



The Milton H. Erickson Foundation NEWSLETTER

Vol. 29, No. 2

Summer 2009

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I N T E R V I E W

Jeffrey K. Zeig, Ph.D.

May 20, 2009

Dr. Zeig is the architect of The Evolution of Psychotherapy Conferences, considered to be the most important conferences in the history of psychotherapy. He organizes the Brief Therapy Conferences, the Couples Conferences, and the International Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy, Dr. Zeig is on the Editorial Board of numerous journals and Fellow of the American Society of Clinical Hypnosis and the American Psychological Association (Division 29).

A psychologist and marriage and family therapist, Dr. Zeig has a private practice, and conducts workshops internationally (40 countries). He has been an invited speaker at major universities and teaching hospitals including The Mayo Clinic, Menningers and MD Anderson. Dr. Zeig is president of Zeig, Tucker & Theisen behavioral sciences publishers and is on the Board of Directors of the Milton H. Er-



rickson Foundation. He has edited/co-edited or authored/co-authored more than 20 books that appear in eleven languages.

Dr. Landis:

(L) In 1980 the first *International Congress on Ericksonian Approaches to Hypnosis and Psy-*

chotherapy was created by The Milton H. Erickson Foundation to honor Dr. Erickson. How did the Foundation come to sponsor the *Evolution of Psychotherapy*, a conference that spans the range of psychological perspectives?

Dr. Zeig:

(Z) Well, it was not Dr. Erickson's goal or desire to establish a separate school of Ericksonian therapy. The Erickson Foundation has never been a membership organization and we do not certify people as Ericksonian psychotherapists or teachers of Ericksonian psychotherapy. So in keeping with Dr. Erickson's tradition, a goal of the Foundation has been to insert Ericksonian thinking and philosophy into the mainstream of psychotherapy. And we do this by organizing multidiscipline conferences, such as the Evolution of Psychotherapy Conferences and the Brief Therapy Conferences. Also, our Couples Conference brings together experts from various disciplines of couples therapy. And so this has continued to be the guiding philosophy and goal of the Foundation – how can we create generative dialog across disciplines that provides cross-fertiliza-

See INTERVIEW on page 19

The Evolution of Psychotherapy Conference 2009 –

*Don't miss your opportunity to attend
the world's largest conference on psychotherapy!*

The *Evolution of Psychotherapy Conference* will be held December 9-13, 2009, at the Hilton Anaheim and the Anaheim Convention Center, Anaheim, California. A Pre-Conference workshop with presentations by Daniel Amen and Andrew Weil, *Optimal Brain, Optimal Body*, will be held on Tuesday, December 8, 2009. In addition, a Post-Conference workshop on *Experiential Approaches Combining Gestalt and Hypnosis* with Erving Polster and Jeffrey Zeig will be held on Monday, December 14, 2009. The Conference is sponsored by The Milton H. Erickson Foundation, Inc. The Evolution Conference currently has more than 5,000 registered attendees representing more than 40 countries.

Primary Faculty include: Albert Bandura, David Barlow, Eugene Gendlin, William Glasser, John & Julie Gottman, Otto Kernberg, James Hillman, Jean Houston, Marsha Linehan, Cloé Madanes, Donald Meichenbaum, Salvador Minuchin,

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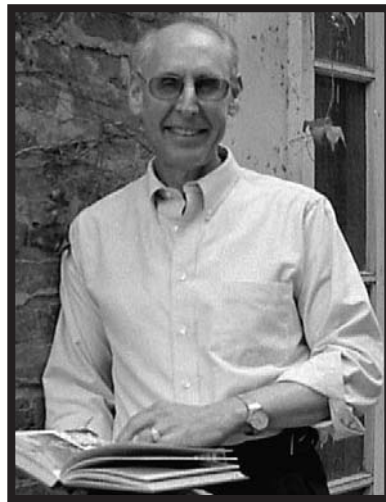
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EDITOR'S COMMENT

As I said in the previous issue, in preparation for the *Evolution of Psychotherapy Conference* in December, this year's Newsletters are dedicated to reviewing some past and present themes that represent psychotherapy's evolution through Ericksonian eyes. Given that this year also celebrates the 30th anniversary of the founding of the *Milton H. Erickson Foundation*, it seems fitting that our *Featured Interview* be with one of the Foundation's original architects, Jeffery Zeig. In the interview, Zeig gives an insightful view of how the field of psychology has evolved and how this has been reflected in the development of the *Evolution Conferences*. I was so fascinated with his comments on his own evolution that I asked if he would also write our *Facets & Reflections* column this issue. It is wonderful.

I appreciated Zeig's comment in the *Featured Interview*, "... [I]n keeping with Dr. Erickson's tradition, a goal of the Foundation has been to insert Ericksonian thinking and philosophy into the mainstream of psychotherapy. Therefore, we have included several cross-pollinating sub-themes in this issue.

The clinical utilization of spirituality is our first theme. In the *In the Spirit of Therapy* column, John Lentz interviews Judith Beck, a faculty member at the *Evolution Conference*. She shows both an intellectual and heart-centered approach to her personal and professional spiritual understandings. Lentz also reviews Bill O'Hanlon's *Pathways to Spirituality: Connection, Wholeness, and Possibility for Therapist and Client*. This O'Hanlon's book presents an interesting "how to" approach. In a spiritually-related book, Maria Escalante de Smith gives a very personal review of Alexander and Annellen Simpkins' *Meditation for Therapists and Their Clients*. It is a worthy read. Our final spiritual focus is Ruben Battino's review of Viktor Frankl: *A Life Worth Living* by Anna Redsand. Battino, the author of *Meaning*, a biography in play form, is fascinated how Redsand writes such about such a deeply spiritual man in a style meant to



attract young readers.

In our second theme, we look at Ericksonian applications in the medical domains. I was pleased when the suggestion to review *Ultradian Rhythms from Molecule to Mind* edited by David Lloyd and Ernest Rossi came up. Richard Hill's review of this compilation is an excellent bridge between the spiritual and biological/medical themes. Cecilia Fabre presents the *Milton H Erickson Institute of Mérida, Yucatan* in her *Introducing the Institutes* column. She highlights the medical underpinnings of the Merida Institute and their original focus on hospital and clinic applications. They have expanded throughout their entire area and continue to evolve from their 1990 beginnings. Michael Grusenmeyer, an emergency room physician, gives his review of Mary V. Augustyn's *Stop-Breathe-Focus*. He has found either the book or CD version, "... just what the doctor ordered" Grusenmeyer also reviews Donald C Brown's, *Advances in the Use of Hypnosis for Medicine, Dentistry, and Pain Management/Prevention*. This book is a compilation of several medical applications of hypnosis presentations at the *Sixth Frontiers in Hypnosis Assembly* held in Halifax, Nova Scotia in 2003. We are also including John Lentz's review of Linda Thomson's two CD set of *Stress Free Surgery: A self-relaxation program to help you prepare for and recover from surgery*. Thomson uses both directive and permissive styles for the patient to

listen to, and from which the clinician can learn.

Our third theme focus is on relationships. Albina Tamalonis reviews a classic videotape presented by Jay Haley and Madeleine Richeport-Haley, *Unbalancing A Couple*. It is wonderful. Again, John Lentz offers us an energetic review of *Hypnosis in Relationships*. This is the first of two reviews in the *Learning Solutions in Hypnosis* with Robert McNeilly, M.D. series. Lentz's introduction to the review says it all, "What a delightful DVD demonstration of Dr. Robert McNeilly's method of using Hypnosis to enhance relationships." Lentz then covers the more structured techniques and formal presentation of *Behind Closed Doors: Eight full sessions of Imago Relationship Therapy* by Francine Beauvoir and Bruce Crapuchettes. Comparing the two reviews emphasizes the span that successful therapies can extend.

Our remaining reviews extend the range of the preceding themes. In the second DVD review of the Robert Mc-

Neilly series, *Healing Sexual Abuse*, Lentz presents a masterful demonstration by McNeilly that both pays homage to Erickson and demonstrated McNeilly's unique contribution to the field of hypnotic language. A second demonstration is reviewed by Ruben Battino: Bill O'Hanlon's DVD *Demonstration of Inclusive Therapy* is O'Hanlon at his best.

To round off our reviews, Consuelo C. Casula reviews the second volume of Linda Thomson's *Harry the Hypnotamus: More Metaphorical Tales for Children*. This is a fun and worthy read. Maria Escalante de Smith brings her special view of Michael White's *Maps of Narrative Practice*.

All of these articles and reviews are wonderful examples of the cross-pollination of therapeutic ideas and perspectives. And in keeping with Dr. Erickson's desire to insert Ericksonian thinking and philosophy into all forms of psychotherapy, please join us at the *Evolution of Psychotherapy Conference* this December in Anaheim, California.

The Newsletter is Online! www.erickson-foundation.org

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David Burns	Scott Miller
Nicholas & Janet Cummings	Violet Oaklander
Robert Dilts	Christine Padesky
Stephen Gilligan	Mary Pipher
Steven Hayes	Daniel Siegel
Harville Hendrix	Michele Weiner-Davis
Kay Redfield Jamison	Derald Wing Sue
Bessel van der Kolk	Michael Yapko

Keynote Speakers

Aaron Beck	Andrew Weil
Deepak Chopra	Irvin Yalom
Salvador Minuchin	Philip Zimbardo
Robert Sapolsky	

Pre-Conference Presentation

Tuesday, December 8

Optimal Brain - Optimal Body

Daniel Amen Andrew Weil

Post-Conference All-Day Session

Monday, December 14

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Erving Polster Jeffrey Zeig

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evolutionofpsychotherapy.com

Stay tuned to our web site for conference updates.

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

By Jeff Zeig

When I visited Dr. Erickson I stayed in the bedroom in his guesthouse. I was putting away my things and I found a box on the floor of the closet containing old reel-to-reel audiotapes of Dr. Erickson's lectures to medical audiences in the 1950's and 1960's. Remember that he was teaching to medical audiences. The audiences then did not consist primarily of psychotherapists or counselors, because there weren't so many psychologists or counselors in the 1950's and '60's.

I asked Dr. Erickson, "Could I listen to these old tapes and, could I put them in a more modern form so they could be preserved for history?" He agreed that I could. I started listening to one of the old lectures and it was like one long induction of hypnosis. It was curious. It was surprising. And so I asked him, "Dr. Erickson, this wasn't really a lecture; it was like one long induction of hypnosis." And he said to me, "Oh, Jeff, I never listen to those lectures. I didn't teach content. I taught to motivate."

That reply was so eerie to me. I couldn't grasp it. I couldn't wrap my hands around the idea of teaching to elicit a state. I had never thought that somebody could teach to elicit a state. All of my educational life I had to learn facts. And only gradually did I begin to understand that hypnosis had become a lens, a way of seeing things differently, to Dr. Erickson. Freud would use psychoanalysis as a lens to examine literature or cultures. Dr. Erickson started to think in terms of eliciting states. A purpose of hypnosis is to use an artistic, sometimes-ambiguous forms of communication to elicit changes in state. The method need not be limited to formal trance; it could be applied naturalistically in therapy and even in teaching.

If you want to get information you can read a book, but if you want to experience ways in which you could *be* different you had to change your "state." I would put "state" in quotation marks because it is something one defines subjectively, rather than objectively. In my vocabulary I would think about curiosity as being a "state". I would think about *attentiveness* as being a "state." I would think about

the experience of *love* as being a "state." We change our state due to what we experience, not what we think. We know when we're being attentive. We know when we're being curious. We know when we're in love. But it is really difficult to define the phenomenological, social, physiological, contextual variables that compose the specific "state." It would seem to me Dr. Erickson would elicit specific psychosocial/contextual variables, and by doing so he would help people change their state.

When patients felt locked into some kind of symptom state, Dr. Erickson would elicit a flexible, effectiveness state that could be useful to them and enable them to help themselves make the transition from being stuck in an ineffective place into a more flexible, effective way of being.

He would ingeniously find a way to utilize whatever was given to him. Utilization serves as a foundation of an Ericksonian approach. If you read any of Erickson's cases, all of Erickson's cases, they all pivot around this concept of utilization. And utilization, too, is a "state." It's not a technique. The therapist goes into a utilization "state," response-ready to use constructively whatever exists in the therapy situation to advance the trance or to advance the therapy.

Almost all of my writings during the past 20 years have been explications of Dr. Erickson's utilization approach. And it has been a kind of Holy Grail that I've sought, to try to bring to the forefront the philosophy of utilization. One can maintain that the flexibility of the therapist to enter into effectiveness states, such as utilization, is a vehicle that helps patients to flexibly change their symptomatic "states"

EVOLUTION *continued from page 1*

Erving Polster, Ernest Rossi, Martin Seligman, Francine Shapiro, Thomas Szasz, and Jeffrey Zeig.

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Keynotes will be presented by Aaron Beck, Deepak Chopra, Salvador Minuchin, Robert Sapolsky, Andrew Weil, Irvin Yalom, and Philip Zimbardo.

The full Conference brochure is available Online: www.EvolutionOfPsychotherapy.com Online registration, hotel accommodation information, FREE downloads and more also is available on the Web site.

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In exchange for registration fees, graduate students and interns are needed to assist the faculty and staff at the meeting in December. Professionals expressing financial need also will be accepted. Volunteers work approximately four to five hours per day. A deposit of \$85 (\$50 is refunded post-conference) and a completed application packet is required to reserve your Volunteer space. For complete information, including the application packet, visit the Conference web site: www.evolutionofpsychotherapy.com and click on 'Volunteer' on the left sidebar.

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I N T H E S P I R I T O F T H E R A P Y

By John D. Lentz D. Min.

Judith Beck, Ph.D., is a state of the art Faculty at the Evolution of Psychotherapy Conference and frequent presenter at Foundation sponsored events. Two of the many books, papers, and chapters she has authored are *Cognitive Therapy: Basics and Beyond*, (Translated into 18 languages) and *The Beck Diet Solution: How to Train Your Brain to Think Like a Thin Person*. She is the director of **The Beck Institute for Cognitive Therapy and Research** and an Associate Professor of Psychology in Psychiatry at the University of Pennsylvania. She has presented at workshops around the world and is the past president of the **Academy of Cognitive Therapy**.

JL: How do you see spirituality impacting what you do and how you treat others?

JB: I have a very, very deep value to respect and honor my fellow human beings: clients, friends, family, coworkers, neighbors, or strangers. I think this value comes across to my clients. It's nothing I consciously think about. People who watch my DVDs with patients have commented on how carefully I listen to clients, how attentive I am to their affect, how I positively reinforce them whenever I can, how I genuinely elicit their feedback during and at the end of sessions, and how gently but diligently I work to help them solve problems and modify their dysfunctional thinking and behavior—because another strong value I have is to help people relieve their suffering as soon as possible.

JL: Do you get frustrated with clients who give you a hard time?

JB: I don't get frustrated with clients because I expect them to have problems—otherwise, why would they be coming to see me? It's completely understandable to me why, for example, a client with a personality disorder might avoid revealing, try to manipulate me, act superior, fail to show up for sessions, discount my suggestions, and so forth. In fact, the first thing I do when the occasional client becomes upset with me is to thank him or her for expressing negative feedback: "I'm so glad you told me that." And I *am* genuinely glad. If there's a problem, I want to know about it so I can try to fix it. I also don't get frustrated because I don't expect myself to be able to fully help

every client, though my effectiveness has improved over the years.

JL: What other values, do you think, show up in your work with clients?

JB: Another strong value I hold is that one's worth is not related to one's achievement. I've held this value for as long as I can remember, well before we had a special needs son who will never achieve in the same way as his sisters will. Many of my clients suffer a great deal because they believe they are only worthy if they achieve highly. They think it's extremely important to live up to their potential. I help them see how that idea has contributed to their misery and how striving to live up to one's potential in one area necessarily means falling short in other areas they value, for example, their potential in relationships, in spirituality, in creativity, in serving the common good, and so on.

JL: Does having a problem-solving orientation in your treatment limit how you can help a client spiritually?

JB: I don't think so. First, I don't assume that a spiritual solution is necessary for every client. I'm guided by the client's wishes. I do ask, when we're setting goals at the first session, whether a client has spiritual goals that he wants my help in achieving. Sometimes he has no spiritual goals. If so, fine, of course I respect that. If he does have spiritual goals, we figure out together whether I'm the right person to help him in this area or whether he wants to consult with someone else. If he wants to work with me on it, we figure out together when to address the goal. I've found most people with an Axis I disorder need targeted treatment to reduce their symptoms and their misery as quickly as possible. It's hard to experience a sense of spirituality when one is suffering acutely. For example, a client with panic disorder urgently needs to prove to herself that the physiological or mental sensations she is experiencing are highly unpleasant but are time-limited and do not lead to the catastrophe she fears. A client with depression needs an initial focus on structuring his day, becoming more productive, engaging in pleasurable activities, and solving the problems he'll be facing in the coming week. Once depression lifts, people often find their sense of spirituality returning, without

I observe religious ritual in a minor way and celebrate religious and secular holidays and life cycle events with my wide circle of family and friends and religious community in a major way.

our needing to work on it directly, especially if the depression had been making them feel less connected to a higher being, just as depression usually makes people feel less connected to other humans.

JL: How has being the daughter of a famous man impacted your spirituality?

JB: I don't think having a *famous* father has impacted my spirituality. Certainly having a warm, caring dad has helped provide a secure base all my life—though I have to credit my wonderful mother, quite famous in legal circles in Pennsylvania, even more. I do feel grateful every day for my parents.

JL: What is one way you take care of yourself spiritually outside of the therapy room?

JB: Most of my spiritual fulfillment comes from my very close relationships with my husband and our three now adult children, my parents, my siblings and their families, and my friends. It's the daily or weekly interactions with them that nourish me. I observe religious ritual in a minor way and celebrate religious and secular holidays and life cycle events with my wide circle of family and friends and religious community in a major way. I am so fortunate, too, that I am automatically conscious every day of my many blessings.



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INTRODUCING THE INSTITUTES

Milton H Erickson Institute of Mérida, Yucatan

Interview by Cecilia Fabre, MA, MHEI of Cuernavaca, Mexico

Email: djrbeltran@prodigy.net.mx

I am pleased to introduce the Milton H. Erickson Institute of Mérida, Yucatan, originally established in 1990 by Luis Sánchez Solís, MD, honorary chairman of the present day Board of Directors. Currently, Dr. Sanchez shares the leadership with Juan Ramón Beltrán, MD, Executive Director, and Luis Manuel Alcocer, MD, Academic Director. The Merida Institute began to take shape in the 1980s, due to the concerns of a group of physicians of *Instituto Mexicano del Seguro Social* (IMSS), a community medical hospital. The doctors had consistently observed that many of the problems motivating individuals and families to go for medical consultation had a psychological and emotional background. Consequently, they started meeting to study texts from human communication theory and systemic family therapy. They invited Felipe Carrillo, MD, a family physician from the State of Sonora, to lead the readings on Gregory Bateson and others. Dr. Carrillo, with extensive experience in psychiatric hospitals, had studied systemic family therapy in Paris.

Initially, Dr. Sanchez, the late Vázquez Ermilo Moguel, MD, Rafael Martínez Lugo, MD, and two professors from the State University of Yucatán, combined efforts to create a private practice clinic of family integration, as they continued their work in the community hospital.

The original group dispersed for different reasons. In 1990, Dr. Sanchez met with other colleagues from the original study group: Emilio Álvarez, MD, Jorge Contreras, MD, and Julio Mendoza, MD. They began to study and practice classical hypnosis at the Faculty of Medicine of the State University of Yucatán.

There were records dating from 1950 on the use of medical hypnosis in the Yucatan by Mario Lezama, MD. He introduced the use of medical hypnosis in rural communities so remote they were only accessible by air. These



From left to right: Juan Ramón Beltran, MD, Executive Director; Luis Manuel Alcocer, MD, Academic Director and Luis Sánchez Solís, MD, Founder and Honorary Director.

clinics lacked any anesthetics for the inland populations; the utilization of hypnosis helped doctors to elicit pain reduction or pain control in fractures and in dental work. They contacted Dr. Lezama, who kindly offered instruction and training to the group of interested doctors. In 1992, during a trip to Mexico City, Sanchez, Mendoza, and Contreras met with Teresa Robles, Ph.D. and learned of the existence of the first Milton H. Erickson Institute in Mexico, which professionally studied and worked with hypnosis. At the time, Robles and Jorge Abia, MD were co-directors of the Institute.

It was this first contact that enabled them to create formal studies and begin dissemination of Ericksonian hypnosis in the Yucatan. Shortly thereafter they began to plan the Milton H. Erickson Institute of Mérida.

Robles and Abia traveled to Mérida on five occasions to impart intensive training to many groups of physicians and psychologists. The interest to acquire further skills in hypnosis grew, and on two occasions in 1995 Drs. Sánchez, Álvarez, Contreras and Mendoza invited Jeffrey Zeig, Ph.D. to teach courses on fundamentals of hypnosis and Ericksonian psychotherapy. The enthusiasm of participants grew, and they wanted to establish a formal institution for learning.

Dr. Julio Mendoza designed the logo of the Institute of Mérida that shows the roots of the Mayan Institute. This is the image of an Indian shaman who utters the famous words of Dr. Milton H. Erickson ... "And my voice will go with you" written and spoken in Mayan: *In t'aaan Bin xiic ta huétel*.

For a while, Instituto Milton H. Erickson Mérida decreased its activity to occasional meetings and courses of study. Although the seeds were asleep for a while, they were still alive. The founders continued to meet regularly and to study while maintaining active correspondence with the Erickson Foundation in Phoenix.

In 2001 Alcocer, a physician specializing in family medicine, joined the group. He has a master's degree in Family Therapy, with a master course in Neurolinguistic Programming and Ericksonian hypnosis and psychotherapy. In 2002, Juan Ramón Beltrán also joined the team. He is a homeopathic physician and surgeon, with a Masters degree in humanistic psychotherapy, another in Ericksonian Psychotherapy and a certificate as a trainer in Neurolinguistic Programming. Currently Dr. Beltran is attending an academic doctoral program in Brief Therapies.

During the Fourth Latin American Congress of Ericksonian Psychotherapy in Cuernavaca (2003), Beltran and Alcocer met with Robles, Director General of Centro Ericksoniano de México (CEM), to develop an action plan for the Institute in the city of Merida. From that moment the MHE Institute of Merida again came to life and began a partnership with Centro Ericksoniano de Mexico, as well as some Universities in the city. The Institute activities include: training in clinical hypnosis and its application to various fields such as family, couples, children, adolescents, and self-hypnosis. In 2006 the Institute consolidated its registration with the authorities of

the city to form a civil partnership under the name of Milton H. Erickson Institute de Mérida, Yucatán with Juan Ramón Beltrán as General Director and Luis Manuel Alcocer as Academic Director.

In the same year, in partnership with Centro Ericksoniano de México, the Merida Institute began formally to provide a Masters Degree program in Ericksonian Psychotherapy to 22 students. In 2008 they started their second generation. Currently, the third generation is underway. Since 2006, Beltrán and Alcocer have been invited by Teresa Robles to be part of the group of instructors who travel to other Erickson Institutes throughout Mexico to teach the diverse subject matters of the Masters Degree program in Ericksonian Psychotherapy, pioneered by Centro Ericksoniano de Mexico.

They currently participate with several civic associations in the state of Yucatan, providing psychotherapy using the Ericksonian approach to groups such as Alcoholics Anonymous; groups of parents with children with special needs; children with terminal cancer; suicide prevention, as well as supporting the integration of community groups, and collaborating with the Secretariat of Public Education. In addition, the Merida Institute offers lectures and courses in several Universities throughout the State of Yucatan and neighboring states, disseminating and publicizing the life and work of Dr. Erickson and the new work developed by his many students.

The director and the Institute continue training and learning from the work, life and philosophy of this great master, Milton H. Erickson, whose legacy is still being uncovered. They have created a study group among teachers, current students, and graduates of the masters program. Their desire is to disseminate the work of a man who inspires their life and inspires them to serve their fellow human beings, their society, and Mexico. Their utmost desire is to serve humanity, promoting integral mental health, giving support to each person who knocks on their door, and to assist him or her in promoting a healthier everyday existence.

CALL FOR PROPOSALS

BRIEF THERAPY CONFERENCE

December 9 - 12, 2010 Orlando, Florida

PRESENTATION COVER SHEET

The Milton H. Erickson Foundation is calling for proposals for the **2010 Brief Therapy Conference**. Those interested in presenting a Solicited Short Course on the topic of short-term therapy methods (or closely related area), may submit **(1)** a 200-word presentation summary, **(2)** a 50 word abstract, **(3)** two educational objectives, **(4)** two true/false questions to be used for continuing education purposes and **(5)** curriculum vitae of all presenters in your program. **Two** copies of each submission, except CVs, should be included in your packet. Send only **one** CV for each presenter. Preference will be given to proposals that address the theme "*Brief Therapy: Lasting Solutions*."

There will be approximately 20 concurrent Solicited Short Courses with one and a half hours allotted for each Course on Thursday, December 9, 2010 from 8:30-10:00 AM and 10:15-11:45 AM. Short Course faculty receive complementary registration for the Conference, but pay their own expenses for food and lodging.

1) Individual submitting proposal: (All correspondence will be sent to this address)

Name: _____ Degree _____
 University where highest degree was earned _____ Major _____
 Professional License # _____ State _____
 Address _____
 City/State/Zip/Country _____
 Daytime Telephone _____ e-mail address _____

2) Names, Addresses and Degrees of copresenters (if any)

Note: All presenters **MUST** meet the Erickson Foundation's academic requirements of a master's degree or above from an accredited institution in a health-related field. Full-time graduate students enrolled in accredited programs also may present. Graduate students must submit a letter on letterhead stationery from their department certifying full-time student status.

3) Title of Presentation:

4) Audiovisual equipment required: VCR projector VHS player DVD player computer sound ties

Connections for a MAC ; please bring your own. Please bring your own laptop computer for a PowerPoint presentation.

Note: No other AV equipment, including laptops, can be provided.

Enclosure Checklist: (SEND AN ORIGINAL AND 2 COPIES) Attach this cover sheet to the original. The two copies should contain **ONLY THE TITLE** because the review process will be blind. Please **do not** include names on the two copies.

- 200 word presentation summary
- 50-75 word abstract (for publication in the program and syllabus)
- Educational Objectives (minimum of two objectives). In your objectives, indicate what participants will have learned at the end of the presentation. Be specific, e.g. 1) To list three principles of increasing patient compliance; 2) To describe three techniques used in brief treatment for depression
- Two true/false questions to be used for continuing education purposes
- Curriculum vitae of all presenters (One copy only)

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

Signature _____ Date _____

DEADLINE: Proposals must be postmarked by January 29, 2010. Acceptance or rejection will be sent by March 19, 2010

Mail proposals to: The Milton H. Erickson Foundation, Inc.
 2008 Brief Therapy Conference Short Course Committee
 3606 N. 24th Street, Phoenix, AZ 85016-6500 USA

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

INTERVIEW

On the Evolution of Psychotherapy Conference: A Conversation with Jean Houston

by Jeffrey K. Zeig, Ph.D.

Jeff: Jean, you have been one of the mainstays at Erickson Foundation conferences, keynoting, for example, our Brief Therapy Conference and you have been on the faculty of the Evolution of Psychotherapy Conference. What have you enjoyed about your participation, and how has it been meaningful to you?

Jean: Well I think, what is so extraordinary about these conferences, Jeff, is what you have harvested in the magnificent people who come. You've harvested the psychological genius of the human race. It is in one place you find people who represent the entire spectrum of the helping professions, and people who have great hearts. Compared to other conferences I've been too, it is a great-hearted conference. It is a conference of the compassionate ones, the ones who profoundly are making a difference on both individual lives, as well as in cultural life. It is where the action and the heart combine with the state-of-the-art meth-

As we understand our understanding of the human psyche and the ways that we can begin to release the extraordinary potential that lies within us, then I believe we have the capacity to work with the nature outside of ourselves.

ods in therapy to really profoundly make a difference in this world and time, especially a time where the expected is no longer expected, where there is a whole systems shift at every level of life, throughout this entire planet. Things are happening faster and faster. It is as if we are attending a kind of wake, if I may say so, a wake for ways of being that have been ours for perhaps thousands of years. So, to me, this is a place where one goes to really find not only the resources that one needs, the resources to really say, "How do you glean a world? How do you re-dream the dream?" We are living in a time of tremendous acceleration in the evolutionary process. We are either the neurons or the cancer of the planet, and we homo sapiens are now conscious of the tremendous capacity and responsibility that is ours—the capacity to direct the evolution or the destruction of ourselves, the earth, all its creatures and forms—and it is as if we have been coded for this time and this responsibility. And this is why the Evolution Conference is so important because in its own way, this Conference looks at the nature of the coding; looks at the nature of responsibility; tries to find ways to lift the veils of knotting and of obstruction that have been ours, especially in the industrial ages of the last two hundred years; and it helps us to get back to our essential humanity that allows us to participate in what we can only refer to as "conscious evolution."

The Conference is the way of standing on a threshold of a singular opportunity in the human experience, which is how to re-imagine our humanity in such a way that we live on earth in ways that honor each other, that honor the web of life, of culture, for both today and future generations. We can effect a revolution from the heart of being, the human heart.

So, here we are standing at the brink at the avalanche of avarice that has consumed us in the economic collapse, as well as the worldwide ecological and civilizational collapse. We are entering an age in which we need a new social contract between nations, between cultures, and above all, with nature itself. But nature itself begins not simply in the forest or on the shores, nature begins in the human psyche for ourselves. As we understand our understanding of the human



psyche and the ways that we can begin to release the extraordinary potential that lies within us, then I believe we have the capacity to work with the nature outside of ourselves. I believe that is why this Conference touches at the core issue of our issues of our humanity, and, indeed, of our destiny.

Jeff: Wonderful, Jean. The Evolution Conference has meant a lot to people. The 2005 Conference had 8,600 attendees who came from 40 different countries. Right now, it's July 31, the conference begins on December 8. We have about 4,500 people from 46 countries registered in this down economy, so it's been a really meaningful event for the attendees. So many people are gathering together and looking forward to coming

to the Conference. It's an opportunity for learning; it's an opportunity for networking; it's an opportunity for honoring some of the people whose work has shaped the face of 20th and 21st Century psychotherapy.

When you come to this conference, you have an outsider's perspective on the field of psychotherapy. You have seen psychotherapy develop. You've been a voracious learner because you attend sessions at the Conferences. You're looking forward to what you can learn. You're not just coming to teach; you're also coming to be a part of the experience, and, as a voracious learner, take away what you can and use that to empower your work.

Jean: Well, yes, I have found that more than any Conference I go to, it is your Conferences that provide me with information, with ideas, with resources, that I then give in the nature of my life. You can take what you learn out into the world, and hopefully be of greater use and service. It's being present with these extraordinary creators. It's like being present at the Creation-- all the generators are there! And they all show up--the greatest minds in therapy show up! The greatest minds in the harvesting of the human potential show up! And so there you are, really at the first place of the understanding of the human condition, with so many ideas, so many processes, so many networks. This is the place where you really come into the meeting with the fullness of the profession and with people of great heart, great compassion, very little ego. The faculty is not encapsulated bags of skin dragging around dreary little egos. It is a symbiotic, synergetic environment of becoming. It's like being present at the second genesis

Jeff: Fabulous. And, obviously, it's been meaningful to you, obviously, and it's been so meaningful to us to have you there. We know how much the attendees especially appreciate learning from you and feeling the vibrancy and the power and the vision of your message.

Jean: One of the things that part of my message is that we are gravely in need of a new story. All over the world--and I've worked in over a hundred countries--I find the old story dying. The new story has to be generated in the human psyche and heart, given the crisis and complexity of our time. What I find the most valuable of all the things that I've gathered in these extraordinary occasions is that the pieces of the puzzle of the story are alive and awakening and quickening. For me, it is a quickening experience where I find the nature of the new story being generated in ways that we can then begin to take it into the world because without the story, without the mythologically or storied culture, the world doesn't stand much of a chance.

Jeff: If there's a catalyst at the Evolution Conference for stimulating the story, you're it. Thank you so much. I really appreciate everything you've done and what a wonderful friend you've been to the Erickson Foundation over the years.

“Wizard of the desert”- The Life and Work of Milton H. Erickson

concept for a documentary film by Alexander Vesely

Milton H. Erickson, M.D. was struck by polio at age 17 and had to battle with the consequences of progressive muscle dystrophy all his life. In spite of, or because of, his limitations, Dr. Erickson began exploring new ways of healing himself, and eventually became one of the leading psychiatrists of the 20th century. His approach was tabbed, “Ericksonian Hypnosis and Psychotherapy,” and his ground-breaking techniques changed the world of psychotherapy. These methods continue to help people around the world find and access their own resources. Also named “the Mozart of communication” (by Gregory Bateson), Erickson and his hypnotherapy inspired many professionals and became the basis of many new schools of brief therapy, including strategic therapy, interactional therapy, Rossi’s mind/body approach, solution-focused therapy, NLP, outcome-oriented therapy, and the self-relations approach.

At the time Erickson’s new concepts meant a challenge to traditional psychoanalysis, and were not welcomed by the scientific community. Erickson’s refined approach had to overcome much criticism and even hostility before becoming recognized, but it opened the gates for other brief and “resource oriented” forms of psychotherapy. Erickson’s conviction and endurance eventually proved successful, fundamentally changing the way psychotherapy is applied and regarded by many today.

His legacy is unquestioned. However, to this day the personal story of Milton Erickson is unknown to people outside the field of psychotherapy. The personal story of triumph over both physical challenges and hostility in the professional field makes for a story worth being told. The purpose of this film is to tell this story to a new, general audience. Its main focus will be on three story-lines:

1. The personal story of Milton H. Erickson
2. The Ericksonian approach to psychotherapy
3. The legacy of Milton Erickson

1. The personal story is told by various members of Erickson’s family and former students. We learn about turning points in Erickson’s life. Young Erickson dealing with learning difficulties in school, laying paralyzed by polio in the hospital-bed at age 17, learning about the power of storytelling from fishermen on a canoe-trip. Some of the locations still existing today are being revisited. Some of these events are being re-staged with actors.

2. Parallel to the story of his life, the development and fundamental techniques of Ericksonian Hypnotherapy are being investigated. For this purpose, original footage of Milton Erickson working with clients is being shown for the first time. The footage is commented by Jeffrey Zeig, former student of Erickson and today head of the Milton Erickson Foundation. A close look at those original recordings reveals some of the magic of Erickson’s unique way of communicating with people.

3. Former students and today’s top experts in the field of psychotherapy are commenting on the significance and influence of Erickson’s work on psychiatry today. What can we learn from Erickson today? How can we integrate some of his ideas in our daily lives to improve?

Private stories told by friends and relatives round up the film by showing the humanistic, respectful and humorous attitude of Erickson. The film is produced

International Society of Hypnosis - ISH
XVIII International Congress

HYPNOSIS AND NEUROSCIENCE
Clinical implications of the new mind-body paradigms

Hosted by
SOCIETA' ITALIANA DI IPNOSI and SOCIETA' ITALIANA MILTON ERICKSON

Rome, Italy
September 22-27
2009

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by the Milton Erickson Foundation which will hold all rights. The Board of Directors has approved the project.

**Alexander Vesely
Director**

Born 1974 in Vienna, Austria, is licensed psychotherapist, MA PTH. (Sigmund Freud University, Vienna).

After various internships as directing and production assistant for television and at film academies in Vienna and New York he joined the CommEnt Production Group established by media-dramaturg, Christian Mikunda. Teaching seminars on film and psychotherapy at the Hochschule für Fernsehen und Film (HFF) in Munich, the U.S., Canada and Latin America. With his production company, “Clipwerk creative,” Vesely works as director of photography and director of short films, commercials and documentary films.

For more information on the project and the filmmaker, go to:

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

www.alexvesely.com

Contributions to the project in the form of interviews and donations are greatly appreciated.

THE ERICKSON FOUNDATION ONLINE STORE

The Erickson Foundation has made many products available for online purchase including books and audio/video recordings from past Conferences. Audio files (MP3) for immediate download also will be available in the coming months. Check back often for new products added to the already expanding list of new titles available for online purchasing. www.ericksonfoundationstore.com

CONFERENCE NOTES

Satir's Legacy: 20 Years Later and Beyond, a two-week intensive training sponsored by The Virginia Satir Global Network (formerly Avanta) and Science and Behavior Books, will be held September 4-14, 2009, at The Haven Institute on Gabriola Island, B.C., Canada. All proceeds to benefit The Virginia Satir Global Network, Inc. The training is offered by three internationally acclaimed trainers and authors who trained extensively with Virginia Satir: John Banmen, Maria Gomori, and Jean McClendon. Space is limited to 90 participants. For complete information contact reginaragan@mac.com or visit their Web Site: <http://haven.ca/db/a.courseDetail/id.221>. Online registration also is available.

The International Society of Hypnosis (ISH) will hold the XVIII International Congress, *Hypnosis and Neuroscience: Clinical implications of the new mind-body paradigms*, September 22-27, 2009, in Rome, Italy. Pre-Congress workshops (September 22-23) includes practical work with the Congress faculty; the Scientific Program (September 24-27) includes Keynotes, Invited Lectures-Addresses-Seminars, Symposia, Dialogues, Panels and Papers. The Congress is sponsored by Societa' Italiana di Ipnosi and Societa' Italiana Milton Erickson. For complete information contact Societa' Italiana di Ipnosi

Via Tagliamento 25 - 00198 Roma, Italy; Tel and Fax, +39.06.8548205; E-Mail, ipnosii@tin.it; Web, www.hypnosis.it

The Mary Goulding Memorial Conference – Redecision Therapy Conference, will be held November 5-8, 2009, at the St. Charles Avenue Hilton, New Orleans, Louisiana. This major Conference on Transactional Analysis and Redecision Therapy brings together leading theorists, trainers, practitioners, and group therapists for presentations, workshops, and in-depth institutes. The Conference also will celebrate the lives and contributions of the late Mary and Robert Goulding. For more information visit the Conference web site: www.redecisionconference.org; or contact the Program Chair, Janet O'Connor, Ed.D.; Tel, 520/360-0007; Email, southwesttraining@q.net

The sixth *Evolution of Psychotherapy Conference* will be held December 9-13, 2009, at the Hilton Anaheim and Anaheim Convention Center, Anaheim, California. A Pre-Conference workshop with presentations by Daniel Amen and Andrew Weil, *Optimal Brain, Optimal Body*, will be held on Tuesday, December 8; in addition, a Post-Conference workshop on *Experiential Approaches Combining Gestalt and Hypnosis* with Erving Polster and Jeffrey Zeig will be held on Monday, December 14, 2009. The Conference is sponsored by The Milton H. Erickson Foundation, Inc.

Primary Faculty include: Albert Bandura, David Barlow, Eugene Gendlin, William Glasser, John & Julie Gottman, Otto Kernberg, James Hillman, Jean Houston, Marsha Linehan, Cloé Madanes, Donald Meichenbaum, Salvador Minuchin, Erving Polster, Ernest Rossi, Martin Seligman, Francine Shapiro, Thomas Szasz, and Jeffrey Zeig. *State of the Art Faculty* will include: Judith Beck, Claudia Black, David Burns, Nicholas & Janet Cummings, Robert Dilts, Stephen Gilligan, Steven Hayes, Harville Hendrix, Kay Redfield Jamison, Bessel van der Kolk, Jack Kornfield, Harriet Lerner, Scott Miller, Violet Oaklander, Christine Padesky, Mary Pipher, Daniel Siegel, Michele Weiner-Davis, Derald Wing Sue, and Michael Yapko. Keynotes will be presented by Aaron Beck, Deepak Chopra, Salvador Minuchin, Robert Sapolsky, Andrew Weil, Irvin Yalom, and Philip Zimbardo.

The full Conference brochure is available Online: www.EvolutionOfPsychotherapy.com Online registration, hotel accommodation information, FREE downloads and more is available on the Web site.

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; Email, office@erickson-foundation.org

Special Offer for Newsletter Readers — Save \$50 off current registration fees!* Use the registration form on page 3 to register at the reduced rate before October 15, 2009.

*New registrations only

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2009		
9/16-17	Ericksonian Therapy / Cologne, Germany / Jeffrey K. Zeig, Ph.D.	1.
9/19-20	Ericksonian Therapy / Switzerland / Zeig	2.
9/22-27	International Society of Hypnosis (ISH) Congress / Rome, Italy / Invited Presenters	3.
10/1-4	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	4.
10/5-9	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent Geary, Ph.D., Zeig, and Invited Presenters	5.
10/12-16	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, and Invited Presenters	5.
10/9-11	Supervision Training in Ericksonian Hypnosis (ongoing) / Guadalajara, Mexico / Zeig	6.
10/22-25*	Intermediate Ericksonian Hypnotherapy – Level II / Dallas, Texas / Erickson, Beckman, Handy, and Special Guest Faculty *Dates Subject to Change	7.
12/9-13	The Evolution of Psychotherapy Conference / Anaheim, Calif. / Invited Faculty	5.

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6. Juan Francisco Ramirez Martinez / Email, juan_francisco@mac.com
7. Milton H. Erickson Institute of Dallas, 4144 N Central Suite 520, Dallas, TX 75204 ericksondallas@sbcglobal.net; Tel, 214/824-2009

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 \$25 fee, per listing, is required. Deadline for the 2009 Fall/Winter Issue (mailed December) is October 1, 2009. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact the Erickson Foundation at 602/956-6196; mhreg@aol.com

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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 the Foundation's web site: www.erickson-foundation.org.
The Erickson Foundation will not sell or rent your E-mail address to any person or organization.

***Pathways to Spirituality:
Connection, Wholeness, and Possibility
for Therapist and Client***

Bill O'Hanlon M.A.

Published by W.W. Norton and Company

New York, London

ISBN 10 0-393-70489-0

Copyright 2006

Bill O'Hanlon deserves a lot of praise for this book. It does what many ministers have not done, whether in books or sermons. It offers clear paths to improving spirituality. While it offers paths that are practical and beneficial, it is also easy to read. Before you know it, you will feel appreciative that you have picked up a copy. Not only will you want to use the tips O'Hanlon offers to help your clients, you will find them useful yourself. The practical nature of what he offers and the no-nonsense style of writing make the book easy to use and appreciate.

O'Hanlon offers a compelling reason for therapists to provide a more spiritual dimension to their clients. He cites statistics along with a straightforward manner for recognizing how spirituality can help clients in ways that enhance other aspects of therapy.

Defining spirituality in a simple way, O'Hanlon includes a framework that

makes it user-friendly. His definition contains three parts: connection, compassion, and contribution. Dividing spirituality into these three parts, O'Hanlon offers concrete ways to assist people to improve their connection, compassion, and contribution to the world and to others.

This book is not rocket science. You will probably think, something like, "of course", but then you might wonder why someone didn't think of elucidating these concepts before. The sense of reading what you somehow intuitively know is what is creative about O'Hanlon's book. It brings things together in a practical way that are obvious, and yet, not previously compiled in such a useful manner.

O'Hanlon also offers a helpful assessment of spirituality to help clients get in touch with the three C's. This framework makes it useful and allows any person, whether religious or non-religious, to appreciate this work and get something from it. The book provides a method of assessing spirituality in ways that are not steeped in a religious tradition. In fact, I found myself wishing that even ministers who have no interest in therapy would read the book and learn from it. I have recommended it to several people already. You may find yourself doing so as well.

In short, this book is a useful and practical tool for anyone wanting to help others improve their spirituality.

Reviewed by

John D. Lentz D. Min

Shepherdsville, KY

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B O O K R E V I E W

Ultradian Rhythms from Molecule to Mind

David Lloyd & Ernest Rossi (Eds.)

Published by Springer

2008

ISBN-13: 978-1402083518

454 pages

What makes us tick? This is a familiar colloquial expression about the mysteries of how we function right down to the unknown depths of our biological being. Ernest Rossi has teamed up with David Lloyd, Professor of Microbiology at Cardiff University, to edit this volume with chapters by international experts that seek to answer this question on many levels from mind to gene. Most of us are aware of our daily circadian rhythms, but now we are learning that there are many life cycles of shorter duration within the 24-hour day. These shorter cycles are called "Ultradian Rhythms" (from the Greek *ultra diem* – more than one a day). Milton Erickson was known to see patients for about 90-120 sessions. When Rossi

*Ultradian rhythms that occur in sleep
and dreams are vital for memory
development, making meaning,
and creating associated brain plasticity.*

shared his discoveries in the research literature with Erickson regarding a natural 90-120 minute basic life cycle of rest-activity, they had an epiphany -- they literally shared tears of joy. This fact has proved to be the deep psychobiological foundation of Erickson's therapeutic hypnosis.

This volume is unapologetically scientific in presenting theories and techniques of the psychogenomic foundations of psychotherapy research. I found it worthwhile to persist through some of the detailed laboratory science that provided more than I actually might want to know because of the integrations, summaries, and conclusions. The science provided gems for understanding the creative dynamics of psychotherapy. Rossi's chapter, "Open questions on mind, genes, consciousness, and behavior" reviews the data relating his new theory of psychotherapeutic dialectics, hermeneutics, and therapeutic hypnosis to gene expression and brain plasticity. The next chapter by the Brazilian neuroscientists, Ribeiro et al., review their pioneering research on "Genes, sleep and dreams," which offers an original panorama of the evolution of consciousness and its relationship to novel and salient life experiences in the daytime that are consolidated into new neural networks during sleep and REM dreaming that create a more adaptive future.

Other chapters of this volume are devoted to the implications of ultradian and circadian rhythms to the human experience. Ultradian rhythms that occur in sleep and dreams are vital for memory development, making meaning, and creating associated brain plasticity. These and other vital processes such as protein synthesis, hormone dispersal, and daily changes in our cognition, behavior and energetic levels are all tied to ultradian rhythms on many levels from the molecular-genomic to the anatomy of the brain and body. Understanding more about how and why we 'tick' the way we do, can provide psychotherapists with a deeper understanding of what is happening in the depths of our clients and ourselves. There is more to psychotherapy than mere talk. There is a co-creative evolutionary spiral between mind and brain that we can facilitate. Extraordinary! I recommend that you spend some time to discover that this is a volume of knowledge and inspiration worth owning to promote your future development.

Reviewed byRichard Hill MA (student),
Sydney, Australia*Advances in the Use of Hypnosis
for Medicine, Dentistry,
and Pain Management/Prevention*

Donald C Brown, M.D., (Ed.)

Crown House Publishing Limited

2009

ISBN: 978-184590120-2

252 pages

This book draws from presentations at the Sixth Frontiers in Hypnosis Assembly held in Halifax, Nova Scotia in 2003. In the preface, the editor, Donald Brown, states that he considers hypnosis a much under-utilized modality. He encourages physicians to incorporate hypnosis into their practices by offering information on the biology of hypnosis and advances in specific clinical areas.

Part One on medical hypnosis begins with "Hypnosis in Medicine," which provides a good overview of clinical applications, including pain management, weight loss, and smoking cessation. In "The Biology of Hypnosis," Bruce Lipton uses the results of studies and the compelling stories of individuals to vividly describe the placebo effect, and the incredible life-changing power of belief. In "Mind/Body Communication," Marlene Hunter describes how we think, including electrical, chemical, and hormonal aspects; defines implicit and explicit memory; and explains how to communicate with the subconscious via mantra and imagery. She concludes with a compelling "oasis in the desert" metaphor that can be adapted for practice.

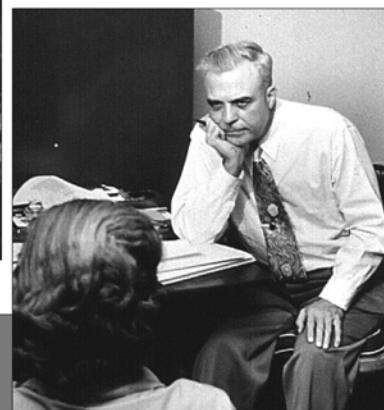
Part II deals with dental hypnosis. In "Rapid Relaxation," John and David Lovas include ten core principles to ease dental fear and anxiety and describe the eight steps of a rapid relaxation method. Gabor Filo, in "A Validation for Hypnosis in Dental Practice," quotes think-tanks in stating that most strategic excursions into the future will involve the imagination since we "live" in our heads. This chapter provides specifics for integrating hypnosis into the dental practice. Goodman and Brown, in "Pain, Anxiety, and Dental Gagging in Adults and Children," describe historical studies and more importantly spell out the "how to" of clinical applications.

Part III covers pain management. A. Max Chaumette, in the succinct chapter "Hypnosis, Anesthesiology, and Pain," notes five errors to avoid; includes a script for the induction of anesthesia; details the components of a complete medical history; describes specific hypnotic techniques; and adds a helpful four-page, Chronic Pain Assessment patient questionnaire.

I was pleased to see that two subsequent chapters in this section give special attention to pediatrics and obstetrics. Leora Kuttner, in "Treating Pain, Anxiety, and Sleep Disorders in Children and Adolescents," describes applications from newborns through teenagers and writes about specific inductions, including the use of imagery, ideomotor techniques, relaxation, and suggestion. Then she covers the specific problem areas of sleep, pain, and analgesia. She portrays an emergency room scenario involving a small child and offers helpful descriptions of the "Pain Switch" and "Magic Glove" techniques. Anyone who has worked in pediatrics understands the importance of calming children before any treatment procedure, from swabbing throats to suturing lacerations. The last chapter, "Evidence-Based Efficacious Hypnosis for Obstetrics, Labor and Delivery, and Preterm Labor" contains dozens of descriptions of historical trials but unfortunately provides less information on the practical application of hypnosis in obstetrics, the "nuts and bolts" of its use, for the physician or hypnotist.

Although the chapters are quite uneven in quality, some are extremely helpful. I particularly liked the practical application to everyday medicine and dentistry, the specific suggestions on implementation of the techniques, and the applicability to improvement of individual health. The sections on the biology of belief, mind/body communication, and the placebo effect can help the reader of this book as much as the patient. Overall, I recommend this book.

Reviewed byMichael Grusenmeyer, M.D.
Rocky River, Ohio



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BOOK REVIEW

**Viktor Frankl. A
Life Worth Living**

Anna S. Redsand

Clarion Books, New York
2006

150 pages

ISBN-13: 978-0-618-72343-0;

ISBN-10: 0-618-72343-9

Perhaps it is best to begin this review with a quote from the author:

I returned often to Man's Search for Meaning for inspiration, and I told parts of Viktor's story to the students I counseled when they shared circumstances that gave them feelings of hopelessness. I hoped Viktor's story might inspire them as it had me. I remember deciding to write his biography for young people on a day when I helped a student into an ambulance.

surgery. He hid the marble in one hand, stuck the scissors in Stella's mouth, and made noises to go along with the operation. When he pulled out the scissors, he opened his fist to reveal the red marble—Stella's swollen tonsil. The young surgeon found it convenient to charge his sister ten Heller for the operation.

This biography is a straightforward chronological account of Frankl's life. There is, of course, much emphasis on his concentration camp experiences. Since the book is written for younger readers, the author properly provides significant background information on the politics and background leading up to World War II. There is also much useful information on the history of the psychotherapies of the times, with a clear description of logotherapy.

A minor quibble is that the author

Since the book is written for younger readers, the author properly provides significant background information on the politics and background leading up to World War II.

The author is a high school counselor, and the book is written in a style for young people. As such, it succeeds admirably. The book is also handsomely produced and has illustrative photographs of Frankl and his times. The author consulted the literature and had one long session in Vienna with Frau Frankl.

There are three biographies of Frankl: his autobiography (Frankl, 2000); the definitive biography written in collaboration with Frankl and his wife Elly (Klingberg, 2001); and a biography in play form (Battino, 2002).

As familiar as I am with Frankl's life, I found quite a few anecdotes and pieces of information about his life included in this book that were new to me. These segments add much to Frankl's story. Let me cite one here (p. 11), Stella is Frankl's sister:

One day, Viktor and Stella's uncle Erwin gave Stella ten Heller (about ten cents). The future doctor thought he saw how he could get that ten-Heller piece for himself. He picked up a red marble and a pair of scissors. Walking up to Stella, he was sure her tonsils were swollen. The only solution was

refers to Dr. Frankl as "Viktor" throughout much of the book. This bothers me, but I suspect that Frankl himself would have been quite tolerant of this familiarity.

In conclusion, I hope that this biography of Frankl widely reaches its intended audience.

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- Klingberg, H. Jr. (2001). *When life calls out to us: The Love and Lifework of Viktor and Elly Frankl*. New York: Doubleday.

Reviewed byRubin Battino, MS
Yellow Springs, OH

For audio and video of Viktor Frankl see www.zeitgucker.com

Stop-Breathe-Focus

Formats: 146 page book or 75 minute CD

Mary V. Augustyn, M.S., L.P.C.,

www.stopbreathefocus.com

Publisher: Inner Quest

2008

Book: ISBN: 978-0-9802090-1-3

CD: SC14, Brief Therapy Conference
December, 2008.sales@erickson-foundation.org

As an emergency room physician, I frequently find myself pushed to the limits of tolerance when dealing with

green. The wristband is imprinted with the sayings "I Am the Power," and "Stop-Breathe-Focus". Similar to CBT, we can snap the wristband on in order to stop the usual response to stress. Both ways teach us to recognize emotional reactions and interrupt them promptly.

In the Breathe section, Augustyn teaches two principal ways to use breath to control physiological reactions, such as heart rate, respiratory rate, and blood pressure. The first, "relaxation breathing," cites the scientific research of Herbert Benson, M.D., a

The Stop-Breathe-Focus (SBF) talk presented at the Brief Therapy Conference in San Diego in December, 2008, was just what the doctor ordered and has helped me to place my buttons in the "off" position

difficult patients, who often have psychiatric, emotional, or behavioral issues in addition to their presenting medical complaints. Many of these patients are superb at pushing the clinician's buttons. The Stop-Breathe-Focus (SBF) talk presented at the Brief Therapy Conference in San Diego in December, 2008, was just what the doctor ordered and has helped me to place my buttons in the "off" position.

The author, Mary Augustyn, is a delightful and humorous presenter. She spoke of her background selling motorcycles for twenty years in a business with her husband before she obtained her master's degree in Mental Health Counseling in order to "give something back."

Augustyn uses SBF for a wide variety of problem areas, including impulsive and compulsive behaviors, such as domestic violence and child abuse; addictive behaviors, including the abuse of drugs, alcohol, sex, and gambling; and anxious behaviors, including PTSD, panic attacks, and phobias. She has even used the SBF technique successfully with felons convicted of murder.

As the title suggests, the book and CD have three main sections. The Stop section teaches several ways to stop reactions quickly before emotions escalate to the point of no return. The first technique, similar to an NLP anchor, is the "hand over the heart" technique. The second technique employs a custom-made wristband with the three colors of the stoplight, red, yellow, and

Harvard cardiologist who validated this practice in his best-selling book, *The Relaxation Response*. Augustyn also explains "heart breathing" as a means to control physiological responses.

The third section contains the FOCUS chapters, in which each letter represents one means of creating awareness by focusing on the self. F stands for Feelings and Thoughts and shows us how to take a mental inventory of physical, emotional, mental, and spiritual feelings. O stands for Options and instructs in identifying at least three options based on values. C stands for Consequences and instructs in asking what will happen with each option, including the best, worst, and most likely consequence. U is to Use Positive Self-Talk, since that which we create in our mind becomes our reality. Stop the negative, incriminating mind and shift to constructive statements and affirmations. S stands for Self-Responsibility, stating that each of us is responsible for our own feelings, thoughts, beliefs, and actions.

Both the CD and book formats are valuable and complement each other. My preference is the audio version, which I can pop into the CD player while driving and hear the author's delightful voice and humorous comments. I highly recommended both the book and the CD.

Reviewed byMichael Grusenmeyer, M.D.
Rocky River, Ohio

Unbalancing a Couple

Jay Haley, M.A.
and Madeleine Richeport-Haley

Triangle Productions
P.O. Box 8094
La Jolla, CA 92038
1998
30 Minutes

Unbalancing a Couple is a short videotape, only 30 minutes, designed to give a brief and strategic intervention for an unhappy couple questioning whether to stay in their marriage or not. Jay Haley takes the viewer step by step through this case, which he supervised behind a one-way mirror. This case was enacted for reasons of confidentiality. Madeleine Richeport-Haley adapted this case from material Haley originally presented in his book,

fending his position he states, "Research shows spouses in trouble equally cause the problem." Haley chidingly replies, "Research probably shows that, but this is therapy and different rules and theories apply."

Change is hard to achieve when all the participants are locked into their rules. Each spouse is waiting for the other to do something. Someone has to do something differently, or nothing will happen. Haley instructs the therapist to disengage from his neutrality, and unfairly fault one spouse. It could be either one. The husband is strategically picked as the person to blame because he already was the responder, and it would be easier for the male therapist to side against the male client.

In the intervention that follows, the husband is instructed to pursue, court,

Change is hard to achieve when all the participants are locked into their rules. Each spouse is waiting for the other to do something. Someone has to do something differently, or nothing will happen.

Learning and Teaching Therapy, 1996, Guilford Publishers.

Like Erickson's cases that Haley presented in *Uncommon Therapy* in which an unusual and bold stance creates positive therapeutic change, the intervention in this case at first leaves viewers wondering if they could possibly pull it off. To do so does one have to be "Erickson", or in this case, "Haley"? Upon the second viewing, one understands the elegant solution and precise fit of this intervention to the couple's problem.

Haley begins by stating that there are many kinds of marital problems and many ways to do therapy with them. Haley believes couples are locked into patterns of communication rules that organize the ways they act with one another. The couple presented here follows the rule that she initiates and he follows. The wife then becomes dissatisfied with this imperative and wants the husband to initiate loving gestures. He responds as if this is a broken contract and misses her loving gestures. Even coming to therapy follows this rule: She initiates the session and he follows.

The male therapist is seasoned, traditional, and takes a neutral stance. De-

and take the wife by storm during the next weeks. The therapist uses some Ericksonian techniques to help the couple. A metaphorical suggestion is given, that "spring is the beginning of life." The husband learns to use his imagination when he is told to "pretend at the beginning you're in love with her." When the wife is told *nothing* she did was at fault, she jumps to her husband's defense. Haley explains, "She knows it's not true, and so she will be nice." The marriage improves quickly. Haley explains that everyone did something different and so, different things happened.

I recommend watching this small gem of a videotape several times to see and appreciate all the facets. It helps hone Ericksonian skills such as, thinking outside the box, working with strategies and goals, as well as individualizing the technique to fit the couple.

Reviewed by
Albina Tamalonis, Psy.D.
New York, NY, USA

DVD REVIEW

Healing Sexual Abuse

A DVD Demonstration

Learning Solutions in Hypnosis

With Robert McNeilly, M.D.

Crown House Publishing Limited

ISBN 978-184590009-0

Robert McNeilly has a fresh approach that is sophisticated, respectful, and clearly targeted to be helpful to the client's needs. The approach he uses can be replicated much more easily than it can be described in a short review because of the multilevel communication.

The introduction presents McNeilly for about seven minutes talking about what you are going to be seeing, and how Erickson taught him the things that he is about to teach. While you are listening you will notice a framed picture of Milton Erickson strategically placed so that while you watch McNeilly you see Erickson's face as well. McNeilly wants you to know how important Erickson was to him. Overall, it invites you to like McNeilly, and sense that he knows something from direct experience that will be useful for you to learn.

The clinical demonstration that follows is presumably done in front of some students. McNeilly begins by thanking the woman subject for allowing the session to be filmed. He then tells a story about telling a story, and invites the woman to participate by asking her questions about how she would feel if she were the one in the story. It becomes so confusing that she (and possibly you) enter into a light trance. It is masterful method, and demonstrates how to set the stage for everything else to be understood as having more than one meaning, both directed to the woman in the demonstration and to you watching.

When he is finished with the initial story, McNeilly asks the woman to begin with a story she enacted the day previously where a child is kidnapped. He asks her to change the story enough for it to contain sexual abuse, and then guides, directs and encourages her to become involved with the story and give it a new ending that is consonant with what she has always wanted. McNeilly gives the woman the choice of being the mother of the child abducted and sexually abused, the child victim, or the producer. Throughout her experience of constructing a new ending, McNeilly suggests options that lead to health. Using a variety of hypnotic linguistic tools, his choices alter the experience for the woman. He helps her to make the experience of responding as an adult much more satisfying. He leads her to make decisions about the experience that alter it on the deeper level than the surface one he is speaking on. All the while, he is respectful and empowering while leading her to make good decisions that you sense will lead her to a more effective living.

This DVD is only one in a series that teaches some of the unique techniques that the author uses. It offers a fresh approach that can augment anyone's training and add a sophisticated, effective and yet practical approach. It is so engaging that after two viewings I am even more intrigued.

Reviewed by
John D. Lentz D. Min
Shepherdsville, KY

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C D R E V I E W

*Stress Free Surgery**A Self-Relaxation Program to Help you
prepare for and Recover from Surgery*

By Linda Thomson Ph.D. MSN CPNP

Crown House Publishing Limited
2007

This two-CD set covers you coming and going. The first CD prepares for surgery by dealing with pre-surgery fears. It could easily be used during surgery because it walks you through the procedure with confidence and encouragement so that you know what is about to happen and helps you be relaxed for the entire preparation and actual experience of surgery. The second CD guides you through the healing process of post surgery. While it could be used before surgery, it is even better to look forward to using it as part of the post surgery experience. Both CD's also include a brief introduction about Dr. Thomson and how the CD can be helpful.

Thomson is a nurse practitioner who uses a directive style of hypnosis. Her style works well with the subject matter and may even enhance the overall effect. In fact, when my Ericksonian-style students want examples of hypnotic language in a directive style, I will probably recommend these CDs. The style also fits well with her knowledge of hospitals. She walks you step by step through what will happen and comforts you along the way with her confidence about the process of surgery. In fact, she employs some characteristic sounds of the hospital equipment that can assist the listener in preparation for surgery. I imagine it would be extra comforting to hear the sounds first with Thomson's encouragement to relax and feel secure with the process.

Her directive and comforting words lead through a systematic relaxation experience accompanied by a background of organ music. Thomson has an almost sing song-style that directs the listener into a deeper and deeper relaxation and comfort. She communicates wisdom, knowledge and confidence as you receive careful preparation for surgery or for recovery afterward. The post surgery CD offers images of being outside along with furthering of the healing process. For example, she suggests finding the pain switch that is on a rheostat dial and instructs in turning it up first to make sure of having the right dial. She then instructs in turning the pain down all the way and then changing the comfort to a favorite color. However, that is only the first use of language to minimize post surgery pain or discomfort.

Before surgery, the directives offer comfort while the language on the post surgery CD is more permissive. Both ways seems to be appropriate, fit well, and pace where you might want to be. The intentional use of style of language was well chosen and adds another level of impact for the listener.

Overall, Thomson has used her background and expertise well in creating a useful set of CD's for pre and post surgery. Her knowledge helps to inform listeners about what they need to know so that they can experience maximum confidence and relaxation as well as to minimize the discomfort, both before and after surgery.

Reviewed byJohn D. Lentz D. Min.
Shepherdsville, KY

D V D R E V I E W

Behind Closed Doors
Eight full sessions of
Imago Relationship Therapy

By Francine Beauvoir, Ph.D.

Bruce Crapuchettes, Ph.D.

www.Passadenainstitute.com

2005

Beauvoir and Crapuchettes, who are faculty members of the Imago International Institute, offer eight full sessions of Imago Therapy along with commentary so that you the viewer get to know how this form of couples therapy works. You get to see how the techniques actually take shape and guide the couple in the video toward a better relationship. Most of us who have been filmed doing therapy know how brave and open these two are by showing themselves working individually with this same couple throughout the eight sessions. However, their sharing makes the whole process of Imago Therapy something that others can imagine themselves using, because the sessions are so typical of counseling difficult couples.

Beauvoir and Crapuchettes have been married for over forty years and their comfortable style with each other shows on this video, making the work you see presented more enjoyable. It seems as if their positive relationship actually helps the video couple to believe improvement can occur. Yet, clearly they work so well together that the couple seems to have no trouble being seen by either one of the dynamic duo.

In watching the video, I realized more intensely the usefulness of the structured techniques used routinely in their expression of Imago Therapy. Maintaining a structure for the sessions makes working with difficult couples easier. Clearly, the techniques offered are expertly executed and generate a safe and healthy place for the couple to improve their relationship. They deal with the difficult subjects of money, the aftermath of an affair, and one of the couple saying they were not in love with their partner. Each time, the therapists use Imago Therapy, their individual expertise, and their positive relationship with the couple to move them to a better place.

I was afraid that watching eight hours of a couple's therapy even with two gifted therapists using a particular style would become boring. It wasn't. In fact, because of the expertise of the therapists and the techniques, there is very little dysfunctional relating that occurs, and as a result the viewing experience is a pleasant one. What you see is a couple being lead beyond the stuck places of their relationship to a healthier place. I was struck with how fortunate the couple doing the work with Beauvoir and Crapuchettes were to have such a gifted set of therapists who really care deeply for them and who help them achieve a more healthy style of relating.

This 8-disc video offers a wonderful experience to understand Imago Therapy as practiced by two very talented therapists. It contains some of the typical difficult times in couple's therapy so you see how the techniques work in real life experiences of offering couples therapy. If you are not already a fan of Imago Therapy, you will develop a real appreciation for it and probably incorporate some of the approaches you see demonstrated here. This is a wonderful set to use for teaching as well as for individual practitioners to improve their own style of couples counseling.

Reviewed byJohn D. Lentz D. Min.
Shepherdsville, KY

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or email: karen@erickson-foundation.org

Maps of Narrative Practice

Michael White
2007

W. W. Norton & Company, Inc.
New York, USA.
304 pages

ISBN 13: 978-0-393-70516-4 (hardcover)

Editors' Note from C. Alexander Simpkins, PhD and Anellen Simpkins, PhD: Michael White's work has left us a fruitful legacy that continues to nourish the world. Readers can find a review of Maps of Narrative Practice from Rubin Battino in a future edition. Here, Maria Escalante offers another perspective on White's final work, a gift to us all.

Maps of Narrative Practice addresses Narrative Therapy and guides readers to understand and implement this method in their practice. The book lays out the six main areas of narrative practice: externalizing conversations, re-authoring conversations, remembering conversations, definitional ceremonies, unique conversations and scaffolding conversations.

"Externalizing conversations" helps people understand that when they have a problem they are not the problem themselves. The identity is experienced as separate from the problem. "Re-Authoring Conversations" is about telling our stories as we speak about problems, predicaments, and dilemmas. As White explains, "These themes often reflect loss, failure, incompetence, hopelessness, or futility" (p.61). By re-authoring conversations, people may include some of the more neglected but potentially significant events and experiences that are "out of phase" with their dominant storylines. These events are "exceptions". (p. 61).

"Re-Membering Conversations" explains that identity is founded upon an "association of life" rather than on a core self. The association of life is composed of the significant figures of a person's past, present and future.

During therapy with children, I have combined Ericksonian Psychotherapy and Narrative Therapy. If we utilize a narration while interspersing suggestions for promoting change, we may help the child access her inner resources.

Definitional Ceremonies "are rituals that acknowledge and 'regrade'

people's lives, in contrast to many rituals of contemporary culture that judge and degrade people's lives" (p. 165). The use of ceremonies provides people with the option for telling or performing the stories of their lives before an audience of carefully chosen outsider witnesses. This chapter also refers to the "outsider witness." Here White makes a list of people who volunteer to join him in his work with others.

In Narrative Therapy I love the idea of "exceptions." As White states, "The identification of such out-of-phase aspects of lived experience can provide a point of entry for the development of alternative storylines on people's lives." (p.219). Perhaps, if someone can look beyond the problem, she will find a solution a lot faster. These exceptions are also referred to, as "unique outcomes."

The book is filled with dialogs. A conversation that is worth studying is the one between White and Peter, a 14-year old who is referred to him. The dialog evolves as White asks questions that lead the boy to discover how well he can cope with frustration. (p. 222).

"Conversations that Highlight Unique Outcomes" emphasizes the importance of people's initiatives in their lives and how "one is likely to have a good life when only 97% of one's initiatives in living are stalled" or "when three percent of one's initiatives survive". (p.232).

In "Scaffolding Conversations" White explains that when people have difficulties they engage in actions "that are keeping with familiar conclusions about their lives and relationships" (p. 263). People may become stuck in a "zone of proximal development" (p.263). By utilizing conversational partnerships, this zone can be traversed. The conversations are the scaffolds that help people proceed across this zone. A chart (Figure 6.3, p. 288) shows a 45 min. dialog that began in "the known and familiar" and ended in the level of learnings and realizations.

Michael White passed away on April 4, 2008. His legacy will stay forever. Thanks Michael for giving us the wonderful gift of Narrative Therapy.

Reviewed by
Maria Escalante de Smith MA.
Cedar Rapids, Iowa.

"Harry the Hypno-potamus: More Metaphorical Tales for Children" volume 2

Linda Thomson PhD, MSN, CPNP, ABMH

Crown House Publishing Limited
2009

ISBN Number 978-184590117-2
176 pages

www.crownhouse.co.uk

After the success of her first classical book, Linda Thomson turns the reader's focus to the magical power of imagination with this new publication. The author shows her creativity and empathic ability by blending knowledge about animals and their characteristics with wisdom about healing children's diseases and with skillful hypnotic techniques. Her creativity is also empowered by the illustrations of Amit John, who is able to give a special vitality to each inhabitant of the zoo.

Thomson's second book of metaphors brings joy and healing power to children through an artistic combination of therapeutic messages embedded in stories with skillful hypnotic techniques to help solve a variety of situations and problems. Some of the problems included are anxiety; fears and phobias; habit disorders including finger sucking, scratching, and stuttering; pain that is both natural and iatrogenic; ADHD; depression; and anger management. Curious children also can discover something about the animal kingdom. For instance, they find out that the panda comes from the rainy mountains of China and its original name *Da xiong mao*, means "giant bear cat," because the pandas' eyes look like the eyes of a cat. They also learn more about some characteristics of their problem and how to gain control of their emotions, thoughts and behavior.

Harry is the main figure of the zoo where all the animals live. He is a wise hypno-potamus who believes that everyone can become his own boss by learning the proper way of using imagination to help himself. Harry's role is to motivate each suffering animal to go to Dr. Dan, the Ashland Zoo's veterinarian, to learn hypnosis. The meeting of the suffering animals with Harry and Dr. Dan enhances empowerment and creates a magical atmosphere that opens minds, hearts and souls to see old problems with new eyes. After the magic encounter, every sick animal in the story knows how to cope with his disease, as well as strengthen his autonomy and self-esteem.

Even though the title of this book indicates "metaphorical tales for children," Readers other than children can benefit from it. Parents can learn a different way of talking with their sick children, using stories to send important life lessons communicating simultaneously with both the conscious and the unconscious mind. Clinicians can learn hypnotic techniques and hypnotic language that can be adapted for a variety of situations and problems, as well as ready metaphors filled with helpful suggestions and hope. Hypnotherapists can improve their skills with new suggestions and members of the American Society of Clinical Hypnosis affiliates may enjoy meeting friends and colleagues disguised among the animals living in the zoo. For example, Dr Dan is Daniel P. Kohen, the behavioral pediatrician, who wrote the foreword and co-authored with Karen Olness the book *Hypnosis and Hypnotherapy with Children*. Michael Yapko is an Asian elephant with itching problems, and Stephen Lankton is a lizard with warts. (Lankton wrote an important paper about warts)

The book is well written and enriched by many drawings to entertain and delight the reader. Therapeutic messages are cleverly embedded in the story to slip into the unconscious mind of the children, enhancing empowerment by exposing them to new possibilities, novel perspectives, and differing philosophies. This is a valuable handbook for pediatric experts, nurses, and social workers, for parents with suffering children, and for every child, sick or healthy.

Reviewed by
Consuelo C. Casula Spec Psychologist, Psychotherapist
Milan, Italy

D V D R E V I E W

Hypnosis in Relationships

A DVD Demonstration

Learning Solutions in Hypnosis

With Robert McNeilly, M.D.

Crown House Publishing Limited

What a delightful DVD demonstration of Dr Robert McNeilly's method of using Hypnosis to enhance relationships. His clear talent and wisdom make his approach seem easy. It is. The mastery McNeilly uses to make the approach seem that easy isn't. Part of the delight of this DVD is watching his artistry. He weaves the clients' strengths into a tapestry that includes a positive experience of hypnosis, solving their relational difficulties through connecting and making their strengths more accessible.

The DVD begins with McNeilly speaking about how he left family medicine after seeing and working with Milton H. Erickson M.D. The staged scene shows McNeilly sitting in front of two bookcases with a framed picture of Erickson just above his head. Below the picture of Erickson is a framed cartoon of Freud offering therapy, in a Far Side theater type of look. These props gives a visual of the multilevel communication that McNeilly is going to be speaking from while also showing that he has a good sense of humor. It caused me to like him even before watching his demonstration. McNeilly is articulate and speaks in such a way as to engage you with what he is saying. That is helpful, because after telling a little about himself, how he started doing making DVD's and his way of doing therapy,

It is so elegant that it seems to almost not be an induction but a staging of what is to come; yet it is both.

he explains what comes next in a second short introduction. These frame what appears in the DVD and helps in understanding this sophisticated approach.

When the demonstration begins, McNeilly is with a couple in front of some people who are probably students of this approach. He asks the couple what they like to do together. As he is gathering that information, the couple begins to insert how they are fighting and what they are fighting about. With humor and skill, he avoids taking sides or making much more than passing reframes about the complaints each make about the other.

When McNeilly is ready to begin inducing hypnosis, he asks the couple to turn toward each other so that their legs are almost touching. His induction is minimal and yet very effective. It demonstrates his deep knowledge of hypnosis and trance. It is so elegant that it seems to almost not be an induction but a staging of what is to come; yet it is both.

McNeilly weaves together the couple's strengths with their areas of conflict while offering hypnotic suggestions. At the same time he creates an induction of poetry. Since, this part is completely unscripted it is like watching a master weaver weave a rug. He demonstrates how completely he listened to them in the beginning, both to their complaints, as well as their strengths. That alone would be almost intoxicating to be attended to with that type of intensity, but he weaves into those thoughts, creativity, and respect. The overall effect is very positive.

McNeilly has demonstrated a style of working with relationships that is respectful, effective and engaging. He offers clinicians an effective paradigm that will be a real service and helpful tool. I will be using what he taught me, and you will too if you watch it.

Reviewed by

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B O O K R E V I E W

Meditation for Therapists and their Clients

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W.W. Norton & Company

2009

324 pages.

ISBN 978-0-393-70565

The Simpkins provide a useful introduction to meditation with many exercises for development and change. The book is divided into three parts. Part One introduces meditation from two directions: East and West. Chapter 2, "The Great Meditation Traditions," is useful for people interested in learning about Yoga, Daoism, Buddhism and Zen, in which meditation methods are central. There is refer-

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ence to Western research in Chapter three showing evidence for real brain changes and therapeutic efficacy from meditation.

Part Two presents the elements, tools, and techniques of meditation such as mindfulness, one-pointed awareness, working with Qi, ritual, art, breathing, emptiness and more. On December 22, 2007, my life changed profoundly because I got married to my dearest fiancé Daniel J. Smith. I had lived in Mexico City since I was born and suddenly I found myself living in Iowa, in the USA, in a very different culture. I am sure that reading this book was somehow meant to be! Yes, I learned about the importance of emptiness in Chapter 12 "Empty the Mind." As it is stated, "Empty your cup so that it may be filled" (p. 162). I have been emptying my cup of some things I did not need anymore in order to have space for new learnings to adapt better to the American way of life.

Part Three offers applications where meditation can be integrated into treatments. Each chapter provides Western and Eastern theories of the problem, how the brain is changed, illustrative cases, and useful meditative methods for treatments.

Reading Chapter 14, "Transforming through Emotions and Moods," I learned about the theories of emotion such as The James-Lange Theory and Lazarus's Cognitive Appraisal Theory. Emotions can also be understood by applying neuroscience to moods and how the hypothalamus, the brainstem and the limbic system are three main brain structures involved in emotion. Diagrams help to clarify the process. Meditation instructions are provided to positively influence brain activity, thus promoting positive feelings.

"The Way to Stress Reduction," Chapter 15 addresses homeostasis and how this state may be disrupted when we are under stress. We can find information such as how stress brings about a heightened physiological and emotional response in several main brain systems and meditative methods to return to balance.

Chapter 17, "Overcoming Addictions and Impulse Problems," begins with definitions about these topics. There are explanations about how drugs affect the brain too, with diagrams about the reward pathways and theories of addiction. The exercises in this chapter address addiction from several points of view, such as the brain theory, choice theory, and addiction as compulsive behavior.

Chapter 18 "Loving Relationships: Couples and Families" is like a delicious dessert. Here I found out how mirror neurons allow for direct understanding of actions and emotions of others and the experience of empathy. This book also includes chapters on fear and anxiety and enlightened therapy, for integrating meditation into the process.

The book is full of exercises with easy explanations about how to use them. I really liked "Meditative Retreat Exercise" where I realized that we can relax by recalling "a place or time when you were relaxed and calm". This is a good reminder of how our mind stores the resources we need for wellbeing. We should all have this book in our offices. I really recommend it.

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tion in noncompetitive ways?

(L) Over the past years, there have been keynote speakers that we don't necessarily associate with mental health issues or mental health professionals. Is this part of that cross-fertilization you're talking about?

(Z) Yes. Personally, I favor interdisciplinary dialog. If you want a field to grow, bringing in ideas from other disciplines is a very good idea. Remember that psychotherapy has grown enormously because of the influence of people who were not primarily psychotherapists. Take for example, Gregory Bateson, Jay Haley, and John Weakland. In the Evolution Conference, we bring speakers from outside of the field whose work has some way of enhancing our thinking and practice of psychotherapy. For example, at previous conferences we've had Betty Friedan, Gloria Steinem, Elliot Aronson, and Herbert Benson. At the upcoming conference we have Andrew Weil, Deepak Chopra and Philip Zimbardo. These are people who can speak cogently about health, about spirituality, and about social influence, and those are areas in which psychotherapists can definitely benefit.

(L) The first conference was in 1985. I've noticed that the Evolution conferences themselves have evolved. How would you define that evolution?

(Z) Originally the Evolution Conference was more academic. The first four conferences had written proceedings, and each of the faculty members presented an actual invited address in a forum that we called "Point Counterpoint." And the first four Evolution Conferences proceedings were published, which are available either from Taylor & Francis or from the Erickson Foundation Press.

Subsequently, we have made the Evolution Conference less academically formal and more interactive. We've increased the amount of interactive dialogs, the amount of interactive panels. The Evolution Conference has grown, and it's taken on more of a modern form. In contemporary practice people are more interested in seeing cross-fertilization, and interdisciplinary dialog, and they're more interested in practical ideas than academic argument.

(L) The Evolution of Psy-

chotherapy Conferences have kept up with the changes in the field of psychotherapy. How would you characterize that change?

(Z) The field of psychotherapy has evolved greatly. The first Evolution Conference was scheduled in 1985 and that celebrated the 100th birthday of psychotherapy. Modern psychotherapy was invented in 1885 when Sigmund Freud first became interested in the psychological aspects of medicine. The fact that the Evolution Conference was scheduled to coincide with the 100th birthday of psychotherapy was purely serendipitous.

Now, if you think about psychotherapy as it has evolved in the last 124 yrs, the first 60 yrs of psychotherapy was dominated by psychoanalysis. Then when World War II happened, Europe was rebuilding and psychotherapy moved to the United States. In order to develop psychotherapy you really need a culture that has a post-scarcity consciousness. When scarcity is prevalent in a society, there is no room or time for people to be thinking about their psyche. They're too involved with survival. So when Europe was rebuilding, psychotherapy was developing in the United States.

Subsequently two streams developed in juxtaposition to psychoanalysis, namely behavior therapy and the humanistic approach. And each generated offshoots.

Then in the 1950's there was the development of the systems approach. Family therapy and systemic thinking investigated how changing the context changes individuals. Subsequently, there was the cognitive behavioral revolution.

I think that what Erickson heralded could be called an experiential revolution in psychotherapy that has spawned many separate schools. For example, strategic therapy, interactional psychotherapy, solution-focused therapy, the mind-body approach of Ernest Rossi, the self-relations approach of Steven Gilligan. So I think that Erickson heralded another major trend in psychotherapy.

(L) From your perspective, how does this proliferation of schools of psychotherapy effect the actual practice of psychotherapy?

(Z) In the infancy and the adolescence of a field, there is rapid and sometimes geometric proliferation. The field becomes divergent. I couldn't even imagine how many schools of psychotherapy have existed since Freud started psychoanalysis. It would

be in the 100's if you counted all of the major and minor approaches to psychotherapy. Each of them is focused on a different unit of analysis and approach.

The field of psychotherapy, when I first got into it, was dominated by leaders whose work could span a field. You could have an expert in family therapy who knew all the literature at that time about family therapy. You could have an expert on cognitive behavioral therapy who really knew all of the literature. You could have an expert on hypnosis who was really conversant with that field and knew all of the important details of that field. But psychotherapy has evolved. It has become more specialized and it's impossible for me, for example, to stay completely abreast of all of the evolutions in the field of hypnosis.

Experts have become increasingly specialized in smaller areas and they've taken on smaller chunks. There are experts on social phobia, and there are experts on obsessive-compulsive illness, and there are experts on trauma, because the literature in each of these subfields has gotten unwieldy. One way that psychotherapy has evolved is in the form of increasing specialization. The composition of the Evolution faculty has changed to represent the fact that there are less experts whose scope covers a single field and more experts who are specialized in specific areas.

(L) How do you feel that the Evolution of Psychotherapy conference itself is evolving in response to the changing field of psychotherapy?

(Z) One of the purposes of the *Evolution of Psychotherapy Conference* is to promote more convergent rather than divergent thinking and to bring together people to talk about the commonalities that underlie successful clinical work.

When we organized the first Evolution Conference many of the people who are on the faculty at that time hadn't met. The first Evolution Conference was more like a version of *Star Wars* where wonderful experts would promote what made their approach unique. Subsequently, there has been much more interdisciplinary dialog and there's been much more interest in establishing some conciliatory foundations rather than building fences.

(L) I think that was very evident in the last Evolution when so many people who were presenting

their own evolution showed how it did become much more convergent, how they were taking ideas from other people and had really expanded on those. As new ideas were presented to them they were able to see within their own discipline how that applied. You could see how the once sharp edges around the different disciplines started getting a little fuzzier. I thought it was wonderful.

(Z) Yes, really wonderful. I remember the first Evolution Conference because I had specifically invited people to talk about the unique aspect of their approach. For example, Murray Bowen would talk about his form of family therapy and R.D Laing would talk about his form existential therapy. But Salvador Minuchin at the first Evolution Conference in 1985 gave a presentation entitled, "*My Many Voices.*" And unique as Salvador Minuchin is, he talked about the people who spoke through him and informed his structural family therapy approach. He talked about how Jay Haley spoke through him, how Carl Whitaker spoke through him, even how Virginia Satir spoke through him, how Murray Bowen spoke through him, etc.

Even in 1985 Sal Minuchin was talking about commonalities. Curiously, at the first Evolution Conference Carl Rogers talked about similarities and differences between his approach, the approach of Heinz Kohut and the approach of Milton Erickson. So even in 1985 there were people who were edging, if not jumping, into cross-disciplinary fertilization.

(L) Your own evolution has been fascinating. I wonder if you could speak upon that starting from the time that you were introduced to Dr. Erickson.

(Z) When I met Dr. Erickson I was 26 yrs old. It was 1973. He was very influential in a formative way at a time when I was open and impressionable. At that time I was steeped in Rogerian approaches and I had taken training in Transactional Analysis and group approaches to psychotherapy. I became fascinated with what Dr. Erickson was doing, which seemed to be light years different from any of the traditional approaches that I had learned or that I had been practicing. Over the course of more than six years I traveled intermittently to Phoenix to learn from him. In 1978, two years be-

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fore Dr. Erickson, died I moved to Phoenix so that I would be closer to him.

Over the time that I was with him, Dr. Erickson never – and I'll underline that; it's not hyperbole – he never taught me techniques. He never explained this is how you do hypnosis. He never explained to me this is how you use the interspersal technique, how you use the confusion technique. Mainly Dr. Erickson was in the people building business, and he would give me experiences that would help me to *be* a better Jeff Zeig. And those experiences could be hypnosis or tasks or metaphors or allusions and there could be poems, and directives. And this was a process helping me to evolve from the inside out rather than feeding me information didactically, which I could learn from a book. Erickson was the quintessential experiential psychotherapist.

I was more of a left hemisphere person and I was more interested in

categorizing and learning techniques. Then I started doing workshops and I was interested in teaching techniques. But gradually as I've matured, I've evolved myself into more of an experiential psychotherapist.

And in the sense of looking for fertilization across disciplines, lately I have been studying Art, not just painting, but Art in all the various forms in which Art happens, including painting, poetry, drama, literature, choreography, and architecture, I am looking for codes that underlie the foundation of the experiential impact that is the foundation of Art. Art is not designed to provide information; Art is designed to have an experiential impact and there are codes in architecture that are very similar to codes in music composition because they're both interested in having experiential impact.

Experiential impact was essential to the work of Milton Erickson. He was an expert and had an experiential impact to help elicit effective "states." So when Erickson was doing hypnosis that was about experiential impact to

It was mind boggling to me because all of my years of schooling had been people giving me information, and none of my teachers had any notion about how to have experiential impact and elicit states.

elicit states. When Erickson was doing psychotherapy, he was using experiential impact to elicit states. Even when Erickson was doing teaching he was using experiential impact to elicit states.

Eliciting "states" was so curious to me. It was mind boggling to me because all of my years of schooling had been people giving me information, and none of my teachers had any notion about how to have experiential impact and elicit states.

So, over the course of the last 36 yrs I have become increasingly interested in evolving myself so that I could be more experiential in my approach and that my approach would more re-

semble the approach of a dramatist than it would resemble the approach of somebody who was didactically teaching people and giving people information about what to do differently. More of my approach is how to help people to *be* different. So if anything I have tried to evolve myself into what I perceive as being the more pristine form of what Milton Erickson was about as a clinician. I primarily cast Milton Erickson not as the quintessential hypnotist – which he was – but I put him more as the quintessential experiential psychotherapist. Hypnosis was only one subcategory of how to use experiences artistically to elicit and evoke change.

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