I didn't know how to help him. I had watched him change over the school year, I said, turning from an unhappy youngster who merely had difficulties making friends to a depressed and bitter boy who withdrew from all social contact. In one long discussion with me, Tom had confided he was being severely emotionally abused and mistreated by another teacher.

The teacher had befriended Tom who did not want to give up his only friend. It's important to know that there was no television, no radio, no movies, shopping malls, or other standard entertainment in Addis. Social interactions and school sports were virtually the only entertainment.

My father and Dr. Mead both listened carefully as I talked about my dismay over the boy's pain. They responded as a team. "Why didn't you report the teacher's behavior to the boy's parents?" "I did. The parents didn't care," I answered. They thought the friendship was good for their lonely son—and Tom vehemently defended the comradeship he felt.

What did the principal of the school say?" "He didn't care either," I replied. His orientation was to smooth things over. Tom was now involved, had a social life and did not appear to be troubled. I argued that the relationship was inappropriate and harmful to Tom. The principal insisted that Tom's relationship with the teacher was not a problem and that Tom and the family were happy with the situation.

Dad and Dr. Mead began to understand my difficulties but pushed further. "Were there no authorities you could go to with your concerns?"—No. The Ethiopians were in the midst of political turmoil throughout their country and didn't care

about possible problems in the foreign community. Tom was not a military dependent so that avenue was also closed.

They asked me if the boy realized he was being mistreated. "Vaguely, but he didn't care," I said. I continued that he was so desperate for acceptance, for a friend, any friend, for anybody to pay attention to him that there was no room for any other thought in his mind. My children were too young to fill that gap. The times I had invited him to dinner were not enough, and I could scarcely go out and talk the other teenagers into being his friend. I had also had talked to other teachers about my concerns but without success.

Finally they asked, "Did you go to the teacher himself and say, 'Stop! I know what you're doing. Stop!'"

I hadn't. "But he wouldn't have stopped," I said.

There was a long pause while they both looked at me. "Well, we'll never know, will we!" Our conversation was over.

At that moment, I made a vow. I would never ever be in a position again where I did not explore every option. I never wanted to hear myself—or anyone, ever again, say, "Well, we'll never know, will we."

INTERVIEW

continued from page 1

consciousness, previously mysterious and complex clinical cases became a matter of common sense. It was as if Erickson was offering a key to this incredible vault of clinical information. These insights are something I feel compelled to share with as many people as possible.

Rather than working alone, I decided it would be better if I put together a team of authors who are equally dedicated to spreading Erickson's influence. I am fortunate to have Betty Alice Erickson and Roxanna Erickson Klein assisting me as co-authors for the English version of the book. In addition to knowing Erickson in the intimate way that only a child knows a parent, Betty Alice and Roxanna are both skillful writers whom I enjoyed learning from while serving as editor for the *Newsletter*. Just as exciting, there are approximately a dozen other co-authors from around the world who are helping me write a book to fit their community and culture.

SM: So it will be translated into several different languages?

DS: No, not translated. With the help of an international team of authors I am producing several unique literary works that have been carefully tailored to a specific country and culture. Each person is working from the same core set of ideas and case examples that will be transformed by the addition of indigenous literature and culturally relevant anecdotes. These devices are important for communicating the common sense elements of the text. This way someone from Brazil does not have to learn to think like an American in order to make sense of what they have read. Furthermore, the project is not restrained by my limited experiences but instead represents the combined resources of a large number of highly talented individuals. This will allow me to quickly disseminate Erickson's teaching in an individualized fashion for cultures throughout the world.

The Spanish and Italian texts are the first versions of the book to be completed. The Spanish version was

written by a team of individuals overseen by Teresa Robles, Ph.D., a prolific author and internationally celebrated expert in Ericksonian therapy. The book *Aprendiendo las estrategias terapéuticas de Milton H. Erickson* is being published by Alom Editores. All of the proceeds are going toward a scholarship program for training Mexican graduate students in an Ericksonian Masters program founded by Teresa. The Italian book, *Speranza E Resilienza: Cinque strategie psicoterapeutiche di Milton H. Erickson*, was co-authored by Consuelo Casula, and will be published by FrancoAngeli S.R.L. Casula is another successful author who has taught across Italy and abroad. It has been wonderful to have these and other talented individuals as a part of the global team effort.

SM: Explain more about what you learned while reviewing hundreds of hours of teaching by Milton Erickson.

DS: The lectures and demonstrations in these recordings span a large portion of Erickson's professional

career, 1943 to 1980. This gave me the opportunity to see how his ideas developed and were refined over time. Even more importantly, I began to see the underlying principles that formed the foundation of his work and made it a unified whole.

While listening to the recordings, the statement I heard from Erickson again and again was, "You must understand that it is not the therapist who is the important one. It is the patient!" The statement seems simple but eventually I came to realize that he was describing a process of healing that is radically different from traditional views of therapy. In traditional medicine, when you receive a "treatment," you begin to get better because of something external to your being. In contrast, Erickson emphasized and relied primarily on a process that originates from within the individual. This included his full acceptance of the patient's conceptualization of the problem and his or her personal theory of change. This was how Erickson

See INTERVIEW on page 12

CASE REPORT

Think Small

By, Annette Poizner, Ed.D.

It was a stressful moment. A young woman sat before me trying to tell me why she had come in, a matter of vital concern to me. I was a new intern at the counseling center and had to document each client's presenting issue. In this case, though, I was stymied. After 30 minutes, I had absolutely nothing to write. This woman was clearly grappling with a need to maintain a secret. Every sentence was unintelligible, lacked a noun or verb, and relayed virtually no information. I was getting anxious wondering what my supervisor would think about a chart note that lacked the most basic information.

Fortunately, an intervention of Erickson's came to mind. I interrupted the woman's stream of words, which had been both continuous and halting at the same time. I said, "You know, there are probably 20 things you wouldn't dream of telling me right now. Highly personal parts of your life story. Who could expect you to share these things?" Silently, she nodded.

I continued, "The top of that list has three things that you wouldn't tell me now; you wouldn't tell me 20 years from now. Those secrets are yours and yours alone to keep." She nodded. Down from there, "I continued, "there are probably three more secrets that maybe you would tell someone after you knew them many years. That's five to seven years. But I'm only here for a year. We couldn't expect it would ever be appropriate for us to discuss these matters." She nodded.

My list continued until, of course I got to the bottom of the 20, the one topic that was quite private but the least so of her collection. I asked, "Do you think you could tell me that little thing, the bottom of the 20?" She said, "I'm having trouble with my boyfriend." Bingo!

The Chinese have an expression, which says, "If you want to move a mountain, start with the first pebble." As therapists, we know how much can be achieved by scaling down. Solutions-oriented therapy has clients

continually identifying the 'next small step,' as in "What would be the next small step which would move you toward your goal around...weight loss, anger management or whatever?" How often people harbor galloping ambitions that hunger for dramatic and immediate outcomes. These bloated agendas often, ironically enough, push success off into the very distant future... when there is bound to be more time, energy and Resources available to achieve the whole thing in one go. Not.

Feminist Gloria Steinem recognized the power of small-scale change. In the 1970's she would end her social activism lectures by extracting a promise from the thousands of people in her audience. She would say something like this: I'm going to ask you each to make me a promise and I will make the same promise to all of you: that in the next 24 hours we all perform one small act, perhaps an act of kindness, perhaps an assertion of that which is fair and right, all in the interests of making this world a better place. And if each one of us sees through the commitment, in 24 hours the world truly will be different.

We can't specifically know the effect of this exchange of vows, but I can tell you the effect of thinking small with my client. I do believe we reached the top item on her list, with a disclosure that seemed to liberate her. The following week she came to therapy and for the first time casually took off her hat, seemingly unaware that she had never removed it in our sessions before. I pointed it out and we laughed. She didn't need to keep things "under her hat" any longer!

The moral of the story: though glamorous it is not, small is beautiful. It is not that less is more. Less heralds the way for more. All this being just one more argument for thinking small.

Annette Poizner, Ed.D., RSW, is an Ericksonian psychotherapist in private practice and is a member of the Board of Directors of the Milton H. Erickson Institute of Toronto.

HISTORICAL *continued from page 9*

By the mid 1920's, conflicts within the University developed and he left to become Director of the Public Library. This position allowed for travel abroad and he met other important psychologists and visited many experimental laboratories. In 1930, Michel Basov, a St. Petersburg psychologist, invited Rubinshtein to become the city's assistant director of the library, later offering him the opportunity to begin working at the department of psychology at the teacher's training university.

At this time, he began to make his mark. In 1934, he published *Problems of Psychology in the Work of K. Marx*. Then he published his monograph *Basis of Psychology* (1935).

Until this publication, psychology was merely descriptive science; he expanded it into an explanatory process. He also created a system to examine critically achievements in world psychology which were supported by empirical research. In this way, he made huge gains in the legitimization of the science of psychology. As he increased his work in research, the university department became a great scientific center that examined various methods of Soviet psychology. His wide research on thought and speech led to his fundamental book, *Basis of Psychology*. That text, an amalgamation of philosophical thought and of theoretic and empiric research done up to that time, became the one school book for teaching psychology. Also in the 1930's, he began to write *Basis of General Psychology* where he concentrated the scientific findings of Soviet psychology presenting it in a world context.

The main pivot of his work became the examination of the psyche, consciousness and the personality from perspective of development, hierarchy and formations therein. He posited the methodological definition of the nature of psyche as a unity of reflection and relation, cognition and experience, intellectual or spiritual intuition and ontology. He further believed that self-examination of life processes and adjustments which people make while in different stages shape and build each individual. The principle of unity of consciousness and actions are clearly emphasized in *Basis of General Psychology*. Unity was described as an aspect of function, development and actions. Consciousness stands as the highest ability of active personality; it regulates thinking, the relation of the person to the world and the united actions of each person.

During WWII, while living in blockaded St. Petersburg, he studied features of psychology of fascism. In 1943, he was elected as the Corresponding Member of Scientific Academy of the USSR. Upon arrival in Moscow, he created both the University of Psychology and a department of psychology at Moscow State University. He then invited well-known Soviet psychologists such as A. Leontiev, A. Lurii, P. Galperin and others to speak and teach.

About 1947, he and many other scientists were persecuted and blacklisted. They not only lost their positions but were unable to obtain others. It was only after the death of Stalin that he partly recovered. Against all odds, he continued writing his next book *Being and Consciousness*, (1957) where he developed the principle of determinism as a key element of philosophy, psychology and social life. Within this, he continued to study aspects of psychology, in philosophic social and world contexts. In this period, he also authored *About Thought and Ways of Research* (1958), and *Principles and Ways of Developing in Psychology* (1959).

On January 11, 1960, at the age of 70, he died suddenly. Rubenshtein's last book *Human and the World* was published in 1973. His unparalleled intellectual curiosity into the realm of consciousness, and various aspects of human behavior continues to inspire students of psychology and philosophy in Eastern Europe. Perhaps some day he will receive due recognition internationally for the seminal foundations of psychology he established, developed and then published.

References (in Russian):

<http://rubinstein.org.ru>

<http://psi.webzone.ru/>

For more information in English:

<http://www-sv.cict.fr/cotcos/pjs/TheoreticalApproaches/Activity/ActivitypaperBannon.htm>

INTERVIEW

continued from page 10

seemed to be able to invent a new type of therapy for almost every person he met. He had at his disposal numerous strategies for tapping into hidden resources and potentials, thereby enabling patients to achieve by the strength of their own will what previously seemed impossible. This is a very empowering method of working with people.

Utilization is just one strategy that Erickson used, yet it is the one that is most celebrated. It is a fascinating strategy that reflects the essence of Erickson's philosophy of healing. One of my favorite techniques of utilization is the act of using a minor problem to resolve another more difficult problem. It is a very efficient way of conducting therapy and doubly rewarding for the patient.

SM: Will you give an example?

DS: I recently had a young patient who was in desperate need of connection with a loving parent. At age 13, a time when boys need affiliation with a male role model, this boy was completely cut-off from contact with his father, who lived out-of-state. In a very humiliating way, his

father used the boy's sexual experimentation as the reason for the abandonment. His mother was equally devastated by the news of the problem behavior but she was attempting to help her child. Although there was no more sexual acting-out, during therapy the mother became increasingly upset by what she viewed as an unhealthy obsession with trading cards. He had amassed hundreds of these cards and was always asking her to buy more for him. This conflict was driving a wedge between them. At the same time, the boy was terribly upset that his mother had started smoking again, presumably as a result of his actions. He had already lost one parent and did not want to see her engaging in unhealthy behaviors.

I began a process of utilization by asking the mother if she was willing to stop smoking. She insisted that she did not want to smoke but could not stop herself. I asked the boy if he would be willing to have less trading cards, in order to help his mother. He eagerly agreed. With further questioning, I learned that a pack of trading cards was approximately four dollars, the same as a pack of cigarettes. The mother bought her ciga-

See INTERVIEW on page 23

STEPHEN LANKTON, MSW, DAHB, CISW
Ericksonian Hypnosis and Psychotherapy Workshops
Phoenix, Arizona



2005
2-Day Intensive Workshops

April 2-3, 2005
 Hypnosis, Induction, and Brief Therapy

April 16-17, 2005
 Goal Directed Metaphor

April 30-May 1, 2005
 Assessment and Treatment Planning in Hypnosis

May 7-8, 2005
 Pain Reduction Protocol in Hypnosis

May 14-15, 2005
 Trauma Recovery Protocol in Hypnosis

2-Day Tuition \$200
 16 CEU for Psych. (APA cat 1), SW, MFT, & MHC.
 Eligibility: Masters or Doctorate in Mental Health Disciplines



Each workshop provides 16 CE hours for Psychologists (APA cat.1), Social Workers, Marriage and Family Therapists, & Mental Health Counselors.

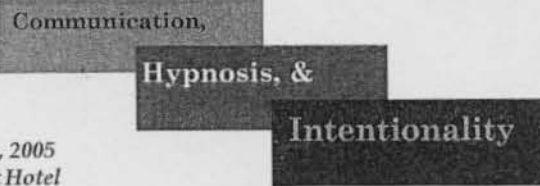
For information & registration, contact <http://lankton.com/workshop.htm>, or: Stephen Lankton, MSW, P.O. 9489, Phoenix, AZ 85068. (602) 532-0800. steve@lankton.com
 CEUs offered by Ericksonian Training Seminar #BAP-11-exp. 3/2005; & PCE-16 exp. 6/2006

PAID ADVERTISEMENT

47th Annual Scientific Meeting & Workshops on Clinical Hypnosis

American Society of Clinical Hypnosis

March 11-15, 2005
 Adam's Mark Hotel
 St. Louis, MO



www.asch.net or
 630/980-4740 for more
 information

registration available
 November 2004

Plenary Sessions will include:

- Daniel L. Handel, MD, *Hypnosis and Advanced Illness: Transforming Medicine*
- Rev. Wayne Muller, *How Then Shall We Live? Four Simple Questions That Reveal the Beauty and Meaning of Our Lives*
- Laurence I. Sugarman, MD, *The Physiology of Fascination... 150 Years Later*
- Jeffrey K. Zeig, PhD, A "States" Model: A Phenomenological Perspective to Hypnotherapy

Advanced Workshops will include:

- *Quantum Psychology, Hypnosis and Intentionality* (P. Accaria)
- *Integrative Techniques for Resolving Traumatic and Key Decision-Making Memories* (J. Straub, V. Straub)
- *Treating the Emotionally and Physically Traumatized Patient* (H. Wain)
- *Ego State Therapy and Hypnosis: Intentional Integration* (P. Morton)
- *Advanced Language Patterns in Hypnosis* (S. Lankton)
- *Treating Depression with Hypnosis: Building Skills Experientially* (M. Yapko)
- *The Virtue of Our Faults: Being the Best Hypnotherapist* (J. Zeig)

Basic and Intermediate Workshops will also be offered.

Accreditation: ASCH-ERF is accredited by ACCME, AGD, APA, and the California Board of Behavioral Sciences for CE credits for the 47th Annual Scientific Meeting & Workshops. ASCH-ERF will apply to NASW for CE credits.



PAID ADVERTISEMENT

CONFERENCE NOTES

Primer Congreso Internacional de Hipnoterapia Ericksoniana Estratégica y Desarrollo Personal con Hipnosis 2005, will be held February 24-27, 2005, at the Hotel Fortin Plaza, in Oaxaca, Mexico. The Conference is organized by the Instituto Milton H. Erickson De La Ciudad De México, El Centro De Estudios Superiores En Hipnosis Clínica Sede Oaxaca, and La Sociedad Mexicana De Hipnosis. For information and registration contact: Av. De las Etnias 214-6 Col. Reforma, Oaxaca, Mexico; Tel, +951 513 8953; E-mail, ericksonianooax@hotmail.com The Gregory Bateson Centennial Conference: Multiple Versions of the World, will be held Saturday, November 20, 2004 (9:00AM-5:00PM), at the University of California Berkeley, Lawrence Hall of Science. The conference gives the opportunity to explore the inter-connections between the various fields in which Bateson has made such a difference: ecology, spirituality, psychology, philosophy. Presenters include Mary Catherine Bateson, Jerry Brown, James Koch, Nathan Gray, Tim Campbell, Jay Ogilvy, Carol Wilder, Peter Harris-Jones, Stephen Nachmanovitch, Kenny Ausubel, Jaimie Cloud, Terrence Deacon, Tyler Volk, Wendel Ray, Charles Hampden-Turner, Richard Rathbun, and Jesper Hoffmeyer. For information visit: www.bateson-conference.org ; or contact Gordon Feller, 870 Estancia, San Rafael, CA 94903 USA; Tel, 415-491-4233; Email, GordonF20@comcast.net

The Milton H. Erickson Foundation is sponsoring the *Ninth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy: A World of Unlimited Possibilities* celebrating the 25th Anniversary of The Milton H. Erickson Foundation, Inc. The Congress will be held December 1-5, 2004, at the Hyatt Regency Phoenix, Phoenix, Ariz. The Congress features a Pre-Congress workshop on December 1 entitled Professional Resources Day; two and three-hour workshops; interactive events; keynote addresses; an 18-hour Fundamental Ericksonian Hypnosis Track (runs concurrently with Congress sessions); and Solicited Short Courses presented by members of the 112 National and International Erickson Institutes and Ericksonian Professionals. The full brochure will be available in May 2004. For information contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; E-mail, office@erickson-foundation.org ; Web, www.erickson-foundation.org/intlcong.htm

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

See CONFERENCE on page 14

The Online version of The Milton H. Erickson Foundation Newsletter can be found at <http://www.erickson-foundation.org/news>

The Milton H. Erickson Foundation, Inc. Sponsored

2005 Spring • Summer • Fall Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy

FUNDAMENTAL	INTERMEDIATE	ADVANCED
February 21-25 July 11-15 October 24-28	February 28-March 4 July 18-22 October 31-November 4	July 25-29
<ul style="list-style-type: none"> • Observational process • Language of suggestion • Induction approaches • Hypnotic phenomena • Indirection • Tailoring • Habit control 	<ul style="list-style-type: none"> • Pain management • Anxiety & depression • Hypnosis with youths • Treating trauma • Utilization • Metaphors • Treatment Planning 	<ul style="list-style-type: none"> • Sequencing • Hypnotic assessment • Therapist development • Difficult patients • Uses of amnesia • Symbols & anecdotes • Confusion techniques

Now in its 18th year! More than 1,000 professionals, from every continent around the world (except Antarctica), have been trained at the Phoenix Intensive Training Program. The Intensive Training Program is a unique opportunity to learn principles and applications of one of the most rapidly growing treatment models in contemporary psychotherapy. The scope of the program is comprehensive, yet the incremental structure facilitates progressive acquisition of competence.

The Intensive Training Program is open to professionals in health-related fields. Each level of the Intensive Training Program provides 30.0 hours of continuing education credit.

For a complete brochure with registration form, please contact:

THE MILTON H. ERICKSON FOUNDATION, INC.
3606 N. 24th Street, Phoenix, AZ 85016-6500
Tel: 602-956-6196 ♦ Fax: 602/956-0519 ♦ Email: suvel@aol.com

CONFERENCES *continued from page 13*

Love and Intimacy: The Couples Conference will be held March 4-6, 2005, at the Omni Parker Hotel in Boston, Massachusetts. The Conference is sponsored by The Milton H. Erickson Foundation, Inc., with organizational assistance provided by The Couples Institute in Menlo Park, California. The Faculty include Bader, Dattilio, Fisher, Johnson, Love, Papp, Real, Spring, and Zeig. For registration information, contact American Continuing Education, Inc. (ACEI), P.O. Box 17980, St. Paul, MN 55117; Tel, 651-487-3001; Fax, 651-489-3387; E-mail, miltnerickson@cmehelp.com; Web, www.erickson-foundation.org/bostcpls.htm To receive a brochure by mail contact The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; E-mail, mhefvol@aol.com

The *Fourth International Workshop of Therapeutic Hypnosis and Related Therapies* - *The First International Encounter of Natural and Traditional Medicine - "HIPNOSANTIAGO 2005"* will be held March 14-18, 2005 at the Heredia Convention Center, Santiago de Cuba. The Workshop is presented by the Cuban Society of Therapeutic Hypnosis, the "Universidad Médica de Santiago de Cuba," the Therapeutic Hypnosis Group of Santiago de Cuba, and the Cuban Society of Psychology Health. There will be a Scientific Program, Pre-event courses and workshops, and Abstract Presentations (submission deadline: December 30, 2004). For information contact Dr. Wilvian E. Cobas Contreras, Email, wecc@sierra.scu.sld.cu; Dr. C.M. Alberto E. Cobián Mena, E-mail, psico@sierra.scu.sld.cu

The 28th Annual Networker Symposium *Beyond Psychology: Expanding Our Models of Relationship, Change, and Consciousness* will be held March 17-20, 2005, at the Omni Shoreham Hotel, Washington, D.C. For information contact The Psychotherapy Networker, 7705 - 13th Street, N.W., Washington, D.C. 20012; Tel: 202-291-1252; Fax, 202-726-7983; Web, www.psychotherapynetworker.org

The Sixth Latin American Meeting of Ericksonian Institutes and Therapists entitled, *A Return to Our Roots: Erickson's Seeding and the Emergence of Psychotherapy*, will be held May 6-8, 2005, in Mendoza, Argentina. The Meeting is hosted by the Milton H. Erickson Institute of Mendoza, The Milton H. Erickson Institute of Santiago, and The Milton H. Erickson Institute of San Luis. For information contact Mario Pacheco. E-mail, ps_mpacheco@entelchile.net; or Omar Chogríz, E-mail, ericksonmendoza@hotmail.com

The HKU Family Institute and the University of Hong Kong present an International Conference on Couples entitled, *Couples of the World: The Many Faces of Modern Couples*, May 26-28, 2005, at the BP International House in Hong Kong. The Conference is co-sponsored by The Milton H. Erickson Foundation, Inc. Presenters include Christensen, Gottman, Greenan, Lee, Ng, Papp, and Zeig. Pre- and Post-Conference workshops are available (May 24-25 and May 29). For information: Web, <http://hkufi.hku.hk>; E-mail, tracytpk@hkucc.hku.hk

The *Fourth Annual Hawaii International Conference on Social Sciences* will be held June 13-16, 2005, at the Waikiki Beach Marriott Hotel, Honolulu, Hawaii. The Conference is sponsored by East West Council for Education, Asia-Pacific Research Institute of Peking University, University of Louisville - Center for Sustainable Urban Neighborhoods. The Conference covers diverse areas of Social Sciences. For information contact Hawaii International Conference on Social Sciences, P.O. Box 75023, Honolulu, HI 96836, U.S.A.; Tel, 808-946-9932; Fax, 808-947-2420; E-mail, social@hicsocial.org; Web, <http://www.hicsocial.org>

Call for Papers - Submission Deadline: February 1, 2005! For information on submissions: Web, http://www.hicsocial.org/cfp_ss.htm

The *IV European Congress of Ericksonian Hypnosis and Psychotherapy* will be held June 22-26, 2005, at the Wawel Royal Castle, in Krakow, Poland. Workshops, lectures and demonstrations will be presented. Presenters include Dohne, Erickson, Geary, Greenleaf, Hartman, Holtz, Klajs, Peter, Robles, Schmidt, Signer-Fischer, Szymanska, Trenkle, and Zeig. For information contact the Polski Instytut Ericksonowski, ul. Wios Iarska 27, 94-036 Lodz, Poland; Tel, +48 42 688 48 60; Fax, +48 42 689 00 47; E-mail, info@p-i-e.pl; Web, www.p-i-e.pl

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

The *10th Congress of the European Society of Hypnosis: The Spectrum of Hypnosis in Therapy* will be held September 17-24, 2005, on the Island of Gozo (near Malta in the Mediterranean). The Congress includes Symposia on Clinical and Research Advances, Invited Workshops, Intensive Training for Beginners, and Conversation Hours. For information and to register contact the European Society of Hypnosis (ESH) Central Office, P.O. Box 3352, Sheffield S20 6WY, United Kingdom; Tel, +44 114 247 4392; Fax, +44 114 247 4627; Email, mail@esh-hypnosis.org

The *Seventeenth International Congress of Hypnosis of the International Society of Hypnosis (ISH)* will be held in Querétaro Mexico, October 2006. For more information contact Centro Ericksoniano de México, Patricio Sáenz 1205, Col. Del Valle, C.P. 03100 México, D.F., México; Web, www.hipnosis.com.mx; Email, erickmex@hipnosis.com.mx or congresos@hipnosis.com.mx

DONATIONS

The Milton H. Erickson Foundation, Inc., would like to sincerely thank Roxanna Erickson Klein, RN, Ph.D., for her generous donation to the Archival Fund.

Donations earmarked for the Milton H. Erickson Archives go directly to assisting with expenses for restoring the audio- and videotapes from the late Milton H. Erickson, M.D., along with tapes from past Milton H. Erickson Foundation Conferences from 1980 through 2003. This extensive restoration process will make these tapes, CDs, DVDs, and other materials available to mental health professionals around the world for training purposes.

PROGRESS IN THE FOUNDATION ARCHIVES

By Roxanna Erickson Klein RN, Ph.D.

The Milton H. Erickson Foundation Archives is twenty-five-years old this year. Our primary goal is to provide a central repository of historical merit that contains original materials related to Milton Erickson. We have been very successful and to date have amassed more than 300 hours of audio and video materials. Along with innumerable excellent individual contributions, we have been grateful recipients of large collections of materials donated by from Marion Moore, M.D., Ernest Rossi, Ph.D., and Jay Haley.

It has been both rewarding and challenging to keep up with technological advancements. Our most important task has been to protect materials from the degradation that occurs over time. The needed protection is a costly endeavor. To date we have digitized all of the audiotapes of Dr. Erickson in our possession.

Although the audiotapes are now protected in the most up-to-date format, the video collection needs to be converted into digital format. We recently duplicated videos, so their current condition is stable, but they are not digitized, which is the current optimal format. To date, we have not had financial resources available to pursue this step with our video archive.

Over the years we have two professionals who worked full time on our collection: Wendel Ray, Ph.D., and Dan Short Ph.D. Additionally, we have had interns, Andreas Trenkle, Corinna Wenzelburger and Claudia Weinspach, and numerous volunteers to assist in the monumental tasks of organizing, cataloging and evaluating duplicate materials. The steps that have been taken have been systematic and necessary to assure that the optimal quality is achieved.

We have now recognized that the most expedient way to achieve Archival goals is to set aside dedicated funds for the process. We are opening a separate Foundation Archives bank account. As both a Foundation Board Member, and an Erickson family member, I have agreed to oversee donations and earmarked them to be used for the Archives.

Our ambition is to not only preserve resources, but to eventually develop them in a manner that will make them more accessible to individuals who wish to study the important work of my father. Additionally, we hope that we can eventually establish the Archives as self-sustaining economically, but the limited efforts that we have made in that direction have not been fruitful.

If anyone has resources: audio/ video or written materials about Milton H. Erickson that they wish to donate, or if anyone is willing to donate financially to this vital work, please contact the Foundation directly or you may contact me personally. My home address is 3516 Euclid Ave., Dallas, TX 75205, and my home telephone number is 214 526 9634. Email: ericksonklein@yahoo.com. Any contributions, of any size, are deeply appreciated.

BOOK NEWS

Speranza E Resilienza: Cinque strategie psicoterapeutiche de Milton H. Erickson, the Italian translation of the book by Dan Short, Ph.D., was co-authored by Consuelo C. Casula. The book is published by FrancoAngeli, Viale Monza, 106, 20127 Milano Italy; Tel, 02 28 37 141.

Hipnose Ericksoniana - Volume 2, by Jovino Da Silva Alves Araujo, M.D., Brazil. For information contact Jovino Araujo, M.D., Institute Milton H. Erickson of Espirito Santo, Rua Santa Rita de Cassia, 129, Bairro de Lourdes 29042-260 - Vitoria - ES, BRASIL; Tel, +55 27 3323-1617; Web, www.institucomiltonerickson-es.org.br; E-mail, institutomiltonerickson@grupos.com.br

The Handbook of Ericksonian Psychotherapy, by Brent B. Geary, Ph.D. and Jeffrey K. Zeig, Ph.D. (2001, The Milton H. Erickson Foundation Press) was reviewed in the September 2004 issue of SciTech Book News (Portland, OR) www.booknews.com

The Japanese edition of *Milton H. Erickson*, by Jeffrey K. Zeig and Michael Munion, (1999, Sage Publications Ltd.) has been published by Kongo Shuppan <http://www.kongoshuppan.co.jp>

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2005		
1/14-16	Depression and Anxiety / Taipei, Taiwan / Jeffrey K. Zeig, Ph.D.	1.
2/3-6	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	2.
2/16-20	Ericksonian Hypnotherapy - Supervision Training (ongoing) / Mexico City, Mexico / Zeig	3.
2/21-25	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent B. Geary, Ph.D., Stephen Lankton, MSW, DAHB, Zeig, and Invited Presenters	4.
2/28-3/4	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	4.
3/4-6	Love and Intimacy: The Couples Conference / Boston, Mass. / Invited Faculty	4.
3/11-15	ASCH Annual Conference / St. Louis, Mo. / Invited Faculty	5.
4/1-15	Comprehensive Training Program / Singapore / Zeig, Invited Presenters	6.
4/7-10	Fundamentals of Ericksonian Hypnotherapy - Level I / Dallas, Texas / Betty Alice Erickson, MS, LPC, LMFT, Deborah Beckman, MS, LPC, Will Handy, LCSW	7.
5/12-15	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	2.
5/27-29	Couples of the World: International Conference on Couples / Hong Kong / Invited Faculty	8.
7/11-15	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	4.
7/18-22	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	4.
7/25-29	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	4.
12/7-11	Evolution of Psychotherapy Conference / Anaheim, Calif. / Invited Faculty	4.

Contact Information:

1. E-mail, ccchao@mail.cgu.edu.tw; or E-mail, monika_lan@tip.org.tw
2. Helen Adrienne; E-mail, HAMS@aoi.com; Tel, 212/758-0125
3. Juan Francisco Ramirez Martinez; E-mail, juan_francisco@mac.com
4. The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Toll-free tel, 1-877-212-6678; tel, 602/956-6196; fax, 602/956-0519; E-mail, office@erickson-foundation.org; <http://www.erickson-foundation.org>
5. American Society of Clinical Hypnosis (ASCH), 140 N. Bloomingdale Road, Bloomingdale, IL 60108-1017; Tel, 630/980-4740; Fax, 630/351-8490; E-mail, info@asch.net; Web, www.asch.net
6. Lucy Heng; E-mail, wpclucy@yahoo.com.sg
7. The Milton H. Erickson Institute of Dallas, Tel, 214/824-2009; E-mail, therawill@earthlink.net
8. Web, <http://hkufi.hku.hk>; E-mail, tracytpk@hkucc.hku.hk

To submit a listing for Upcoming Trainings, please send dates, title of workshop, venue, city/state/country, list of presenters, and complete contact information ONLY. Information must be sent in the format above. A \$10 fee, per listing, is required. Deadline for the 2005 Spring Issue (March/April) is January 31, 2005. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact the Erickson Foundation at 602/956-6196; or E-mail Production Assistant, Karen Haviley, karen@erickson-foundation.org

BOOK REVIEW

Short-Term Couples Therapy: The Imago Model in Action

By Wade Luquet, ACSW

Published by Brunner-Mazel, 1996

252 pages

In *Short-Term Couples Therapy: The Imago Model in Action*, Wade Luquet achieves his goal, teaching Imago Relationship Therapy in a step-by-step, six-session format suitable for tight-fisted managed care. With this book, an adept therapist could start using the method, complete with theory and philosophy.

After an introduction and a description of Imago's primary communication tool, the Couples Dialogue, Luquet's next six chapters give admirably complete descriptions of six sessions, teaching couples to find a "safe place" from which to hear and validate each other's feelings and viewpoints, experience empathy, "romanticize" their relationship, request behavioral change, express anger, and make connections between marital problems and childhood. Copyable homework forms are included.

The technique will attract some and repel others. Imago posits that we choose mates who help us recreate our families of origin, the old hurts and frustrations endlessly reenacted in adult relationships. The solution is virtually psychoanalytic: this unconscious connection must be made conscious and the old pain released. Each partner, witnessing the other's catharsis from his/her safe place, experiences compassion. This witnessing and encouragement heal the old wounds and form a deep, mutually supportive bond. Toward this end, Luquet repeatedly urges his clients to "reimage your partner as wounded."

Much of this logic will give Ericksonians fits. Though intended to lead past the wounds into more effective functioning, the method risks producing "thera-plegics" – tiresome people who constantly ruminate about "their pain" and spend too

much time weeping in each other's arms – a carefully-taught Imago practice. To be sure, there are valuable instructions on incorporating laughter, positive strokes, and generosity.

But there is an Ericksonian seed. In Imago theory, partnering exists precisely to heal the old wounds so we can become the whole people we were born to be. The very fact of conflict is reframed as a path toward health. Our partners are seen as constantly presenting us with our "blueprint for growth." The nagging demands, once they're expressed in ways that don't produce instant defensiveness, point us to the parts of our personality that were "lost" in our efforts to survive our upbringing. With the encouragement of our mates, we can use the "blueprint" to complete ourselves, emotionally and spiritually.

Because of the depth of personal work involved, a couple following this system would experience extraordinary levels of intimacy. The therapeutic method is presented as a life change, intended to be used forever. Honorable people will differ on its desirability.

Luquet's sample couple leap into deep emotional waters with breathtaking alacrity, but he assures us that they are a real case. A chapter on difficult couples balances a slight tendency to glibness. His extensive use of homework helps generalize change. Flaws in the book include the lack of an index and the failure even to mention unmarried or gay/lesbian couples. Imago can be applied with little modification to such couples, but omitting them is hard to justify.

I came away impressed that *Short-Term Couples Therapy* really would allow me to use this powerful method – an accomplishment in 252 pages. Because I've read it, I will probably make changes in my couples work. If the ideas attract you, I recommend it.

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

BOOK REVIEW

The Wisdom of Milton H. Erickson, M.D.

by: Ronald A. Havens

Crown House Publishing, Ltd.

www.crownhouse.co.uk

2003

The Wisdom of Milton H. Erickson, M.D.: The Complete Volume is a collection of primary resource materials. Havens has meticulously selected key concepts, gems of information, and pearls of wisdom, and, with sparse commentary, arranged them so that Erickson's vast writings are accessible. Although Erickson was a prolific author, he did not organize his works into format that allowed readers to orient themselves easily to where specific ideas or concepts were discussed. Havens emphasizes "Wisdom" is neither an analysis nor a discussion of Erickson's work, but rather a handbook to where the reader may go to learn directly from Erickson.

The first copies of *The Wisdom* were published in 1985, and were compiled without the benefits of modern technology. Prior printings of the book were released in volumes and in reverse order from the original.

Havens' new preface describes the importance of a unified version of the work, and the circumstance under which it was printed in two volumes. Appropriately, this updated version of *The Wisdom* renders previous editions "obsolete" by more extensive referencing and proper binding. The book is a compact and fundamental guide to Erickson's ideas and methodology. Havens sorted through all published works of Erickson's, including books, papers, tapes, and transcripts, in order to create an all encompassing reference to Ericksonian Hypnosis and Psychotherapy.

In 380 pages, Havens presents Erickson's wisdom in three broad sections: human behavior, psychotherapy, and hypnosis and hypnotherapy. Each of these sections is divided into chapters which are further divided into essential concepts. These eloquently written concepts are followed by a plethora of direct quotations from Erickson. The quotes are

taken within context and are relevant to their allocated concept. Havens provides detailed referencing of each chapter and an extensive index.

I found that Havens gave an extensive overview to Erickson's ideas in logical format, beginning with the most basic of fundamentals. He established credibility with the broad base of essentials from human behavior which were poignantly woven into the concepts of psychotherapy and hypnosis and hypnotherapy. Each quotation proved insightful and carefully chosen. Despite complex subject matter, I was not alienated with technical terminology; Havens carved a natural path between successive concepts. The introduced terms were aptly defined and necessary for the work. Summaries at the end of each chapter were concise and emphasized the most important ideas from the concepts.

However, the lucid presentation of such complex material may give the novice, or even the scholar, the idea that "complete" understanding of methodology warrants unsupervised or unguided practice. I do not think Haven emphasizes enough the responsible practice of hypnosis and hypnotherapy. Although all quotations were relevant to their concept; their redundancy emphasized one of Havens' points—that Erickson maintained consistency in his philosophy over decades.

The Wisdom of Milton H. Erickson, M.D., belongs on the bookshelves of the scholar, the novice and the advanced therapist. For all, the book serves as a different but always valuable resource. The scholar and the novice therapist each receive a complete synopsis of the beliefs and methods Erickson presented to his students. Havens provides an overview of the tools necessary and the processes by which a novice therapist may become an effective Ericksonian therapist. For the advanced therapist, Havens provides an extensive reference guide as well as a review of specific ideas. I highly recommend this book to all audiences, and admit that I will have to read the work repeatedly to ensure I fully grasp all concepts.

Reviewed by
Ethan Klein
Dallas TX



CROWN HOUSE PUBLISHING

Presents

"BEST OF SHOW" FOR 2004

Visit the Bookstore at the Erickson Conference in December or purchase today at a special 15% Newsletter Discount!



The Art of Therapeutic Communication: Collected Works of Kay Thompson Edited by Saralee Kane, and Karen Olness

Kay Thompson was renowned as a brilliant hypnoterapist, and one of the most gifted students of Milton H. Erickson. She lectured widely on the therapeutic use of language, the importance of motivation, pain management and pain control, how language affects physiology, and hypnosis in dentistry. This comprehensive volume contains articles and transcripts of her original lectures and workshops, many of which have not previously been available in book form as well as a one-hour audio CD of some of most important lectures.

Hardcover (with CD) 616 pages ISBN: 1904424287 Bk#4287 \$55.00



The Wisdom of Milton H. Erickson: The Complete Volume, by Ronald A. Havens

Now available as one complete volume, this outstanding work of research extracts the core wisdom of Milton Erickson's life-long work. Gleaned from the records of over 140 publications and lectures given by Erickson during his long career, this is an essential part of the available literature of Milton Erickson. Part One on Human Behavior and Part Two on Psychotherapy, presents his methods and lessons, including his thoughts on the use of objective observation, the uniqueness of the conscious mind, the realities and abilities of the unconscious mind, and how more. Part Three, Hypnosis and Hypnotherapy, presents a clear account of how he conceived of hypnosis and its role in the process of therapy.

Paperback 410 pages ISBN: 1904424171 Bk#4171 \$34.95

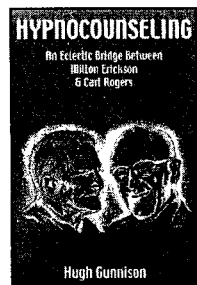


Eye Movement Integration Therapy: The Comprehensive Clinical Guide By Danie Beaulieu

Eye Movement Integration Therapy (EMI) could be considered one of the most innovative and effective new treatments available to psychotherapists today. Offers new hope to those who endure the often debilitating after effects of psychological trauma from anxiety to depression, from sexual dysfunction to PTSD.

This could bring revolutionary improvement in the treatment of traumatic disorders for which patients will ever be thankful. I have no hesitation in recommending this book.—David Slater, Hypnotherapy Association

Hardcover 396 pages ISBN: 1904424155 Bk#4155 \$55.00



Hypnocounseling: An eclectic bridge between Milton Erickson and Carl Rogers, by Hugh Gunnison

Blends the Utilization Approach of Erickson with the Person-Centered Approach of Rogers using brief solution-based therapy. This eclectic foundation serves to act as a catalyst to increase the effectiveness of whatever primary therapy the therapist is using.

"The author has beautifully articulated the connection between the ideas and practices of Milton H. Erickson and Carl R. Rogers. Whatever their setting, practitioners are sure to find stimulating material."—Suzanne Moore, Clinical Counselor, Vice Chair, National Board of Certified Clinical Hypnoterapists.

Paperback 224 pages ISBN: 190442449X Bk#449X \$21.95



Coming off Press - January, 2005

Harry, the Hypno-potamus: Metaphorical Tales for the Treatment of Childhood Problems By Linda Thomson

When is a hippopotamus not a hippopotamus? When it's a hypno-potamus!

Here is a collection of 32 metaphorical stories that deal with a variety of physical and behavioral problems faced by children. Each story can be used as part of a comprehensive approach to the diagnosis and treatment of a host of disorders.

"I can't think of a more pleasurable way to spend a Saturday afternoon than reading all of the stories from Harry the Hypno-potamus. I can't wait to use your stories in practice. These are by far the best yet in the field and are utterly accessible for the clinician, the parent, and of course, the children."—Julie Linden

Hardcover 164 pages Full color illus. ISBN: 1904424570 Bk#4570 \$29.95

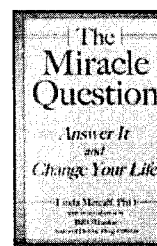


BETTER THAN EVER: Love and Sex at Midlife By Bernie Zilbergeld

Is it better than ever? Now that the children have grown and there's more time on your hands, are you finding that the love and intimacy has gone from your life? It is a fact that as we mature, our sexual drives mature as well, but it is also a fact that while you may slow down and your lovemaking may be different than it was in your youth, that doesn't mean that the quality has to be lower or your pleasure less. Bernie Zilbergeld, well-known sex therapist and author of the widely quoted, *The New Male Sexuality*, explains why we should be enjoying our love making and our intimacy even more than ever and certainly better than ever.

If you think passion and sex fizzle out after your 40's think again! This hopeful, eye-opening book reveals what really goes on behind closed doors at midlife. Apparently, the best is yet to come.—Michele Weiner-Davis, author of *The Sex-Starved Marriage*

Hardcover 224 pages ISBN: 1904424341 Bk#4341 \$21.95



The Miracle Question: Answer It and Change Your Life By Linda Metcalf

Have you ever considered how a miracle would change your life? Would it get you a better job, fix your marriage, stop your drinking, keep your teenager home at night, silence your boss, bring back your loved one, or help you financially?

Based on the core ideas of solution-focused therapy *The Miracle Question* is a step-by-step approach for people who feel "stuck" and overwhelmed by their lives. By understanding that their problems have eroded their confidence, readers can discover that their abilities have simply been in limbo, ready to use as solutions.

"The Miracle Question is a wonderfully-written book that takes us on a transformational journey. If you're seeking change, The Miracle Question is the one question you can't afford not to ask yourself!"—Bob Bertolino, Ph.D., author of *Change-Oriented Therapy with Adolescents and Young Adults*

Hardcover 196 pages ISBN: 1904424260 Bk#4260 \$19.95

New Hypnosis Catalog #305 now available- features dozens of new and classic titles. Call toll free or email: info@CHPUS.com

Attention Erickson Newsletter Readers: Mention this ad, #EF107, and save 15% off the list prices shown above. Call Toll Free 877-925-1213 Fax: 802-864-7626 Mastercard/VISA/AMEX accepted. Please add shipping and handling in the U.S. \$6.00 for first book, \$2.00 for each additional book. For outside the U.S., contact us for charges. VT residents please add State sales tax. To pay by check, mail to: Crown House Publishing, PO Box 2223 Williston, VT 05495, or visit our website at www.CHPUS.com. Offer expires March 1, 2005.

VIDEO REVIEW

How Many Clients Are There in One body?"

Videotape by Jay Haley

from his videotape series: *Learning and Teaching Therapy with Jay Haley*

Triangle Press, 2000

La Jolla, California

45 minutes

In the videotape, "How Many Clients are There in One Body," Jay Haley guides a first-time therapist in discerning pathology while helping her learn to give directives and focus the intent of her therapy toward reality issues for her client. This video offers an opportunity to go behind the one-way mirror to learn from Jay Haley. The viewer is brought to a series of supervisory sessions of a new therapist in a group setting. In the process, Haley shows some strategies from his vast repertoire of techniques and methods. He uses many time-honored Ericksonian emphases such as focusing on the positive, utilizing the client's strengths, and recognizing clients' possible secondary gain from symptoms in an unhealthy lifestyle. Haley tries to point the client toward normalcy by a practical, problem-solving approach. He continually emphasizes that the therapist should deal with practical issues, to help the client improve her life situation and give up her pathology for something far better: reality.

The client was severely abused as a child and described herself as having many different people within her body, even a man at times. Haley carefully discerned that this client seemed to know all the different selves. He decided not to treat her multiple personality as her central problem, in accord with Erickson's belief that multiple personality is not necessarily pathological, but rather to help her to turn toward normal life concerns, and away from confused emotional scenarios.

Various techniques of supervision are demonstrated. One very effective

method was when Haley and the group observed the new therapist with her client through a one-way mirror. He communicated directives to her by typing them into a computer. She was able to incorporate his suggestions meaningfully into the ongoing flow of the session.

Madeline Richeport-Haley, who also was present, pointed out that the cultural pattern of spirit possession the client expressed is a normal socially accepted belief system in Brazil. Haley considered working with this cultural belief system, but explained that ethnicity issues and belief systems should be respected and treated courteously, so that their negative impact could be minimized. Otherwise they might slow down or impede the psychotherapeutic process. Instead, Haley recommended that the therapist take an active, reality-oriented approach. He guided her to set a goal and help her client to move toward normalcy and get over her problem. Ultimately he guided the therapist to use her skill with writing to express her thoughts about what is good and bad in her life, to contact her family through writing, and to be normal by what the client defined as normal, which was getting a job.

Haley clearly shows how his strategic approach to therapy involves finding out more about clients in the real world and pointing them back to real, practical life-matters.

Haley shows his mastery in confidently cutting through the complex presentations from the client to address what could help the client to be cured. Any psychotherapist will benefit from watching the master of Strategic Therapy at work, teaching how to incorporate a problem-solving approach while avoiding some common pitfalls. We highly recommend this videotape for learning Haley's practical and effective approach to psychotherapy!

Reviewed by:

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



*Now You Wanted
A Trance Demonstrated Today*
by Milton H. Erickson, M.D.

Teaching Video Tape/DVD

Erickson demonstrates and describes his philosophy of psychotherapy and hypnotic approaches to:

Dissociation • Age Regression • Mind / Body Separation
Amnesia / Hypernesia • Positive / Negative Hallucinations
Arm Levitation • Deepening • Trance State Identification
Direct / Indirect Inductions • Utilization of Resistance...

Accompanying Annotated Transcript contains:

- **rhythm-formatting**
to give you what Erickson said as well as the rhythm and the way he said it
- **literature-based analysis**
- **the subject's experiences of Erickson's interventions**
- **content and process indexes.**

for information on this and other training materials by

Kay Thompson • David Cheek • Humberto Maturana • Gianfranco Cecchin
Richard Landis • Gary Ruelas • Terry Argast • André Weitzenhoffer ...

log onto

www.SCSEPH.org

The Southern California Society for Ericksonian Psychotherapy & Hypnosis

30011 Ivy Glenn, Suite 205, Laguna Niguel, CA 92677

Voicemail/Fax: 949-495-0323 Email: info@SCSEPH.org

PAID ADVERTISEMENTS

EFFECTIVE EFFICIENT EMPIRICALLY SUPPORTED

More than a dozen controlled studies, including direct comparisons with cognitive behavioral techniques, have shown EMDR to be an effective and efficient treatment for trauma-related disorders.

"The speed at which change occurs during EMDR contradicts the traditional notion of time as essential for psychological healing. Shapiro has integrated elements from many different schools of psychotherapy into her protocols, making EMDR applicable to a variety of clinical populations and accessible to clinicians from different orientations."

Bessel A. van der Kolk, MD

Trainings include supervised practice exercises with one skilled and specifically trained facilitator for each 10 participants.

Visit the EMDR Institute website for national and international training schedules.

<http://www.emdr.com>



EMDR INSTITUTE, INC.

PO Box 750 Watsonville, CA 95077

831.761.1040 800.780.EMDR Fax 831.761.1204

inst@emdr.com <http://www.emdr.com>

Visit Our Website:

www.erickson-foundation.org

Guided Imagery and Other Approaches to Healing

By Rubin Battino, MS

Crown House Publishing, 2001

Guided Imagery and Other Approaches to Healing is a book/tape combination written by a rather unusual person - both a chemistry professor and a counselor. Therefore, the combination yields a slightly different perspective on healing techniques than one might ordinarily encounter.

The book explores nontraditional areas, veering from the concept of psychotherapy to explore some New Age ideas about the mind-body connection. In it, Battino has daringly posed some important questions: 1) What causes disease?; 2) How do we explain spontaneous cures of untreatable diseases?; 3) What can a psychologist do to enhance physical healing?; and 4) Should we remain within the boundaries of data-driven medical approaches, or remain open to nontraditional healing approaches? Responses to these questions drive us right back to our epistemologies. In these times of encroachment from other fields, psychology is constantly being challenged to answer where we, as healers, draw the line in our work.

Battino's book is written like a college textbook. It is systematic from an educational and mind-broadening perspective, incorporating research, yet remaining interesting reading. Battino synthesizes materials from other scientists and leaders in the field fairly comprehensively, although his incorporation of Ericksonian ideas is somewhat sparse, with a heavier emphasis on Neuro-Linguistic Programming. He advocates implementation of Erickson's utilization approach when conducting imagery, but his explication of this is somewhat vague. Perhaps this was on purpose as he later states, "Erickson was a master of the precise use of vague language" (p. 97).

Battino is a hypnotherapist, and he repeatedly discusses the use of both imagery and hypnosis. He suggests/implies that if you have the skills as a hypnotherapist, you are well positioned to conduct guided imagery. This is a bit misleading, because hypnosis requires a great deal more training and potential to be a much more powerful tool. Hypnosis is not the same as guided imagery. Guided imagery is, itself, a tool of hypnosis. Indeed, guided imagery can be accomplished without the use of hypnosis. More advanced tools of hypnosis result in the ability to distract and entertain the conscious mind while freeing the unconscious mind to process and retrieve personal associations at a deeper level. Therefore, patients who are not responsive to guided imagery due to a difficulty with visualization often will find themselves much more responsive to the use of

See MEDIA on page 20

COUPLES OF THE WORLD

INTERNATIONAL CONFERENCE ON COUPLES IN HONG KONG

SPEAKERS

John Gottman

Jeffrey Zeig

Andrew Christensen

David Greenan

Wai-Yung Lee

Man-Lun Ng

Peggy Papp

CALL FOR POSTERS

SIGHT-SEEING AND ACADEMIC EXCHANGE TOURS IN HONG KONG AND CHINA

Conference Dates : 26 – 28 May 2005
Pre and Post-Workshop Dates : 24, 25, 29 May 2005

Organiser

HKU Family Institute, The University of Hong Kong

Co-sponsor

The Milton H. Erickson Foundation

Further Information

<http://hkufi.hku.hk> tracytpk@hkucc.hku.hk

This conference is supported by a grant from the Professional Services Development Assistance Scheme of the Government of the HKSAR of the People's Republic of China

AUDIO REVIEW

Hope and Resiliency: Understanding the Therapeutic Strategies of Milton H. Erickson, MD

By Dan Short, PhD

Brief Therapy Conference: Essence and Evolution

December 2003 San Francisco, Ca

Audiotape no. BT03-W14AB (2 tapes)

To order contact The Milton H. Erickson Foundation
Tel, 602/956-6196 Email, mhfevol@aol.com

"Interventions like poetry," is how Dr. Dan Short described the therapeutic work done by Milton H. Erickson, MD. Dr. Short presented a fast-paced and informative workshop that included practical information readily adaptable to a variety of therapeutic modalities; experiential opportunities designed to further enhance acquisition of the learning objectives; and historical recordings of Dr. Erickson himself.

Dr. Short has a quick yet conversational style of presentation. During the early portion of the tape, he spends a significant amount of time laying a foundation for the concepts he later presents. He is especially eloquent in his description of Erickson's version of hypnotherapy as one that evolved from patient to patient, week to week and mirrored the stage of life its founder happened to be in when engaged with a client. One has the sense that in the hands of Erickson, his approach to hypnotherapy was truly client centered. Dr. Short is particularly clever in the way in which this perception of Erickson's versatility is woven into the presentation, illustrating the importance of adaptability and creativity in working with the therapeutic strategies.

As noted by Short, it isn't enough to merely model a technique; one has to understand the reasoning behind applying it to the situation. This increases the intervention's utility and practicality for a variety of situations, thereby "opening the window of possibility." One of the impressive aspects of the tape is the approach Dr. Short takes to introducing the therapeutic strategies. He spends considerable time defining what he considers to be cornerstones of effective work with any client: hope and resiliency. Hope is the expectation that change is possible, and resiliency refers to the activation of resources within the client that may be applied to the problem at hand. The speaker also treated the audience, and those fortunate enough to have the audiotape, to the opportunity to hear Dr. Erickson describe his work with several clients via recording. Dr. Short states that he listened to over 1000 hours of Erickson's recordings. Unfortunately, the quality of the recordings offered did not transfer well to the audiotape. It was thrilling nonetheless to be able to hear the voice of Dr. Erickson after reading and studying his work. It was a wonderful prelude to Dr. Short's shift into identifying Erickson's five therapeutic strategies.

To introduce each strategy, Dr Short used an experiential exercise called "Thought Experiments," each designed to illustrate the core principal underlying the strategy. They further elaborated on his stated learning objectives which included: before using a technique understand the function that it serves, learn five strategies which can be used to individually tailor therapeutic interventions, and avoid memorization of rigid step-by-step formulas. The five strategies outlined by Dr. Short include:

- Fragmentation – Dissecting the larger problem into smaller more easily addressed components.
- Progression – Allowing clients time to adjust to the challenge, to take in portions at a time allowing for gradual mastery of the components.
- Distraction – Separating thought and action related to the situation to allow the unconscious resources available to be utilized
- Reorientation – Taking the situational components of a problem and placing them in a new context.

Dr. Short takes to introducing the therapeutic strategies. He spends considerable time defining what he considers to be cornerstones of effective work with any client: hope and resiliency.

- Utilization – Using the totality of the client to address the problem.

Short does an excellent job of utilizing examples of each of the therapeutic interventions and how they may be used in the context of work with a variety of clients.

Overall the presentation met the objectives set forth by Dr. Short. At times his quick pace would require stopping the audiotape to mull over an informational point. Dr. Short peppered his delivery with anecdotes and a fair amount of humor. The presentation flowed well and I, as a listener, was thoroughly engaged. All in all, "Hope and Resiliency..." is an audiotape with a wealth of information from an individual clearly in step with the legacy of Milton H. Erickson.

Reviewed by

Al Dawson, M.A.
Dallas, TX

MEDIA *continued from page 19*

the advanced tools of hypnosis. Battino does not clarify his understanding of the differences between the two approaches or provide recommendations for choosing one over the other.

This book has something for everyone: It discusses theory and research, and philosophy of healing, yet also yields pragmatic and specific advice. There is a section critiquing some existing popular imagery tapes that provide a level of specificity that therapists can immediately apply and find useful. Battino also includes his own imagery scripts--both written and cassette tapes--to use as examples.

An unusual feature of this book is the inclusion of two guest chapters, one written by nutritionist, Dr. Ira Fritz, and another by Native American healer, Dr. Helena Sheehan. I found the chapter by Dr. Sheehan especially intriguing in that a shaman's approach to healing is nonlinear, and involves secrets and rituals, each of which is designed to match the patients' perceptions regarding the cause of their disease. In other words, the cure is based on a utilization approach (hmmm....sounds rather Ericksonian!)

The target audience is broadly addressed to both professional and nonprofessional therapists, medically ill patients and their families, and anyone else who might be interested. The accompanying imagery tapes are convenient, as they provide examples that can be emulated by budding therapists or immediately used by patients who purchase the book for self-help.

My overall reaction? This was an ambitious project and is fairly well done. On the downside, it seems a bit unfocused by nature of its attempt to be both overly comprehensive-(including nutrition and Native American healing along with psychotherapy techniques) and exclusionary (the appendix contains Christian-based prayer, which is fine, yet it fails to include prayers for Jews, Buddhists, Muslims, Spiritualists, etc.). But it shines in the important area, providing guidelines for critiquing guided imagery linguistics.

It would provide a good addition to the library of therapists working in behavioral medicine, and also will have appeal as a self-help book for laypersons with medical illness. *Guided Imagery and Other Approaches to Healing* is written in a manner that is humble, intelligent, and makes a unique contribution to the field of healing.

Reviewed by

Kathleen Donaghy, Ph.D
Phoenix, AZ

*The Psychobiology of Gene Expression:
Neuroscience and Neurogenesis in
Hypnosis and the Healing Arts*

By Ernest L. Rossi

W. W. Norton & Company 2002

Ernest Rossi has a unique talent for discovering and revealing underlying mechanisms. He has made a distinct place for himself on the cutting edge of Hypnotherapy, making interconnections and seeing patterns. As one of the most important collaborators with Milton Erickson, Rossi helped to uncover the inner mechanisms of the method. His many books on Erickson inspired countless others to delve into the wise teachings. Having had the privilege to call ourselves his students many years ago, we experienced first-hand this broad, visionary mind at work.

Rossi's additional background in chemistry has given him a unique perspective that unifies mind and body. Now again, Rossi encounters something new, clarifying exciting implications that promise to profoundly alter how we give therapy. His book, *The Psychobiology of Gene Expression*, builds a bridge from the recent findings of the Human Genome Project to the helping community. His book is based on the burgeoning field of genetics, not just in the limited sense of Mendelian heredity, but also based on the new, broader paradigm inspired by the forward leap of the recent mapping of the Human Genome. His book shows the growing scientific evidence for accepting as empirically valid the belief many practitioners only intuited for centuries: that nature and nurture are one. The age-old battle whether nature or nurture are the primary influences on the mind should end, since through gene expression what we think, feel, and experience has real and immediate effects on physical realities.

Rossi's book carefully defines gene expression for those who are unfamiliar with the details. The Human Genome Project initially uncovered the *structure* of the genes in the human body. But now in a second phase, researchers are investigating the *function* and *expression* of the genes. And they are finding that genes respond immediately, during every aspect of experiencing through consciousness of everyday life. The interaction is broad and deep.

In Part I, Rossi outlines the primary forms that gene expression takes in human experience. He emphasizes the psychological effects more than just the physiological ones, although he does offer detail about chemical and biological mechanisms to help readers put the understandings into context. In five separate chapters Rossi describes the many areas and levels of human experience that modulate gene expression. The timing varies from instantaneous to hourly, daily, monthly, yearly, or eons. Genes respond at every level of living, during our rhythms of sleep, moods, play, memories, learning, stress, feelings, and patterns of thoughts. As a result of the multitude of outer influences, the community of genes combines in unique ways, creating physiological building blocks that nurture profound changes in our psycho/socio/physiological nature.

These discoveries have profound ramifications for us as practitioners. Part II describes a method of utilizing gene expression for positive neurogenesis, leading to effective hypnotherapy. Rossi presents a new approach to psychotherapy and the healing arts that shifts away from the traditional psychopathological orientation toward a positive psychology emphasis on optimal performance, happiness, creativity, and human potential. He proposes a four-stage creative cycle, "the breakout heuristic" which provides the underlying mechanism for positive change. The next chapters offer a demonstration of therapy using this method. He concludes by showing how psychotherapy is far more than just "talk therapy." When done well, it alters the very fabric of the human being. *The Psychobiology of Gene Expression* is a well-written, exciting book that opens new and meaningful potentials to us all.

Reviewed by
Alexander Simpkins, Ph.D. and Annellen Simpkins, Ph.D.
San Diego, CA

SOUL-CENTERED PSYCHOLOGY

A new book by
John M. Landi



Based on over thirty years of research,
Soul-Centered Psychology
reveals the healing secrets
discovered in the ancient and sacred texts.



Estimated publication date January 2005
Pre-order by January 1, 2005 and receive a
free meditation and healing CD worth \$15.00.



Mail \$29.95 to:
John M. Landi
3226 N. 20th Rd
Arlington, VA
22207

johnlandi@msn.com

PAID ADVERTISEMENTS



PFTI

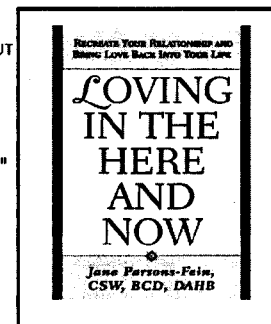
THE PARSONS-FEIN TRAINING INSTITUTE
FOR PSYCHOTHERAPY AND HYPNOSIS
275 Central Park West (88th St.) 4B
New York, NY 10024
Tel: (212) 873-4557 Fax: (212) 874-3271
www.pfti.org

"INNOVATIVE AND UNEXPECTED!"

"NEW THINKING ABOUT
old problems."

"DISMANTLES THE
family TRANCE CODING."

FROM A THERAPIST...
"IT SITS ON MY DESK."



"DEMISTIFIES COUPLES'
EVERYDAY HYPNOSIS."

"EASY-TO-FOLLOW
EXERCISES FOR COUPLES
AND/OR INDIVIDUALS."

"PATIENTS LOVE USING IT."

JANE PARSONS-FEIN CSW, BCD, DAHB

- TEACHER, TRAINER, US and EUROPE for 20 years
- ASCH FELLOW, CONSULTANT
- PRESIDENT EMERITUS of the AMERICAN HYPNOSIS BOARD for Clinical Social Work
- PRESIDENT EMERITUS NYSEPH

SEE WEB SITE FOR TRAININGS FOR PROFESSIONALS · WORKSHOPS FOR COUPLES
WWW.LOVINGINTHEHEREANDNOW.ORG

PAID ADVERTISEMENT

BOOK REVIEW

Loving in the Here and Now Re-create Your Relationship and Bring Love Back into Your Life

By Jane Parsons – Fein, CSW, BCD, DAHB.

Jeremy P. Tarcher / Penguin

Loving in the Here and Now is a well-written book that provides information and exercises for both psychotherapists and the general public. The Introduction is a guide that includes a brief summary of each chapter. Readers can easily find the core topics. There are references to Erickson's teachings and information regarding his belief in, "the creative healing power in the unconscious part of the mind," of each individual.

The book is organized into twelve chapters. The first chapter gives readers general information regarding hypnosis as a tool for change. One topic I found especially appealing describes the unconscious mind consisting of different parts.

Each part is "in charge" of a different task, such as a part that wants us to survive and one that tries to protect us.

Chapter Two describes how the "Power of Imprints" leads us to keep repeating the same thing, even though it isn't working. Practical exercises help access our resources quite easily. This section also includes something for couples. For example, "Listening Again" offers an exercise for partners for working on hurtful things they have told each other in the past. Directions are easy to follow, and readers will surely find their own meanings.

The author includes also Virginia Satir's "Iceberg Diagram" which explains how the conscious and unconscious mind function. The chapter, *The Iceberg: What You See Is Not What You Get*, illustrates how the iceberg consists of different levels that influence our emotional and physical development.

The unconscious mind is described as more than the, "sum of all our parts." These parts are often in conflict. For example, there can be the child part, the adult part, the spiritual part, the sad part, and the creative part.

"Memory Treasures" may have been buried long ago along with precious parts of ourselves and hypnosis can be an excellent means to recover them. This reminded me of Erickson's teachings, when he said that our resources were like treasures that were sunk deep in the ocean.

Another topic I truly liked was "Coping Stances," which refers to the means people use to defend against feeling wounds. After reading this, I remembered how wounds could heal. This type of tool helps readers understand complicated issues in a simple manner. Other chapters include, "Your Self Talk," "Your Angry Part," and "Money Myths," all with very useful exercises.

"Sex: The Ultimate Trance" helps with understanding how bonding occurs from a young age. Included are references to other authors such as Moshe Feldenkrais who described the connection of two subject's unconscious minds after touching each other. An Intimacy Questionnaire is included in this chapter.

Parsons-Fein's *Loving in the Here and Now* is interesting, well written and filled with useful information. This book reminded me of Jane's warmth when I met her during a conference a few years ago. I highly recommend this book.

Reviewed by
María Escalante Cortina MA
Mexico City, Mexico

BOOK REVIEW

QUICKIES

The Handbook of Brief Sex Therapy

Edited by Shelley Green
and Douglas Flemons

QUICKIES: The Handbook of Brief Sex Therapy is "intended to tickle our sense of humour and enliven our therapeutic imagination." The editors have gathered a group of experienced authors who address a wide variety of topics on sex therapy. The contributors, all practitioners of brief sex therapy, have a common feature: they access the wisdom of their clients toward change.

The first chapter addresses a very interesting subject: from possibility therapy to sex therapy. The premises of possibility therapy are briefly summarised: "People are influenced by their sense of what is possible for their future." These premises can be useful during Brief Sex Therapy and also during many other therapeutic modalities.

The authors state, "People are more likely to cooperate when they and their feelings and points of view are validated and respected." As therapists, I believe we can surely find ways to "connect" when we are working with our clients and many times if we just allow ourselves to do so we can "grab" important issues from their life history. If we allow ourselves to connect both with our head and heart it is more likely we will be able to feel what they feel and understand more clearly what they may be going through.

"Premature Ejaculation of Sexual Addiction Diagnoses" by Tracy Todd is well addressed through the use of simple instructive language and information regarding sexual addiction. As Todd says: "Whatever diagnosis my clients present with, I work hard to fully listen to their story" This approach reminded me of Erickson's approach, as he was always focused on clients' resources.

"Multicontextual Sex Therapy with Lesbian Couples," offers valuable information for dealing with issues regarding same sex female couples. In this section, Suzanne Lasenza emphasises "An antipathological stance is essential in working with lesbian couples, many of whom are sensitive to possible pathologiz-

ing by mental health professionals." In order to do this, issues should be addressed from a familial, community and societal point of view. These factors can influence presenting problems.

Carol Lankton writes about shining light on intimacy and sexual pleasure. As the author explains there can be barriers to intimacy such as cultural expectations, lack of specificity, and shame surrounding sexual desires. Lankton illustrates beautifully how the client's resources can be utilised during treatment. For example, the author congratulated "Zack" for clarifying his needs. As a Mexican, I believe that people can misunderstand each other only because of their cultural background. Clarifying, as a means to cope with this type of issue, can help couples communicate better and thus talk about their needs more freely.

QUICKIES The Handbook of Brief Sex Therapy is an excellent source of knowledge for therapists with its wide variety of authors, different approaches, examples, and cases. Since chapters deal with different topics, readers can start reading anywhere and they will surely find "memorable" tips to be used in their clinical practice.

Reading the book also reminded me of Dr. Milton Erickson's wisdom: "... I sometimes wonder what psychotherapy is - certainly not the involved psychoanalytical theorizing, certainly not any organized body of thought. Rather, it is a human relationship in which patient and therapist by a complexity of interactions strive toward a common goal, the patient's thinking, feeling and doing within this frame of reference as he currently understands it and with freedom to alter current understandings" (Zeig and Geary 2000). As "Ericksonian" Sex Therapists we should always keep in mind that *there is always a human relationship going on in the office.*

Reviewed by
María Escalante Cortina
Mexico City, Mexico

References:

- Geary, B. & Zeig, J (2000) *The Letters of Milton H. Erickson* (pp.73-74)
Phoenix: Zeig, Tucker and Thiesen.

rettes at the same convenience store where these cards are sold. So I had her shake my hand and make a solemn promise that the next time she bought herself a pack of cigarettes she would also buy him a pack of trading cards. This accomplished several things all at once. She could either improve the relationship with her son by supplying him with cards, and thus end the fruitless control battle over his behavior. Or she could improve the relationship with her son by allowing his "crazy" habit to be the thing that helped her quit smoking. Either way, it was the recognition of her will and the uniqueness of their situation that made the therapy work.

SM: Is that family typical of the patients you see in your practice?

DS: I work with a wide range of individuals. While most other professionals these days are being advised to specialize in a certain set of problems, I am specializing in getting to know the person behind the problem. It is a mistake to think that all instances of depression should be treated in the same way. Or that all instances of any clinical problem should be treated in the same way.

I do not mean to imply that there is no value in general theories of human behavior. Furthermore, I know from my previous experience as a specialist in the area of domestic violence, that often specialists are able to recognize certain patterns of behavior and offer a level of care that exceeds the abilities of someone less experienced in that area. But the overly reductionistic trend toward viewing people through the lens of a single academic construct continues to erode our status from a reasoning practitioner to that of a semi-skilled technician.

A technician does not need to understand why he does what he does. He simply needs to know which hole to stick the peg into. In the most extreme instances of standardized therapy, a clinician does not need to know how to use clinical reasoning but instead administers a test, which produces a label, which then fits with a protocol of treatment complete with transcripts designed by someone who has no direct knowledge of the person being treated nor any appreciation of the skills possessed by the therapist. It is a very dehumanizing process. By contrast,

when informed decision making is brought into practice, then evidence is collected on a case-by-case basis, numerous hypotheses are generated and tested, and new knowledge is developed. The scientifically informed practitioner is able to learn something new about therapy from every person he encounters. As Erickson explained to Zeig, with each new session, "I am purely interested in what I can learn" (in the video *Celebrating Milton H. Erickson, M.D.*, 2001, Foundation Press).

SM: How does that work in practical terms?

DS: There are many different ways of learning more about the person who has come to you for help. Scott Miller is an important leader in advocating that clinicians use data derived directly from the patient in order to arrive at informed decisions. This type of scientifically informed practice uses single-subject outcome measures and therefore requires much lower levels of inference. The logic of it is very simple. For example, if I have a woman standing in front of me and I want to know how tall she is, should I (a) consult a statistical manual in order to determine the average size of females from her category and then infer that this is her actual height, or (b) pull out a measuring tape and take a measurement. There are some managed-care companies out there that would have us believe that "a" is the correct answer. Unfortunately, these policy makers are not as interested in whether or not the patient shows signs of progress during therapy as in dictating what type of therapy the clinician is allowed to employ.

In my practice, I routinely collect qualitative and quantitative information on paper using a three part system. I call this set of assessment protocols the *Short Assessment System (SAS)*. It is my system so the pun is intended. I am very fond of efficiency. Using therapeutic assessment techniques I am able to conduct therapy while I gather information to formulate a treatment plan. In a few instances, the patient has learned enough new information following the initial assessment that no further therapy is required. Because I do not like to waste time administering and scoring tests, the two most frequently used SAS forms are designed to be completed in 200 seconds or less. It is a subjective measure so the raw

See *INTERVIEW* on page 24

B O O K R E V I E W***The Present Is A Gift: Mo' Better Stories From The World Of Brief Therapy***

By, Michael F. Hoyt.

New York: iUniverse. 2004.

What a fine book! Michael Hoyt has presented a thoughtful, passionate, highly intelligent and encyclopedically informed discussion of brief psychotherapy that should provide a rich reading experience for anyone interested in good stories and strength-based, time-sensitive therapy.

After the engaging Preface -- in which he appreciates such concepts as de Shazer's "making a difference," White & Epston's "reauthoring," Goulding and Goulding's "redeciding," and Erickson's "utilization" -- Hoyt explores how the concepts of narrative construction and "storying" can make therapy more effective and efficient. He combines a personal, down-to-earth style with a vast knowledge of the literature, drawing from extensive clinical experience as well as humor, poetry, and candid revelation to illustrate the importance of language and worldviews that inspire and empower.

The opening chapters focus on brief therapy, uses of counter-transference, and what friends and clients have taught him about therapy and rehabilitation. The longest chapter, an extensive review and examination of solution-focused therapy, is by itself worth the cost of the book. Throughout, Hoyt contends that one's personal reality is the story one tells oneself; that humans live by meanings rather than merely by perceptions or facts. "How we make sense of our world - the stories we tell ourselves and each other -- does much to determine what we experience, our actions, and our destinies. Some stories are better than others because they are more enlivening and encouraging, helping people to get more of what they want. They carry wisdom and hope. They open people's hearts and touch their feelings. They speak to the person's truth or dream. They tap into our strengths and resources. They invigorate us, making us feel more alive and more deeply human." At one point Hoyt asks, "we all get to decide: Will our life be prose, or poetry?"

As an eminently practical person, Hoyt makes it clear that though we make our own histories, we don't make them out of whole cloth but rather out of the materials presented and available to us. In a chapter (written with Phillip Ziegler) on postmodernism and its bearing on therapy, a whole range of ethical, moral and epistemological issues are considered. In reviewing the pros and cons, they affirm "postmodernism's emphasis on the social basis of meaning-making and its challenges to taken-for-granted assumptions," but also warn against "promoting a relativist nether-land that is potentially destructive, preventing people from...feeling that one is in a shared world with other people." The last three chapters become much more personal as Hoyt describes how he embodies his narrative constructive theoretical perspective and discusses some of the influences and training experiences that have shaped his thought.

Hoyt has the enviable knack of boiling opaque complexity down into transparently clear nuggets. His writing is colorful, arresting, and laden with apt poetic citations. *The Present is a Gift: Mo' Better Stories From The World of Brief Therapy* is a real pleasure to read because the intelligence and kind humanity of the author shines through every line. We highly recommend this book.

Reviewed by

John Frykman, Ph.D. and Murray Korngold, Ph.D

Subscribe to the Erickson Listserv:
www.topica.com/lists/EricksonList

INTERVIEW

continued from page 23

score is the final score. There is no need for mathematical computation. It is a very straightforward means of learning more about the person in front of you. It also provides good documentation for how important clinical decisions are arrived at.

The information collected through SAS results in the formation of the treatment plan with a signed contract, the selection of therapy methods to meet the needs of the patient, progress monitoring, monitoring of rapport, and final outcome data. This information helps me know the most important topics to address when I begin each session, in what area the patient is most strongly motivated to pursue therapy, and the emotional and intellectual impact of each session on the patient. In addition to telling me what to do more or less of, the data from these forms also provide the patient with an opportunity to review their own experiences during the course of each session. Recently, I have begun training others in using this system and had impressive

results. I am looking forward to speaking about this topic at the 2004 Ericksonian Congress.

SM: You do a lot of work with graduate students. Is contributing to the development of new clinicians a priority for you?

DS: Yes, definitely. The training a person receives during his or her graduate internship is extremely important because it is these early experiences that form a foundation for all future learning experiences. Yet this should be a foundation without walls. I do not believe that the interns I supervise need to learn from me about how to be a therapist. My goal is to show them how to teach themselves to become a better therapist with every single session they conduct. This idea of learning how to do therapy from one's patients is fitting with the individualized approach of Ericksonian therapy.

SM: You're also involved with the recently formed Phoenix Institute?

DS: Yes, as a training affiliate. Steve Lankton has taken the lead in

formulating some really exciting plans for the Institute. The outreach from the Institute will be both to professionals and the surrounding community. Steve has recently negotiated a new program with Barnes & Noble that will allow affiliates of the Institute to come into the stores and speak with members of the public who would like to know more about hypnosis and psychotherapy. Hopefully this will help debunk some of the myths about hypnosis while promoting the type of care provided by Ericksonian practitioners.

SM: You are obviously dedicated to this work. How did you first get involved in Ericksonian activities?

DS: Like so many others, I read Jay Haley's *Uncommon Therapy* and was fascinated by Erickson's case work. When I discovered that his daughter, Betty Alice, was conducting therapy and training in the Dallas area, I immediately sought her out. Even though I was young and inexperienced, she expressed a strong interest in my ideas and confidence in my developing abilities. At first, I just thought she was being nice. But then my career began to develop exactly as

she predicted. Her sister, Roxanna soon became another important resource. Roxanna, much like her father, has this uncanny ability to quietly lead from behind. There is no doubt that I would not be where I am today if it was not for the positive influence of these two individuals. I feel fortunate to have had the opportunities I have been given. I am especially grateful to Jeff Zeig for allowing me to serve a two-year tenure as Associate Director at the Foundation. This experience has taught me more than any other and his encouragement has been particularly meaningful for me. This is the type of thing for which I aspire. Opportunity is best enjoyed when treated as seed, something to be scattered all around you. That is some of what makes being an Ericksonian practitioner so fulfilling.

SM: Dan, it has been an extraordinary privilege getting to work with you, and learn with you. Thank you for taking the time to do this interview.

Editors Note: For more information on the assessment devices described in this interview, visit www.sas-forms.com.

Subscribe to the Erickson Listserv: www.topica.com/lists/EricksonList

Newsletter Subscription and Donation Form

CHECK ALL THAT APPLY:

- Please find my donation of \$_____ to support the activities of The Milton H. Erickson Foundation, Inc. (The Foundation is a non-profit corporation and donations may be tax deductible within IRS guidelines.)
- I am not currently on your mailing list. Please add my name so that I may receive the *NEWSLETTER* and other information about activities sponsored by The Milton H. Erickson Foundation. (NOTE: Students must supply a letter from their department indicating full-time graduate student status in an accredited program.)
- I live outside the United States, and would like to be placed on your Foreign mailing list to receive the *NEWSLETTER* three times each year. I have enclosed a donation of \$20 US to help defray the cost of postage for my two-year (six issues) subscription to the *NEWSLETTER*.
- I have moved, please correct my address as stated below.
- I no longer wish to be on The Milton H. Erickson Foundation mailing list. Please remove my name from your list.

Eligibility: The *NEWSLETTER* is available to professionals in health-related fields including physicians, doctoral-level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (e.g., AMA, APA, ADA). The *NEWSLETTER* is also available to professionals with mental health-related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Applications from graduate students in accredited programs leading to a degree in the above fields will be accepted if they supply a letter from their department on letterhead stationery certifying their full-time status.

Please accept my donation of: \$_____

- VISA MasterCard AMEX DISCOVER

Account Number: _____ Exp. Date: _____ Cardholder's Signature: _____

- Other (PLEASE, DO NOT SEND CASH): _____ (Checks made payable to *The Milton H. Erickson Foundation*, in US Funds, drawn on an American Bank)

PLEASE PRINT CLEARLY:

Name: _____ Highest Degree: _____

University where highest degree earned: _____ Major: _____

Street Address: _____

City _____ State: _____ Zip/Postal Code: _____ Country _____

Daytime Phone: _____ Fax: _____ E-Mail: _____

RETURN COMPLETED FORM TO:

The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500
TOLL-FREE in the U.S. 877/212-6678 ♦ Phone, 602/956-6196 ♦ Fax, 602/956-0519 ♦ E-Mail, mhefvol@aol.com