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THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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Terry Real

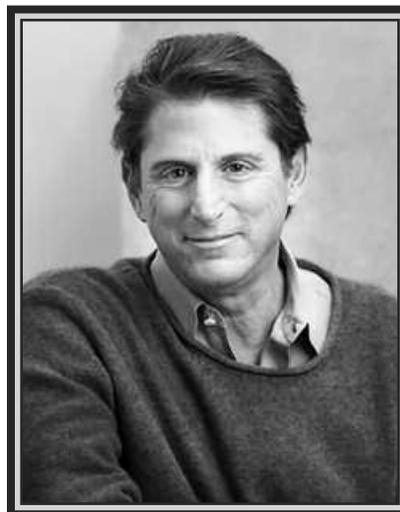
By Esther Perel

Terry Real has been a family therapist and teacher for more than 25 years. He is an internationally recognized speaker and author who founded Relational Life Institute (RLI), which offers workshops for couples, individuals and parents, and professional training for clinicians. Terry is a senior faculty member of the Family Institute of Cambridge in Massachusetts and a retired Clinical Fellow of the Meadows Institute in Arizona.

To watch the entire interview with Terry Real and Esther Perel, please visit:

https://youtu.be/Wh2XE_oO6DY

Esther Perel: For those of you who have not met Terry, this is an introduction to an outstanding cou-



ples' therapists who has recently done a lot to influence the development of the field. Terry, my late father used to ask me: "What do you do with these people? Do you really help them?"

Terry Real: A great scientist once said to me, "Psychotherapy is really just paid friendship. Isn't it?" In terms of my work with couples...we do not live in a relationship-cherishing culture. We live in a patriarchal, narcissistic, co-addictive culture. Most of us

each of them is doing that's blowing their own foot off. And then confront them in a loving and precise way; moving into early childhood wounds that are at the root, but not leave it there. Once that's on the table, teach them what I call, "a psychoeducational approach to intimacy" -- what empathy, or accountability, or increased vulnerability looks like. It's a loving confrontation -- what I call, "joining through the truth." Whether you're an angry pursuer, withdrawer, professional martyr, or helpless victim, whatever it is that you're doing that's screwing things up -- it's taking a hard look at that. The second phase is moving into inner child and family of origin work. The third phase is: 'If you don't want to be an angry pursuer, let me teach you what functional pursuit looks like. Lose the chip on your shoulder and be inviting.' It's a three-step process: 'This is what you're doing wrong; this is where it comes from; and this is what right looks like.'

You know...stance, stance, dance. In a heterosexual couple, his dysfunctional move and her dysfunctional move and the way those two moves reinforce each other can eat up the inti-

*Self-esteem or appropriate shame means:
I feel bad about the bad things I've done,
and I still hold myself in warm regard
as a flawed human being.*

have not been raised by relationally skilled families and we're damaged and we don't know how to be intimate. A lifelong romance is a modern idea, and I don't think most men and women have the skills and the wisdom to pull it off. We're not at zero, we're in the negative numbers. So it's my job as a couples' therapist to figure out what

macy like cancer. It's my job to crowbar them out of that pattern.

You could go to a trauma weekend and do deep cathartic, wonderful, reparative healing work with your inner child. Then, come home and be the same asshole that you were to your

INTERVIEW continued on page 23

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EDITOR'S COMMENTS

Last December's 12th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy was a roller coaster of emotions and experiences. I was delighted to meet many attendees, several of whom had previously only been a name without a face or email address. And, of course, I was happy to meet up with old friends and colleagues who have attended the Congresses from the beginning. The Erickson Congress was a cross-fertilization of the wisdom of the old and new perspectives and surprising questions from the young. (For me, everyone under 50 is young. I was taught to respect my elders, but these days I'm having difficulty finding elders!) This Congress even surpassed the prior one, making it no exception to the pattern in its expansion of Ericksonian perspectives.

Congress was joyful, but at the same time there was a note of sadness. As mentioned in the last Newsletter, we lost one of our Grand Old Men -- Philip Barretta, who died May 7, 2015. Truly a Grand "Forever-Young" Man, Phil always had a smile and a joke. And, he had a great heart and possessed infinite wisdom. I was taking a break at the Congress, sitting in one of the empty smaller presentation rooms, when a strong déjà vu came over me and I realized that this was the same room Phil and I shared at the 6th International Ericksonian Congress in 1994 when we conducted a morning supervision panel.

At that supervision session, someone ask us both how Erickson would have approached couples. Phil and I spoke at the same time and said almost the same words: "They are still people first." We then described how our experiences with Erickson taught us to appreciate that every relationship was between two individuals, each of whom had their own perceptions and cognitions. To do an intervention with a couple, you first have to understand that each is an individual, not just half of a dyad. Phil and I then began a dialog together that filled the rest of our allotted time, and for some time afterward, talked about all the possible ways one could look at a couple, depending on which domain one thought was most important.

Today, there are even more ways we can look at couples. And, the over-



laps between the different domains can result in an "Infinite Diversity in Infinite Combinations." (Miss you Leonard.) This concept is featured when the Foundation hosts the 17th Annual Couples Conference, May 13-15, 2016, at the Hyatt Regency San Francisco Airport in Burlingame. This year's conference theme is, "Attachment, Differentiation & Neuroscience." The international faculty covers these perspectives with more dimensions than Einstein or Hawking could talk about physics. To get a feel of what to expect, please read the *Featured Interview*. Esther Perel, keynote Couples' faculty, interviews Terry Real, also keynote faculty, and the enthusiasm is contagious. As you will discover, like the *Couples Conference*, the interview is filled with more than just theory. If you'd like to see the entire interview, it's online at: <http://www.couplesconference.com/> or https://www.youtube.com/watch?v=Wh2XE_oO6DY.

This issue of the Newsletter also focuses on the different building blocks and domains that can be used to enhance couples' work. John Lentz's interview with Rob McNeilly covers the domain of spirituality; Marilia Baker's *The Power of Two*, on Robert Dilts and Deborah Bacon Dilts, demonstrates how love and professional collaboration can be beautifully blended; and Eric Greenleaf's *Case Report* presents Michael Hoyt's personal story of how he and his wife experienced an "intersection between old cultures and modern anxieties." Also, Mark Carich and Mark Becker reintro-

duce our *Therapeutic Frameworks* column with a wonderful summary of the Erickson handshake technique, demonstrating that not all inductions need words.

Alex and Annellen Simpkins' team of incredible media reviewers -- Maria Escalante de Smith, David Hargis, Richard Hill, John Lentz, and Susan Pinco -- cover such diverse topics as the unique considerations in treating gay men, hypnosis with adults and children, verbal and nonverbal com-

munication, the neurobiology of morality, and, of course, brief therapy and couples' therapy. These are insightful, well-written reviews.

Please join us in San Francisco, May 13-15, for the *Couples Conference*, to explore the understanding and treatment of couples through the lens of "Attachment, Differentiation & Neuroscience."

Richard Landis
Orange, California

CORRECTION

Regarding the MHE Foundation Newsletter, Vol. 35, No. 3, "International Community" column, pp. 6-7, description of Jeffrey Zeig receiving the John and Helen Watkins Award for Excellence in Teaching at the 20th World Congress of the International Society of Hypnosis (ISH) in Paris. The Watkins Award should read: "The Helen H. and John G. Watkins Award for Excellence in Teaching is given to an awardee who exemplifies a lifetime of excellence in the teaching of hypnosis for use in clinical and research settings".

The Award Committee, ISH Awards/2015, co-chaired by Peter B. Bloom, MD and Camillo Lorio, MD, especially wanted research to be an equal part of the award, since a non-clinician researcher of true merit might receive this award some day in the future.

Also, Claire C. Frederick, MD, the other recipient of the Watkins Award, was inadvertently left out of ISH awardees mentioned in footnote #5, p.7.

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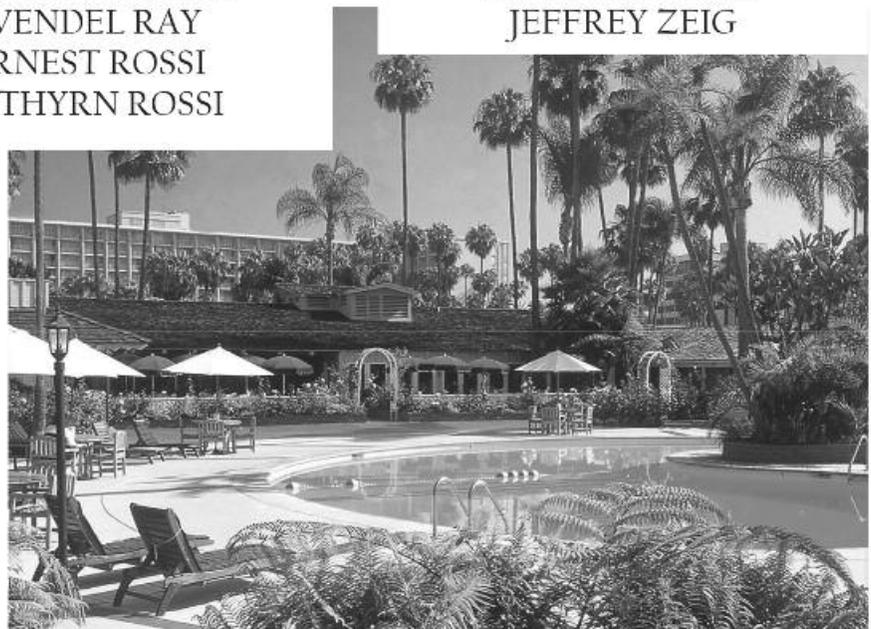
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12TH ERICKSON CONGRESS REVIEWS

Reflections on Congress

By Dr. Norma P. Barretta

For the first time in more than a quarter century, I attended the Erickson Congress alone. It was an eerie and sadly emotional experience. Phil, my partner in life, marriage, and work was no longer with me. He passed away May 7, 2015. The expressions of sympathy and condolences were many and an unusual experience occurred: I was alone most of the time. At first, I thought people were avoiding me because Phil was not with me. But then, I realized this was a way of avoiding their own sense of loss. He really was a force in life!

And so for the first time I did a solo presentation. Surprisingly, I filled in all the spots where Phil would have been talking...so in a sense he was there. The various sessions I attended were, as usual, stimulating, interesting, and informative. We have so many remarkable people in our field, and they continue to share their experience and wisdom with us way past retirement age -- just as I plan to do!

A highlight of Congress was a visit to the Erickson home (now the Milton and Elizabeth Erickson Museum), where Phil and I had spent many hours sitting with Dr. Erickson in his living room after he finished the "formal" session in the "little house" out back. Much has changed about the house, yet the aura of the Erickson family pervades.

I recalled that during those group sessions, in the little house out back, there was almost always a young man sitting in the back of the room -- and I wondered who he was. Some years later, it occurred to me that it was Jeff Zeig -- a young good looking guy.

Memories of the conversations we had in that living room -- just the three of us -- flooded back and I chuckled a bit, and cried too, and felt a huge sense of gratitude for having had the experience.

I believe that all of us who had the gift of Milton's presence in our lives have an obligation to share what we gleaned from him. And I sincerely hope that Jeff and Ernie, and all of the others who are still with us, will continue to attend future conferences.

So...*cent e venti anni and sto dwadziescia lat* -- that's 120 years in Italian and Polish, respectively, and I'll only be a 116!

Congress Video Review

By Jeff Zeig

I'm avid about seeking opportunities to learn. Whenever we have an Erickson-sponsored conference -- Brief Therapy, Couples, Evolution, or Erickson Congress -- in the weeks and months following, I carefully review the audio and video presentations, searching for ways that I can improve my practice. Recently, I've been reviewing videos from the December 2015, 12th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy.

At Congress, there were 22 one-hour demonstrations. The demonstrations were premier events and featured such luminaries as Stephen Gilligan, Roxanna Erickson Klein, Betty Alice Erickson, Bill O'Hanlon, Lilian Borges, Stephen Lankton, Steve Andreas, Michael Yapko, Brent Geary, Robert Dilts, Alex and Annellen Simpkins, and Dan Short. Some of the topics include: deep trance phenomena, experiential learning, dissociative processes, solution-oriented hypnosis, and conversational trance. Wow! What a great opportunity to learn.

In contradistinction to previous Erickson Foundation sponsored events, at the December Congress we only videotaped events that we thought would be interesting to our audience. At previous meetings, we audio recorded. But because video is easily available today, and because it's the best educational medium, we decided to devote resources accordingly.

Most of the videos are two camera shoots that have been edited in postproduction. The audio and video quality is excellent, and the material is superb.

Also available is the six-hour Master Class that I co-taught with Stephen Gilligan, which consists of two live demonstrations -- each with subsequent discussion amongst us and the audience about the process of intervention. The Master Class was one of the highest ranked events at the Congress.

If you want to improve your practice, visit www.erickson-foundation.org. I guarantee that you'll find a peerless education.

Reflections on the 12th International Congress

By Michael Munion

The 12th International Congress on Ericksonian Approaches to Psychotherapy, held in December, 2015, met and exceeded all expectations. In the years since the first Congress in 1980, there has been, paradoxically, both consistency and change. At the first Congress, there was an overarching sense of homage to Dr. Erickson, his body of work, and his influence on the field. This was also felt at more recent Congresses, not only through various workshops and panels specifically dedicated to discussing his work and life, but through the ongoing participation of several of Dr. Erickson's protégés, including Jeff Zeig, Ernest Rossi, Stephen Lankton, Stephen Gilligan, Bill O'Hanlon, and Michael Yapko.

Participants for Congress have also been consistent. Many attendees have been to several, if not all of the Congresses, and this gives Congress the air of a family reunion. At this Congress, I participated in the celebration of a wedding, an anniversary, and sadly, learned of the passing of an old friend -- Phil Barretta. Also, a friend who was in the process of working through a recent personal loss told me that he showed up in spite of his loss, because he knew that he would see people who cared about him and would be there for him. Considering that Dr. Erickson welcomed patients and students into his home, it is not surprising that a meeting dedicated to his contributions has a "family" feel.

Change is reflected in the diversity of ideas presented at Congress. Understandably, since Dr. Erickson profoundly influenced the development of non-hypnotic schools, such as brief therapy, family systems therapy, NLP, and strategic approaches, there is now an array of ideas and concepts presented that were not present at the first Congress. Metaphorically, Dr. Erickson's seminal ideas have taken root, grown, and spawned ideas unimagined 35 years ago. Consistency and change; given that one of Dr. Erickson's technical contributions to our field was the paradoxical intervention, there is no irony in that paradox.

The Congress website is: www.ericksoncongress.com.

WS 32 The Butterfly and the Electron: The Integration of Quantum Physics with Mind-Body Hypnotherapy in the Transformation of Consciousness

Presented by Bruce Gregory, PhD

Reviewed by Michael Munion

Bruce Gregory has been busy working with and writing about not only the mind-body connection, but the integration of these concepts with mathematics, physics, classical music composition, and tai chi for the treatment of trauma and addiction. While for most of us steeped in the therapeutic arts, the articulation of quantum physics principles is a huge challenge, Gregory has found a way to make it look easy. In this workshop, he continued his discussion begun in an earlier panel, of the Erickson resistance protocol. The Zen principle of acceptance, inclusion, and appreciation of resistance is reflected in the protocol and his work. Explanation of quantum notions, such as electron entanglement, were beautifully blended with tales of encounters with interested delegates of the Dalai Lama who came to learn about quantum mechanics and quantum consciousness at a prior conference. Gregory managed to put a room full of people at ease with some incredibly complex ideas.

BRIEF THERAPY 2016

Brief Therapy Brings out the Best

The theme for Brief Therapy 2016, December 8-11, is "Bringing out the Best." Due to its location, the accommodations, and faculty, this conference is sure.

The conference will be held at the beautiful Town & Country resort in San Diego and is a perfect expression of the Southern California vibe: relaxed, playful and connected, with service that's engaging and approachable, yet unobtrusive, and where everyone feels welcome. The guest rooms have also been newly renovated for this season.

In addition to more than 40 short-course faculty, currently signed on as faculty include: Connirae Andreas, Steve Frankel, Stephen Gilligan, John Gottman, Steve Lankton, Harriet Lerner, Lynn Lyons, Cloe Madanes, Scott Miller, John Norcross, Bill O'Hanlon, Christine Padesky, Erv Polster, Wendel Ray, Ernest Rossi, Ron Siegel, Stan Tatkin, Michele Weiner-Davis, Reid Wilson, Michael Yapko and Jeffrey Zeig. A special keynote will be an interview with Albert Bandura.

A special Early-Bird discount is currently in effect until May 20, 2016. Plus, the Town & Country is featuring a conference rate of \$105 per night. Registration is open online at:

www.BriefTherapyConference.com

We hope to see you there.

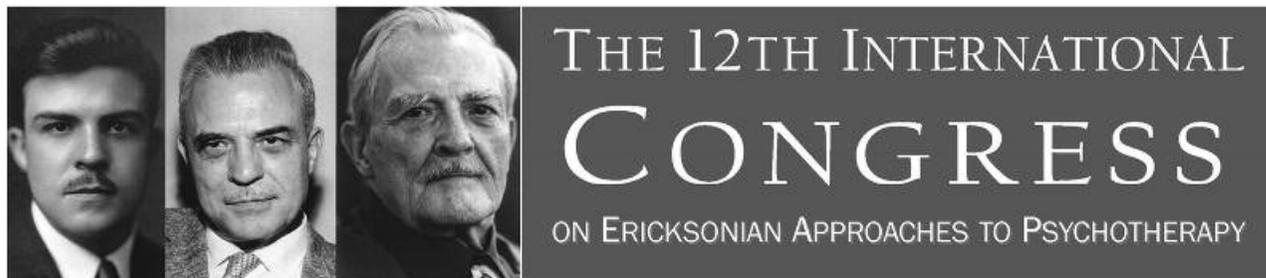
Reid Wilson Honored by Two Service Organizations

Reid Wilson, PhD has been named a Founding Clinical Fellow of the Anxiety and Depression Association of America (ADAA). He has also been granted Fellow status by the Association for Behavioral and Cognitive Therapies (ABCT) in its inaugural year offering the fellow designation. Dr. Wilson is Adjunct Associate Professor of Psychiatry at the University of North Carolina School of Medicine and Director of the Anxiety Disorders Treatment Center in Durham and Chapel Hill, NC.

ADAA is the leading nonprofit organization dedicated to the prevention, treatment, and cure of the anxiety disorders, depression, OCD, and PTSD through education, training, and research. For more information: www.ADAA.org.

ABCT is a multidisciplinary organization committed to the advancement of scientific approaches to the understanding and improvement of human functioning through the investigation and application of behavioral, cognitive, and other evidence-based principles to the assessment, prevention, treatment of human problems, and the enhancement of health and well-being. For more information: www.ABCT.org.

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EXPERIENTIAL THERAPY: INTEGRATING THERAPIST SCULPTING AND HYPNOSIS

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EXPERIENTIAL HYPNOSIS

Steve Andreas, MA
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Michael Yapko, PhD
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Brent Geary, PhD
TARGETED UTILIZATION OF DISSOCIATIVE PROCESSES IN HYPNOSIS

Robert Dilts
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NEWS

FOUNDATION WELCOMES NEW STAFF

By Marnie McGann

As the Foundation continues to grow and expand, new positions are created and vacated positions are filled. Recently, the Foundation welcomed Cyndi Cleckner, our new Transcriptionist, and Nate Sorenson, the Foundation's new Media Specialist.

In November 2015, Cyndi joined the Foundation. She born and raised in Toledo, Ohio and moved to Arizona at the age of 18. Cyndi worked as a medical transcriptionist for more than 30 years, transcribing reports. "I like the work at the Foundation," she says, "because it's very different from the type of work I used to transcribe, and because I'm learning many new things."

In her personal time, Cyndi enjoys reading, writing, music, camping, and creating simple crossword puzzles, as well as spending time with her two grandchildren. For more than 20 years, she has been a member of the Society for Creative Anachronism, where members recreate the Renaissance/Medieval time period. In high school, Cyndi played upright bass in the Toledo Youth orchestra. "As the years passed," she says, "I became interested in the organ, piano, and electric bass, and played electric bass in my dad's band in Ohio."

Nate Sorenson was born and raised in Glendale, AZ. After attending Scottsdale Community College, where he received his associate's degree in film production, he went on to Columbia College in Chicago, and subsequently received his bachelor's degree with an emphasis in cinematography.

After working in Chicago for a few years, Nate moved to Orange County with his brother and worked in Los Angeles for a charter school district doing media. He then decided to return to Arizona.

"Most of my friends and family are here," Nate says, "and I help them with filming and music videos."

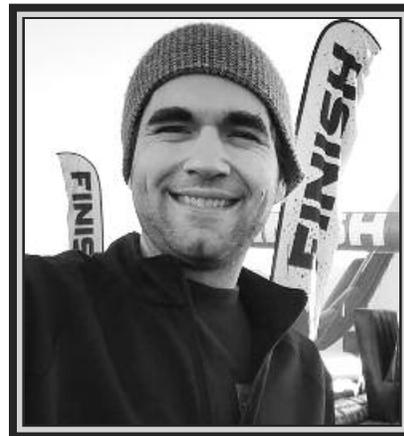
In January 2016, Nate joined the Foundation. "I was looking for a



Cyndi Cleckner, Foundation's new Transcriptionist

steady income," he says, "so that I could still pursue media work and do my own projects. After working heavily in marketing and production sales, it's nice to work for an organization whose goal is helping people to grow and develop."

Outside of work, Nate is a musician who plays bass and regular guitar. "I live with a band," he explains "so I'm



Nate Sorenson, Foundation's new Media Specialist

often at their shows doing video work and occasionally music stuff."

Nate also enjoys travel and has been to Africa, England, Denmark, and Italy.

"We're beginning to launch the Foundation streaming service," Nate says. "It's an interesting education as I learn more about bit rate and compression, and how to stay ahead of the curve."

Hablamos Español Aquí! Foundation Staff Takes Spanish Lessons

By Marnie McGann

Like many worthwhile ideas, it began as just a suggestion. Jeff Zeig would occasionally suggest to the Foundation staff that we needed Spanish lessons...and eventually, and several of us agreed. When he lined up a teacher, most of the staff happily took him up on his offer.

Now, every Tuesday and Wednesday, staff members can be found in the library Skyping Beatrice Medina, our Spanish instructor in Mexico, as she conducts both beginning and intermediate classes.

Several Foundation staff members have had multiple years of Spanish, but as it's been said many times: Use it or lose it.

After the first intermediate class, Christina Khin, IT Operations Manager, who had four years of Spanish in college, said, "I definitely realized how much I had forgotten. Beatrice is such a nice person and I like her teaching style of speaking only Spanish." Shortly after class, inspired to help the staff learn, Khin labeled many of the office items with the correct Spanish name. Along with many other labels, "Basura" is now taped on the kitchen trash can, and "La Mesa," is on the kitchen table.

Kayleigh Vacarro, Meeting, Faculty, and CME Coordinator, also attends the intermediate class. "For many of us," Kayleigh says, "it has been too long to disclose since we've had any practice with Spanish. So having this opportunity to learn, review, and have conversations in Spanish every week is extremely exciting and beneficial! We can't wait to continue with classes, and we hope to eventually be a bilingual staff. Beatrice is incredibly patient, and inspires confidence in us that we can learn a new language."

Gracias a Jeff Zeig y Beatrice Medina. Estamos ansiosos por hablar español!

Donations and Tax-free Retirement Gifts

A common expression as people age and begin to make final plans is: "You can't take it with you." And it's so true. Fortunately, a new law now allows for those 70 ½ or older to take advantage of tax-free gifting. It permits those individuals to transfer money from their IRA accounts to charitable organizations without having to pay tax. Up \$100,000 to one or more charities a year can be transferred and the gift will satisfy the required minimum distribution for the year – but it must be transferred from an IRA.

If you meet the age requirement and would like to transfer money from your IRA or to make a donation from any source to the Milton H. Erickson Foundation, please visit our donation-secure website at: <https://ericksonfoundation.org/donate/>.

The Foundation is grateful for any donations that advance our nonprofit mission. Donations can be dedicated to specific Foundation projects by accessing our website.

For more information on how to make a charitable gift using your IRA, please contact your IRA administrator or tax advisor.

Foundation Creates Museum Website

By the time this issue of the Newsletter goes to print, the Foundation will have launched a new website for the Milton and Elizabeth Erickson Museum (www.ericksonmuseum.org). "We wanted the museum to have its own unique site," says Scott Montgomery, the Foundation's Web developer, who designed the site.

The website features general information about the museum, a contact page where one can request a visit, and a virtual tour of Dr. Erickson's office. A virtual tour of the entire museum is currently in the works, being filmed by Nate Sorenson, the Foundation's new Multimedia Specialist.

"The website is viewable by all browsers," says Scott Montgomery. "And if you take the virtual tour of Dr. Erickson's office by cell phone, it's as if you're looking around the room yourself because there's a built-in gyroscope effect."

Foundation Welcomes More Archive Volunteers



Cheryl Hayley and George von Bozzay, Archive Volunteers

In December 2015, a week before Congress, the Foundation opened its doors to two enthusiastic archive volunteers -- Cheryl Hayley and George von Bozzay.

Cheryl and George, who reside in San Francisco, viewed tapes of Dr. Erickson and created a format so that the recordings could be used for online continuing education. They worked on *The Artistry of Milton Erickson*, and several tapes in the Zeig seminar collection, *The Teaching Seminars*.

"We came here through a dear friend, Jim Clendenen," says Cheryl. He worked with Erickson and later with Jeff Zeig. He sent me a copy of the Foundation Newsletter in which there was a request for volunteers. We hadn't plan on coming to the Congress, but since the timing worked out, we arranged a time to volunteer and attend. It's a pleasure to be here at the Foundation because we've both been students of Erickson for so long. We've enjoyed doing the work, meeting the staff, and reconnecting with Jeff. It's been through Milton's work that I have come to appreciate how profoundly impactful the unconscious is, not only in our personal lives, but also in our collective psyche and the role that it plays in our cultural trance."

Cheryl worked as a psychoanalyst in Manhattan for 12 years. She then spent two years traveling around the world with a healer from New Zealand, visiting shamans, healers, and medicine men in many different cultures. "Although it is framed differently and called by other names, I see trance dynamics as being so similar and I have great respect for Milton," says Cheryl. "I also spent five years at Esalen working with Stan and Christina Grof establishing the spiritual emergence network, which created an alternative model to our common understanding of psychosis."

Cheryl has also worked with hospice patients and people in bereavement, and has cultivated a deep respect for the profound experiences of life and death.

George received analytic training at Amherst, MA, and then traveled to the University California Medical Center, Langley Porter Neuropsychiatric Institute during the Summer of Love in 1967. There he received training in brief therapy, biofeedback, and treating medical psychology. Subsequently, he founded the

Biofeedback Institute of San Francisco, which he has overseen for 40 years. "The main reason I began the Institute," George says, "was to fill in the gaps of mind/body interaction between medicine, in which prescriptions are often written, and psychology, whereby the client and therapist most often converse. My current interest is in developing software and apps for individuals to learn self-regulation skills and control their physiology. The relationship with hypnosis is that Erickson often pointed out there are bodily and physiological changes in trance that are measurable."

Foundation Staff Member Attends Psychotherapy Symposium



Kayleigh Vacarro at Foundation booth at Psychotherapy Networker Symposium.

On March 17th, Kayleigh Vaccaro, the Foundation's Meeting, Faculty, and CME Coordinator, traveled to Washington D.C. to oversee an Erickson Foundation exhibit booth at the 2016 Psychotherapy Networker Symposium. At the conference, Kayleigh distributed Erickson Foundation brochures, materials, and information about discounted rates for upcoming Foundation conferences. She also awarded Foundation raffle prizes to lucky attendees of the symposium.

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THE POWER OF TWO

Robert Dilts & Deborah Bacon Dilts

By Marilia Baker

*Lovers don't finally meet
somewhere. They're in each
other all along.*

Rumi

Since 1996, Robert Dilts and Deborah Bacon have worked together. Bacon recalls their meeting: "We met 20 years ago in Paris, when I was his interpreter. We continued working on stage together in France and Switzerland, once or twice a year for the following nine years. Then, almost exactly 11 years ago, we unexpectedly fell in love while working together in Paris. It was then that our ways of working together began to change." This captivating couple has had a rewarding personal and professional partnership, while navigating the inherently rough waters of an intimate relationship with its complexities and vicissitudes.

In interviewing Robert and Deborah, I was fascinated by the depth and breadth of their lifework – separately and together -- and their contributions worldwide to human potential. In listening to their life stories, I was profoundly touched by their freedom to explore and to experiment with the myriad possibilities of "becoming fully human." (Maslow) Robert went from hard science and technology to the arts, communication, linguistics, psychobiology, economics, and cultural anthropology. His contributions to business excellence include his knowledge of psychology, hypnosis, and the process of self-actualization.¹

Deborah also explored in-depth, and experimented with, the expressive arts -- dance, movement, conscious presence, and body awareness. She majored in French linguistics at the University of California at Santa Barbara. Her explorations led her to Europe, then to teaching Gabrielle Roth's 5 Rhythms®, which was her passion.² After moving to France in 1982, she worked for several years as administrative director for the Paris Center for Critical Studies³, a leading inter-university



Wedding at Asilomar, 2008

versity center for young Americans studying French intellectual history and film criticism. She then attended the prestigious École Supérieure d'Interprètes et Traducteurs at the Sorbonne for two years, specializing in the complex science and art of simultaneous interpreting and translation.⁴

Deborah says: "I grew up in the San Francisco Bay Area at the height of the human potential movement. Even though my father was a businessman, he and my mother [who was eventually a student of Robert Dilts] were interested and deeply involved in many aspects of the human potential movement⁵, hence my interest." Deborah is certified in Roberto Assagioli's Psychosynthesis, in Transpersonal Psychotherapy (Aquanima), Relaxation Therapy, and Richard Moss' Applied Philosophy of Consciousness.⁶ She lives several months out of the year in France, outside Paris, actively practicing her skills as teacher/trainer, interpreter, and translator. She often presents workshops with her husband, Robert, combining body-based approaches with NLP processes. Deborah is the author of a number of articles in French, and a contributing author to *NLP II: The Next Generation*. In addition, Deborah works as instructor/trainer at ISTHME: L'Institut de la Relaxation Évolutive et de la Sophrologie, near Paris. Every summer she is a guest lecturer/trainer at NLP

University at Santa Cruz, California, where she and Robert also have a home.

Robert Dilts has been an intrinsic feature of Ericksonian approaches and methodologies, as a chief proponent, creator, developer, and innovator in *Neuro-Linguistic Programming (NLP)*.⁷ He recalls: "My journey with NLP began in September 1975, before there

"Perhaps there was some exchange in the field between us, because I have always felt a close connection with his thoughts and values, as he is the subject of one of my books, *Strategies of Genius*."⁸

Robert then discussed, "My Early History with NLP," the chapter he wrote for the book, *Origins of Neuro Linguistic Programming*, where he expanded on his youth, college life, intellectual origins, and how he came to Phoenix, Arizona to study with Dr. Erickson. His was an epoch of a phenomenally successful sociocultural revolution, yet to be duplicated. He writes: "I grew up in the San Francisco Bay Area in the 1950s, '60s and '70s. This was a time of great change...much of which was focused in Northern California. The culture in which I spent my youth was a cornerstone for such phenomena as the hippies, the rise of rock and roll music, protests against the Vietnam War, psychedelic drugs, sexual freedom, feminism, civil rights, gay rights, environmental awareness, the human potential movement, and the launching of the technology revolution in Silicon Valley. Change, new ideas, innovation, and a revolutionary spirit were a natural, everyday part of the reality in which I came of age."⁹

As a *wunderkind* in the latter part of the 20th century, Robert was present at the right place at the right time to become an active participant in the

Robert aptly describes conceptually what "the power of two" means to him. It is a "generative collaboration" – as a function of three interconnected fields: Resonance, Synergy, and Emergence.

was actually formally such a thing as NLP. The name "Neuro-Linguistic Programming" emerged in the spring of 1976. It was inspired in part by the field of neurolinguistics – an area of study, predating NLP, whose purpose was to explore the neurological basis of language." Answering my question, "How did you become a polymath?" he tells me of his auspicious birth in 1955, at the same hospital in Princeton, New Jersey where Albert Einstein was dying, abiding his last days on Earth. "Einstein was leaving and I was arriving into the world," Robert writes.

emergence, and evolution of NLP in 1976; then in 1991, the founding of NLP University. As a mature professional in the 21st century, he is the polymath leading the implementation of NLP concepts to education, technology, personal growth, health, leadership, and business.¹⁰

*Then, Almitra spoke again and said,
"And what of Marriage, master?"
And he answered, saying:*

TWO continued on next page

“...let there be spaces in your togetherness, and let the winds of the heavens dance between you...”

Sing and dance together and be joyous, but let each one of you be alone, even as the strings of a lute are alone, though they quiver with the same music...”

Kahlil Gibran¹¹

In 2008, Robert and Deborah were married at Asilomar (Spanish for “Refugee-by-the-Sea”) a picturesque conference resort and wildlife area on the Monterey



Working together in Avignon, 2015

Peninsula, which embodies, and is symbolic of, this couple’s “gentle strength,” yet indomitable California spirit. Gibran’s entire poem/prescription for a healthy relationship was read to the newlyweds. Marrying in the second half of life, and bringing into the new marriage previous experiences, the couple had their own ideals. “But the map is not the territory,” says Deborah.¹²

Among other pertinent metaphors and analogies, Robert aptly describes conceptually what “the power of two” means to him. It is a “generative collaboration” – as a function of three inter-connected fields: Resonance, Synergy, and Emergence. Res-

onance: “What is the same? Where do we connect?”; Synergy: “Where are we different? How can those differences complement one another?”; and, Emergence: “What else becomes possible? What new can come through our interaction?”¹³ He credits Deborah as the essential synergy in the relationship, who distills out the “impurities,” as if in an alchemical reaction, focusing on the deeper structure, seeking only the essential in their intimacy.

In her youth, Deborah felt a deep resonance with Irene Claremont de Castillejo, a Jungian analyst who proposed¹⁴ that a woman can become fully realized by being in support of a man who is doing his work in the world, as long as she does the work to individuate. Nevertheless, as Deborah matured and experienced relationships – professional and intimate – she realized that de Castillejo’s prescription “belonged to another era, when gender roles were just beginning to break out of the conventional forms.” She elaborates: “I continue to feel that a conscious relationship can be the crucible for deep growth and evolution, but I am not sure my vocation is to be in support of a man to live his life’s purpose in the world. The way I hear this now, in the second half of my life, is to take that message as a metaphor and concentrate on my inner marriage.”

If you want to hold the Beautiful One, hold yourself to yourself; when you kiss the Beloved, touch your own lips with your own fingers; the beauty of every woman and every man is your own Beauty...”

Rumi

Thank you Robert and Deborah for a delightful, enlightening journey into your Power of Two. See Robert Dilts & Deborah Bacon Dilts lifework at: www.robertdilts.com.

End Notes

1 See further *Robert Dilts*. “Contributor of Note” by Roxanna Erickson Klein. The Milton H. Erickson Foundation Newsletter, Summer 2006, Vol. 26, n. 2; p. 7.

- 2 Gabrielle Roth’s concept of the 5 Rhythms® are: *flowing, staccato, chaos, lyrical and stillness* – as “states of being.” See: <http://www.5rhythms.com/>.
- 3 See: <https://www.ciee.org/study-abroad/france/paris/critical-french-studies/>.
- 4 Simultaneous interpreting and translation are skills which require sophisticated knowledge; full awareness; conscious presence; conscientiousness; ethical posture; resonance and connection with the speaker, not to mention being fully bilingual/fully bicultural.
- 5 See: https://en.wikipedia.org/wiki/Human_Potential_Movement.
- 6 See Deborah’s mini-bio at: <http://www.nlpu.com/DBbio.htm>.
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C A S E R E P O R T

ORCA STRAIT

by Michael F. Hoyt, PhD

My wife, Jennifer, is not a big traveler, but she has always wanted to go to Alaska to see the wildlife. So in the summer of 2015, we signed up with National Geographic/Lindblad and went for two wonderful weeks. Jennifer is a hospice nurse, and what makes the story interesting is that for many years if you asked her how, some day, she would like to die, her answer was that she would like to be eaten by orcas—those magnificent creatures sometimes called “killer whales,” even though they are actually oceanic dolphins. She had recurring but not frightening dreams of a big orca devouring her—she had talked about it several times. And here I was, signing up to be in a two-person kayak in Alaskan waters teeming with orcas with someone who wants to be eaten alive!

To prepare, we took a one-day kayaking class. For the first week of the trip on the Inside Passage cruise/expedition, our cabin was on a lower level without an outside deck, so we could lie in bed and look out the window and watch pods of orcas swimming alongside the ship. We also frequently went topside to see them. One day, a native guide came aboard. He was a young man who grew up in a village and on the ice, but also went to college for a while in Colorado. He came dressed in his native regalia—beads, bear claw, emblems, etc. He told stories and answered questions. When the orcas and other creatures appeared during the day, we stood on the deck in the brisk air as he sang prayers to them. I introduced myself and my wife, and asked him for any reflections from his tradition, about the meaning of being devoured by an orca. (I also mentioned the Bible story of Jonah and the Whale.) He thought about it, then said the orcas were guardians and protectors (hence, the prayers of thanks and supplication when they appeared), and that if my wife’s dreams were not violent or frightening, he would understand them as positive -- to mean being welcomed and protected.

Every day during the week, we got into zodiac boats and kayaks, and

sometimes hiked on remote islands. We saw moose and bears, caribou and sea lions, salmon and eagles, hump-back whales and wolves, but didn’t have any dangerous “close encounters” with orcas.

At the end of the week, we got off the ship and went to Denali National Park for a second week of adventure. The first evening at the lodge deep inside the park, the couple who run the lodge asked each of us in our little group to briefly say something about ourselves by way of introduction. When my turn came, I said, “Hi! I’m Michael. I’m here with my wife, Jennifer. We live in Northern California, near San Francisco. I’m a clinical psychologist, and I retired about two years ago. I’m here to see the wildlife, but I’m really here to watch my wife enjoy herself.”

The next morning in the breakfast room, the woman who runs the lodge came up to our table and asked if she might join us. We welcomed her. When she sat down she said, “Michael, last night you said that you’re a psychologist, right?” I replied, “Well, yes, but I retired two years ago.” And then she said: “Well, I’m hoping that maybe you can help me. I keep having dreams about being eaten by orcas.”

My wife and I looked at each other, dumbfounded. (Hey, you can’t make up stuff like this!!!) Welcome to “The Twilight Zone!” After stammering a bit, we told the woman about Jennifer’s orca dreams. She was astounded. We also told her about our understanding gained from the guide on the boat—she found it reassuring and helpful.

Amazing? I think so. The world sometimes works in mysterious ways.

Commentary

by Eric Greenleaf, PhD

Dr. Erickson would have enjoyed and appreciated the serendipitous intersection of old cultures and modern anxieties. The utilization of dream material in this story is contained in loving, helpful, and curiosity-driven human relationships. Erickson-influenced therapy has an eye toward the future – to see what happens next – and a desire that, as Dr. Erickson said,

“When you look back, you’d like to see you’ve left a trail of happiness behind you.” The lesson for therapists in this lovely adventure is to guide the ship by connection with others -- the waves and stars of our lives – and not by the charts of interpretation.

Michael F. Hoyt, Ph.D., is a frequent presenter at Erickson Foundation conferences. He is the author/editor of numerous volumes, including *Some Stories are Better than Others*; *Brief Psychotherapies*; *Therapist Stories of Inspiration, Passion, and Renewal: What’s Love Got to Do with It?*; and (with M. Talmon) *Capturing the Moment: Single Session Therapy and Walk-In Services*.

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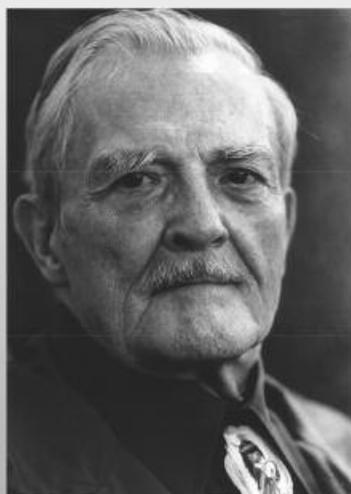
The original editions of Volumes 12-16 included audio cassettes. All of these recordings of Dr. Erickson have been digitized and are available to purchasers of these new volumes as MP3 downloads in the Erickson-Foundation.org online store. You may download them any time for no charge by using the special code printed on your copy of each volume.

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THEORETICALLY SPEAKING

A Brief Review of the Key Hypnotic Elements of Milton H. Erickson's Handshake Technique

By Mark S. Carich, PhD and Mark Becker, MA

Milton H. Erickson was no doubt a master of masters in inducing hypnotic responses for clinical purposes. Dr. Erickson was instrumental in developing a number of indirect hypnotic techniques and strategies, including interpersonal and nonverbal or pantomime tactics (Erickson, 1958, 1964, 1966; Haley, 1967). One fascinating technique that stands out was the "handshake hypnotic induction technique." The purpose of this article is to outline the key elements and a procedure of the therapeutic hypnotic handshake induction technique.

What is a Trance Experience?

Controversies over the nature and definition of trance phenomena often involve the contextualized experienced "state" vs. nonstate. The present authors consider a trance experience as a contextualized state with multiple levels, expressions, and facets. The central aspect includes an intense focusing and sense of detachment (dissociated response). One particular behavior directly associated with the handshake technique is the dissociative cataleptic response.

Dissociative Cataleptic Response

Inducing a cataleptic response is the key to the handshake technique. Edgette & Edgette (1995) categorize the handshake technique as a method of inducing hypnotic catalepsy. Catalepsy is the induced immobility of various limbs and/or entire body. Edgette & Edgette (1995 p. 173) define catalepsy as, "...immobility in one or more parts of the body." Catalepsy has been defined as an involuntary tonicity of the muscles (Kroger, 1977), and a suspension of voluntary movement and condition of well-balanced tonicity (Erickson & Rossi, 1981). Muscles are felt as being in balance and comfortable, neither too tense nor too limp. The client/subject maintains or sustains a suspended state or immobilized position for a long period of time.

Handshake Technique Procedure

Therapy involves communication within a change-oriented context in which the therapist engages the client in conversation, forming interactions, which can start with a simple handshake. This handshake can be utilized to facilitate the hypnotic elements in these therapeutic conversations.

Erickson and Rossi & Rossi (1976) describe the handshake technique by starting with a firm hand grasp, then slightly adjusting the operator's fingers, creating momentary confusion by refocusing the subject's attention with the different sensations felt, as the operator withdraws their hand. As the operator withdraws their hand, the subject's habitual framework is interrupted, thus creating a hypnotic touch.

This procedure can be detailed into the following steps:

1. Engage with client or subject.
2. Gaze into the client's or subject's eyes (as part of the initial exchange via eye contact).
3. Slowly reach out to shake or grasp the hand.
4. Grasp the client's hand in a normal handshake.
5. Slow the handshake down by pacing and leading the client's hand during the clasp.
6. Shift the touch and pressure, slowly releasing the handshake.
7. Slowly release the hand from the handshake; slide hand away.
8. Meanwhile, if/or when speaking, use a slow, smooth, monotone relaxing voice.

9. Maintain a gaze, looking into the client's or subject's eyes, leaving the client's hand buoyant, as in arm levitation.

10. Direct the client therapeutically, thus utilizing the outcome.

11. If necessary, for reorientation, provide suggestions.

A similar process naturally occurs when taking vitals. Carich and Junge (1990) noticed pantomime hypnotic experiences when taking vitals, particularly pulses. By taking a pulse, for longer than required, the subject's arm can be suspended in mid-air, forming a cataleptic response. This experience is similar to the handshake technique in developing cataleptic responses.

Key Elements

There are several key hypnotic elements involved in the technique:

1. Fixation of attention or refocusing the client's attention by:
 - a. Eye gazes.
 - b. Touch and pressure.
2. Inducing behavioral suspension or buoyant response (creating a dissociative response).
3. Developing a rhythmic pattern during the process, which includes reduced respiratory rate.
4. Interrupting the subject's habitual framework, by refocusing one's attention on different sensations of the handshake.

A key point while engaging the subject/client, is that the individual's internal focus is fixated on some selected stimuli involving the level of pressure of the grip. Slowing down the movement and touch during the clasp can initiate this. Also, during the initial engagement, eye gazes create another source of client fixation. By slowing down the shaking of the subject's/client's hand, an arm levitation response is induced or created, thus leaving the hand/arm buoyant and totally immobilized. In some cases, the subject or client may be totally immobilized. Finally, the process entails a rhythmic pattern or integration between the therapist and client. The depth depends upon several factors or conditions:

1. Context of the interaction.
2. Skill and rhythmic pattern of the operator.
3. Level of receptivity and responsiveness of the client.

This is a form of an informal, indirect technique, in which the hypnotic suggestion or induction is delivered through the interaction manifested in the handshake.

The authors further recommend discovering nonverbal touch situations in everyday life, whereby one can utilize and help the subject fix and focus attention inwardly.

Conclusion

Milton H. Erickson was a brilliant therapist and hypnotist who provided different ways, including the handshake technique, to induce and create trance-like therapeutic experiences. In his handshake technique, he utilized the client's responses and behavior to further enhance hypnotic responses and therapeutic experiences. He used his ability to notice minimal cues or define moments of responses and receptivity, and he learned to access these movements to facilitate the hypnotic handshake technique.

There are a number of applications of the handshake technique, ranging from enhancing rapport to inducing calming responses to relaxation. Upon inducing hypnotic responses, several paths can be taken. Therapeutic messages can be interspersed in the moment. Other ways include bypassing "resistant" responses, or client goal inhibitory responses, creating a window of client receptivity.

SPEAKING continued on next page

SPEAKING

continued from page 12

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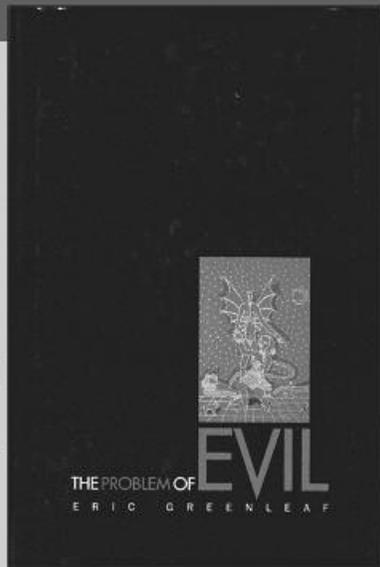
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IN THE SPIRIT OF THERAPY

Rob McNeilly, MBBS

Interviewed by John D. Lentz, D. Min

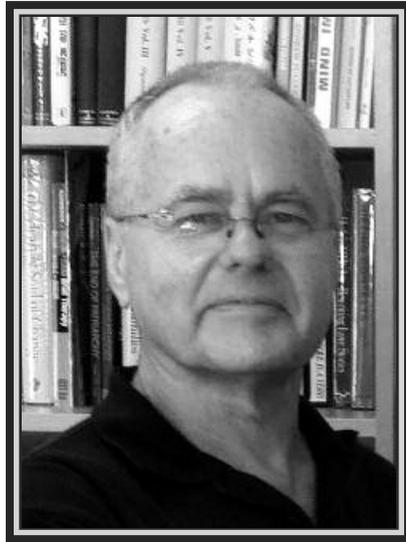
For a decade, Rob McNeilly, MBBS, maintained a general medical practice in suburban Melbourne, Australia. He had the privilege of learning directly from Milton Erickson and was inspired by Erickson's humanistic approach to therapy. This prompted McNeilly to create his own approach to assist clients in a respectful, dignified way with the human dilemmas that affect individuals, couples, and families.

In 1988, McNeilly founded the Center of Effective Therapy (CET) and the Milton H. Erickson Institute of Tasmania to introduce in Australia Ericksonian hypnosis and the solution-oriented approach to hypnosis, counseling, and coaching. For more than 30 years, he has contributed through his teaching style, writing, and unique approach to learning and therapy, which allows for a ready application to everyday life. McNeilly has been recognized locally, nationally, and internationally, and since 1980 has been invited numerous times to be a presenter at the Milton H. Erickson Foundation's International Congresses in the U.S. Since 1999, he has been invited to present workshops in Singapore, Tokyo, Denmark, Brazil, Helsinki, the UK, and the Czech Republic.

Students often comment on McNeilly's easy, respectful manner and his elegant ability to make complex issues approachable.

McNeilly is coauthor with Jenny Brown of, *Healing with Words*. His book, *Healing the Whole Person*, originally published by Wiley, was republished as *Doing Change* by St Luke's Innovative Resources, and Crown House has published a DVD series of his demonstrations with counseling and hypnosis.

John Lentz: Your work has been described as elegant, in that it is so respectful to the people you are working with, and demonstrates real talent as you weave together strengths the person has with what they are wanting to improve. How



do you think of your work, or the work of psychotherapy, as being spiritual?

Rob McNeilly: I like Humberto Maturana's description of spirituality as an expansion of awareness. Spiritual experiences always happen when we really see the beauty of a sunset or the face of someone whom we love, or sense something greater than our individual self. When someone is suffering, I help them to expand their awareness to connect with the resources they have within themselves, and also to become more aware of the presence of others and nature. I notice that when this happens -- when someone allows that connection --there is often a strong emotion, which I call being "touched," or "moved." I like to remind myself that the "psycho" in psychotherapy is from the Greek psyche or "soul," not "mind," so it is spiritual rather than intellectual.

JL: It sounds like you are helping the person to recognize that they were and are okay, by expanding their awareness of the strengths they already possess. Is this correct?

RM: It's more like helping someone to be present in the big picture, by expanding their awareness beyond the "petty pace" and smallness of any dilemma that we humans find ourselves in. I notice that when we have this expansive experience, it's as if we dissolve and become part of a larger whole. This seems to lead to a feeling of lightness, like Heidegger's *lichtung*,

I am increasingly wary of any explanation of the human condition, and prefer to honor the innately mysterious experience of being alive.

so any problem merges with the background instead of fully occupying the mesmerizing foreground, becoming part of the totality rather than being the totality. For me, this expansion of awareness is primary, and the connection with strengths and abilities that we have follows.

When I'm with a client and this happens, they can catch this mood from me. And when a client has this experience of expansion, some of their experience radiates to me and we both begin to glow.

JL: You display an uncanny ability to truly listen to people so that they feel as if they've been heard. Is this part of the glow that you are giving back? Or, are you inviting that glow?

RM: If I expand my awareness to include the client by doing the best I can to put aside my thoughts, ideas, feelings, and agenda, and really listen to not only what they are saying, but also to who they are -- their beliefs, wishes, hopes and concerns --there is a merging with each other. And in this shared spiritual space, the magic happens...except when it doesn't, of course.

JL: In one of your videos you weave the client's positive associations into a metaphor where you associate their strengths with the problem. It seems as if it would have the effect of causing the person to spontaneously recognize that they have more strengths than they realized, feeling as if they could solve the problem. Was that your intent?

RM: Fernando Flores said that selling is revealing someone's blindness. When they see it, they buy it. I

like to think of my work as "selling water by the river." We can be so absorbed in our tunnel vision view of our experience that we don't see the "river." If we can help someone to see it, they have access to it, and then realize that it was there all along -- only it was overlooked, transparent, and unappreciated. I see it as a process of disclosing -- of uncovering something present but hidden, and at the same time created. That may seem conflictual, but it doesn't feel that way. We've all had the experience of suffering over what we considered an unsolvable dilemma -- until we find a solution. And then we reflect that the solution was obvious, and we even feel embarrassed that we didn't see it earlier. It's just a part of the human experience -- an ordinary everyday experience of spirituality patiently waiting for us to open our awareness to its presence.

JL: What are some of the other ways that you view psychotherapy as being a spiritual experience?

RM: I see my work as being more closely connected with the spiritual practices of formal religions and shamanistic practices than scientific explanations and technical treatments. I am increasingly wary of any explanation of the human condition, and prefer to honor the innately mysterious experience of being alive. Classifications and treatment with techniques are perfect for dealing with cars, washing machines, and computers...but for human beings? I don't think so. Our beautifully intricate complexities defy dissection and explanation, and invite wonder and appreciation.

JL: Thank you for sharing your perspective.

BOOK REVIEW

Verbal and Non-Verbal Communication in Psychotherapy

By Gill Westland

W.W. Norton & Company, Inc.

2015

ISBN 978-0-393-70924-7

291 pages

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

Gill Westland has created a marvelous and useful book about the two major forms of communication in psychotherapy: verbal and nonverbal. The author's take on nonverbal communication is beyond the usual approaches and is not explained in NLP, or any other book on nonverbal communication that I've read.

The book is comprised of nine chapters, a glossary, and 20 pages of references, as well as many clinical observations. Westland begins by describing how the brain works, and the predominate theories about how babies communicate. She then explains how those forms of communication also work well with adults.

Perhaps this unique treatment of nonverbal communication comes from the author's background; she began her career as a body psychotherapist. Or, maybe it's because she has a radically different perspective, but she is clearly teaching an approach that can turbo charge psychotherapy. For example, she takes note of the difference between living and dead metaphors! Another concept that she discusses is the different signature breathing patterns that occur as a result of the type of childhood attachment.

Westland backs up what she says with science. And it's good that she does so because Chapter 7 deals with a fuller expression of emotions through what she refers to as "vegetotherapy." Essentially, this intervention is a form of inviting the client to allow or recognize how his/her body is communicating -- through muscle tightness, body posture, and breathing style. The purpose is to elevate awareness of the body to the person's conscious awareness. There are phases to "vegetotherapy" that are more complicated than simple awareness. It's a process the author invites people to go through so that they become more aware, and also alter their feelings by changing bodily awareness of sensations.

Chapter 8 addresses the therapist's use of touch with clients. While Westland sides with prohibition against touching, she has a *caveat*: she recommends that therapists be trained in how to communicate with the use of touch. She also acknowledges that more therapists use touch than they admit to professionally, and maintains that the issue isn't as straightforward as it might appear. For instance, she says, "Touch has a role in energetic, physiological, and affect regulation and in healing." (p 224) She assumes therapists will exercise restraint and be professionally appropriate, and offers ways in which to touch a client that can have a powerful impact.

In the final chapter, "Using Creative Media for Expression," the author offers possibilities for altering clients' healing experiences using various forms of expression, such as writing, sculpture, and sound.

Verbal and Non-Verbal Communication in Psychotherapy offers the author's personal insight and wisdom and knowledge from myriad sources. The result is a creative and useful book.

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UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2016		
5/12-15	Couples Conference / San Francisco, CA / Invited Faculty	1.
5/21-22	Advanced Workshop in Ericksonian Psychotherapy / Hong Kong / Jeffrey K. Zeig, Ph.D.	2.
5/25-29	Coaching / Guangzhou, CHINA / Zeig	3.
6/1-5	Coaching / Beijing, CHINA / Zeig	4.
6/16-18	Ericksonian Brief Therapy / Rennes, FRANCE / Zeig	5.
6/23-25	Utilization Approaches to Therapy / Toulouse, FRANCE / Zeig	6.
7/11-15	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent B. Geary, Ph.D., Zeig, Lilian Borges, M.A., LPC	1.
7/18-22	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
7/25-29	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
8/1-4	Phoenix Master Class / Phoenix, Ariz. / Zeig, Invited Presenters	1.
8/14-21	Master Class and International Hypnosis Workshop / Mexico City, MEXICO / Zeig	7.
9/8-11	Dental Hypnosis / Berlin, GERMANY / Zeig	8.
9/ 12-15	Master Class in Brief Psychotherapy / Vienna, AUSTRIA / Zeig	9.
9/16-17	Advanced Techniques in Psychotherapy / Rottweil, GERMANY / Zeig	8.
10/2-6	Metaphors Inspired by Nature: Ericksonian Psychotherapy Outdoors (Expedition) / La Paz Baja California Sur, MEXICO Master Matilde Cervantes Navarrete (Founder Erickson Institute La Paz), Lela Sankeralli (Eco Educator)	10.
10/17-21	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
10/24-28	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges	1.
10/29-11/1	Phoenix Master Class / Phoenix, Ariz. / Zeig, Invited Presenters	1.

11/10-13	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	11.
11/16-17	Masters of Therapy / Cologne, GERMANY / Zeig	12.
11/19-20	Utilization Approaches to Therapy / Bad Lipp Springs, GERMANY / Zeig	13.
12/8-11	Brief Therapy Conference / San Diego, Calif / Invited Faculty	1.

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CONFERENCE NOTES

The Milton H. Erickson Foundation, along with the Couples Institute of Menlo Park, will sponsor *The Couples Conference: Attachment, Differentiation & Neuroscience* in Couples Therapy, May 13-15, 2016. The conference will be held at the Hyatt Regency San Francisco Airport. Faculty include: Elynn Bader, Helen Fisher, Diane Heller, Pat Love, Rick Miller Esther Perel, Terry Real, Stan Tatkin, Dan Siegel, and Scott Woolley. A Law & Ethics pre-workshop also will be presented by Steven Frankel.

For complete information and to register visit the conference website: www.CouplesConference.com or contact the Erickson Foundation, Email, support@erickson-foundation.org; Tel, 602-956-6196; Fax, 602-956-0519; Mail, 2632 E Thomas Road, Suite 200, Phoenix, AZ 85016.

The *9th Biennial International Meaning Conference: Spirituality, Self-Transcendence, and Second-Wave Positive Psychology*, will be held July 28-31, 2016 at the Novotel Toronto North York Hotel in Toronto, Ontario, Canada. The conference offers keynotes, breakout sessions, pre-conference workshops, and evening events. Keynote speakers include Robert Neimeyer, Michael Steger, Mick Cooper, Carol Ryff, Clara E. Hill, and many more. Pre-conference workshop topics will cover Mindfulness Programs in Positive Psychology, Integrative Trauma-Informed Treatment, Emergence Coaching, Meaning-Centered Psychotherapy for Advanced Cancer Patients, Applying the Science of Happiness to Daily Life and more.

For a complete list of speakers, workshop topics, registration and hotel reservations visit: <http://meaning.ca/conference/> or contact International Network on Personal Meaning, 13 Ballyconnor Court, Toronto, ON Canada M2M 4C5; Tel, 416-546-5588; Email, drpaulwong@gmail.com.

The APA Annual Convention will be held August 4-7, 2016 in Denver, Colorado. For complete information contact: The American Psychological Association, 750 First St. NE, Washington, DC 20002-4242; Tel: (800) 374-2721; (202) 336-5500; TDD/TTY: (202) 336-6123;

Web, <http://apa.org/convention/index.aspx>

The American Association of Marriage and Family Therapy (AAMFT) is sponsoring their annual convention September 15-18, 2016 in Indianapolis, IN. Sessions and workshops will be announced soon. For information contact AAMFT, 112 South Alfred Street Alexandria, VA 22314-3061; Tel, (703) 838-9808; Fax, (703) 838-9805; Web, www.AAMFT.org

The Society for Clinical and Experimental Hypnosis (SCEH) is holding the 67th Annual Workshops and Scientific Program: *The Future of Clinical and Experimental Hypnosis in the Era of Healthcare Reform*, October 6-10, 2016. The meeting will take place at the Hilton Boston/Dedham (Dedham, MA) and nearby William James College (Newton, MA). SCEH offers introductory, intermediate and advanced level workshops and include demonstrations and/or practica or other experiential components led by leaders in the field. For complete information contact SCEH, web: <http://www.sceh.us/2016-conference>; Email, info@sceh.us; Tel, 617-744-9857; Mail, 305 Commandants Way, Commoncove Suite 100, Chelsea, MA 02150-4057. 305 Commandants Way, Commoncove Suite 100, Chelsea, MA 02150-4057.

The Brief Therapy Conference, sponsored by The Milton H. Erickson Foundation, will be held December 8-11, 2016 in San Diego, California. Current faculty include: Connirae Andreas, Steven Frankel, Stephen Gilligan, John Gottman, Harriet Lerner, Lynn Lyons, Cloe Madanes, John Norcross, Scott Miller, Bill O'Hanlon, Christine Padesky, Erving Polster, Wendel Ray, Ernest Rossi, Kathryn Rossi, Ronald Siegel, Stan Tatkin, Michele Weiner-Davis, Reid Wilson, Michael Yapko, and Jeffrey Zeig.

More information including online registration (opening May 2016) at www.BriefTherapyConference.com or contact the Erickson Foundation, Email, support@erickson-foundation.org; Tel, 602-956-6196; Fax, 602-956-0519; Mail, 2632 E Thomas Road, Suite 200, Phoenix, AZ 85016.

The XIV European Society of Hypnosis (ESH) Congress will be held August 23-26, 2017 in Manchester, United Kingdom. Hosted by the British Society of Clinical and Academic Hypnosis (BSCAH). Information about the Congress will be updated and available on the Congress website: www.esh-hypnosis.eu



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BOOK REVIEW

Using Hypnosis with Children: Creating and Delivering Effective Interventions

By Lynn Lyons

W.W. Norton & Company, Inc.

Copyright Lynn Lyons 2015

ISBN 978-0-393-70899-8

386 pages

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

Using Hypnosis with Children, by Lynn Lyons, is comprised of 11 chapters that cover the basics of working with children and using hypnosis for a wide range of problems. Chapter One begins with a discussion of why hypnosis should be used with children. In Chapter Two, the author addresses concrete concepts, such as developing responsiveness, using scripts, and the role of development in working with young clients. Chapter Three emphasizes how to enhance the benefits of hypnotic communication, beginning with the client's first session. Chapter Four guides therapists in their chosen direction using targets and frames, and Chapter Five demonstrates how to perform a session with those goals in mind.

The following chapters are on applications of hypnosis. Chapter Six deals with anxiety; Chapter Seven, depression; Chapter Eight, pain, illness, and medical procedures; Chapter Nine, sleep problems; Chapter Ten, bringing in parents as allies; and Chapter Eleven demonstrates how to open your senses to skillfully utilize hypnosis with children. The book includes a glowing Foreword by Michael Yapko, and also an appendix, references, and index.

*She doesn't simply serve up someone else's words,
but shows respect for her sources, while
demonstrating her own well-founded methods.*

Lyons has compiled a reference book that many will be consulting for years to come. And if her effective strategies don't win you over, then the amazing list of people whom she cites will. She doesn't simply serve up someone else's words, but shows respect for her sources, while demonstrating her own well-founded methods.

Lyons is also incredibly well versed in utilization, and she takes it to an art form. Her examples masterfully demonstrate how to utilize whatever children bring to the session, in order to take them a step closer to their goals. Her examples are creative and wise. I love the way her mind works.

This is a readable book that offers ideas that are practical, useful, and well-conceived. For example, Lyon's ideas on how to introduce flexibility to anxious patients, are indirect, subtle, and elegant. Her work with depressed patients is insightful, practical, and caring. And, she, of course, uses parts work and dissociation to assist people, but it is her utilization skills that are most impressive. It's as if she has a steel mindset, and believing in her patients allows her to draw from her vast experience and present options that dramatically change the meaning, context, or state of the problem.

While there are other good books on hypnosis and working with children, this book is a must-read because the author's voice is so powerful and comforting. It's as if you're consulting a friend who is extremely knowledgeable and believes in you unconditionally. This book offers myriad options that provide wisdom and practical methods. I not only recommend *Using Hypnosis with Children*, I will use it to teach students about the art of utilization.

BOOK REVIEW

Unwrapped: Integrative Therapy with Gay Men...the Gift of Presence

By Rick Miller, LICSW

Zeig, Tucker & Theisen, Inc.

Phoenix, Arizona, 2015

ISBN: 978-1-934442-50-0

205 pages

Review by Susan Pinco, PhD, LCSW

With its lyrical use of language and powerful metaphors, *Unwrapped*, by Rick Miller, engages the reader in a journey -- a journey that takes you into the heart of what it's like for gay men to navigate the complexities of growing up, and face the challenges of their relationships with families, communities, and themselves.

The book begins with a discussion of why psychotherapy with gay men is its own category. Shame is the hallmark of gay existence, and unlike other minority groups there is no assumed support from one's family. These, and other factors, often lead gay boys to grow up dissociated from their bodies. Miller invites readers to join him on his personal journey as a gay man, as he discovers the power of experiential therapy tailored to gay men, delivered within the context of Ericksonian hypnosis.

In Chapter One, "All is Well...and It Isn't," Miller introduces readers to Alex, and takes us through the process he used to engage this client in developing a state of relaxation. As the story demonstrates, experiential work, focused and amplified by the innovative hypnosis scripts Miller provides, allows gay men to befriend their bodies.

Chapter Two, "Experiential Therapy -- A Transformational Approach," provides scripts for enhancing body awareness and offering a secure place, although Miller reminds us that scripts should be used only for inspiration, rather than as something to be recited.

Chapter Three, "Growing Up Gay: Then and Now," examines boyhood and adulthood for gay males. Again, the reader is introduced to several men and Miller demonstrates ways to work with the problems they bring from childhood and issues they have as adults. The chapter ends with a list of things that will help with shame and attachment issues and ways to increase self-acceptance.

Chapter Four, "The Therapy Relationship: Experience Expansion -- Expand Experience," focuses on the challenges and opportunities inherent in being a gay male therapist with a gay male client, and then contrasts that to being a heterosexual male or female therapist with a gay male client.

Chapter Five, "The Myth of the Urban Gay Man," describes gay men's struggle to meet the dictates of internalized societal norms and to conform to the norms of the gay community.

Chapters 6 and 7 address sex and problems related to sex. In addition to case vignettes and scripts, Miller offers a series of questions that we can utilize to more fully understand our client's relationship to sex and intimacy.

Chapter Eight, "The Shadow of HIV," explores the changing impact of the disease from the '70s to today. Chapter Nine, aptly entitled, "No Room in Heaven: Religion," focuses on how religion and family are closely bound, and offers questions to ask a client to help illuminate issues related to this realm. Chapter Ten, "Aging Well," looks at the unique challenges gay men face as they age. Chapter Eleven, "Moving Forward: A Generative Life," offers possibilities for gay men to enrich their lives.

All the chapters in this excellent book follow the same template: presentation of concepts, vignettes to illustrate the key points, and scripts to address the core issues.

I can't say enough good things about this book. I am a straight, white female of a certain age who is well versed in mindfulness, experiential psychotherapy, and Ericksonian hypnosis, and I have successfully worked with numerous gay men over the years. Yet, I continued to be delighted throughout this groundbreaking book, as new insights, information, and ideas were presented.

BOOK REVIEW

10 Principles for Doing Effective Couples Therapy

By Julie Schwartz Gottman and John M. Gottman

W.W. Norton & Company, Inc.

2015

ISBN978-0-393-70835-6

258 pages

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

If you enjoy seeing the Gottmans as presenters, you will love their most recent book, *10 Principles for Doing Effective Couples Therapy*. Extraordinary therapists and gifted researchers, it's as if you can hear the authors' voices emanate from the text.

With a Foreword by Dan Siegel, this book is easy to read, while also providing useful concepts and a formula that works. The authors even include lists of things to do in order to restore the magic in a couples' relationship.

Each of the 10 chapters explore a principle for working with couples. These principles range from advocating research-based methods, to delving deep to create shared meaning; in between, are the steps. Principle two is assessment to inform the treatment. The third principle describes how to understand a partner's inner world, and principle four helps map a treatment route. The fifth principle addresses how couples can calm themselves before engaging in dialogue, and the sixth principle offers an approach to process regrettable past incidents. Principle seven provides replacements for the Four Horsemen: criticism contempt, defensiveness, and

Additionally, both same and opposite sex couples were treated equally, demonstrating that both types of couples have similar issues with communication and intimacy, and a therapist must be sensitive.

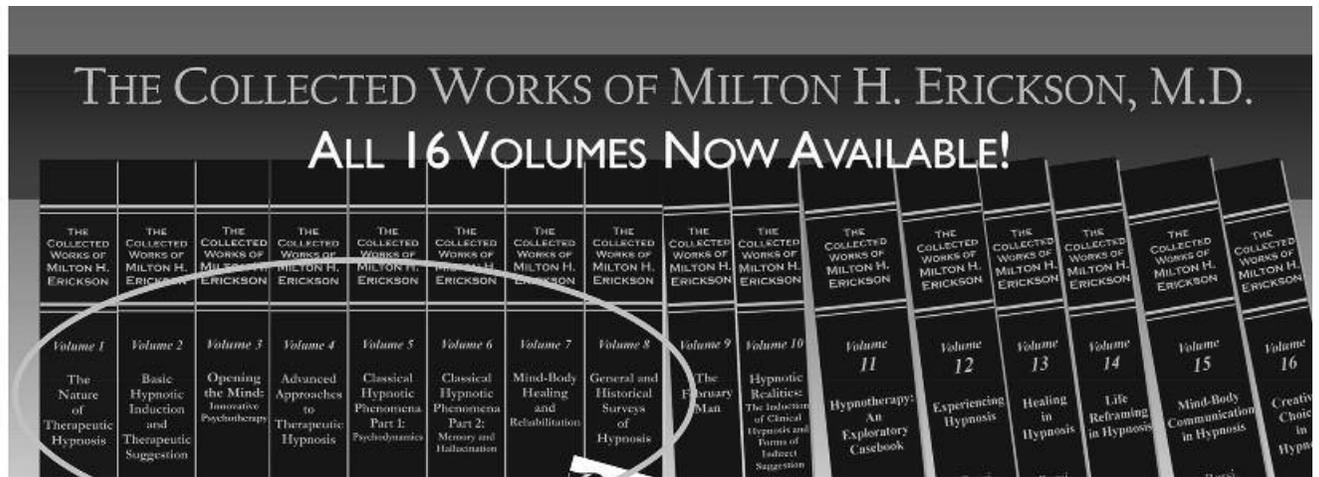
stonewalling – and offers ways in which to build more compassionate and empathic conflict management skills. The eighth principle is about friendship and intimacy. In the ninth principle, the authors offer their perspective on suspending moral judgment when dealing with affairs.

I especially liked the Gottman's honest disclosure that not all couples who came to them went away with a wonderful relationship. I also appreciated the reality of discourse with the couples in the many transcripts from therapy sessions, whether magic was created or thwarted. Additionally, both same and opposite sex couples were treated equally, demonstrating that both types of couples have similar issues with communication and intimacy, and a therapist must be sensitive.

The authors graciously give credit to those whose work they built upon or incorporated in the book.

There is a lot packed into this 258-page book, including a recommended reading list, and index. Of course, I recommend this book. It can be used as a resource guide, as well as one that offers immediate tools for working with clients. The research-based wisdom will no doubt become standardized knowledge because of how applicable it is for clinical work.

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BOOK REVIEW

Essential Psychopathology & Its Treatment

Mark D. Kilgus

Jerrold S. Maxmen

Nicholas G. Ward

Norton

2016

ISBN 978-0-393-71064-9

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

Essential Psychopathology & Its Treatment is a comprehensive review of the DSM – the textbook on modern psychiatric diagnosis and treatment. It includes the latest findings from neurochemistry, psychopharmacology, and genetics. This book immediately caught my attention as I read about the case of Amy, a woman who had undergone a mastectomy, then became withdrawn from family and friends as she developed depression and insomnia. The book explains the purpose of making a diagnosis -- to define and understand structure, and to determine the best course of treatment for the client.

...there is the story of Luna, a woman who developed depression and anxiety after she unexpectedly lost her husband. The authors explain that when this happens, the neurotransmitters -- norepinephrine and serotonin -- are most affected.

One of the interesting features about this book is that the author includes historical references about the DSM-I and its evolution, beginning in 1952 when the American Psychiatric Association first created the diagnostic categories. Since the diagnoses in DSM-I were loosely defined, DSM-II was created. Today, there is the DSM-V, the latest version of this manual.

The “Seven Steps for Psychiatric Diagnosis” is useful for both novice and expert clinicians because it guides them in reaching an accurate diagnosis. Collecting data, addressed in Chapter 2, is part of the assessment and should be drawn from *many sources* in order to reach a diagnosis, prognosis, and treatment protocol.

Chapter 3, “Diagnosis and Prognosis,” features a table that summarizes the ICD and DSM Diagnostic Categories of Mental Disorders. It includes conditions such as neurocognitive disorders, characterized by deficits in cognitive functioning that are acquired. These deficits are present in many mental disorders, including schizophrenia.

Chapter 4, “Etiology,” made me reflect as I read, “to speak of ‘the’ cause of a mental disorder is rather naïve,” (p. 88) because there are multiple factors in causation, such as predisposition, a cascade of gene expression, or biological transformations.

Chapter 6, “Psychopharmacology,” begins with an interesting question: “How does the brain, through physical and neurochemical processes, give rise to perception, memory and thought?” (p. 144) In this chapter, there is the story of Luna, a woman who developed depression and anxiety after she unexpectedly lost her husband. The authors explain that when this happens, the neurotransmitters -- norepinephrine and serotonin -- are most affected. This chapter also addresses how

neurotransmission occurs through synapses, and lists neurotransmitters that have an effect on perception, motor activity, sensation, emotion, attention, and cognition.

Chapter 8, “Legal, Ethical, and Multicultural Issues,” explains how the specific aspects of psychiatric practice are regulated by the law. Basic topics are addressed, such as informed consent for psychiatric treatment, surrogate decision-making, and admission and treatment of minors. Delicate issues are also discussed in this chapter, for example, “Involuntary Hospitalization,” “Confidentiality,” and “Competency to Stand Trial.”

In Section II, there is information about conditions included in DSM-V. Chapter 10 covers neurocognitive disorders (delirium, dementia and amnesia), where anxiety and fear are common. It is interesting to see how the authors not only focus on the medical aspect of the treatment, but also provide psychosocial interventions.

Many of the chapters include vignettes about the different disorders. This is useful because it helps readers better understand what happens when a condition occurs.

This is an excellent book that thoroughly covers the history and purpose of the DSM. I highly recommend it.

BOOK REVIEW

When All Else Fails: Some New and Some Old Tools for Doing Brief Therapy

Rubin Battino, MS

Crown House Publishing Limited, UK

2015

ISBN: 9781845908942

193 pages

Reviewed by David L Hargis, PhD, McKinney, Texas

Rubin Battino’s most recent book, *When All Else Fails*, is a collection of musings about a variety of topics. It is an easy read and supports much that experienced therapists already know, while offering new perspectives. For the novice, the book provides tantalizing tidbits that spark interest.

The book is divided into three parts and 30 chapters. Each chapter covers one topic. In Part I – “Ideas, Approaches, and Concerns,” Battino first addresses basic ideas of rapport and alliance, and then presents ideas on the use of dreams, poetry, chatting, healing language, and more. He covers a wide range of topics from specifics, such as structured writing and workbooks, to a chapter on what is important in life. There is also a chapter on the dilemma of touch in therapy and eye movement approaches. In Part II – “Alternative Approaches to Therapy,” Battino presents a number of theoretical approaches and modalities. Many of these are well established; others are more recent. He includes popular approaches, such as gestalt, bioenergetics, NLP, encounter groups, psychodrama, narrative therapy, solution-focused therapy, and hypnosis. He also discusses ideomotor-signaling and reframing. Part III – “When All Else Fails, What’s Next?” describes Battino’s writing of the book.

Battino’s years of experience shine through brilliantly in this book. Along with learning new things, I also gained deeper insight into what I already knew. Reading this book provides the sense of what it might be like to converse with Battino about mutual interests. However, because a lot of topics are covered in this short book, none are written about in-depth, and I was often left wanting more. Yet, I enjoyed reading about each topic as an independent nugget.

Near the end of the book, Battino writes about discovering years ago that there were many published therapists with whom he was unfamiliar. He wondered how he had missed them. That was my reaction in reading Battino’s book – I am left with wanting more from this innovative, skilled practitioner.

BOOK REVIEW

Neurobiology and the Development of Human Morality: Evolution, Culture, and Wisdom

By Darcia Narvaez

W.W. Norton & Company, Inc.

2014

ISBN 978-0-393-70655-0

397 pages

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

If seminars made Darcia Narvaez's most recent book, *Neurobiology and the Development of Human Morality*, required reading, preaching in this country would dramatically change. This book not only offers a contrasting perspective between morality and will power, but also provides sensible and practical ways to help others make enduring change. Narvaez discusses how early childhood attachment is a formative period for developing interpersonal skills, self-regulation, and a sense of morality. She maintains that morality concerns how a person perceives the world, and that their inflamed amygdala is most likely a result of their experiences, beliefs, and self-talk. Will power, as well as what a person knows about right and wrong, has little influence over the intensity of perceptions when they are fueled by fear. When people feel threatened, their thinking becomes corrupted. Despite the fact that Narvaez is not a therapist, options are revealed through the facts and science that she presents.

The book is comprised of 12 chapters and includes an appendix, afterword, index, suggested reading, notes, and references. The author describes what she calls "Triune Ethics," and opines that people have three basic global brain states

Safety ethics are triggered by immediate threat, and may stem from early childhood trauma, resulting in the lack of ability to self-soothe.

from which our morality stems: Safety, Engagement, and Imagination.

Safety ethics are triggered by immediate threat, and may stem from early childhood trauma, resulting in the lack of ability to self-soothe. Engagement ethics are connections in the present. These ethics are about being involved with someone else, which influences what we think and decide. Imagination ethics include an even wider perspective that utilizes the imagination to expand beyond the unitary self, extending outward to the community. A person with a well-functioning frontal lobe may be able to perceive ethics from a more comprehensive perspective and will most likely have the ability to override mild fear, or the effects of a threatening individual.

Narvaez offers so much material and information about the types of morality that I felt a bit overwhelmed. But then I realized that the information she offers was exactly what I had experienced while working for many years at a women's prison. Understanding how each form of morality relates to the others and to early nurturing offers a sense of continuity. Narvaez concisely spells out the steps for healing and recovery, and I found myself devising ways to assist others to move beyond a stuck place of morality.

By compiling so much information in a readable form, Narvaez offers therapists a wonderful gift. I recommend this book because it provides compelling and useful information in dealing with clients.

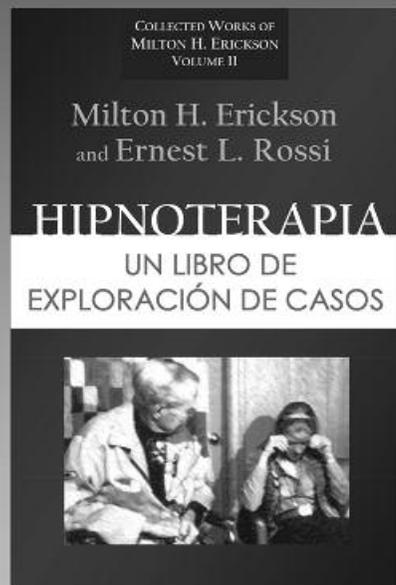
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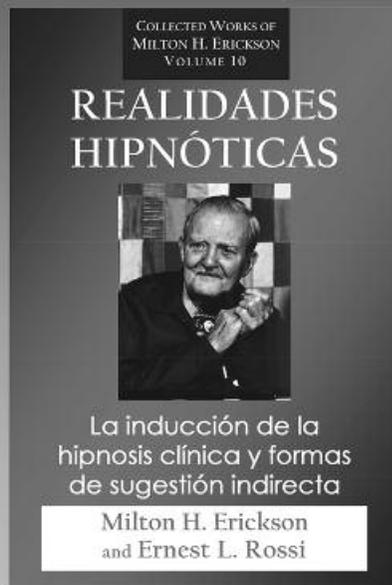
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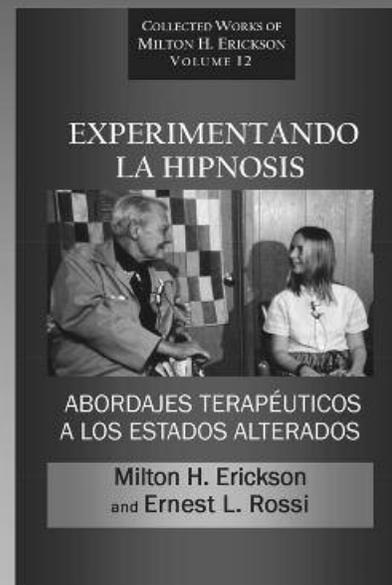
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BOOK REVIEW

The Beginner's Mind

The Complete Works of Milton H. Erickson

Volume 5 – Classical Hypnotic Phenomena, Part 1

Erickson Foundation Press

Review by Richard Hill, MA, MEd, MBMSc, DPC, Sydney, Australia

Classical Hypnotic Phenomena begins a two-volume investigation of the phenomenology of hypnotherapy, which has been extensively developed in recent years by Jeffrey Zeig. This volume is the foundational work from Erickson and includes his papers from the 1930s and '40s, and several from the '60s and '70s; it is supported by current updates from Ernest Rossi and others. Similar to the other volumes, there is rich use of detailed case studies.

In this volume, subjects range from amnesia to dual personality, but the recurring concept is the functional presence of the unconscious in the process of therapy. In the Preface we are reminded of how Erickson sought to "...allow serendipity in the form of spontaneous unconscious responses to manifest themselves." (p.xi) And, that the "...characterization of hypnosis as a process of 'manipulation and control' is a caricature of what is more often in actual practice a process of 'hope and seek.'" (p.1)

In Part I, Erickson investigates amnesia. At first, I considered some examples to be just temporary memory loss, but it became clear to me that the inability to remember at a given time can have important implications and revelations about a client. In Chapter 3, Erickson shares an intriguing story about a dog who was taught a set of tricks, but was unable to perform those tricks outside of the house basement (p.25). This same phenomena is discussed later (Chapter 4) in the case of a client who, after a carefully placed suggestion, was unable to recall going into trance, or even attending his appointment, until he entered Erickson's office. While in the waiting room, he was amnesic of his experience. This leads to the extraordinary event of the man walking backwards out of the office, trying to resist the "out of office" amnesia, only to be startled to find himself walking backwards into the waiting room for no apparent reason (p.35-37). We have all had the experience of walking into a room with some intent purpose, but once in the room, having no recollection of that purpose.

These examples demonstrate that conscious awareness can vary in relation to context -- be it environmental, emotional, or temporal -- and produce a unique memory set, or, equally, amnesia set. Rossi called this, "state -- dependent memory, learning, and behavior." That Erickson was considering these phenomena nearly 80 years ago is inspiring.

Part II investigates "literalness," where Erickson and Rossi discuss how consciousness can often protect the neurosis, which "...means consciousness is in a weak position relative to the forces of neurosis, and it [consciousness] needs help." (p.76) Part III addresses age regression, and Part IV, automatic writing. In Chapter 12, Erickson describes a small meeting of college people, and he claims "...people could perform an act consciously...but which could have another unconscious meaning." (p.127) The concept was effectively tested with automatic writing. This phenomena is a central component of some therapies, for example, sandplay and art therapy, whereby the intent is to enable the unconscious to be expressed and brought into conscious awareness.

The investigation of mental mechanisms in Part V further discusses the unconscious mind: "Hypnosis is the induction of a peculiar state which permits subjects to reassociate and reorganize inner psychological complexities..." (p.197) and move beyond the constraints of an egocentric consciousness. Consciousness provides defense for inner dysfunction, and yet, is not in control; consciousness can be driven by inner needs.

This led me to consider recent research that suggests consciousness does not require a detailed sense of our emotional or biological needs. It only needs what is "good enough" to maintain survival and social inclusion. For example, our re-

sponse to a complex biological activity that occurs several times a day produces the simplistic conscious perception -- *I'm hungry* -- with little or no specific detail.

Rossi's recent presentations and papers demonstrate how quantum mechanics lies at the heart of everything in our classical experience. Our consciousness, however, is not able to be aware of quantum properties. Does this mean that the ideal treatment is one that activates implicit, unconscious activity? If conscious control is not the best way to create well-being, perhaps one of the most important things we can do with conscious control is to voluntarily turn it off, allowing the complex inner world to do its finest work. In their 1944 paper (Ch.17), Erickson and Hill list a set of four therapeutic concepts of which the most astounding is the third: "An unconscious conflict may be resolved unconsciously." (p.206). The fourth concept introduces something that we are only recently learning is the most important aspect of successful therapy: "Such unconscious activity can be influenced...by a relationship with another person." (p.206)

Part VI investigates dual personality, which is another way in which the unconscious sets up a protective mechanism. It is intriguing that Erickson was sometimes asked by the "other personality" to help the person who was ill. Dual personality is a self-organized, protective relationship within the isolation, created by the trauma. The client protects themselves with a fractured relationship with the self, but they still seek out a *therapeutic* relationship with Erickson to find resolution. This makes me wonder whether unusual and dysfunctional behavior is how the unconscious triggers others into shifting their attention -- to focus on a deeper relational interaction, which enables therapeutic change. In short, we are not meant to do it on our own. Relationships are the best healers, and symptoms stimulate healing relationships.

In Chapter 21, Erickson and Rapaport use psychometric testing to examine two dual personality patients. It is fascinating to read both the process and results of tests used in the 1940s. This provides the introduction for Part VII, which explores modern testing. The Indirect Trance Assessment Scale, developed by Rossi, is explained in detail, and two papers, based in the recent field of psychosocial genomics, take readers to the cutting edge of current research.

This volume spans research and investigation from 1933 to 2004. We are challenged, as usual, but also tested as we explore the unconscious. The reader will, no doubt, experience conscious change and growth, but I suggest there will also be unconscious activity that may never be known -- only experienced as beneficial change. That is the phenomena of the unconscious.



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family before your deep cathartic weekend. People need to change their behavior. I don't think it's pathology-focused, in that it's in the nuance of "joining through the truth," which is self-esteem in action. Self-esteem or appropriate shame means: I feel bad about the bad things I've done, and I still hold myself in warm regard as a flawed human being.

Someone asked me to explain Rational Living Therapy (RLT). It's reaching for the decent person underneath. And if you're not in a place of scanning for the strengths, loving the decent person underneath -- what I call, "connecting with the functional adult part of the person" -- then the work will not go anywhere.

EP: That's interesting, because you go to the childhood not because you're trying to repair the childhood, but so that you can separate it from the adult who can make choices.

There's something existential about your thinking. You use the word "behavior," but stance is more than behavior. Stance is a combination of behavior, attitude, and belief system. And in that sense, it becomes existential.

TR: Right. When people transform and they move out of their stances they become different overnight. I tell a story of a man who was a Type A personality. He was a god -- he was handsome, glorious, and rich, and he had two disabled children -- and he hated them. They were a stain on his perfection. We talked about narcissism and empathy for several weeks, and he didn't get it. One day, he took his kid to a baseball game and when they were driving home the kid got sick in the car. And he was so frightened of his father that he was holding in the vomit. The father said, "I looked in my son's eyes and I was appalled by who I was to him. I said, 'Oh honey, be sick, be sick.' From that moment on I knew it was about him; it wasn't about me."

That was a watershed moment in this man's life, and I see this all the time.

EP: I think you have an "in" with men who were mistreated by their fathers. A beautiful term that I learned from you is, "intrusion trauma." Basically, it's the shame that the boy experienced at the

hands of his father, which becomes the glue that holds the narcissism together. Hence the need for perfection, because anything short of perfection is a stain -- and the stain is shaming. The work that you do not only relates to another person's need, but is also a cleansing of the shame.

TR: There's an AA saying: Hurt people hurt people. Therapy is not as effective as it could be when it deals with only one or the other of that sentence.

EP: If you focus on someone who is hurt and their own self-pity, and you don't look at the aggressive side of them, from that place of hurt they can wound others. If you only look at the aggressive side, but you don't look at the wound, then you're missing an essential part of the dynamic.

TR: There's also two ways to wound a child, particularly a father to a boy. You can disempower the child and wound him directly by making him feel less than, or unlovable, or defective. But you can also pump up a child's grandiosity. I had a violent, abusive, narcissistic father. I came home one day with bad grades and my father threw the report card on the ground, laughed, and said, "That's only because those assholes don't know how to deal with you, you're so bright." We call that "false empowerment." A lot of the guys I see have the double one-two punch of abuse and wound, coupled with various forms of false empowerment, so there's a flight of shame into grandiosity -- from feeling bad about yourself, to controlling or attacking someone else. I help men return to that little boy who was either abused or falsely empowered. But not just with the healing impulse of releasing the energy of that boy. There is that...but that's not enough. The next piece is to put the grown up man in charge of that boy. Let him give the boy what the boy didn't get. Let him contain that boy so the boy isn't wreaking havoc on his relationship. Maturity comes when we handle our inner children and don't foist them off on our partners to handle them for us. It's about empowerment.

EP: Those men who had those kind of fathers often became emotional caretakers for their mothers, who were often in bad situations in

He was a god -- he was handsome, glorious, and rich, and he had two disabled children -- and he hated them. They were a stain on his perfection.

relation to those men. They promised themselves they would never be like their fathers, but often ended up doing some of the things their fathers had done. Part of what these men struggle with is what to do with their aggression. If they had an aggressive dad, they often don't know how to connect between tenderness and assertiveness. They compartmentalize their sexuality. They are loving husbands and fathers, but unable to be sexual with their women. While at the same time, they are involved elsewhere in hardcore, lustful, high intensity, low emotion sexuality.

TR: Both sides of them are wounded. No one taught them how to be constructively assertive or even constructively dominating in a consensual relationship. That's part of the punch. And then they're enmeshed with their victim mothers. In my second book, *How Can I Get Through to You?* I say that the nastiest words in the English language are: Please don't tell your father. Enmeshment with the mother leads to compartmentalization and cut-off. It's a good boy/bad boy dichotomy that got set up both by the father and his aggression, and by the mother in her enmeshing victimhood.

EP: So what new ideas and thoughts have recently entered your work?

TR: I've never said this in public...but the new ideas that are coming to me are spiritual. Normally, we think about autonomy and differentiation from our development from our parents. As a marital therapist, I think about autonomy and differentiation from these kinds of stances -- these MOs -- that you inherited from your family of origin. But what I call, "second consciousness" or "relational mindfulness," gives you choice, so that you're not the fixer, the flee-er, the fighter you grew up being. That's liberation or freedom.

The ultimate differentiation or autonomy is autonomy from our own re-

activity -- at the highest level what the Buddhists would call, "attentional." I was with my spiritual teacher last summer in a group of 800 people and the first words he said were: "You are not who you take yourself to be." There's a liberation that goes beyond the developmental, beyond the marital, beyond the psychological -- to deeper levels of existential freedom.

EP: That's beautiful. What would you want people to say about you? What's the legacy?

TR: I've been thinking about what I call, "fierce intimacy" -- keeping passion alive by telling each other the truth. If I had a legacy, it would be about loving fierceness. Daring to tell the truth to yourself and to the people around you, in a way that it's clear you're rooting for them and for the relationship but not backing away from telling the truth. My brand or mark would be: Terry Real -- the guy who can tell the truth, particularly to men. And, the guy who can tell the truth with great love and honor.

EP: Do you think our students have changed -- and how?

TR: Yes. I've seen some change. There are lots of therapies that suggest that you can do the thing that you're teaching others to do. But in RLT it's about living that self-esteem; holding the person in warm regard, and holding them with utter truthfulness at the same time. You cannot do that if you're in a one-down or one-up position. You cannot do my therapy if you're in a shame state, and you can't do it from a one-up judging state because the person will smell it and they won't listen to you. So you have to be in a spiritually centered place in order to see the person the way God sees the person. You see them whole -- with all their warts and moles -- and you choose to love them in their humanity anyway.

My students take on their partners in ways that they hadn't before. Sometimes that leads to divorce. But most

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often, it leads to a transformed marriage. Very few people learn this work and stay the way they were.

EP: It's like when we discovered systemic thinking -- a completely different way of understanding the world.

TR: Yes. And my language for that now is relational. To see things relationally and ecologically, instead of linearly. It's about teaching people enlightened self-interest. It's in your interest to do what needs to be done to make this relationship work.

EP: How do you help people leave, or end their relationship?

TR: A friend of mine said that he found firing people a spiritual experience. I thought he was full of it until he told me what he said: "You don't belong here. There's a place where you do belong, in which you can be fully realized and be yourself and be happy. This isn't that place. I think you should be freed up to go find that place."

There are many examples of ongoing abuse, addiction, or one of the two

parties is insufferable and has no interest in changing. We therapists often throw the other partner under the bus, when, in fact, it's no service to them to keep them in an abusive relationship.

EP: What's the question people should ask you that is often not asked?

TR: A question that is often asked is: "Can I do this work with men only because I'm a man?" The answer is no. Competence trumps gender. I think the question not asked is: "How do you get away with doing this work?" The answer is because I love the people I'm working with. And, if they're not loveable when I start with them, I render them more loveable by the time I'm done. When I'm with someone I find the part of me that's just like them. That's how I can be empathic and finish their sentences. It's that connection that make things so powerful, along with detachment from outcome. It's your life, not my life. I'll hold the mirror up, but it's up to you to choose what to do.

EP: I identify with you to the

point where I can finish your sentences. And I differentiate from you in that I cannot want more for you than you want for yourself.

TR: Yes. Don't be ambitious for your clients, or you'll wind up with a headache. I've said to patients who don't want to do anything I say and just give me a hard time: "You'll go home to your misery and I'll go home to my happy family. And the only reason my family is a happy one is because I clawed my way there. No one gave it to me. I can help you make your family happy, but it's really not my business, it's yours."

EP: Your language mirrors your approach. When you talk about fierce intimacy, for example, you talk about "clawing my way."

TR: I come from a difficult, violent background, as does Belinda. Every inch of the learning that we've done in this field has been for our own healing, as well as for others. My path has been fierce and my therapy is a fierce because, of course, it always reflects the person who created it.

I'm going to be utterly pretentious and misquote Shelley: *Mighty poets are cradled forth in wrong. They learn in suffering what they teach in song.*

EP: Ending with a poet is always the best way. Thank you.

TR: Thank you Esther.



Esther Perel

Esther Perel is recognized as one of the most insightful voices on personal and professional relationships and is also a best-selling author. Esther has practiced therapy in New York City for 30 years. She also serves on the faculty of The Family Studies Unit, Department of Psychiatry, New York University Medical Center and The International Trauma Studies Program at Columbia University.

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