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# The Milton H. Erickson Foundation NEWSLETTER

Vol. 30, No. 3

WINTER 2010

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## INTERVIEW

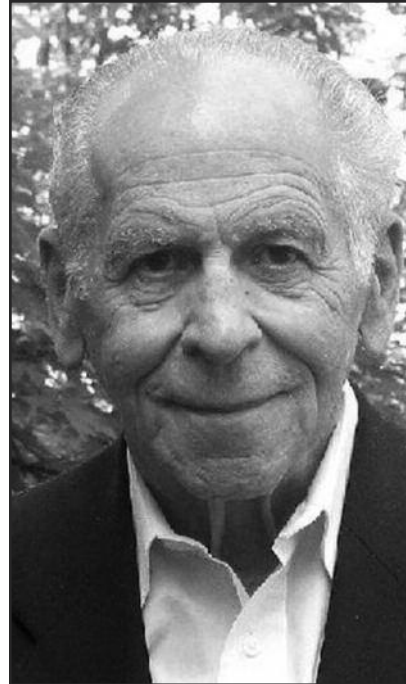
### Thomas Szasz

Interviewed by Gary Ruelas

Thomas Szasz is the Professor of Psychiatry Emeritus at the State University of New York Health Science Center in Syracuse, New York, Adjunct Scholar at the Cato Institute, Washington, D.C., author and lecturer. His classic *The Myth of Mental Illness* (1961) made him a figure of international fame and controversy. Many of his works--such as *Law, Liberty, and Psychiatry*, *The Ethics of Psychoanalysis*, *Ceremonial Chemistry*, and *Our Right to Drugs*--are regarded as among the most influential in the 20th century by leaders in medicine, law, and the social sciences. - Jeffrey A. Schalar, Ph.D.

"No one attacks loose-thinking and folly with half the precision and zest of Thomas Szasz."

John Leo, social science editor for U.S. News & World Report



"Thomas Szasz remains unique among contemporary observers of the social, ethical, and political implications of psychiatry: every argument he makes, and each word he chooses, are deserving of our closest attention."

Paul Roazen, author of *Encountering Freud*

(Gary Ruelas) I have been following your long history for many years since I originally read your book, "The Myth of Mental Illness: Foundations of a Theory of Personal Conduct." I feel very privileged to be speaking to you. How old are you now, Dr. Szasz?

(Thomas Szasz) I am not quite 91.

(GR) You have seen a lot of changes and have influenced a lot of changes in our field. Could you provide our readers with some information regarding your own personal journey? You were exposed to psychoanalysis early on in your profession.

(TS) I was exposed to psychoanalysis much earlier than that. I grew up in Budapest, Hungary, between the two World Wars. I heard and read about psychoanalysis during my childhood and adolescence, from adult conversations, newspaper columns, opinion pieces, little things, here and there. I came from a well-educated family and was the youngest. I had an older brother and also an older cousin who lived with us. They were very smart and worldly and they taught me a lot.

See INTERVIEW on page 24

## The Couples Conference Newport Beach, California – April 2011

[www.CouplesConference.com](http://www.CouplesConference.com)

The Couples Conference will be held April 1-3, 2011, at the Marriott Hotel & Spa, Newport Beach, California. A special 6-hour *Law & Ethics* Pre-Conference Workshop with Steven Frankel, Ph.D., J.D., will be held on Thursday, March 31, 2011. The Conference is sponsored by The Milton H. Erickson Foundation, Inc., with organizational assistance by The Couples Institute, Menlo Park, California.

The Couples Conferences are a vehicle for learning the latest research on facilitating treatment with couples. Topics include: the Developmental Model of Couples Therapy, Imago Relationships Therapy, CBT for Couples, Working with Couples in Stepfamilies, Rethinking our Clinical Attitudes towards Infidelity, Diagnosis & Treatment of Sexual Issues, The Hostile/Angry Couple, and much more.

The faculty include Daniel Amen, Ellyn Bader, William J. Doherty, Julie Gottman, Marty Klein, Christine Padesky, Esther Perel, Richard Schwartz, Jette

See COUPLES on page 6

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## EDITOR'S COMMENTS

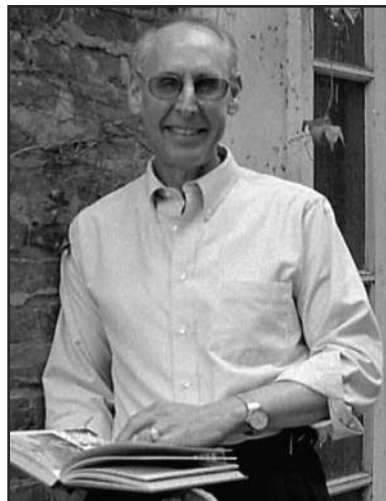
Each of us is an amalgamation of all of our experiences, influenced by those who have touched us and by those who we touched. One can study the properties of oxygen and hydrogen gas until there is little left to learn about each of the individual elements. All of that knowledge does not help us to predict what will be created when these two gases interact to become something quite different, liquid water. In that same way, when we interact with those who intersect our lives, neither our knowledge of ourselves nor our knowledge of them can necessarily prepare us for all the possible outcomes that can result from that interaction. And in the right situation with the right people, an interaction can produce a legacy that can outlive the participants.

The theme for this issue is "Legacy." We make ripples on the pond of life. Some ripples spread thin and disappear while others intersect with other ripples, making second order ripples that can have repercussions throughout the pond. In this newsletter, we will visit people who have influenced the course of psychotherapy and the arts, and, who in turn, pay homage to the people and circumstances that influenced them.

We start with our Featured Interview of Thomas Szasz. In this interview Gary Ruelas delves into what experiences and situations helped shape of one of the most influential and controversial thinkers of the 20th century.

In our highlighted centerfold section, Marilia Baker revisits Jay Haley "Through the Voice of Madeleine Richeport-Haley" in her new feature series, *The Power of Two*. In this conversation between Baker and Richeport-Haley, we see both Haley and Richeport-Haley influencing, and being influenced by, major figures in psychotherapy and anthropology to produce a long-lasting legacy that continues to spark growth and innovation today. The article is accompanied by Alexander and Annellen Simpkins' review of *Jay Haley Revisited*, edited by Madeleine Richeport-Haley and Jon Carlson. As the review points out, "This book brings Haley's works into a twenty-first century dialogue." Beautiful.

Roxanna Erickson Klein's inter-



view of internationally-acclaimed sculptor, Elijah David Herschler, shows how Erickson's legacy extended into surprising areas in the *Facets and Reflections* column Trance and Art: Milton Erickson's Influence on an Artist. In Eric Greenleaf's *Case Report* column, Jack Travis presents an elegant dream intervention. Greenleaf finishes the column by bridging Travis' intervention with elements in Erickson's own approach.

In our *International Community* column, Marilia Baker introduces another aspect of Erickson's legacy in the heuristic experiences of Peter Nemetschek that took place more than 30 years ago. Baker continues the international theme in her *Introducing the Institutes* column with The Milton H. Erickson Institute of Tasmania. Baker brings alive the nature of this amazing institute and highlights one of its founding directors, Rob McNeilly, as he discusses the ripples that Erickson infused into his life.

John D. Lentz interviews Jeffrey Kottler, author of more than 80 books translated into a dozen languages in his *In the Spirit of Therapy* column. While creating an indelible legacy of his own, Kottler takes that time to pay homage to those who have inspired him both spiritually and professionally.

Alexander and Annellen Simpkins, our prolific review editors, have chosen several offerings that show the person behind the legacy. Many of these giants were presenters at the *Evolution of Psychotherapy Conferences* that have occurred over the last three decades. You will recognize their names in the Simpkins' review of *The Evolution of Psychotherapy, 2009 Full*

*Conference Program Interactive Audio DVD-ROM*. The Simpkins' book review of Albert Ellis and Debbie Joffe Ellis's *All Out: An Autobiography* clearly shows the person behind the legacy. The book chronicles early events and motivations that influenced one of psychology's most colorful and intellectually powerful legends. Another presenter at past Evolution conferences is Joseph Wolpe. John D. Lentz reviews Wolpe's DVD in the *Pioneers of Psychotherapy* series by the Milton H. Erickson Foundation. Lentz captures in this review Wolpe's charismatic yet mater-of-fact style and his ability to incorporate modern eye-movement therapies into his systematic desensitization paradigms.

The DVD, *Moreno Movies: Spontaneity Training and Role Re-Training and Introduction to Psychodrama* shows the legacy of the endlessly energetic J.L. Moreno. Rubin Battino's review captures the nature of that energy and the unique presence of Moreno in these classic movies.

What keeps a legacy alive is its ability to stimulate innovation and expansions. An excellent example of this is in Alexander and Annellen Simpkins' Report on the Ericksonian Hypnosis Symposium, "New Innovations in Hypnosis Inspired by Milton H. Erickson" that was presented at the 2010 American Psychological Association convention in San Diego.

We have included several other offerings by our review team of Maria Escalante de Smith, David J. Norton, and Dan Short, including those who were listed in the previous reviews. Each of these reviews present current significant contributors to the field of psychology such as Steven Hayes, Jack Kornfield Scott O. Lilienfeld, Steven Jay Lynn, John Ruscio, Barry L. Beyenstein, Steve Andreas, Laura S. Lorenz, and David Wexler, all of who are adding their own interactive ripples to the pond.

**Rick Landis**  
Orange, California

### Corrections:

The article titled, "Ericksonian Attendance Was High at 18th International Society of Hypnosis Conference" was written by Albina Tomalonis, Ph.D. You can find this informative article in the spring 2010 issue.

The book *Milton H. Erickson, M.D. Explorer in Hypnosis and Therapy* (MHEF Newsletter Vol.30 #2, pg. 11, Book Review by Rubin Battino) is now available from Crown House Publishing and also is available on DVD. Visit: [www.CrownHousePublishing.com](http://www.CrownHousePublishing.com)

## The Milton H. Erickson Foundation NEWSLETTER

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**In the Spirit of Therapy Editor: John Lentz, D.Min.**

**Guest Reviewers: Rubin Battino, M.S., Maria Escalante de Smith, M.A.,  
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## F A C E T S   A N D   R E F L E C T I O N S

## *Trance and Art: Milton Erickson's Influence on an Artist*

### *Elijah David Herschler*

Interviewed by Roxanna Erickson Klein

*Elijah David Herschler is an accomplished artist who invented Ribbons in Space, stainless steel sculptures that are an embodiment of balanced fluid movement, space, time, and light. The sculptures are designed to create a mildly hypnotizing experience and lift the viewer into a more relaxed, blissful, timeless state of being. The sculptures are a catalyst for the transformation of consciousness bringing one in touch with the source of being: our universality and our infiniteness. The moving hypnotic sculptures, invented in 1967, are now on display in museums, private, and corporate collections in 16 countries. Herschler describes himself as having been fortunate to meet the Dalai Llama, David Bohm, Huston Smith, Moshe Feldenkrais, John Lilly, Gregory Bateson, Karl Pribram, Joseph Campbell, and Ninian Smart. As a result of his 25 year association with NASA, he also met three astronauts who walked on the moon. He says "I was interested in understanding the effects of outer space on the inner space and consciousness of the astronauts." For more information about his artwork, visit <http://www.elijahdavidherschler.com>*

*This interview between Elijah David Herschler and Milton Erickson's daughter, Roxanna, seeks to touch upon the extent to which participation in Erickson's seminars had a broad and rippling effect on Herschler. He had the opportunity to study briefly with Erickson, and maintained a long friendship with Elizabeth Erickson after Erickson's death*

**Roxanna Erickson Klein (REK): Tell me about your interest in psychology.**

**Elijah David Herschler (EDH):** I have always been a meditative person, often becoming lost in everyday trance, and in many ways a "natural" at psychology. As I observed nature, animals, art, and people I developed an interest in the study of psychology that began in my early teens. I was trying to understand myself and how my mind worked--the different voices in my head, the different parts of me talking inside my mind: my conscience, unconscious, self-consciousness, etc.

During the 60's and 70's I was exploring the work of Anton Mesmer, Alan Watts, D.T Suzuki, Krishnamurti, Taoism, Zen Buddhism, and Buddhism. I later became interested in Aldous Huxley who approached drug experiences in a scientific way. I smoked pot and took LSD a couple of times, which led to new perspectives, insight, and altered states of consciousness. In the 70's and 80's I took many New Age workshops with some of the best leaders in their fields. All of this helped develop my awareness and consciousness, simultaneously preparing me for hypnotherapy and trance work.

**REK Did those understandings help your work as an artist?**

**EDH:** As an artist I am sensitive to human interaction, emotions, and moods. I am aware of color, form, light, changing light, and movement. The interactive effects of all of these affect my awareness, feelings, moods, and states of consciousness.

As an artist I have spent hours in every day trances when looking at nature, birds, streams, mountains, trees, water flowing, art, sculpture, paintings, and lis-

tening to music. I experience intense concentration with a heightened sense of awareness. I use this perspective naturally to absorb and become one with the experience.

**REK: Tell me about meeting Erickson.**

**EDH:** In 1978 after a workshop at Esalen Institute in Big Sur, I was invited to someone's room to hear a tape recording. As I listened I was immediately drawn in, fully engaged, captured by the man's voice and his hypnotic induction. Prior to the tape, I knew nothing of Erickson, but I was struck, hypnotized, fascinated. I had to meet him.

A week later I called Erickson's home and spoke with Mrs. Erickson. Although I was not a therapist, she explained that he occasionally made exceptions to include a creative person in the seminars. I was put on a six-month waiting list, and while waiting I had a few sessions with Ernest Rossi and with Jeff Zeig. A cancellation gave me the opportunity to join a group earlier than scheduled. I still have the letter of invitation to attend a seminar in his home on Oct 8-12, 1979.

I was very moved by the seminar. Milton expressed so much total attention and love, and seemed to work simultaneously with several people each of whom was in a different stage. Much of the time it wasn't possible to know with certainty about with whom he was working. There were ten or twelve of us including myself, and it seemed as if we were wandering in and out of trance.

One of the assignments that he made to certain people was to walk up Squaw Peak (now Piastawa Peak). I did it. It took a lot of persistence and getting lost on the trail before I finally made it to the top. On the peak, with the grand panoramic view, I found a wonderful sense of accomplishment and learned lessons about perseverance and overcoming obstacles.

After the initial seminar, I returned for three additional days with Dr. Erickson. It must have been in Jan or Feb of 1980 because he died on

March 25, 1980. I wish I had been able to spend more time with Milton, particularly one to one...just to talk and get to know him as a person. I felt bad that he died so quickly after I met him, and therefore I was not able to get to know him better.

**REK: Can you describe what it was that you learned from him?**

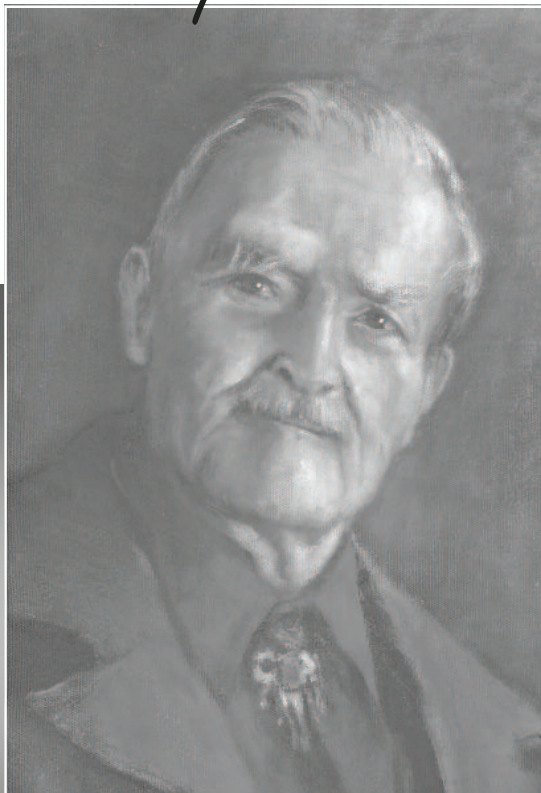
**EDH:** Being with Erickson, experiencing his presence, his voice, his sensitivity, and my awareness of his kindness and warmth has remained with me for all these 30 years. The experience has had an ongoing positive influence on me. I have such great respect and admiration for him and feel fortunate to have known him, studied with him, and was hypnotized by him. Erickson had a marvelous presence

When I think of him, I think of how loving he was -- his ability to put people in trance with his incredibly creative inductions. It was both wonderful and amazing to experience his creative ways of treating people and dealing with their problems. After the morning seminar in his office, he would sometimes invite us into the house where he took great pride in sharing with us his collection of beautifully crafted, Seri ironwood carvings. It felt like a special privilege to be in his home and to see his personal collections. I felt even more of a connection as he smiled and with great enthusiasm told us stories about the carvings. It was a time to get to know him, outside of the office.



*David Herschler and "The Dance of Life"*

*Make plans to attend...*



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## HERSCHLER *continued from page 4*

Erickson also influenced me in another important way. He suggested I read the book, *Black Elk Speaks*, by John Niehardt. It is the story of Black Elk, the famous Lakota Indian visionary and healer. I had already been interested in religion, spiritual leaders, prophets, great teachers, and enlightened people, and I have maintained an interest in learning about mysticism, Gnosticism, near death experiences, and past lives.



*"Time Space Light"*

What I learned from Erickson became part of me, integrated in an intuitive, sensing, feeling, experiential way. We had a special connection, beyond words, which made it very easy to work with him. I felt like he liked me very much and that he liked my art very much. I learned even more than I can put into words. My ability to use hypnotherapy on my own self and on others was born and substantially developed. For the next years I continued to work on my trancing and my work with hypnotic sculptures. Through the experiences with Milton, my moving ribbons sculptures became more refined, more elegant, and closer to the perfect images I held within. I gave Milton a sculpture after the first seminar of his I attended; they are trance producing in their own way. I would have really appreciated knowing his response and comments about them, and it would have been so meaningful. Unfortunately he was not able to see one of my suspended moving sculptures that are even more hypnotic.

**REK:** Wow, I remember the beautiful ribbons that you gave to us. I was at home then, and I knew he had a close relationship with you. I remember when he had just received the sculpture; it was wrapped up in a soft cloth. He asked me to unwrap it, and in a ceremonious way had me assemble the two parts. We watched as the sculpture gently found a balance, and we both became absorbed into the way it sort of drifts into a harmonious equilibrium. It was a memorable moment. Dad and I enjoyed the movement, and connected through our reaction to a sculpture. To share powerfully trance-producing feelings with Dad and to enjoy the trance together was special. My parents both loved that sculpture and kept it in their bedroom. Later after Dad died and I had a home of my own, my mother gave it to me. He also liked the words, a Ribbon in Space and all of the metaphors and suggestions held within that image.

**EDH:** Thank you. I would like to have seen your reactions myself. It is my desire to create sculpture that changes consciousness in a positive way – using movement with pure form, space and light, to create hypnotic states and a natural form of trance.

My Ribbons in Space are a reflection of myself, of my desires, of my values and goals. They are my ideal work of art. I think trance touches on the universal, connects me deeply, intimately with what I am experiencing, seeing, hearing, and feeling.

**REK:** Do you continue to integrate trance work in your art?

**EDH:** Going into trance helps me to experience things more fully, more subtly, with greater focus, concentration, and awareness. The integration of art and hypnosis came about naturally, unplanned, through intuition, and a combining of awareness. I had been working with hypnotism and trance with my kinetic sculptures for twelve years before I met Dr. Erickson; my thesis in graduate school was on kinetic sculpture. Since having had the privilege of working with Erickson, my ability to go into trance naturally and easily has greatly improved. I also have been able to refine my kinetic sculptures to have a greater effect in creating a trance by gently hypnotizing the viewer. I work with graceful movement, optical illusions,

space, time, and light.

What I gained from the contact with Dr. Erickson has become a major part of the way I experience things and my life itself. With his positive influence, my sculptures became more hypnotic, more trance producing, more elegant, and timeless.

It seems as though I knew Milton for a long period of time and yet it was actually only over a six-month period. It was a deep, intense connection for me that had a great impact and that is why the time frame seems much longer than it actually was. I kept in contact with Betty after Milton's death, and later sent her another sculpture to honor the important role she played in your family, so supportive of Milton.

**REK:** Would you like to say a word about your art?

**DEH:** My art is universal.... beyond language, beyond cultures, beyond countries and borders. I believe it connects people to our universality our oneness with life and all things.

**REK:** It is no wonder that my Dad felt so connected to you. Your art is expressed in such a unique and profound way.

**DEH:** Thank you.

## NEWS

### *The 2012 ISH Congress Moving to Germany*

The 2012 ISH Congress will be held October 17-21 in Bremen, Germany. The Congress center is located within walking distance to the historic old town and is next to the beautiful park - Buergerpark. Bremen can be easily reached by their international airport. Hotels ranging in every category have offered special affordable prices for the Congress participants. Bremen is one of the 10 largest cities in Germany and is located in the northern part of the country. The city's history goes back nearly 1200 years. The city is mostly known around the world by one of the most famous fairy tales of Brothers Grimm: "The Bremen Town Musicians" - a fairy tale about a donkey, dog, cat and rooster.

Registration will begin by January 2011. If you want to pre-register and get detailed information later mail to: [registration@hypnosis-congress.com](mailto:registration@hypnosis-congress.com)

### ISH Newsletter

The International Society of Hypnosis (ISH) will be offering an online Newsletter: <http://www.ish-hypnosis.org/ish-newsletter.htm>. The Newsletter will be edited by Consuelo Casula, Ph.D., and Greg Coman, Ph.D., and will allow for the exchanging of information and will regularly inform readers about ISH, its constituent societies and individual members.

Reports from Institutes, interviews, books announcements, upcoming events, will bring together the readers in the world of hypnosis. In the future, the *ISH Newsletter* hopes to establish an international network of professionals to exchange ideas and bridge understanding.

## COUPLES *continued from page 1*

Simon, Stan Tatkin, Lilian Zeig, and Jeffrey Zeig. A total of 20.0 CE hours are available for the Couples Conference Conference with an additional 6.0 CE hours available for the complete *Law & Ethics* Pre-Conference Workshop, March 31, 2011.

**Register Early for the Lowest Rates – Special Offer!** Newsletter readers can use the SPECIAL CODE found in the Couples ad on page \_\_\_ to register at the lowest registration rate. \*Offer valid until Midnight December 14, 2010

Visit the Conference web site [www.CouplesConference.com](http://www.CouplesConference.com) to view and download the complete brochure, review the faculty bios and handouts, register Online and reserve hotel accommodation. For more information or to receive a brochure by mail contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Fax, 602-956-0519; Tel, 602-956-6196; Email, [office@erickson-foundation.org](mailto:office@erickson-foundation.org)

## Jeffrey Zeig Receives Arizona Psychological Association Award

The Arizona Psychological Association (AzPA) has awarded Jeffrey Zeig, Ph.D., director of The Milton H. Erickson Foundation, Inc., the Aaron Canter Award for Distinguished Contributions to Professional Psychology. This award is given to a psychologist who has shown long-term leadership and service to AzPA, APA and the Psychology Community.

The award was presented at the Arizona Psychological Association Convention in Tucson, Arizona in October.

Congratulations to Jeffrey Zeig for receiving this prestigious award.

## IN MEMORIAM

By Karen Haviley

### Sylvia Cowen

The Milton H. Erickson Foundation recently lost one of its former staff members, Sylvia Cowen. Sylvia worked for the Foundation as a book-keeper beginning with the first *Evolution of Psychotherapy Conference* in 1985 until she retired in 2003. She was a dedicated and loyal staff member. Her knowledge and experience with the Foundation allowed her to assist as a backup when needed to almost every position within the Foundation.

Sylvia had a way of lifting everyone's spirits. She always had a funny joke or a story from her childhood to share. When the staff was feeling tired from the preparation work for *Evolution* conferences, she enjoyed telling stories of the first Evolution meeting when more than 7,000 registrations came in to the Foundation and absolutely everything was done by hand—no computers, only typewriters.



Sylvia's office was decorated with many of her own innovative ideas for organization—homemade gadgets that, although quirky, were quite useful! She was a kind and compassionate person, full of life and extremely creative, including writing her own children's book about learning the alphabet. She also was an avid Mahjong player. Sylvia will be deeply missed. She is survived by her son, Michael, and many friends.

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Presents

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Each week utilizes a lecture-demonstration-practice format. You will spend the majority of time in direct experiences, deriving extensive familiarity with hypnotic processes in both clinician and subject roles.

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- Induction approaches
- Hypnotic phenomena
- Indirection
- Tailoring
- Habit control
- Pain management
- Anxiety & depression
- Individualizing Treatment
- Habit control
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## Report on an Ericksonian Hypnosis Symposium at APA

### “New Innovations in Hypnosis Inspired by Milton H. Erickson”

Reported by:

C. Alexander Simpkins, Ph.D. and Annellen M. Simpkins, Ph.D.  
San Diego, California

*Presented at the American Psychological Association convention, 2010 held in San Diego*

A 2-hour symposium, organized by C. Alexander Simpkins and Annellen M. Simpkins was presented with a number of fellow Ericksonians for the Hypnosis Division 30 at the 2010 APA convention about innovations inspired by Milton H. Erickson. Each presenter offered a unique use of hypnosis, motivated by Erickson and moving forward with original applications.

Michael Yapko presented “Erickson’s Emphasis on Taking Action: Treating



*Panel on “New Innovations in Hypnosis Inspired by Milton H. Erickson,” presented at APA in San Diego, August, 2010, from left to right: Michael Yapko, Diane Yapko, Annellen Simpkins, C. Alexander Simpkins, Albina Tamalonis, Maria Escalante de Smith, Thomas Tamalonis-Olofsson.*

Depression Hypnotically and Strategically.” Michael showed how Ericksonian goal-directed action methods of hypnosis integrate well with empirically supported treatments, to increase the merits of CBT for depression. Michael is an experienced speaker, and he skillfully communicated with humor, charm, and solid information about the power of hypnosis for healing depression.

Diane Yapko offered “Erickson’s Utilization Principles for Treatment of Children with Asperger’s Syndrome.” As a speech-language pathologist, Diane has integrated Erickson’s methods and strategies into her work with children diagnosed with Asperger’s syndrome and high functioning autism. Learning to “be hypnotic” as opposed to “doing hypnosis” has become an integral part of her innovative treatment approach.

Albina Tamalonis and Thomas Tamalonis-Olofsson presented “Anger Management by Using Positive Imaging and Music” which integrates Ericksonian hypnosis with music as valuable tools for anger management. They offered both a

helpful hypnotic protocol along with a clarification of computer techniques so that therapists could implement these methods with clients and create their own hypnosis CD to give to their clients.

Maria Escalante de Smith presented “How Ericksonian Psychotherapy Can Be Used with Children.” Children enter trance very easily. Maria showed the Ericksonian method of the informal trance, and how it can be applied with children using games, toys, task assignments, stories, and songs. She was especially inspirational when she sang beautifully for the crowd!

The Simpkins spoke about “Neuro-Hypnosis: Fostering Mind-Brain Change,” the topic of their latest book, *Neuro-hypnosis*. Erickson utilized natural brain-mind patterns to facilitate healthy functioning. Annellen and Alex showed how to apply the latest neuroscience of hypnosis and then, in the Ericksonian sense, to recognize and subtly restore the natural mechanisms of the brain-mind system, for deep and lasting therapeutic change.

The symposium was well attended, and from the positive feedback that was received, we can all feel confident that interest in Milton H. Erickson continues to be strong.

## INTERNATIONAL COMMUNITY

### Peter Nemetschek

By Marilia Baker

Peter Nemetschek of Munich, Germany, spent several weeks this summer at the Erickson Foundation Archives in Phoenix, Arizona, transcribing audiotapes and analyzing videos of his work with Milton Erickson. Nemetschek, 73, is in practice as family therapist in Munich where he also supervises students and teaches family therapy, supervision, and coaching.

Quite intrigued, and highly interested in, Milton Erickson’s approaches to hypnosis, Peter came to Arizona in the late 70s to study with Dr. Erickson. He attended 4 seminars - 12 days – from February 19 through March 3 1979. As a student, “I dared to take photographs while Dr. Erickson worked with us.” This was an unusual challenge that turned out to be considerably relevant and far-reaching to Erickson’s legacy: “Subsequently, after Milton’s death, I sent the photos to Mrs. Erickson who was very grateful because these were the only pictures ever taken of Erickson while he taught.”

Nemetschek also trained with Virginia Satir, Jay Haley, Cloé Madanes, and Insoo Kim Berg. He has published, as yet in German, a book on family therapy with children, adolescents, and parents – on how to “work with them through hearts, hands, and humor.” He authored another book on coaching and systemic supervision.

He is at full speed now at writing about his work with Erickson. The proposed book will contain more than 100 photographs, mostly in color. The title is: *Erickson Lives!* and it will be published by the Erickson Foundation Press in 2011 to be launched at the 11th Congress in December. The German edition will be published under the auspices of Klett-Cotta Publishers.

Nemetschek is very grateful to Jeffrey Zeig who has given full support to his lifelong dream of bringing to the world his experience with Milton Erickson, and he also thanks the help he got at the Foundation from Susan Velasco, Jennifer Simmons, and Chuck Lakin.

**Attention please:** Peter calls on student colleagues who attended the teaching seminars with Erickson on the dates above – February 19 through March 3rd 1979, to please contact him at: [info@familientherapie-peter-nemetschek.de](mailto:info@familientherapie-peter-nemetschek.de) or at The Erickson Foundation by emailing [Jennifer@erickson-foundation.org](mailto:Jennifer@erickson-foundation.org) to provide explicit permission for publication of the photographs in which you might appear. Peter says: “I think everyone will be proud to be part of this dedication to Milton Erickson. Thank you!”



## CONFERENCE NOTES

The 8th *Brief Therapy Conference: Lasting Solutions*, sponsored by The Milton H. Erickson Foundation, Inc., will be held December 9-12, 2010, at the Hilton Walt Disney World® Resort in Orlando, Fla. Faculty will include: Steve Andreas, Ellyn Bader, Jon Carlson, Robert Dilts, Stephen Gilligan, Kenneth Hardy, Jeffrey Kottler, Pat Love, Lynn Lyons, Scott Miller, John Norcross, Bill O'Hanlon, Esther Perel, Maggie Phillips, James Prochaska, Wendel Ray, Ernest Rossi, Casey Truffo, Michele Weiner-Davis, Reid Wilson, Michael Yapko, and Jeffrey Zeig. Keynotes will be given by Judith Beck, Sue Johnson, Bessel van der Kolk, Donald Meichenbaum, Robert Sapolsky, Thomas Szasz.

Complete information is available on the Conference Web site: [www.BriefTherapyConference.com](http://www.BriefTherapyConference.com). For Conference information or to receive the 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](mailto:office@erickson-foundation.org); Web, [www.erickson-foundation.org](http://www.erickson-foundation.org)

The American Society of Clinical Hypnosis (ASCH) will hold the 53rd Annual Scientific Meeting and Workshops entitled, *Mind and Matter: Innovations in Hypnosis*, March 4-8, 2011 at the RIO All-Suites Hotel and Casino in Las Vegas, Nev. For more information contact ASCH, 140 North Bloomingdale Road, Bloomingdale, IL 60108-1017; Tel, 630-980-4740; Fax, 630-351-8490; E-mail, [info@asch.net](mailto:info@asch.net); Web, [www.asch.net](http://www.asch.net)

*Braving New Worlds: A Journey to the Future of Psychotherapy*, Psychotherapy Networker's annual Symposium, will be held March 23-27, 2011, at the Omni Shoreham Hotel, Washington, D.C. Speakers include: Sherry Turkle, Donald Meichenbaum, John Gottman, David Whyte, and many more. For complete information and registration visit: <http://www.psychotherapy-networker.org/symposium-2011>; Email, [symposium@cmehelp.com](mailto:symposium@cmehelp.com); Tel, 800-379-1733

*The Couples Conference*, sponsored by The Milton H. Erickson Foundation, Inc., will be held April 1-3, 2011 at the Marriott Hotel and Spa, Newport Beach, Calif. Organizational assistance provided by the Couples Institute, Menlo Park, Calif. Confirmed faculty include Daniel Amen, Ellyn Bader, William J. Doherty, Julie Gottman, Marty Klein, Christine Padesky, Esther Perel, and Richard Schwartz. For more information 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](mailto:office@erickson-foundation.org); Web, [www.CouplesConference.com](http://www.CouplesConference.com)

The 19th International Hypnosis Congress of the International Society of Hypnosis (ISH) originally scheduled for Melbourne, Australia, has been relocated to Bremen, Germany. It will be held October 17-21, 2012. Organizer for the Congress is Bernhard Trenkle, director of the Milton Erickson Institute Rottweil (Germany). For complete information visit the Congress Web site: <http://www.hypnosis-congress.com/> For Pre-registration information Email: [registration@hypnosis-congress.com](mailto:registration@hypnosis-congress.com). The official registration process is starting in January 2011.

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## UPCOMING TRAINING

| DATE        | TITLE / LOCATION / LEADER   | CONTACTS |
|-------------|---|----------|
| <b>2010</b> |   |          |
| 12/9-12     | Brief Therapy Conference: Lasting Solutions / Orlando, FL / Invited Faculty   | 1.       |
| <b>2011</b> |   |          |
| 1/3-7       | Ericksonian Hypnosis & Psychotherapy / Beijing, China / Jeffrey K. Zeig, Ph.D.  | 2.       |
| 1/20-23     | Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig   | 3.       |
| 1/28-30     | ASCH Approved Basic Hypnosis Training / Pacific Palisades, Calif. / N. Barretta, PhD; P. Barretta, MFT; B. Freedman, PsyD, MFT; D. Gordon, Ph.D.; D. Haspel-Johnson, PhD; E. Haspel-Portner, PhD; C. Hoffman, PhD; B. Pomerantz, Ph.D; R. Riffkind, PhD | 4.       |
| 2/3-6       | Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Minneapolis, MN / Zeig   | 5.       |
| 2/14-16     | Ericksonian Hypnosis & Psychotherapy / Amsterdam, Holland / Zeig  | 6.       |
| 2/16        | Integrating Meditation and Mindfulness in Therapy: Techniques for Enhancing Your Clinical Practice / Webinar / C. Alexander Simpkins, PhD & Annellen M. Simpkins, PhD   | 7.       |
| 2/17-19     | Ericksonian Hypnosis & Psychotherapy / Rottweil, Germany / Zeig   | 8.       |
| 2/28-3/4    | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Brent Geary, Ph.D., Zeig, and Invited Presenters  | 1.       |
| 3/4         | Ericksonian Hypnosis & Psychotherapy / Austin, Texas / Zeig   | 9.       |
| 3/7-3/11    | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, and Invited Presenters   | 1.       |
| 3/12-15     | Brief Psychotherapy Master Class / Phoenix, Ariz. / Lilian Borges Zeig, MA, LPC, Jeffrey K. Zeig, Ph.D.   | 1.       |
| 3/18-19     | Ericksonian Hypnosis & Psychotherapy / Puebla, Mexico / Zeig  | 10.      |
| 3/18-20     | Facilitating Creative Consciousness with Art, Beauty, & Truth in Psychotherapy: How We Change the Brain to Change the Culture / Ojai, CA / Kathryn Rossi, Ph.D.; Ernest Rossi, Ph.D.  | 11.      |
| 4/1-3       | The Couples Conference / Newport Beach, Calif. / Invited Faculty  | 1.       |
| 4/8-10      | ASCH Approved Intermediate Hypnosis Training / Pacific Palisades, Calif. / Haspel-Johnson; Freedman; Haspel-Portner; Pomerantz; Karin Meiselman, PhD; Gordon; Peter Stone, DDS; Gary Wood, PhD, LCSW  | 4.       |
| 4/11-23     | Ericksonian Hypnosis & Psychotherapy / Singapore / Zeig   | 12.      |
| 5/12-15     | Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig   | 3.       |
| 5/20-21     | Ericksonian Hypnosis & Psychotherapy / Puebla, Mexico / Zeig  | 10.      |
| 6/2-5       | Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Taipei, Taiwan / Zeig  | 13.      |
| 6/8-12      | Hypnotic Patterns / Guangzhou, China / Zeig   | 14.      |
| 6/23-26     | Brief Psychotherapy Master Class / Phoenix, Ariz. / Borges Zeig, Zeig   | 1.       |

## CONTACT INFORMATION:

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- Web, [www.wileymentalheath.com](http://www.wileymentalheath.com); Product #: WEB02162011; The audio and slides for this course are presented through your computer. The webinar is Wednesday, February 16, 2011 from 1:00 PM to 2:30 PM Eastern Time. CEUs available.
- Bernhard Trenkle; Email, [mail@bernhard-trenkle.de](mailto:mail@bernhard-trenkle.de)
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## Ericksonian Terminology: An International Glossary

By Roxanna Erickson Klein

In early 2009 Hayley Klein responded to a call for proposals for a financial award offered by the Milton Erickson Foundation. She proposed an international glossary of Ericksonian terms for the dual purpose of clarifying the meaning of words commonly used in the works of Milton H. Erickson, and providing a structure for consistency and ease of translation. The award money was divided among this project, one originating in Russia, and another in Spain.

Dedicating the winnings for technical assistance, the glossary project moved forward through donated time. The first step involved the construction of an English team to unanimously agree on definitions of approximately 200 selected words. The English version was completed in time for sale (at cost) of a spiral bound copy at the Evolution of Psychotherapy Conference last December.

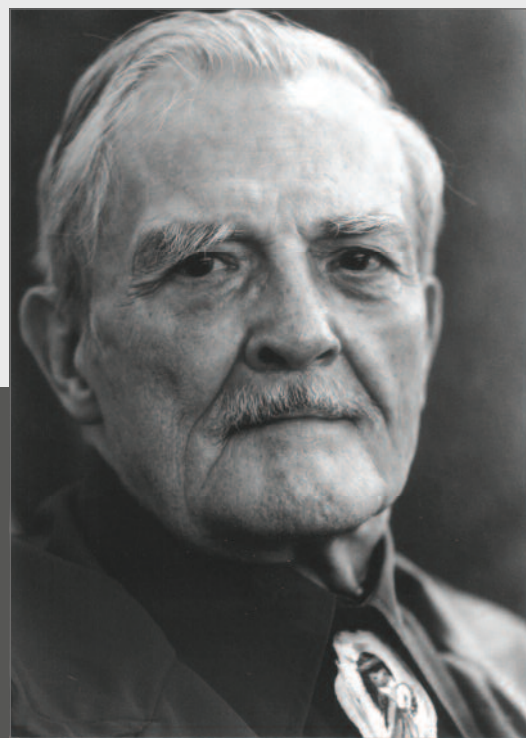
The next phase of the project was the selection of translation teams. Teams representing the following languages have commenced work on translations: Portuguese, Spanish, Italian, French, Russian, German, Japanese, and Polish. Team members are working in a volunteer capacity, contributing their own time and expertise to advance this project. Participants share a common passion and deep interest in the content of the material as well as the translation process.

In the last year important progress has been made. It is anticipated that one or several translations of the Glossary will be available in downloadable format for the Brief Therapy Conference. It is hoped that this presentation will spawn more translations. The work itself is a testimony to the cooperative and giving spirit intrinsic to Ericksonian approaches.

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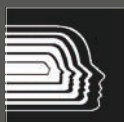
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# INTRODUCING THE INSTITUTES

## *The Milton H. Erickson Institute of Tasmania*

By Marilia Baker

The Milton H. Erickson Institute of Tasmania, Commonwealth of Australia, was officially established in 2007. Its founding directors are physicians, Rob McNeilly, Gabrielle Peacock, a Fellow of the Royal Australian College of General Practice, Emma Carmichael and Mary-anne Clarke. The MHEI Tasmania operates in association with the *Centre of Effective Therapy* (CET) founded by McNeilly in 1988. It offers world class training programs in solution-oriented family therapy, hypnosis, counseling, and coaching. Says McNeilly, "Our programs evolved from my personal learning with Milton Erickson in the 1970s, and they have been enriched by Gabrielle Peacock's translation and interpretation of Erickson's approaches into direct experiential learning. I've been invited to present a hypnosis workshop and Gabrielle hopes to present her unique approach in solution-oriented family therapy, at the 11th Erickson Congress in Phoenix, December 2011". As stated in the Institute's website, [www.cet.net.au](http://www.cet.net.au), their methodology "aligns with Bill O'Hanlon's Brief and Inclusive Therapy and Scott Miller's work on outcome and effectiveness."

The programs philosophy and practice also "reflect the leading edge of education" influenced by Chilean biologist and philosopher, Humberto Maturana and Austrian Heinz von Foerster, known as architects of constructivism and second-order cybernetics. McNeilly's approaches have been likewise "influenced by his course participants, life's serendipitous experiences"; by the philosophy of Lao Tzu; by the mythological vision of Joseph Campbell; the pragmatism of Werner Erhard; and the innovative thought of the Chileans, Fernando Flores, Julio Olalla, and Rafael Echeverria, who write extensively on communication effectiveness in business and organizational settings<sup>1</sup>.

The MHEIT in association with *Centre of Effective Therapy* (CET) offers training courses in Hobart, the capital city, and throughout Tasmania. In addition, there is ongoing training at several sites including Brisbane, Brazil, Canberra, Cairns, Copenhagen, Darwin, Japan, Melbourne, Singapore and Sydney.

In addition to clinical services at the Institute, there are online programs, designated as *open-learning*; a monthly online newsletter; teleseminars; a monthly hypnosis video club discussion group; and an ongoing international teleconference with world renowned therapists as Jeffrey Zeig, Steve Lankton, Stephen Gilligan, Michael Yapko, Bill O'Hanlon, and many others. Please go to: [www.cet.net.au](http://www.cet.net.au) for details. McNeilly has published three widely acclaimed books: *Healing with Words*, in co-authorship with Jenny Brown (1994); *Healing the Whole Person – A Solution-Focused Approach to Using Empowering Language, Emotions, and Action in Therapy* (2001); and *Creating Connections in Hypnosis* (Introducing the principles and practices of solution oriented Ericksonian hypnosis). Crown House also published a series of DVD sessions of solution oriented hypnosis and counseling in 2006.

When asked how he found out about Milton H. Erickson, McNeilly described how he navigated through a fascinating voyage of discovery. He travelled, several times, half way around the world – from the mysterious island of Tasmania, at the southernmost tip of Australia to study with Dr. Erickson in Phoenix, Arizona, at the northernmost tip of the Sonoran Desert.

"I first heard about Erickson at an Australian conference when John Hartland was talking about his experience visiting Erickson's house and finding himself coming out of hypnosis ... Here was someone who had written a textbook about hypnosis, and was experiencing something very new. I was intrigued. Then I saw

Herb Lustig's "Artistry" sessions filmed in 1976 -- that was it for me: It was like love at first sight! I was completely entranced with Erickson the person, and even more with his obvious respect and care for the people he was working with. It was like coming home. Here was an expert who was humble, connected, loving, exploring, totally interested in each individual and their individual experiences, and looking to be useful rather than explaining deficits."

"The following year, I telephoned him, expecting to speak to a secretary, but he answered the phone. I said I wanted to learn with him; he simply and directly responded "Come on over!", and in 1977 I did. He asked me what I wanted to learn from him, and I told him that pain management didn't make sense to me from what I'd learned in Australia. He nodded, and motioned for me to sit on a small stool in his sitting room, where a psychologist, Lee, from Canada also was present. He asked Lee to show me what had happened the previous day, and Lee said, "I was sitting here, listening to you, and ..." I looked over to see Lee going into a trance! I was disturbed ... where was the induction, the suggestions, the ritual? It took some time for me to recognize that in recalling his experience, Lee had to recreate it! The hypnotic experience came *from within him*, not from Erickson. His method was so elegant. After some time, I found myself going into a hypnotic trance, and after more than three hours listening to Erickson telling stories, some

of which I was disturbed by, I had learned a lot about pain management, without being able to articulate just what it was that I had learned. When I expressed my uncertainty, Erickson condensed the more than three hours into a succinct and pithy sentence -- "What we experience depends on how we direct our attention." I continue to be impressed with the precision of that statement".

"Another highlight of my first two weeks: I'd travelled half-way round the world to learn from this man. I arrived early, awed and self-conscious in his presence. He said nothing; I became even more paralyzed and then after a few more minutes he dismissed me for the day. If I had nothing to ask, he had nothing to contribute. I learned a lot from his silence. I was back in 1978 and again for a week in 1980, just before he died; even then, he was lively, enjoying conversations, and learning from those around him. I appreciated his light mood, his generosity, and his playfulness, and continue to appreciate his orientation even though he's been dead for 30 years. Erickson's insistence on honoring each individual client's unique learning experience inspired us to help students make their own translation of what we can offer and develop our own unique style of therapy through our own unique learning experiences." For further information please go to: [www.cet.net.au](http://www.cet.net.au)

Or contact Rob directly at: [rob@cet.net.au](mailto:rob@cet.net.au) or Gabrielle at: [gabrielle@cet.net.au](mailto:gabrielle@cet.net.au)

<sup>1</sup> Echeverria's concept of "ontology of language", i.e., how humans make use of language in organizations and how it has "a profound impact on how we perceive opportunities in the world" is further explained at: Creelman Research *Thought Leaders: Rafael Echeverria Networks of Conversations*, 2009 Vol. 2.3. In: [www.creelmanresearch.com/files](http://www.creelmanresearch.com/files).



Co-directors Gabrielle Peacock and Rob McNeilly



## Lydia's Dream

By Jack Travis, MFT

This is about a dream and an image. The client, Lydia, is dreaming about her youth in Mexico and when she tries to talk, worms come out of her mouth instead of words. In the dream, Lydia's father sits and chats with his mother, Lydia's *abuela*. Mother and son have sought refuge from the implacable midday Jalisco sun by setting their chairs in the shade, close to the doors that open into the bedroom where Lydia, her brother and her sister are having their *siesta*.

The girl's bedroom doors have been left ajar and the snuffing, groaning sounds of incest leak out, suspended in the parched, salt-laced ocean of summer air. Lydia's grandmother and her father shift slightly in their elaborately carved, ladder-back chairs. Their conversational hum rises in volume, seeming to absorb sounds produced by Lydia, her younger brother, and her older sister, as each is molested in turn by their uncle.

Grandma was charged with the task of raising Lydia and her siblings. Grandma was widowed. Her property

was passed to her eldest son and she was dependent on him for food and shelter. Lydia's mom died in childbirth. Her widowed dad established himself in California and started a new family and a new life. My client Lydia, her brother, her sister, and their grandmother lived deep in the Mexican countryside. They were forced to submit to their uncle until Lydia's older sister was 18. At 18, she walked out of the house, made it to the border. Lydia followed her, and established herself as a California resident. She had two children who were 12 and 15 at the time we started therapy.

Lydia was a client who created her own inductions and readily entered into trance. In this session Lydia is re-dreaming a recurring nightmare. I ask my client if I can accompany her into the dream locale and she agrees. We are in the remains of a formal garden in front of a great, stone house. Lydia dreams about flight. We are fleeing an unknown malignant presence. We find a way to enter the deserted storerooms that make up the basement. We cannot find safety so we move deeper into the passageways under the house. We close and bar a succession of ancient gates. Lydia says, "We're locked

in...safe...no one can get in or out." At that moment something stirred in the darkest corner. We move closer. As our eyes grow accustomed to the gloom, we are able to see the uncle, manacled and chained to a great iron ring set in the brick wall. Lydia and her uncle look at each other. My client does not flinch and the uncle looks away. I take Lydia's hand. "No one can get in or out," she whispers. "I know a way," I reply. In moments we find ourselves standing in the meadow behind the house. "Remember," I instruct the client, "the uncle is trapped. No one can get in or out."

I was able to utilize Lydia's narrative to get rid of a powerful remnant of early trauma. The image of the sadistic uncle was linked to many of my client's symptoms, most particularly her migraine headaches and her panic disorder. He was now locked in an impregnable prison. His ability to move freely in the client's unconscious mind had come to an end.

Before our encounter with her sadistic uncle, my client was unable to read for more than ten minutes at a time. By the next session, Lydia reported that she was able to read for extended periods without discomfort. Eventually, the image of the evil uncle

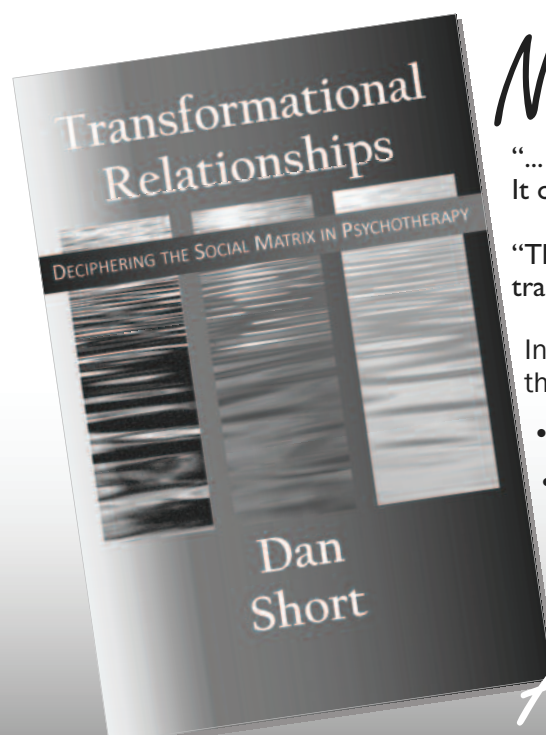
returned to the client's dreams, but without the power and dynamism it once had. The uncle was reduced to a baleful presence, like a gargoyle on a medieval church. Lydia is now free of migraines. Her panic disorder is in remission. We have terminated our therapy.

## COMMENTARY

By Eric Greenleaf, Ph.D.

What lovely and respectful work, and so effective. Many therapists do not know that Dr. Erickson had a special way with dreams, much like Jack's. Erickson instructed his patient to "Dream the same dream with the same meaning, the same emotional significance, but with a different cast of characters. This time maybe it won't be so dark. Maybe you can see a bit more clearly. It won't be pleasant, but maybe it won't hurt so much. So go ahead as soon as you can and have your dream." Jack's presence in the dream, like Erickson's in February Man, heals through relationship.

Jack Travis, MFT, is still working as a therapist. His wife Carol works as a realtor. They enjoy passing the trance to each other, to friends, to clients, and to family.



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# BOOK REVIEW

## *Jay Haley Revisited*

Edited by Madeleine Richeport-Haley and  
Jon Carlson

Routledge Taylor and Francis Group  
New York  
2010, 513 pages

Reviewed by: C. Alexander Simpkins,  
Ph.D. and Annellen M. Simpkins, Ph.D.  
San Diego, California

*Jay Haley Revisited* is a unique, edited selection of the works of Jay Haley. It includes many of Haley's significant papers and a number of unpublished papers as well. Each article has a short preface by a current expert introducing the topic of the paper. In this way the book brings Haley's works into a twenty-first century dialogue, continuing to engage the reader with the important and timely topics Haley discusses. The book's editors, Madeleine Richeport-Haley and Jon Carlson, point out how Haley initiated

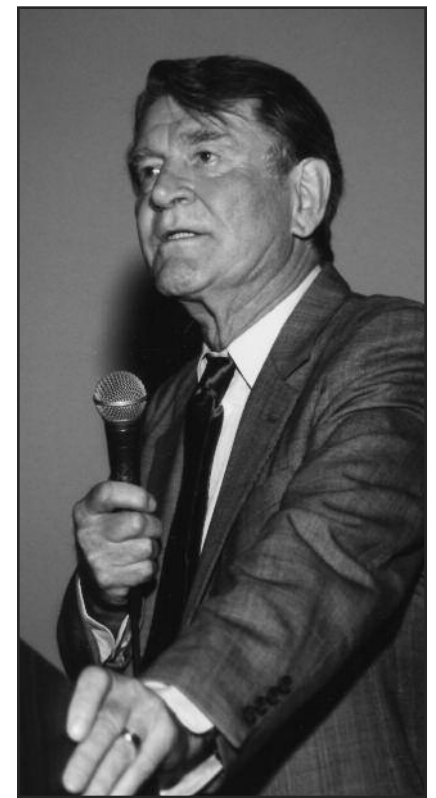
a major paradigm shift from insight-oriented, long-term therapy to a family-centered, problem-focused, brief strategic approach. This book illustrates the point well, showing Haley's original thoughts on how therapy could be done briefly; that the unconscious could be positive as Erickson believed; and that symptoms are caused by the current social situation, not by the past. We see Haley at times being irreverent, humorous, sensitive, caring, indirect, directive, subtle, and blunt. In reading these articles, you can experience the power of his personality and his groundbreaking ideas first hand.

The editors are courageous in permitting dialogue about the issues Haley raised that stimulates while it encourages readers to think deeply and critically about them, which Haley himself would probably have wanted. For example, in the article "How to be a marriage therapist without knowing practically anything," Haley makes fun

of ways that therapists hide their shortcomings, conceal their ignorance and lack of competence from patients and colleagues, and excuse failure. But in the introductory remarks accompanying this article, Leslie S. Greenberg replies, defending family therapy by claiming that research and evidence-based practice have now solved many of the problems that Haley was concerned about.

Some of the most engaging papers highlight Haley's creative way of turning things upside down. For example, in "How to have an awful marriage," Haley aptly states that books and articles abound on how to improve a marriage, but that nothing can be found on how to create a terrible marriage. And yet, a vast number of couples seem to repeatedly do just that. So, Haley asks, why not study exactly how they do it? His article explains all the ways people go about creating their matrimonial misery, a brilliant expression of strategic thinking!

Haley often went against the grain of common belief, such as taking the side of the schizophrenic in "The art of being schizophrenic." He refused to derogate schizophrenia as just a neurological defect and instead recognized the artistry and sophistication involved in how these people could delicately balance their complex family relationships. For example, a schizophrenic subtly expressed feeling alienated by sending his maternal mother a Mother's Day card that read, "You've been like a mother to me!" The introductory article from Braulio Montalvo updates and confirms Haley's insights



by pointing to recent international research supporting Haley's belief that family and community can have a positive influence on the schizophrenic's adjustment.

These are just a few samples from the twenty papers included in this volume. We heartily recommend this book to help you undo the hardening of the categories that can set in from conventional thinking. Haley's ironic, perceptive insights, and their refraction through the lens of the thoughtful contributors, will awaken you to see therapy anew.



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

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## *The Power of Two – Revisiting Jay Haley Through the Voice of Madeleine Richeport-Haley*

By Marilia Baker

The Milton H. Erickson Foundation is sponsoring its 9th Brief Therapy Conference, December 9-12 in Orlando, Florida. In addition to a stellar Faculty, many of whom studied and apprenticed directly with Jay Haley, there will be seasoned attendees who, likewise, learned from him and his revolutionary innovations. Most importantly, there will also be in attendance a new generation of young therapists from all over the world eager to learn about Brief Therapy, its evolution and its multidimensional applications.

**Marilia Baker:** What follows is the result of a series of conversations with Madeleine Richeport-Haley, Jay Haley's wife, colleague extraordinaire, partner in book writing, lecturing, and innovative filmmaking. Throughout my professional career I have had a scientific interest in couples and how they partner—their joint and separate life projects; their collaboration styles; and their power “to make things happen.”<sup>1</sup> It was with this concept in mind, and my belief in the synergistic “power of two” that I interviewed Madeleine Richeport-Haley.

In her article, *Leading Contributors*<sup>2</sup>, Elizabeth Moore Erickson aptly described Madeleine Richeport-Haley, Ph.D., as an outstanding, world-renowned anthropologist, author, academic filmmaker, videographer, scientific lecturer, who also trained with Milton H. Erickson in the 1970s. Dr Richeport has innumerable individual achievements in the U.S., Puerto Rico, Brazil, and other countries, where she was a researcher, professor of anthropology, and a consultant to the Pan-American Health Organization (PAHO-Brasilia), the Regional Office for the Americas of the World Health Organization (WHO). For many years she was a participant observer in the trance phenomena of autochthonous practitioners of Afro-Spiritist religions in the Caribbean, of spiritism in Brazil, and with Jay Haley of dance and trance of Balinese children (1995)<sup>3</sup>. Richeport-Haley also collaborated with Jay Haley co-authoring books, producing films, and clinical training videos for scholars and clinicians<sup>4</sup>. Her most recent contribution is the widely praised volume, *Jay Haley Revisited* (2010), which she and Jon Carlson edited<sup>5</sup> (See book review, opposite), and which is a collection of her late husband's *sui-generis* body of work. Each chapter was introduced and commented on by a leading luminary in the field.

Madeleine Richeport-Haley is, and has been, passionately devoted to furthering Jay Haley's historic and unprecedented legacy in the field of brief Strategic Therapy, as well as of his pioneering role in the conceptualization and implementation of family therapy theory and practice. This dedication is firmly anchored, not only in the strength of her love and loyalty to the man and his ideas, but it is also grounded in her own experience and achievements throughout her prolific career. Richeport's internationally acclaimed ethnographic film, *Macumba Trance and Spirit Healing* (1984), shown at the Margaret Mead Film Festival and on PBS, and on television in Puerto Rico, Brazil, and Belgium, is an example of her observational skill, and her profound understanding of Ericksonian world view on the diversity and health of human ways of expression and healing<sup>6</sup>. The unedited footage is available to researchers at the Anthropology Film Archives, Smithsonian Museum of Natural History in Washington, D.C.

Her personal and professional partnership with Jay Haley has been felicitous, bountiful, and boundless. Their joint passion for academic filmmaking and videography led to innovations never before implemented in the field of psychotherapy. Dr Richeport continues this work as a Senior Research Fellow at the California School of Professional Psychology, Alliant International University, where Jay Haley worked for the last ten years of his life.

### **Jay Haley, the Renaissance man**

**Madeleine Richeport-Haley:** “I wrote in the Introduction of *Jay Haley Revisited* that my husband was a Renaissance man. By this I mean he was an individual who excelled in many areas, an ideal pursued by the Renaissance humanism of the 1600s that propounded that humans are, essentially, limitless in their po-

tential. Jay was profoundly knowledgeable and versatile as a writer, playwright, researcher, painter, sculptor, teacher, lecturer, cultural anthropologist, filmmaker, and most of all he was a revolutionary in the art and craft of therapy.” As stated in the aforementioned Introduction:

“Jay Haley was one of the most influential thinkers in psychotherapy, and revolutionized the field through his writings, teachings, research, and supervision for more than half a century. He was a pioneer in family therapy, as both a founder and editor for ten years of *Family Process*, the first journal in Family Therapy. He was the chief architect of the brief strategic approach to therapy. His contribution is published in 21 books translated into 15 languages and more than 100 papers. He pioneered therapy recording, training, and supervision on film and video. His reputation spanned many years from being the most cited author in psychotherapy in the 1970s to being voted the most valuable therapist in California in 2004”<sup>7</sup>.

Salvador Minuchin said, “Jay was forever pushing the envelope, testing the limits of new ideas – explorations that bore his imprint of being clear, over-inclusive, and challenging... He was always available to his students. Even at the end of the day, he could be seen surrounded by young people, like a peripatetic Greek philosopher without a toga”<sup>8</sup>.

### **A Quiz for Young Therapists**

**Marilia Baker:** Kenneth Hardy, Ph.D., who is presenting at the Brief Therapy Conference, offers a moving commentary in *Jay Haley Revisited* on his experience of Haley's genius as a teacher and supervisor when he introduces the exquisitely crafted essay, *A Quiz for Young Therapists*.<sup>9</sup> Throughout an intriguing crescendo of 15 sophisticated, complex, multi-faceted, paradoxical questions and answers, Jay Haley encapsulates his profound knowledge, acute vision, and accurate perception of his epistemology. He produces a formidable, masterful class of what therapy and therapists should, and should not be or do. Says Haley: “Therapists should not give up on problems. There is no such thing as a problem being unresponsive to treatment. It is the therapist's job to keep at it until it is solved or you grow old and die”! (Haleyisms, Mazza, 2001).<sup>10</sup> From Question & Answer number 1: “Should a Therapist Think of Himself, or Herself, as a Skillful Technician or as a Humanist and Philosopher”? to the last Question & Answer: “Is It True that Therapy in the Past Consisted of Someone Offering an Unformulated Problem to a Therapist Unable to Specify a Goal Who Was Working with an Irrelevant Theory in an Ambiguous Style to Achieve an Immeasurable Outcome?” Haley is at his best as a writer, teacher, keen observer, and social critic. He certainly was the quintessential master of his craft.

**Madeleine Richeport-Haley:** “Jay believed that his most significant contribution to the field was “breaking therapy down to a practice of specific skills—of simple ideas, skills, and techniques. This orientation is quite different from the nondirective ideology the field had when I first got into it” (*circa* 1953). My husband related this perspective to Roxanna Erickson Klein when she interviewed him for the *festschrift* in his honor organized by the Erickson Foundation at the 9th Ericksonian Congress in 1999. Jay wanted to be remembered as “the oldest living teacher of therapy.”<sup>11</sup>

“My husband had a wonderfully optimistic view that people can change. He was an ethnographer behind the one-way mirror observing what families do, while he practiced changing symptoms through his supervision. He looked for the universals in human communication and one of his last projects was to try to write the rules of relationships. Perhaps somebody will do that some day. He was an innate cultural anthropologist, an ethnologist, who placed the primacy of cultural influences in the multilevel complexity of human communication sixty years ahead of the therapy and counseling field. His therapeutic approach, “stressed directives to produce change rather than social conversation.” His focus was on the problem in the social context (*italics added*), not on the *problem individual*. His view was optimistic—that change was possible<sup>12</sup>. He was an early proponent of live supervision in therapist training in order to provide the novice with evidence-based tools for solving life challenges “through an active, thoughtfully planned-out family therapy.”

**HALEY** *continued from page 15***Cross-fertilization: standing on the shoulder of giants**

**Marilia Baker:** The professional pathways of Madeleine Richeport-Haley and Jay Haley are exquisitely intertwined -- separately then jointly -- initially through professional mentorships. The mentorships developed into solid mutual friendships with remarkable synergy and results. These associations influenced the understanding of the complexities in human communication--of applied anthropology to ethnicity issues in mental health, belief systems, and therapy. In sum, those collaborations influenced the direction of psychotherapy in the second half of the 20th Century. Four outstanding individuals--two professional couples who "made things happen" come to mind: Elizabeth Moore and Milton H. Erickson, and Margaret Mead and Gregory Bateson (Mead and Bateson separated in 1949). Among the most influential people in Madeleine Richeport's life were Milton and Elizabeth Erickson and Margaret Mead.

The anthropologists Mead and Bateson, a highly productive field partnership for 14 years, had spent approximately three years in Bali (roughly from 1936 to 1939), photographing and filming Balinese life and religious rituals, as participant observers. They produced a phenomenal, unprecedented amount of visual records--photographs and films--especially of ritual trance of Balinese temple dancers.

Eventually these led to Elizabeth and Milton Erickson, first at Eloise, Michigan in 1939, and subsequently in Phoenix, Arizona. At the recommendation of Abraham Maslow, Mead approached Erickson to understand and distinguish depth of trance from somnambulistic states in the religious rituals of Bali temple dancers<sup>13</sup>. Erickson's prolific collaboration with Bateson and his Palo Alto team, throughout the 50s and 60s, as well as the longstanding friendship that lasted throughout several decades with Mead, cross-fertilized Haley's lifework and Richeport-Haley's field investigations on religious trance phenomena and human communication. The Haleys spent hours watching Bateson and Mead's 1930s films in the Library of Congress and returned to Bali where they produced three films (1995a, 1995b, and 2002). Jay Haley and Madeleine Richeport-Haley maintained a close-knit, intimate, mutually supportive friendship with the Erickson family for nearly 40 years and with Elizabeth Moore Erickson until her death in December 2008.

Jay Haley authored two books with Madeleine Richeport-Haley: *The Art of Strategic Therapy* (2003) each chapter accompanied by a DVD of a case, and *Directive Family Therapy* (2007). Both treatises provide indispensable directives for training and supervision, as well as therapeutic techniques for problem-solving challenges in living throughout the family life-cycle<sup>14</sup>. Of interest is to revisit Haley's accurate observation of his mentor's hitherto uncommon, unorthodox approaches to psychotherapy in the 1950s and 1960s - from intrapsychic causation to interpersonal relations, to psycho-social causation, and through the stages of the family life-cycle. Accordingly, "symptoms appear when there is a dislocation or interruption in the unfolding life cycle of a family or other natural group. The symptom is a signal that a family has difficulty in getting past a stage in the life cycle".... "While focusing sharply on symptoms Erickson's therapeutic strategy has as its larger goal the resolution of the problems of the family to get the life cycle moving again."<sup>15</sup>

Haley and Richeport-Haley wrote and produced 25 films and videos (endnotes 3, 4, and 6), including *Milton H. Erickson: Explorer in Hypnosis and Therapy* in 1993. This is a "must see" classic on this creative mind and giant innovator.

**Cross-fertilization: Erickson's contributions to anthropology and Madeleine Richeport-Haley's contribution to multiculturalism in psychotherapy**

**Madeleine Richeport-Haley:** "I began my studies with Milton H. Erickson in the 1970's. My studies led me to be a participant observer of spiritist trance ceremonies in New York and Puerto Rico, as well as of Macumba and spiritism in Brazil. I benefited from Erickson's world view and commentary about the relationship between ritual and clinical trances in my fieldwork and from his personal introduction to medical doctors in many countries who were knowledgeable about ritual trance. Trance states are of interest to hypnotherapists as well as anthropologists because they occur universally and can be reproduced in hypnosis. They

occur in individuals (the so called "every-day trance") and in groups, mostly through religious rituals (other mass trance phenomena usually occur during times of socio-political stress)".

"Milton H. Erickson was deeply aware of the universality of trance phenomena and their varied manifestations. He also was conscious of the importance of assessing and utilizing a patient's culture and beliefs in psychotherapy. I wrote in 1985, "Erickson viewed trance as a normal phenomenon, an extension of everyday behavior. He worked with clients as individuals through careful observation of them, and in this respect he acted like an anthropologist recording and processing naturally occurring behavior from which he developed therapeutic interventions. Most behavior is culturally conditioned, and the knowledge recorded by anthropologists provided materials for Erickson's understanding of patients from different ethnic groups, for the universality of unconscious processes, for his illustrations and metaphors, and for his own world view."<sup>16</sup>

"When multiple personality disorder was proliferating as a diagnosis, Jay and I were interested in the interface between multiple personality, hypnosis, and spiritist mediumship. Jay began to apply Erickson's approach to multiple personality cases that he was supervising at the time. Erickson's approach did not necessarily view the personalities as psychopathological but as potential resources (Richeport, 1992, 1994)<sup>17</sup>, and Jay added bringing in family members into the sessions. Then he had a case that had been diagnosed as multiple personality and posed cultural confusions of spirit possession which combined multiple research interests. Jay supervised this case in a practical way rather than overemphasizing the belief systems (2003)<sup>18</sup>. We also had interesting discussions with Elizabeth Erickson on this material because she was helpful about Milton's cases that were unpublished."

**Marilia Baker:** After spending six years as researcher and participant observer in the religious rituals of Spiritism in Puerto Rico in collaboration with Hilton Lopez, MD and others and six years in Brazil in collaboration, among other projects, with David Akstein, MD, creator of Terpsichore Trance Therapy, Richeport-Haley has spent the past 20 years collaborating and innovating with Jay Haley. Her anthropological lenses, multicultural experiences, and worldview significantly influenced her husband's own work and, consequently, those of his students worldwide. The "power of two" in action has come to fruition in unexpected and expected ways.

I thank Dr. Richeport-Haley for her enthusiasm, encouragement, and cooperation throughout our interviewing process. For video material see <http://www.haleytherapies.com>.

<sup>1</sup> Baker, M. (2004) *A Tribute to Elizabeth Moore Erickson. Colleague Extraordinaire, Wife, Mother and Companion*. Mexico City. Alom Editores.

<sup>2</sup> The MHE Foundation Newsletter, Vol. 19, n. 3 Fall 1999, p. 10.

<sup>3</sup> This video combines 1990s footage with the 1936s history-making ethnographic field work by Margaret Mead and Gregory Bateson in Bali. It illustrates transgenerational transmission of trance skills through dance.

<sup>4</sup> For an encompassing Bibliography and Filmography of Jay Haley see: Zeig, J. (Ed.) (2001) *Changing Directives. The Strategic Therapy of Jay Haley*. Phoenix: The Milton H. Erickson Foundation Press.

<sup>5</sup> Richeport-Haley, M. & Carlson, J. (eds.) (2010) *Jay Haley Revisited*. New York: Routledge.

<sup>6</sup> These and other films and videos are available through [www.haleytherapies.com](http://www.haleytherapies.com) and email: [prizefilm@aol.com](mailto:prizefilm@aol.com)

<sup>7</sup> Idem, *Jay Haley Revisited*; pp. xxvi.

<sup>8</sup> Salvador Minuchin. *Jay Haley: My Teacher*. The MHE Foundation Newsletter, Vol. 27, n. 2, Summer 2007; p. 4.

<sup>9</sup> Idem, *Jay Haley Revisited*; pp. 173-187.

<sup>10</sup> Judith Mazza (2001) "Haleyisms" in *Changing Directives. The Strategic Therapy of Jay Haley*. Phoenix, AZ: The Milton H. E. Foundation Press; p. 253.

<sup>11</sup> Roxanna Erickson Klein (2001) "Foreword" in: *Changing Directives. The Strategic Therapy of Jay Haley*. Phoenix, AZ: The MHE Foundation Press; p. xi.



<sup>12</sup> *Idem, Jay Haley Revisited*; p. xxvii.

<sup>13</sup> Jeffrey Zeig & Brent Geary (Eds.) (2000) *The Letters of Milton H. Erickson*. Phoenix, AZ: Zeig, Tucker & Theisen; pp. 1- 87.

<sup>14</sup> See Jay Haley (1973) *Uncommon Therapy. The Psychiatric Techniques of Milton H. Erickson, MD*. New York: W.W. Norton for an appreciation of how the process of *cross-fertilization* informed and influenced Jay Haley's vision and life work.

<sup>15</sup> *Idem, Uncommon Therapy*; pp. 42.

<sup>16</sup> Madeleine Richeport (1985) "The Importance of Anthropology in Psychotherapy: World View of Milton H. Erickson, MD" in J. Zeig (Ed.) *Ericksonian Psychotherapy. Vol. I: Structures*. Brunner/Mazel: New York; pp. 537-552

<sup>17</sup> Richeport-Haley, M. (1992) The interface between multiple personality, spirit mediumship, and hypnosis. *American Journal of Clinical Hypnosis*, 34 (3), 168-177.

<sup>18</sup> J. Haley & M. Richeport-Haley (2003). *The Art of Strategic Therapy*. New York: Brunner-Routledge, pp. 135-155.

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**Wizard  
of the  
Desert**

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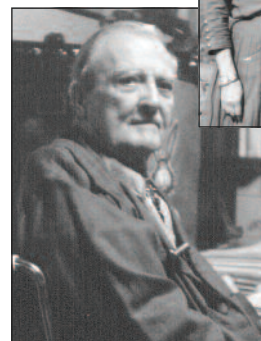
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# IN THE SPIRIT OF THERAPY

## Jeffrey A. Kottler

Interview by John D. Lentz D. Min.

Jeffrey A. Kottler is the author of more than 80 books that have been translated into more than a dozen languages. His books are used in universities around the world and are considered classics among practicing teachers, counselors, psychologists, health professionals, and social justice advocates. Some of his most highly regarded works include: *Divine Madness: Ten Stories of Creative Struggle, Changing People's Lives While Transforming Your Own: Paths to Social Justice and Global Human Rights, On Being a Therapist* and more recently, *The Assassin and the Therapist: An Exploration of Truth in Psychotherapy and in Life and Creative Breakthroughs in Therapy: Tales of Transformation and Astonishment*.

He has served as a Fulbright Scholar and Senior Lecturer in Peru, Thailand, and Iceland, as well as worked as a Visiting Professor in New Zealand, Australia, Hong Kong, Singapore, and Nepal. Jeffrey is currently Professor of Counseling and of Freshman Programs at California State University, Fullerton. He has also co-founded Empower Nepali Girls ([www.EmpowerNepaliGirls.org](http://www.EmpowerNepaliGirls.org)), which provides educational scholarships for lower caste girls at-risk in Nepal.

**JL: You are one of the most, if not the most, prolific writers of non-fiction books. You have more than 80 to your credit, and many have been best sellers. One was made into a movie, and yet you have the time to entertain spirituality in ways that also are impressive. Your action on behalf of at-risk girls in Nepal is humbling. Your connections to people are genuine and deep. The titles of your books are varied; they show amazing creativity, curiosity and the one's I have read show you to be humble, insightful, caring and incredibly talented. What is your secret, especially in terms of your spirituality?**

**JK:** I'm not sure what it means to be spiritual. I've struggled with organized religions that preach compassion, kindness, and caring for others but seem more organized around other

self-serving agendas. I felt incompetent and powerless most of my early life and was also led by doctors to believe I would have a short lifespan. One of my strongest drives has been to do as much as I can and help as many people I can with the limited time I have. I don't do "prayers" but every night before I go to sleep I ask myself what I did to make a positive difference that day. I'm not sure this is a "secret" but it does define how I spend a lot of time and what I want to do next.

**JL: Jeffrey you say you don't do prayers, I suspect that means the standard type of prayers. However, your life is a huge prayer of intensity of wanting to make a positive difference and living as completely in that manner as is humanly possible. The Judeo-Christian Bible quotes what God requires of us is to as Micah 6:8 says "To act justly and to love mercy and to walk humbly with your God." You do that in amazing ways. I am impressed. I think you know deeply what it means to be spiritual because you live it every day.**

**JK:** I don't have anything to add to that. You have said it eloquently.

**JL: I noticed when you are present with someone you are intensely present. When knowing you a little better through your books, that intensity has a very spiritual feel because of the positive regard that you exude. Is that intentional, and do you recognize it as particularly spiritual?**

**JK:** This intensity is often not a blessing. But the mentors who have been most inspiring in my life, the leaders who I've most admired, especially Milton Erickson, Carl Rogers, and Victor Frankl, all tried very hard to practice in their lives what they taught to others. On some level I've always felt like a hypocrite, that I'm not nearly as accomplished or confident or knowledgeable as I might appear—or as I'd like to be. But every moment of my life is so precious to me that I want to make the most of it. But this also makes me impatient and sometimes critical of myself and others; this is one of the things I dislike most about myself. I spend a lot of time working with at-risk children in Nepal these days and even though they have so little and their families are so poor, they have taught me so much about being present. I so easily get caught up in my own ambi-

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*Because writing and teaching have always been so pleasurable for me, it is never a matter of finding time to do them.*

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tion, my own drive to achieve, my desire to be liked by everyone all the time. These children, the 125 girls we support, are my spiritual teachers.

**JL: Last year alone you published four books, wrote several articles, presented a dozen conference programs, did workshops all over the world, and taught full time at your university. You clearly also take care of yourself physically, and yet you somehow found time to be so productive. While there is a spiritual dimension to what you write, are you intentionally putting that there or is it mostly apart of your caring and sensitive style of relating?**

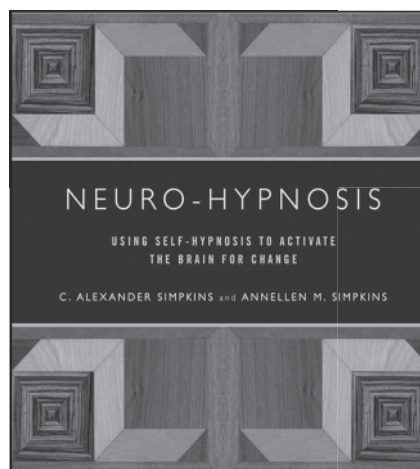
**JK:** I remember reading once that "work" is something that you have to do whereas "play" is something that you love to do. Because writing and teaching have always been so pleasurable for me, it is never a matter of finding time to do them. They are effortless for me once I found my "voice." But doing therapy, in certain settings, with particular clients, did become work for me after many years. I had to keep changing the way I work, how I work,

where I work, with whom I work, to keep myself actively engaged and growing as much as I can. I felt so envious of my clients who were going out in the world and doing marvelous things whereas I was still in my office listening to their stories. It is another way I felt like a hypocrite—which has motivated me to keep searching for new adventures and challenges.

**JL: Jeffery, you write an amazing amount. Most folks will want to know how you do it. So could you answer that question even though you are asked it, a lot?**

**JK:** The truth is that I *have* to write. I can't help myself. I would just as soon write as do anything else. I have literally written articles or chapters on menus and toilet paper. I write when I can't sleep (a not infrequent occurrence since I am "blessed" with needing little sleep). I write on airplanes. I write in between clients or classes. I write whenever I can.

**JL: You perhaps impress me even more because of your willingness to be open and vulnerable with your answers. Thank you very much.**



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### Neuro-Hypnosis Using Self-Hypnosis to Activate the Brain for Change

C. Alexander Simpkins  
Annellen M. Simpkins

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Jeffrey Zeig

Its contents are based on solid science and first-hand knowledge of hypnosis and therapy.  
Dan Short

*An elegant balance of information and art.*  
Roxanna Erickson-Klein

## All Out: An Autobiography

Albert Ellis with Debbie Joffe Ellis

Prometheus Books

2010

668 pages

ISBN: 978-1-59102-452

Reviewed by:

C. Alexander Simpkins, Ph.D.

& Annellen M. Simpkins, Ph.D.

San Diego, California

Albert Ellis (1913-2007) revolutionized psychotherapy with his Rational Emotive Behavior Therapy (REBT). During the therapeutic climate that spawned psychoanalysis and behaviorism in the 1950's, Ellis's cognitive-rational emphasis was a breath of fresh air. Steeped in the ancient wisdom of the Epicurean and Stoic philosophers, Ellis championed a modern system based in empirical research. He was prolific, writing both scientific articles and widely read popular books that initiated a vibrant self-help movement. He devoted his long life to teaching his therapeutic system always

with a cut-the-bull sense of humor!

Albert Ellis is a man worth listening to, and in *All Out*, Ellis truly tells all! He reveals his innermost thoughts, feelings, and behaviors, all the way back to early childhood. He earns our deep respect for his memory alone—how many of us could recount the details of our early elementary school relationships, let alone the motivations behind them? He shares all his love affairs (and there were many) along with a beautiful rendition of his last and true love with Debbie Joffe Ellis, who became his wife in 2004. Joffe-Ellis worked tirelessly to bring this book, a labor of love, as she told us, to the world. She writes the final chapter, a moving and inspirational story of her beloved "Al's" last struggles and triumphs, as they shared in everything together.

Ellis boldly discloses his failures and faults--and his successes and achievements. Sometimes he gives us details that might make your mother blush, and yet, he explains that he does so with a distinct purpose in mind--to teach us something profound. He

wants us to keep in mind that we are all fallible, which is a central tenet of REBT. When we can acknowledge our faults without shame, and then absolutely accept them, we gain unconditional self-acceptance (USA). In offering his own all-faults-out story, Ellis hopes to transform the reader.

The book is organized around the chronology of Ellis's life, with Part I being his early years and Part II comprising his adult years. The book also includes letters to and from Ellis, a complete bibliography of his work, and photographs. He provides descriptions and analysis as he proceeds, almost like he is thinking aloud. He addresses numerous relationships, both personal and professional, and provides the details about his controversy with the Albert Ellis Institute at the end of his life. He answers many questions people may have had, such as one we always wondered about, his relationship with

Aaron Beck and cognitive behavior therapy. We see unfolding through the pages a long-standing interchange between two giants who were mutually supportive and respectful over the decades—and the world, indeed, has benefited from their interaction! One of the unique features of this book is the critique chapters, scattered throughout, where Ellis reflects on what he wrote, giving us new perspectives and insights. The book also teaches REBT as Ellis analyzes himself using its principles. Therapists will gain first-hand insight on the primary principles of REBT and how to apply them with problems.

For anyone interested in REBT or Albert Ellis, this book provides an intimate narrative and personal analysis by the master. We heartily recommend it as a source for your own growth and development on multiple levels!

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## BOOK REVIEW

### *Neuro-Hypnosis: Using Self-Hypnosis to Activate the Brain for Change*

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

2010

W.W. Norton & Company  
New York, London

ISBN: 978-0-393-70625-3 paperback  
277 pages

Reviewed by: Dan Short, Ph.D.  
Scottsdale, AZ

*Neuro-Hypnosis* is a well-informed look at the topic of self-hypnosis. Accordingly, the book's title is both a historical reference to the beginnings of modern hypnosis, and a reference to emerging research in neurophysiology.

As pointed out by the authors, James Braid (the father of modern hypnosis) first proposed the term "neuro-hypnosis" to describe the physical changes he believed occurred in the nervous system during hypnosis. Now, with the emerging science on human experience and its link to neuroplasticity and neurogenesis, there is reason to believe that the mind can be used to physically change the brain. It is these ideas that encircle the rest of the book's content as the authors formulate and teach the practical skills needed for self-hypnosis.

True to the Ericksonian style, this book has much to offer on many different levels. While much of the content focuses on the history and science of hypnosis, numerous exercises engage the reader in different methods of self-reflection. Later in the book, the authors use case examples as well as references to poetry and Eastern phi-

losophy that extend new lines of thought. The book's underlying message is one of self-trust--self-hypnosis is offered as a vehicle for inner communication and self-transformation.

More specifically, the book is divided into four parts with Parts I & II being the most academic and Parts III & IV having an experiential focus. In Part I the authors outline the history of hypnosis along with recent research findings. Part II provides an overview of the tools of self-hypnosis as they relate to specific brain functions and neural anatomy, with exercises to develop skills in using attention, suggestion, and unconscious processes for trance. In Part III, the reader gets specific instructions for inducing self-hypnosis, experimenting with trance phenomena, and overcoming resistance. In Part IV, the authors provide guidance on how to use self-hypnosis to address specific problems such as stress, substance

abuse, weight management, pain, fear, and anxiety.

Overall, I enjoyed my experience reading the book and do not have any significant complaints. The book was clearly written with the self-help reader in mind. To that end, the book does a good job of providing a clear read that the educated lay public will find highly informative.

In the book's concluding paragraph, the authors note, "Your potential is unwritten—you are the creator of your destiny." In many ways, this statement represents the spirit of the book. The authors' intent is to inspire the reader to begin a process of exploration and self-discovery so that previously unrecognized potentials are realized. After having finished the book, I found myself savoring these ideas. Without a doubt, *Neuro-Hypnosis* is a book that I will read more than once.

## DVD REVIEW

### *Personal Boundaries; Preventing Burnout*

Steve Andreas, M.A.

Real People Press  
Boulder Colorado  
2009  
56 minutes

Reviewed by: John D. Lentz, DMin  
Shepherdsville, KY

*Personal Boundaries; Preventing Burnout* is one of a series of DVDs produced by Real People Press in which Steve Andreas demonstrates NLP to help people resolve real problems. In this one, a therapist is having problems with burnout because she feels her clients' emotions too powerfully. She clearly is a gifted therapist, but the cost she pays for feeling her client's feelings is too high. Andreas's work with her makes it all look easy through the subtlety of some of his methods. There is something to be learned for the experienced therapist and this DVD is something that every young therapist could benefit from watching.

Andreas begins by asking minimal questions about what the problem is and how it exists and is maintained. Then he offers experiences that are tested out in imagined situations. Of course, it is not the very first intervention that he offers that does the trick, and if you observe closely you will notice how amazingly subtle he is with his language. Andreas's work could be used to demonstrate subtle uses of

hypnotic language in its non-hypnotic setting. He is like Rembrandt, painting a new picture that gives the young therapist new skills. If you do not pay close attention, you might miss how he subtly shifts things and incorporates the unconscious movements the client makes. What they paint together is real, and demonstrates skills that are useful in many different areas of practice. You will likely find direct applications and enjoy the mastery demonstrated.

I found the techniques Andreas offered almost immediately useful with some of my clients, who are dealing with difficult people in their work places family life. So too did the young woman who was working with Andreas. Even if you did not see the two-month follow up which is included on the DVD, you would know that what Andreas offered was going to work, and that this woman would be more empowered working with clients.

Part of what is unique about this clinical demonstration is how quickly Andreas resolves the issue and then takes on helping the woman deal with her weight problem. The work he does seems ingenious and springboards from the work she has just completed. Most teaching DVDs would not have included this second piece of work because it did not show immediate magic. What is so impressive about Andreas is that he is willing to share his attempt to help this woman even though it does not have the hoped for effect in the two month follow up. The young woman was helped greatly with the burnout problem but not as much with reducing her weight.

I found the DVD instructional, and practical. I appreciated the subtle mastery and enjoyed the genuineness of offering what happened. I recommend it because it models humility in a way that is as good as it gets.

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***Men in Therapy***

By David B. Wexler, Ph.D.

W. W. Norton and Company, Inc., 2009  
ISBN 978-0-393-70572-0  
295 pages

Reviewed by: David J. Norton, MA, LPC,  
ASCH  
New Britain, CT

In the nineties, I fell into the “men’s movement.” I let my hair and beard grow long I cut trees with my bare hands, and I built sweat lodges with my tortured brethren. We drummed and passed the sacred talking stick, howled like wolves for our missing fathers, and bonded as wounded brothers.

When I received *Men in Therapy* by David B. Wexler, I looked at the table of contents and was immediately disappointed. There was no mention of sweat lodges or drumming, nor did I find wilderness or wild man. The bibliography made no mention of my heroes Robert Bly, John Lee, or Michael Gurian. This book was going to be a huge waste of time, written by some “girlyman” academic. I went to my cave room with my drum and howled like a lonely wolf.

The book begins with definitions such as MGRS (Masculine Gender Role Stress) and big words like Alexithymia (lacking words for emotions) that I cannot pronounce or spell without copying them down. Just as I was thinking that I would use this book to heat the stones of my sweat lodge, Wexler’s writing began to get interesting. As it turns out, this is not a book

about men finding their “Wild Man,” this is a book about therapy – the kind of valuable, practical day-to-day work that takes place in an effective therapist’s office.

It is clear that Wexler is an excellent therapist, a master therapist, in fact. He provides an accurate picture of the troubled state that men are in today, and he offers well-documented, thoughtful explanations and solutions. Wexler brings us through his office doors to show us the brokenhearted condition of the American male – clients coming to him who are unable to communicate, in emotional pain and isolation, and fragmented in their relationships. We are privy to Wexler’s compassionate and reflective interventions as he works with his clients.

*Men in Therapy* is an excellent source for the experienced and the novice therapist. Wexler points out how male clients can be unconsciously feminized by their female therapists. Furthermore, the depression men feel is often misunderstood because it is expressed through anger and aggression. Wexler is creative in his use of media, providing examples of popular movies to illustrate and normalize painful situations in which men may find themselves.

Reading this book makes us glad that we are therapists. Wexler illuminates the relatively unknown area of pain and anguish in the American male, and he offers us the tools and resources to help our male clients alleviate that pain.

B O O K R E V I E W

***The Wise Heart  
A Guide to the  
Universal Teachings  
of Buddhist  
Psychology***

By Jack Kornfield

Bantam Books  
[www.bantamdell.com](http://www.bantamdell.com)  
2009, 429 pages  
ISBN: 978-0-553-38233-4

Reviewed by: David J. Norton, MA, LPC,  
ASCH  
New Britain, CT

I feel like that character in the movie “Wayne’s World” who prostrates himself before rock stars and chants, “I am not worthy. I am not worthy.” I have been a fan of Jack Kornfield for many years. In this wonderful book, the scope of which is particularly vast, yet depth and clarity are not sacrificed. Although I consider myself a seasoned therapist and well-read man, I am humbled by the extent of valuable information presented in these pages and the work I still have in front of me.

In one of my favorite stories, Kornfield tells of a village in Southeast Asia where the locals came to a Master and told him of a woman possessed by madness. The Master instructed his students to dig a deep hole and boil

water. Faced with this intervention, the woman gave up her madness. I am sure Erickson or Haley could appreciate the wisdom in that suggestion of ordeal therapy.

Throughout this book, Kornfield relates his personal struggles and growth. He tells the story of visiting his dying father. Kornfield said to him, “I love you.” His father lifted his hand and pinched his nose as if to ward off a bad smell and shook his head. Men were not allowed to have feelings in this family. By the end of the book, I understood the journey Kornfield took toward forgiving his father’s coldness. It warmed my heart to realize that Kornfield surmounted how he was raised under difficult circumstances.

In the most flattering way, I want to liken Kornfield’s book to “The Art of French Cooking” -- another comprehensive manual that allows the reader to access exotic treats. Concepts of many schools of psychotherapy (Jungian, CBT, EFT, Gestalt, and others) are infused with passionate Buddhist philosophy and spiced with examples from Kornfield’s clinical work and spiritual retreats. The reader is taken through many layers of meditation and deliciously led to a frothy dessert of compassion, empathy, and kindness. At the end of each chapter, Kornfield shares his well-worn recipes so that the reader may apply and practice new enlightenments and techniques.

B O O K R E V I E W

***Brain Injury Survivors: Narratives of  
Rehabilitation and Healing***

By Laura S. Lorenz, Ph.D.

Lynne Reinner Publishers  
Bolder, London  
ISBN: 978-1-58826-723-3 hardcover  
2010, 203 pages

Reviewed by:  
C. Alexander Simpkins, Ph.D., and Annellen M. Simpkins, Ph.D.  
San Diego, California

*Brain Injury Survivors* offers a sensitive, innovative, and client-centered approach to working with individuals suffering from TBI, traumatic brain injury. As more is learned from neuroscience about the effects of injury to the brain and the potentials of the brain to adapt, we now know that therapists can work with TBI in-

dividuals and that our interventions *do* make a difference.

Lorenz provides a new method that can be of interest to therapists. The approach, known as *Photovoice*, is a group of techniques that puts a camera in the hands of brain-damaged individuals. After taking pictures, they discuss their photos in a group and write captions for them. Working with images as the central focus activates the visual centers of the brain, thereby bypassing damaged areas and activating unused healthy pathways. The Photovoice method allows patients to see what might be hidden from their diminished cognitive processes, and new resources emerge. Lorenz proposes that through the narrative of dialogue, the client is able to engage the “brain-damaged self” with a new self-identity that can be open to change and development of a fuller and healthier adjustment.

This book is a careful report on an extensive research project performed by the author. She used qualitative, narrative methods of experimentation, which makes the book enjoyable to read. She offers many touching case studies. Further depth is achieved from the author’s disclosure about her brother who suffered numerous concussions as a youth hockey player. We can feel her sincere caring for the people she works with, and we witness an awakening of the patients’ new identity. We

## D V D R E V I E W

***Pioneers of Psychotherapy: Featuring Joseph Wolpe, MD***

Milton H. Erickson Foundation Inc.  
Phoenix, AZ  
1990  
60 minutes

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

This full color DVD was made at the Evolution of Psychotherapy Conference in front of a live audience. It features Joseph Wolpe, MD interviewing a volunteer, Tom, who is a former police officer. Tom suffers from nightmares, mood swings, and fits of anger, and has depression, sleep disturbances, and relationship difficulties. Tom recalled the incident where his difficulties began. He had responded to a domestic violence incident and discovered a man pointing a gun directly at him. Ultimately Tom was forced to kill the man. Later, he learned that the man he had just killed was mentally ill, and the gun he had pointed at Tom was not loaded. Tom consulted numerous therapists, changed careers, and lost his marriage. Years later, he was still plagued by the experience. Wolpe addresses this problem with his characteristic matter-of-fact style.

When Wolpe interviews Tom you learn how much Tom has suffered during the ensuing years following the event. Wolpe's take-charge style is direct, confident, economical, and effective. Wolpe is charismatic, as he uses eye movement and systematic desensitization to diminish the fear and return normalcy to Tom's life. And

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*Wolpe's confidence invites a corresponding trance of accepting his world-view to promote healing that restores life with new options.*

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although Shapiro only developed EMDR and tested it in 1989, Wolpe was using it effectively and expertly in 1990 along with systematic desensitization. What is classic about this video is that Wolpe offers this in his unique style. You know that Tom has been helped greatly and had his life restored to him in that encounter with Wolpe. This work is something that could teach students for decades about a pioneers of psychotherapy and allow them to view a potent approach in the hands of a master.

The story Tom tells is powerful. And this experience is what many police officers feel if they have to shoot a perpetrator. Because Tom is suffering PTSD symptoms and has tried unsuccessfully to deal with those symptoms, the DVD offers a tremendous opportunity for learning about PTSD symptoms and observe an effective therapeutic style.

I found the experience personally meaningful because it reminded me of people with whom I have worked who were similarly troubled. I found Wolpe's style to be almost hypnotic in its impact. Wolpe's confidence invites a corresponding trance of accepting his world-view to promote healing that restores life with new options.

What a great teaching DVD! It portrays one of the masterful pioneers of psychotherapy in a live clinical demonstration that will be remembered and taught for years, which will help therapists wanting to improve their skills.

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# CALL FOR PROPOSALS

## for The Eleventh International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

December 8 - 11, 2011 Phoenix, Arizona

### PRESENTATION COVER SHEET

The Milton H. Erickson Foundation is calling for proposals for the **2011 International Congress**. Those interested in presenting a Solicited Short Course on the topic of Ericksonian hypnosis and psychotherapy (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 Ericksonian Solutions.**"

There will be approximately 40 Solicited Short Courses with one and a half hours allotted for each Course on Thursday, December 8, 2011. Short Course faculty receive complimentary registration for the Congress, 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:**  LCD projector [  Computer sound ties  Connections for a MAC ]  
 VHS player  DVD player  No AV equipment needed

**Note: No other AV equipment, can be provided. Please bring your own laptop computer for a PowerPoint presentation.**

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 28, 2011. Acceptance or rejection will be sent by March 18, 2011.**

Mail proposals to: The Milton H. Erickson Foundation, Inc.  
 Eleventh International Congress Committee  
 3606 N. 24th Street, Phoenix, AZ 85016-6500 USA

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

## **INTERVIEW** *continued from page 1*

**(GR) What type of education is in your family?**

**(TS)** My father had a doctorate in law and was a businessman. His brother, Otto, was an eminent mathematician, first in Germany, then in America. He was the first family member to come to the US, arriving in 1933. My brother has a Ph.D. in chemistry. The family was a well-educated, high-achieving family. Also, the school system was very different - non-coeducational. Children went to various kinds of secondary schools, depending on who their parents were, what they expected of them, and how intelligent they were. My brother and I went to one of the most demanding high schools, Gymnasiums. Like most of the Gymnasiums, it was not difficult to get in, but it was easy to get out, that is, to fail. There was none of this business of being "nice" to "kids." If you didn't do well, or if you misbehaved, the director called in your parents and told them they had better send their son to some other school.

**(GR) What else about your environment that directed you towards psychiatry?**

**(TS)** It was a very indirect route. For a number of reasons, I was interested in learning about how the body works and wanted to go medical school. I had a lot of childhood illnesses, as did many children in those days - scarlet fever, diphtheria, mumps, measles - which probably influenced my interest in how the body works and becoming a doctor. I wanted to know what's "under the hood." From a very early age I "knew" what a disease was. This matter was not confusing 80 years ago in Hungary. A disease was a phenomenon, a thing. It was not a name. What was tuberculosis before the TB bacillus was discovered? It wasn't called tuberculosis. People didn't know what it was due to, but the diseases existed, just as rivers and mountains existed. Now these questions are debated as if they were important philosophical riddles.

**(GR) So there was a biological basis for the disease.**

**(TS)** I wouldn't just say biological. I prefer the term "material," as contrasted with "immaterial," like ideas, beliefs.

**(GR) So early on, because of your own personal experience, you**

**became interested in the body and its function?**

**(TS)** Right. I had no intention of becoming a psychiatrist. On my CV, you will notice that I had two years of training in internal medicine before I switched to psychiatry.

**(GR) What made you switch?**

**(TS)** That's a complicated, personal story. I graduated from medical school, first in my class, in 1944. I was always more interested in knowing medicine than in practicing it. The everyday practice of medicine seemed too intellectually simple, unchallenging. In the mid-forties, what could a doctor do if a patient came in with diabetes, hypertension, pneumonia, whatever? The choices of treatment were limited. Any good senior medical student knew how to practice medicine. The rest was experience. There was nothing much to think about. It did not seem very interesting.

**(GR) So that made you move towards psychiatry?**

**(TS)** It was not psychiatry I was moved towards. It was psychotherapy, religion, communication. I was interested in history and politics, so that made me move towards psychotherapy - psychoanalysis. It was fashionable. Many people were interested in it. Most importantly, from a psychiatric point of view, it was voluntary, confidential, and the patient paid for it. I was opposed to psychiatrists locking people up from as far back as I can remember.

**(GR) And did you enjoy that introduction to psychoanalysis?**

**(TS)** Enjoy is not the right word. I was interested, curious, and self-motivated. By the time I ended up at the Chicago Institute [for Psychoanalysis], I knew more about psychoanalysis than most of my teachers. Some of them recognized this. I was much liked and appreciated. It was interesting. But there was also much to dislike about psychoanalysis, especially organized "orthodox" psychoanalysis, the training analysis, child analysis.

**(GR) Would it be accurate to say that you were disillusioned?**

**(TS)** No, not at all, because I never had any illusions about it. To the contrary. My skepticism was confirmed and reconfirmed. I had and have no doubt about the usefulness and bene-

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*Being human is like a tennis game:  
Our behavior depends largely on what  
kind of ball someone serves you -  
or you serve yourself.*

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fits of people talking to other people about their problems. That goes back to the ancient Greeks the Socratic dialogues. It's elementary. There is no mystery there, no "technique." The central ideas are conversation, self-conversation, the confessional, unburdening oneself, confidentiality, and so forth. These are important ideas, principles, and rules.

**(GR) Do you think that there's an unconscious? Do you believe in the concept of an unconscious?**

**(TS)** Of course not. Obviously, we are not conscious and aware of everything at all times, but to call this the unconscious makes it a noun, an entity, makes it nonsense. This was Freud's view. It was pure narcissism. He thought he was some sort of "explorer" of "the unconscious." I have written extensively about these matters. Some things we think of clearly, explicitly, in concepts and words. Some we do not. They are not explicit, but we can make them explicit, sometimes by ourselves, sometimes with the help of others. Much of everyday life is lived on a sort of inexplicit way, on a quasi-automatic level: The morning ritual, driving to work, much of what we call "routine." The important thing to remember is that life is relational, an interaction with others. We behave differently towards different people. That's being human. Being human is like a tennis game: Our behavior depends largely on what kind of ball someone serves you - or you serve yourself.

**(GR) Can we get better at that?**

**(TS)** Hopefully, that's what life is about, learning from experience, learning from psychotherapy.

**(GR) So psychotherapy can help us do that and to have better relationships.**

**(TS)** Of course, but it can also hinder us.

**(GR) How can psychotherapy hinder us?**

**(TS)** It can hinder if it diverts people from what really is going on in their lives. It can hinder if the therapist

is interested in an area that is different from what the patient is interested in. Preoccupation with early childhood, the Oedipus complex, and similar psychotherapy fables are examples of such diversions. Today, we have libraries full of books reanalyzing Freud's cases, showing how Freud often ignored his patients' real-life problems.

**(GR) What if the therapist truly wanted to help a patient?**

**(TS)** Help is one of the most complex words in our vocabulary. What is help? Who defines help? Can deception, coercion, torture, killing be "helpful"? - I think it's a good idea to begin by asking how the therapist makes money, how does he get patients, what does he do to help - not what he says he does. What does the patient expect to buy from the therapist? What are their mutual expectations? When I use the term "psychotherapy," I am referring to a freely contracted relationship between two adults. One pays the other for assisting him to live a better life. Unfortunately, most contemporary psychotherapeutic practices are based on the therapists being paid by an insurance company or some other third party. This leads to a situation where the patient has to pay for the therapy by producing symptoms. If the therapist does not get paid for service directly by the patient, then he will find himself in a situation of having to receive reimbursement for it by producing diagnoses. The result can be a deceptive, intrinsically anti-therapeutic collusion between patient and therapist.

**(GR) What does get you happiness?**

**(TS)** Well, that depends again on the person. For most intelligent, modern people, what makes them happy in serenity is feeling confident in their values, in their own everyday conduct, in themselves, in relation especially to their families and to their world. For others, it's everyday pleasures, sex, money, fame, security, loving and being loved, and so forth.

*See INTERVIEW on next page*



**(GR)** So then maybe the whole focus for an individual, as a human, whether it is through therapy or whether it's through their family or their own autonomy, is to find that level of internal congruency.

**(TS)** That's well put. Internal congruence is a nice phrase. For some people, this can be better achieved reading good books, listening to good people, studying history, than by some kind of formal psychotherapy. This was certainly the case for me. To be sure, I never sought any kind of therapy. I have always had contempt for "training analysis" as a kind of "therapeutized" spying on the "patient" for the protection and greater glory of the training institution.

**(GR)** I think the best therapy historically was when we were in villages and we had families that stayed with us. That was the best therapy.

**(TS)** I was very fortunate in two ways: I had very good parents and grew up in good social environment. At least it was good for me. Probably not for everybody. My social environment simultaneously encouraged education and unmasked the corruption of the society in which I lived. I refer to the period between the two world wars in Central Europe, in Budapest. It was an unusual environment.

**(GR)** Dr. Szasz, I am interested in the key elements for you that you would consider for quality of life or quality in relationships. In your writings, you have said that, for you, a central value is an acknowledgment, acceptance, and toleration of individual differences. We understand that everyone has a different perspective and value of things. What I'm very interested in, and I

think our readers will be too, are your values.

**(TS)** What other people think or do is none of my business unless they pose a direct threat to me. In my view, the most important human values are political liberty as freedom from coercion and personal responsibility as respecting promises and holding others responsible for their actions. I have written extensively on this theme, for example in *Law, Liberty, and Psychiatry: An Inquiry into the Social Uses of Mental Health Practices* (1963). Actually, it is easier to be responsible to others than to one's self. If you are responsible to others, you are considered reliable. If you are responsible to yourself, you are considered selfish.

**(GR)** And how does that relate to purpose and meaning for the individual?

**(TS)** Purpose and meaning are not values, in the proper sense. They are not like honesty and loyalty. They are part of an inborn natural process over which we have some control. Some people are more aware of them than others.

**(GR)** In the past you have said that the purpose of meaning leads to certain behaviors?

**(TS)** Years ago, I was sometimes accused of being a behaviorist, because one of my favorite sayings was that actions speak louder than words. I would change that now to, "Actions speak. Words may, or may not, lie."

**(GR)** Well. I think you've really hit some of the key points for us.

**(TS)** Thank you very much.

**(GR)** I really appreciate talking with you.

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## **SURVIVORS** *continued from page 19*

feel compassion for their struggle in adjusting to being injured, and we learn from their process of discovery.

The book is organized into seven chapters. Chapters 1-3 are informative about brain injury, giving us current theories and contemporary research findings. The Photovoice method is clearly presented so that you could utilize these techniques in your practice. Chapters 4-6 take you through the process of discovery, from darkness into the hopeful light of a new identity. The final chapter offers conclusions that suggest integrating this active approach more widely into hospital and therapeutic settings.

As we see more patients who have TBI enter the therapist's office, we can benefit from having helpful tools for working with them. This active approach will surely add new dimensions to what you do. We enthusiastically recommend this book as a helpful adjunct to treatments.

# D V D R E V I E W

## *The Evolution of Psychotherapy, 2009* *Full Conference Program Interactive* *Audio DVD-ROM*

Anaheim, California December 8-12

The Milton H. Erickson Foundation,  
[www.erickson-foundation.org](http://www.erickson-foundation.org)

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Reviewed by: Annellen M. Simpkins Ph.D. and C. Alexander Simpkins, Ph.D.  
San Diego, California

Have you ever been to a conference, loved what you could attend, and wished you could hear it all? Then this DVD-ROM is for you! Thanks to advances in technology, the voices of the world-class presenters from the 2009 Evolution conference are gathered together in one expertly laid out and easy to navigate DVD. So, even if you missed this event, here you will find the entire conference, accessible at the click of a key!

This DVD, which plays only on a computer, is compatible with most PCs and Macintoshes. When you open the DVD, you find a number of files, including one labeled "begin.pdf." Open it, and you are offered ways to install any software you might be missing and an email contact for technical assistance. The MP3 files easily can be moved to music players, including I-pods.

After introductory material is the table of contents, with clickable links to get you to any aspect of the conference quickly and easily. Included are: A pre-conference workshop, keynotes, workshops, point/counterpoint sessions, interactive events, invited addresses, and the post-conference Gestalt and hypnosis master class. The interactive events are clinical demonstrations, topical panels, dialogues, and conversation hours. You also have access to the power point presentations, useful for following along with the content.

All of the presenters are outstanding speakers, and so you will be thoroughly entertained as you learn. For example, Daniel Amen offered a pre-conference workshop with a charming sense of humor. His thesis is that the brain should be protected and cared for because it is involved in everything you do. You can change your brain for the better by practicing a healthy lifestyle of good diet and adequate sleep, regular and varied new learning experiences, and lowered stress.

Deepak Chopra presented a fascinating keynote address. As a medical doctor, he takes an unusual position in claiming that medicine's foundation in materialism is superstitious. He makes a compelling, research-based argument for how the brain and body are actually a continually flowing system of processes. He explains how consciousness is in every cell of our body and shares in the same chemicals involved in brain processing. And so, the body is consciousness itself, perhaps, he speculated, even the seat of the vastness of the unconscious. Furthermore, we are always in an intimate interaction with the world, with every breath we take in and out. And so, we all share in the atoms from the many greats of the past, Buddha, Socrates, and Confucius, and live in oneness with every living creature of the present—an inspiring, uplifting message!

Each of the faculty will give you new input for your practice, with moving presentations on a range of topics from life to death; from brain and mind to body and relationship, with cutting-edge ways to intervene and overcome psychological disturbance. Many of these presenters are founders of our field. Some of the notables are Irvin Yalom, existential therapy, Erving Polster and Violet Oaklander, Gestalt therapy, James Hillman and Otto Kernberg, dynamic therapy, Aaron Beck, CBT, Salvador Minuchin, family therapy, and Ernest Rossi, hypnosis, to name just a few. Contemporary experts also were present, giving presentations on the latest models, with helpful therapeutic interventions and valuable information for any therapist! We invite you to share in the 2009 Evolution of Psychotherapy Conference, to open new vistas and revisit historically significant landscapes to help inspire your vision in new and exciting directions.

## D V D R E V I E W

## Acceptance and Commitment Therapy: Clinical Demonstration

By Steven Hayes, Ph.D.

2008

The Milton H. Erickson Foundation, Inc.  
45 minutes

Reviewed by: Maria Escalante de Smith  
MA, Cedar Rapids, IA.

*Acceptance and Commitment Therapy* (ACT) demonstrates how this approach can be used effectively for dealing with persistent emotions, thoughts, and sensations that “get in the way.” Carolyn, a volunteer who had been dealing with these types of emo-

she was sorry for the things that happened. She also said, “You do not deserve this.” At this point, the therapist was deeply connected to the client. He addressed Carolyn’s relationship with her own dead mother and her need to be loved.

As a counselor, I liked seeing how this experience itself could be deeply healing when Hayes asked her to tell him what the girl (the client during the age regression) wanted. She responded that she needed to be held and snuggled. As the exercise continued, we can see how the client dissociated. Hayes utilized her resistance by encouraging her to talk to her own inner, wounded child. I simply loved this part of the exercise! We can observe how a change in the conversation took place when he helped her remember a time in her life

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*The client reached even deeper emotions when she talked about her worries regarding how to be good and not to upset people.*

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tions explained that she had a hard time talking about herself, suffered from problems with intimacy, and felt vulnerable.

During the demonstration, Steven Hayes addressed Carolyn’s intimacy difficulties as well as her pain and doubts. The client experienced age regression when Hayes asked her to recall a time when she was three or four years old. The conversation reached deeply buried emotions when she remembered being raped and her mother telling her not to disclose anything to anybody, not even her father.

I enjoyed seeing how Hayes created a warm and healing atmosphere during the session and how even his non-verbal behavior matched hers during the most difficult part of the conversation. He then proceeded to ask the client to walk with herself (her inner child), and describe what she looked like at that age. She stated that she looked “cute, scared and nervous.” The client reached even deeper emotions when she talked about her worries regarding how to be good and not to upset people. Hayes worked with the inner child again when he asked Carolyn, “What is there for you to tell her (her inner child)?” She responded that

when things were different, similar to what Erickson would have done in order to help a client get in touch with inner resources. The client remembered a trip with her daughter when they felt connected. The therapeutic work also addressed the quality of her relationships when she was with someone she cared about. Hayes gave a definition of intimacy as “shared values and vulnerabilities ... (it) is letting people see where you can be hurt, letting them be close enough so they can hurt you and letting them see what you care about.”

The DVD includes several techniques drawing upon a metaphor about “two sides of a coin,” used to help the client cope with contradictory feelings about relationships. When Hayes ended the exercise, he talked about the main principles of the ACT model. He explained key ideas of acceptance but not tolerance, and the ability to see “thoughts and voices that show up in your head.” Other important themes that Hayes covered were values and committed action, either persisting or changing. I really recommend this DVD.

## D V D R E V I E W

## Moreno Movies: Disc 1

### *Spontaneity Training and Role Re-Training (ca. 1933)*

### *Introduction to Psychodrama (ca. 1942)*

[www.psychotherapy.net](http://www.psychotherapy.net) (2003)

ISBN 1-60124-022-8 54 min

Reviewed by: Rubin Battino, MS, Yellow Springs, OH

This is the first a series of four discs of Moreno movies. This DVD includes two movies; the earliest one is a silent film of J.L. Moreno working at the New York State Training School for Girls. The film has an introduction, captions, and a narration of what is going on in the scenes. The film quality is stilted and dated. Yet, it is a fascinating movie of Moreno in his early days directing people into mini

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*The director is considered to be the most spontaneous member of the group. Moreno’s enthusiasm and energy are simply captivating.*

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psychodramas. He is endlessly energetic. The narration provides some useful analysis.

The second film has both narration and live action and takes place in the Morenos’ Theatre of Psychodrama, located in New York. There is an introduction and a narration that is helpful since some of the dialogue is difficult to understand. Moreno comes out on a small stage, through a rear curtain. He is almost continually animated and active in presenting his ideas and leading several audience members into psychodramas. To a modern viewer, the way that he touches the people on the stage is refreshing—he is true to his way, period.

The narrator explains that there are five elements in the therapeutic treatment: the stage; the protagonist; the director; auxiliary egos; and you, the audience. The director guides the protagonist in telling his/her story, picks auxiliary egos to act out relevant story parts, and involves the audience.

Three production techniques are illustrated: (1) representation by the protagonist; (2) reversal of roles of the protagonist with people he/she interacts with in their drama; and (3) a double, that is, someone from the audience who acts your part just like you, being with you on the stage next to you or behind you. In one of the psychodramas, Zerka Moreno is the double. Warm-ups are most important. Group discussion at the end of a psychodrama is helpful. They state that a psychodrama is no better than the audience!

The director’s skill is the single most important contributor to effectiveness, and Moreno is a maestro par excellence. The director is considered to be the most spontaneous member of the group. Moreno’s enthusiasm and energy are simply captivating. A lovely experience and introduction to the early days of psychodrama—I hope it inspires you as much as it inspired me.

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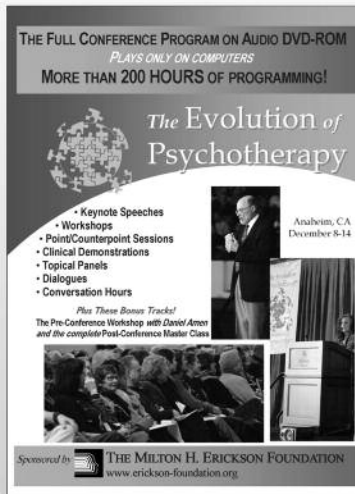
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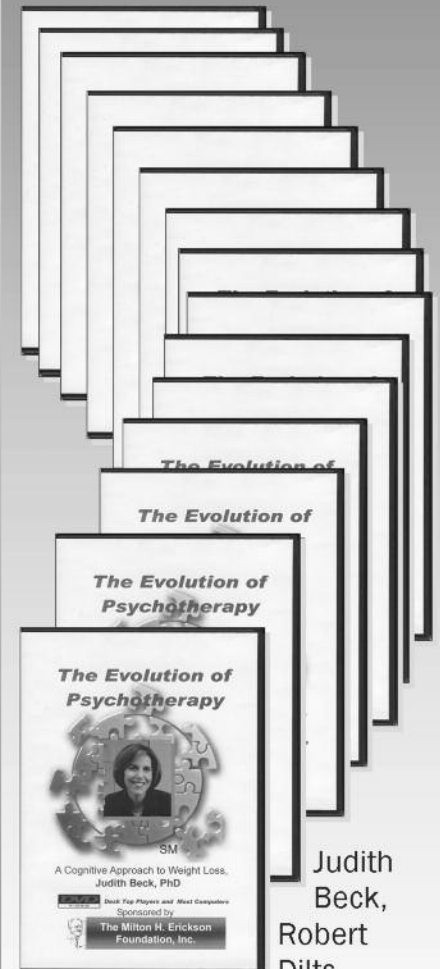


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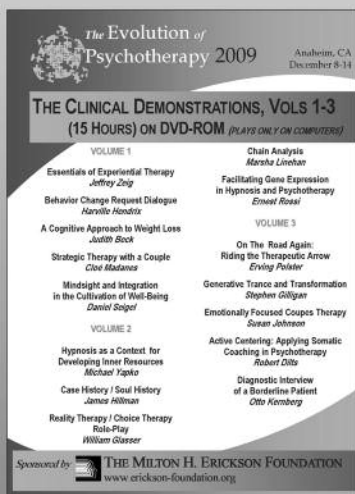
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## B O O K R E V I E W

## 50 Great Myths of Popular Psychology: Shattering Widespread Misconceptions about Human Behavior

By Scott O. Lilienfeld, Steven Jay Lynn, John Ruscio, and Barry L. Beyerstein

Wiley –Blackwell  
West Sussex, United Kingdom  
2010 / 332 Pages  
ISBN 978-1-4051-3112-4

If you are really well informed, then you will say what a great book this is because it affirms what you as a professional already knew about popular myths of psychology. But if you are merely mortal, you may learn some things. Not only do the authors cover 50 myths, they respond to auxiliary myths about each subject they cover, thereby providing the reader an abundance of fact-versus-fiction insights. You will find more than four pages of fact-verses-fiction in the first chapter alone! The authors cover myths about psychology and the law, mental illness, treatment, memory, intelligence, consciousness, personality, interpersonal behavior, and motivation. There are so many myths, and the facts are so overwhelming, that digesting all the material became difficult unless I read only a little at a time.

Some of the better-known myths they cover in the book are: Most people use

only 10% of their brainpower; most people experience a midlife crisis; lie detectors accurately detect dishonesty; human memory works like a tape recorder; people pass through stages in dying; and psychiatric hospital admission and crimes increase during full moons.

Other myths they cover are not as widely known to be myths and may be mistaken if I merely list them. Therefore, I will state the authors' conclusions instead: They claim that psychiatric labels cause no harm; autism is not on the rise; abstinence is not the only realistic treatment goal for alcoholics; we tend to be attracted to people who are like us; and my favorite which is that we can change traits that are inherited. As you might expect, the authors consulted many sources to write this book, which lists more than 77 pages of references.

I found the book to be informative, useful, clarifying, and stimulating. The writers presented the material in ways that were respectful and kind, yet with an allegiance to truth and science. You will get a lot from your reading. You get a way of thinking about myths and science. You may also get your favorite myth deconstructed. You will like reading this book, and the information will be great fun for discussions with colleagues. I recommend it as a useful and enjoyable read.

### Reviewed by

John D. Lentz D.Min.  
Shepherdsville, Kentucky

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