

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

The Milton H. Erickson Foundation NEWSLETTER

Bill O'Hanlon, Editor / P.O. Box 24471 / Omaha, Nebraska 68124

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Volume 7, Number 1

Winter 1987

Editor's Notes

This will be my last issue as editor of the newsletter. It is time to move on and let someone else bring some fresh ideas and energy to the job. As the years have gone on, I have become too busy to give the newsletter all I think it should have. I have a new son and a new writing career, as well as a busy workshop and therapy schedule.

I thank all of you who have supported me during these six years with comments and materials for the newsletter. To all those who wrote me, but had to wait for a reply (or worse, never received a reply), my apologies and thanks for your forbearance.

My profound thanks also to Jeff Zeig and Sherron Peters and the staff of the Erickson Foundation in Phoenix.

Michael Yapko has been chosen as the new editor. He can be reached at The Milton H. Erickson Institute of San Diego, 2525 Camino del Rio S., Suite 225, San Diego, CA 92108, (619) 295-1010.

The deadline for submission for the next issue of the newsletter is April 1, 1987. All editorial matters should be directed to Michael Yapko, and all business matters should be sent to The Milton H. Erickson Foundation.

— Bill O'Hanlon, Editor

New Executive Director

Linda Carr McThrall has been named successor to Sherron S. Peters, who has resigned as administrative director of the Milton H. Erickson Foundation.

Linda served as registrar at the Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. She has assisted with production of various publicity pieces, as well as coordinated miscellaneous projects at the Foundation.

She has a bachelor of science degree in journalism from Arizona State University and worked in newspapers and public relations for 10 years prior to joining the Foundation staff in May 1986.

Registration Open for Whitaker, Wolpe Workshops

There is still time to register for Carl Whitaker's workshop in March, as well as for Joseph Wolpe's April seminar.

A registration form is on page 12 of this issue of The Milton H. Erickson Foundation Newsletter.

Bill O'Hanlon Resigns

Michael Yapko Named Newsletter Editor

This issue marks the final newsletter edited by Bill O'Hanlon, who is founding editor of The Milton H. Erickson Foundation, Inc., Newsletter.

Bill is stepping down to spend more time with his new son, as well as devote his energies to his practice, workshop schedule and writing. We appreciate all his work through the years and wish him the best.

Michael Yapko, Ph.D., director of the Milton H. Erickson Institute of San Diego, has been named Bill's successor.

Michael Yapko has been a presenter at

national and international meetings sponsored by the Foundation and the American Society of Clinical Hypnosis. He was a primary faculty member at the Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy in December 1986.

Yapko is a founding member of the editorial board of the Erickson Monographs and has authored and edited various works on clinical hypnosis. In addition to maintaining his private practice, Michael is on the faculties of National University and United States International University.

Sherron Peters Resigns

It is with deep regret that we announce the resignation of Sherron S. Peters as administrative director of The Milton H. Erickson Foundation. Sherron has been instrumental in the planning and establishment of the Foundation, and she has served with a high degree of competence and great dedication for the past seven years.

Sherron has admirably administered three International Erickson Congresses, The Evolution of Psychotherapy Conference, three national seminars, several regional workshops and a pre-congress institute. The outstanding success of these programs can be attributed to her organizational skills and able leadership.

In many instances, Sherron has been the person behind the scenes who has managed

Foundation operations in a highly professional and effective manner. She has managed finances; assisted in choosing and developing the physical location of the Foundation assets; and has helped establish and implement the Archives and the Newsletter. She often has provided the linkage from idea to reality.

Regardless of the problems and demands of her varied responsibilities, Sherron has succeeded with distinction and a great deal of class. We will miss her excellent work, conscientious competence and delightful presence.

For the near future, Sherron will be pursuing educational goals, spending more time with Jeff and Nicole and exploring new opportunities. She will retain her position as a member of the Foundations's Board of Directors. We all wish her contentment and joy.

Position Available — Director of Counseling Services

The Milton H. Erickson Foundation is looking to establish a sliding-scale fee-for-service training clinic at its offices in Phoenix, Arizona. In order to establish this project, a Director of Counseling Services is required.

The duties of the Director include providing clinical service; establishing and organizing the facility; and hiring, supervising and training staff.

Minimum requirements are demonstrated administrative talent and expertise in Ericksonian psychotherapy. Preference will be given to doctoral level professionals who can be licensed/certified in Arizona. Masters level practitioners with strong administrative skills will be considered.

This is a full-time position that is immediately available. There will be a small base salary, income from direct services and incentives. Parttime may be considered.

Please send a letter of interest including a curriculum vitae and the names, addresses and telephone numbers of two references to Jeffrey K. Zeig, Ph.D., The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016. The deadline for receipt of applications is March 6, 1987.

Inquiries also are welcome from Ericksonian therapists who want to practice part or full time at the clinic or serve as supervisors. Please send a letter of intent, curriculum vitae and a list of references.

Introducing 3 of Your Best Professional Tools from Brunner/Mazel

ENCHANTMENT AND INTERVENTION IN FAMILY THERAPY Training In Ericksonian Approaches

By Stephen R. Lankton, M.S.W. & Carol Lankton, M.A.

"More than a new book on Ericksonian approaches. Steve and Carol Lankton provide a systemic framework for understanding Ericksonian interventions through the entire process of family therapy."
—Maurizio Andolfi, M.D.

This valuable book emerges from what the authors believe are the most representative of the numerous family workshops they have conducted in the United States.

In *ENCHANTMENT AND INTERVENTION IN FAMILY THERAPY: Training in Ericksonian Approaches*, the Lanktons provide a systemic framework for understanding Ericksonian interventions in family therapy. Taken into account are the various dynamics—from the social to unconscious level—that inevitably affect families.

Specific interventions are presented, analyzed, and then built together systematically into even more complex combinations of interventions. The Lanktons present an actual interview to demonstrate the final collage of the various component approaches and interventions as they help a family with serious problems.

ENCHANTMENT AND INTERVENTION IN FAMILY THERAPY concludes with a group induction providing both a demonstration of techniques and a learning experience that complement and extend the training.

(This is the companion volume to *The Answer Within*.)

336 pp. LCN 86-4240 \$30.00 List
First Press \$25.95

THERAPEUTIC METAPHORS FOR CHILDREN AND THE CHILD WITHIN

By Joyce C. Mills, Ph.D. & Richard J. Crowley, Ph.D.

In collaboration with Margaret O. Ryan

"A book with heart, daring, and mind that is a therapeutic experience in itself to read . . . opens the door to a new understanding of the entire process of problem-solving and growth facilitation in psychotherapy."
—E. L. Rossi, Ph.D.

Here is a highly innovative volume that describes the directed application of therapeutic metaphor through the telling of stories that are the product of the therapist's observations, learnings, intuitions and goals; designed to leave the child with an important therapeutic message. Chapters discuss the history and nature of metaphor and the dynamics of its use; application of metaphor in child and family in therapy; the process of creating original metaphors that incorporate the child's unique inner resources: the use of Artistic Metaphors based on a variety of training strategies; and, finally, the use of Cartoon Metaphors where well-known cartoon characters serve as "ready-made" metaphors to help children cope with a wide range of childhood problems.

Throughout, the authors provide many examples of how actual metaphors are constructed and used. This is an approach that can be applied in individual, family and group therapy, as well as in classroom and hospital situations. Includes 52 children's drawings used in Artistic Metaphor.

288 pp. LCN 86-9700 \$27.50 List
First Press \$23.95

Coming Off Press

The Complete Presentations and Discussions from this History-Making Conference

THE EVOLUTION OF PSYCHOTHERAPY

Jeffrey K. Zeig, Ph.D., Editor

Almost 8000 mental health professionals were informed, stimulated, delighted, and even astonished at this extraordinary conference which brought together the leading theoreticians and clinicians of virtually every type of psychotherapy in a remarkably illuminating meeting—and clash—of minds.

Now this tremendous volume makes available the complete text not only of the basic presentations but also of the candid, no-holds-barred critical discussions between the presenters themselves and with the audience in lively Q&A sessions. The noted thinkers and practitioners gathered at this conference present a far-ranging picture of psychoanalytic, behavioral/cognitive, Gestalt and TA, group, family, psychodrama and Ericksonian psychotherapies as they are currently practiced.

Never before has there been such a revealing interplay of minds and personalities, such a comprehensive presentation of the state of psychotherapy today and the many possibilities ahead. Every mental health professional will want this volume.

PARTICIPANTS: Aaron T. Beck, M.D., Bruno Bettelheim, Ph.D., Murray Bowen, M.D., Albert Ellis, Ph.D., Mary Goulding, MSW, Robert L. Goulding, M.D., Jay Haley M.A., Ronald D. Laing, M.D., Arnold A. Lazarus, Ph.D., Cloe Madanes, Judd Marmor, M.D., James F. Masterson, M.D., Rollo R. May, Ph.D., Salvador Minuchin, M.D., Zerk Moreno, Erving Polster, Ph.D., Miriam Polster, Ph.D., Carl R. Rogers, Ph.D., Ernest L. Rossi, Ph.D., Ruth Sanford, M.A., Virginia M. Satir, M.A., Thomas S. Szasz, M.D., Paul Watzlawick, Ph.D., Carl A. Whitaker, M.D., Lewis R. Wolberg, M.D., Joseph Wolpe, M.D., Jeffrey K. Zeig, Ph.D.

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UPCOMING TRAINING

(NOTE: The Erickson Foundation lists workshops as a service to Newsletter subscribers. We cannot attest to the quality of training provided in these workshops.) A \$10.00 fee is required for each workshop submission.

DATE	TITLE/LOCATION/LEADER	CONTACT
3/6-8/87	Third Annual San Diego Conference on Hypnotic and Strategic Interventions; San Diego, CA	1
3/8-12/87	Ericksonian Therapy & Hypnosis; Kauai, HI; O'Hanlon	2
3/13-15/87	Enchantment and Intervention with Couples and Families: An Ericksonian Utilization Approach; Houston, TX; Stephen R. Lankton, M.S.W.	3
3/14-15/87	SESSIONS WITH THE MASTERS: Staying Alive As A Family Therapist; Phoenix, AZ; Carl Whitaker, M.D.	4
3/14-15/87	Therapeutic Uses of Language; New York, NY; Kay Thompson, D.D.S.	5
3/21/87	Erickson's Failures/Family Therapy Network Conference; Washington, D.C.; O'Hanlon	6
3/27-28/87	Hypnotherapy and Family Therapy; Saint-Etienne, France; Jacques Antoine Malarewicz, M.D.	7
3/28-29/87	Ericksonian Hypnosis; Winston-Salem, NC; O'Hanlon	8
3/30/87	Advanced Hypnosis and Therapy; Winston-Salem, NC; O'Hanlon	8
4/3-5/87	SESSIONS WITH THE MASTERS: Essential Principles and Practices of Behavior Therapy; Phoenix, AZ; Joseph Wolpe	4
4/4/87	Assessment as Intervention; Buffalo, NY; O'Hanlon	9
4/10-11/87	An Ericksonian Approach to Marital and Family Therapy; Lexington, KY; O'Hanlon	10
4/10-12/87	Therapeutic Trances; Denver, CO; Stephen Gilligan, Ph.D.	11
4/24/87	An Ericksonian Approach to Working with Incest Survivors; Omaha, NE; Yvonne Dolan, M.A.	2
4/24-26/87	Generative Approaches to Hypnotherapy; Portland, OR; Gilligan	12
4/25-26/87	First Michigan Congress on Ericksonian Approaches to Hypnosis and Psychotherapy; Detroit, MI	13
5/2-3/87	Hypnosis and Analgesia, Anesthesia and Alteration of Physiological Processes; Los Angeles/Orange County, CA; Thompson	14
5/8/87	Brief, Strategic and Ericksonian Therapy; Charlottesville, VA; O'Hanlon	15
5/8-10/87	Ericksonian Psychotherapy; Stockholm Sweden; Jeff Zeig, Ph.D.	16
5/15-16/87	Ericksonian Hypnosis; Omaha, NE; O'Hanlon	2
5/16-17/87	Using Hypnosis in Family Therapy: Breaking the Spell of Dysfunctional Rapport; New York, NY; Michele Rittnerman	5
5/16-17/87	Ericksonian Psychotherapy; Salzburg, Austria; Zeig	17
5/16-17/87	An Interactive Model of Hypnosis and Psychotherapy; Stowe, VT; Joseph Barber, Ph.D.	18
6/1/87	Therapeutic Metaphor; Dublin, Ireland; O'Hanlon	19
6/2/87	Ericksonian Hypnosis for Somatic Problems; Dublin, Ireland; O'Hanlon	19
6/5-6/87	Integrating Individual and Family Therapy Approaches; Belfast, Northern Ireland; O'Hanlon	20
6/8/87	Dealing with Resistance in Hypnosis; Birmingham, England; O'Hanlon	21
6/9/87	Ericksonian Hypnosis for Psychosomatic Problems; Birmingham, England; O'Hanlon	21
6/12-14/87	Ericksonian/Brief Therapy; Helsinki, Finland; O'Hanlon	22
6/19-21/87	Ericksonian Approaches to Hypnosis and Therapy; Paris, France; O'Hanlon	23
6/22-23/87	Generative Approaches; Heidelberg, West Germany; O'Hanlon	24
6/26-28/87	Generative Approaches; Munich, West Germany; O'Hanlon	25

Meeting of the Milton H. Erickson Institutes

A new committee has been appointed to set guidelines for Milton H. Erickson Institutes throughout the world. More than 40 people attended a special Erickson Institute meeting during the Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy in Phoenix. Institute representatives discussed a number of issues, including concerns of individual Institute activities, as well as issues common to all Institutes.

Representatives discussed the relationship between the Institutes and the Erickson Foundation. They also addressed the organization and finances of Institutes. A committee was appointed, headed by Jeffrey

Feldman from the New York Society for Ericksonian Psychotherapy and Hypnosis, to generate recommendations for a set of uniform Institute guidelines.

Representatives also decided to publish an Institute Newsletter to focus communication between Institutes. Rodger Kessler from the Milton H. Erickson Institute of Vermont was appointed editor.

The institute meeting was the second of its kind. The first was held in December 1985 during the Evolution of Psychotherapy Conference. There has been remarkable growth in the number of Institutes approved by the Foundation, with 27 currently operating.

CONTACT INFORMATION

1. Milton H. Erickson Institute of San Diego; 2525 Camino del Rio, S., Ste. 225; San Diego, CA 92108; (619) 295-1010.
2. The Hudson Center; 12111 Pacific; Omaha, Ne 68154; (402) 330-1144.
3. Bill Wade; 9207 Country Creek Drive, Suite 170; Houston, TX 77036; (713) 774-2377.
4. Milton H. Erickson Foundation, Inc.; 3606 N. 24th St.; Phoenix, AZ 85016; (602) 956-6196.
5. New York Society for Erickson Psychotherapy and Hypnotherapy; P.O. Box 1390; Madison Square Station; New York, NY 10159; (212) 473-0499.
6. Rich Simon; The Family Therapy Network; 7703 13th St., N.W.; Washington, DC 20012; (202) 892-2452.
7. Milton H. Erickson Institute of Antony; 8 rue du Midi; 92160 Antony, France.
8. Spectrum; 938 W. 5th St.; Winston-Salem, NC 27101; (919) 761-0650.
9. David Kaye, M.D.; The Children's Hospital of Buffalo; 219 Bryant St., Buffalo, NY 14222; (716) 878-7611.
10. David Broaddus; P.O. Box 22683; Lexington, KY 40522; (606) 233-5780.
11. Milton H. Erickson Institute of Colorado; 7620 Braun Way; Arvada, CO 80005; (303) 399-3028.
12. Daniel Berman; 1220 SW Morrison, Suite 812; Portland, OR 97205; (503) 223-5337.
13. Milton H. Erickson Institute of Michigan; P.O. Box 815; Royal Oak, MI 48068-0815; (313) 864-1035.
14. Orange County Ericksonian Hypnosis Society; c/o Karen J. Anderson, Ph.D.; 13 Almond Tree Lane; Irvine, CA 92715; (714) 733-0177.
15. Sheila Carlson; Center for Clinical Psych. Svcs.; Curry School of Education; 405 Emmet St.; Charlottesville, VA 22903-2495; (804) 924-7034.
16. Kjell Waara; Box 269; S-61126; Nykoping, Sweden.
17. Peter Schütz; NLP-Sekretariat; A-1140; Teyberg, 1/19, Austria.
18. Milton H. Erickson Institute of Vermont; P.O. Box 424; Stowe, VT 05672; (802) 253-7337.
19. Marriage and Family Institute; 5 Clare St.; Dublin 2, Ireland; Tel: 3531-765371.
20. Gillian Ingram/Chris Hodkinson; University of Ulster at Jordanstown Counselling Service; Shore Rd.; Newtownabbey, Co. Antrim BT37 OQB, Northern Ireland, Belfast 365131.
21. British Society of Medical and Dental Hypnosis; Dr. Frank Evans; 8181 Alum Rock Rd.; Ward End; Birmingham B8 2TX, England; Tele: 021-327-6401.
22. Ben Furman, M.D.; Maskuntie 7 Al; 00280 Helsinki 28, Finland.
23. Josaine de Saint Paul and Alain Cayrol; 2 square des Aubades; 78160 Marley Le Roi, France.
24. Gunther Schmidt, M.D.; Bregstrasse 36; 6901 Wilhelmsfeld, West Germany; Tele: (from U.S.) 011+49+622-06333.
25. Burkhard Peter; Tal 19, D-8000; Munchen 2, West Germany; Tele: (from U.S.) 011+499+89-220224.

Spirit of Congress Heightened Despite Rain

As has come to be expected with an Erickson Congress, it rained. And as always, participants in the Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy held Dec. 3-7, 1986, in Phoenix, AZ, weren't surprised. But precipitation did not dampen the spirit of the meeting, which brought some 1,800 attendees from around the United States and 17 other countries. In addition to comments heard by Erickson Foundation staff members, statistics supported the enthusiasm shared by attendees and the 150 faculty members.

During the five-day program, participants attended keynote addresses, invited addresses, accepted papers, three-hour workshops, 90-minute short courses, demonstrations, panels, conversation hours and group inductions.

"Erickson's Use of Humor," featuring Kristina K. Erickson, M.D., Lance Erickson, Ph.D., Stephen R. Lankton, M.S.W., and Ernest Rossi, Ph.D., on a keynote panel, followed the opening morning's workshops. Virginia Satir, A.C.S.W., gave the keynote

address, "The Tools of the Therapist," Thursday. Heinz von Foerster, Ph.D., offered the keynote address, "Objects, Language and Reality: Reflections on an Operational Magic," Friday. Dr. von Foerster was introduced by Paul Watzlawick, Ph.D.

Saturday's keynote debate featured Dr. Watzlawick and Albert Ellis, Ph.D. Their topic, "Indirect versus Direct Approaches to Psychotherapy," was moderated by John Racy, M.D.

Prior to each keynote presentation, special awards were given. The second Lifetime Achievement Award was given to Ernest Rossi, Ph.D., by the Erickson Foundation. The award is presented to those persons who have made special contributions in the field of psychotherapy. The first award, presented in 1983, was given to Jay Haley. Bill O'Hanlon was honored as founding editor of the Erickson Foundation newsletter. Jeff Zeig and Sherron Peters received special recognition and gifts from Mrs. Elizabeth Erickson and Kristina Erickson. Dr. Zeig and Ms. Peters

were honored for their efforts in establishing the Erickson Foundation. An award also was presented to Philip J. Booth, M.A., of Oxford, England, for presenting the most scholarly paper at the Congress. His paper was entitled "Strategic Therapy Revisited."

Throughout the Congress, Erickson Foundation staff members and volunteers worked to keep activities organized and help faculty members and attendees with questions and information. Special thanks were expressed by the Foundation staff for help provided by the volunteers, and special thanks went to Brent Geary, who worked as a volunteer staff member. Some 65 volunteers assisted in all aspects of the Congress.

"We were very pleased with the success of the 1986 Congress," said Jeffrey K. Zeig, Ph.D., director of the Erickson Foundation and organizer of the Congress. "The faculty and staff were responsible for making the Third International Congress a memorable and important event in the field of psychotherapy. And the attendees this year were just excellent. We appreciate the enthusiasm they showed and their suggestions they made for future meetings."

Videotapes of The Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

Demonstrations of Ericksonian Hypnosis and Therapy Available for Purchase

- | | |
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Jeffrey K. Zeig, Ph.D. | <input type="checkbox"/> 86 D-4 Hypnosis to Alter Affect,
Joseph Barber, Ph.D. |
| <input type="checkbox"/> 86 D-2 Rehearsing Positive Outcomes with Self-Image Thinking,
Carol H. Lankton, M.A. | <input type="checkbox"/> 86 D-6 Family Therapy and Hypnosis,
Stephen Lankton, A.C.S.W. |
| <input type="checkbox"/> 86 D-3 Using Dreams to Facilitate Hypnotherapy,
Ernest Rossi, Ph.D. | Prices: 1/2" Beta or VHS — \$75 ⁰⁰ each;
3/4" U-Matic — \$90 ⁰⁰ each** |

Eligibility: These tapes are available for purchase by professionals in health related fields including physicians, doctoral level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (e.g., AMA, APA, ADA); also professionals with mental health related graduate degrees (e.g., MSW, MSN, MA or MS from accredited institutions. Full-time graduate students in accredited programs in the above fields may purchase tapes if they supply a letter from their department certifying their student status.

Ordering Instructions: Check the tapes desired. Indicate the tape format which is compatible with your equipment and mail to the Milton H. Erickson Foundation, Inc., 3606 North 24th Street, Phoenix, AZ 85016. Make checks payable to the Milton H. Erickson Foundation. Expect delivery in 4 to 6 weeks.

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INFOMEDIX was honored to provide our professional recording service at **The Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy**, a conference sponsored by **The Milton H. Erickson Foundation, Inc.** Our goal throughout the meeting was to provide clear, verbatim audiotapes of the sessions. Audiotapes are now available by mail order.

KEYNOTE PANEL

PS317-K1 Erickson's Use of Humor, K. Erickson,
\$ 9.50 L. Erickson, S. Lankton, E. Rossi

KEYNOTE ADDRESSES

PS317-K2 The Tools of the Therapist,
\$ 9.50 V. Satir

PS317-K3 Objects, Language and Reality
\$ 9.50 H. von Foerster

KEYNOTE DEBATE

PS317-K4 Indirect Versus Direct Approaches to
\$ 9.50 Psychotherapy, P. Watzlawick,
A. Ellis, Moderator: J. Racy

INVITED ADDRESSES

PS317-S1AB The Language of Hypnosis, Moderator:
\$ 9.50 M. Prior, K. Thompson, D. Gordon, J. Zeig
(2 tapes)

PS317-S2AB Hypnotherapy with Specific Populations,
\$19.00 Moderator: L. Wells, D. Araoz, R. Crowley, J.
(2 tapes) Mills, D. Corydon Hammond

PS317-S3AB Tailoring Treatment, Moderator: J. Parsons,
\$19.00 K. Erickson, H. Erickson, L. Johnson
(2 tapes)

PS317-S4AB Therapy Techniques, Moderator:
\$19.00 Z. Singer, C. Lankton, A. Lange, M. Yapko
(2 tapes)

PS317-S5AB Becoming an Ericksonian, Moderator:
\$19.00 S. Bacon, H. Lustig, S. Rosen, C. Zalaquett
(2 tapes)

PS317-S6AB Theory, Moderator: S. Kamilar,
\$19.00 E. Rossi, S. Sherman, M. Richeport
(2 tapes)

PS317-S7AB Creating Change, Moderator:
\$19.00 R. Glenn, J. Barber, S. de Shazer, J. Feldman
(2 tapes)

PS317-S8AB Perspectives on Ericksonian Therapy,
\$19.00 Moderator: R. Price, S. Lankton, B. O'Hanlon,
(2 tapes) R. Havens

PS317-S9AB Special Issues, Moderator: S. Franek,
\$19.00 B.A. Erickson Elliot, E. Beier, K. Miyata
(2 tapes)

WORKSHOPS

PS317-W1AB Language and Change - The Utilization of
\$19.00 Linguistic Patterns in Hypnotic Com-
(2 tapes) munication, N. Barretta, P. Barretta

PS317-W2AB Introducing Hypnosis in Psychotherapy,
\$19.00 A. Gaito
(2 tapes)

PS317-W3AB Creative Life Facilitation with Hypnotherapy
\$19.00 E. Rossi
(2 tapes)

PS317-W4AB Methods of Constructing Sophisticated
\$19.00 Metaphors for Specific Outcomes of Affect,
(2 tapes) Attitude or Behavior, S. Lankton

PS317-W5AB Theapeutic Hypnosis and Change, M. Moore,
\$19.00 D. Ross
(2 tapes)

PS317-W6AB Living Hypnotically: Hypnosis as a Way of
\$19.00 Living, A Path, N. Katz, M. Lehrer
(2 tapes)

PS317-W7AB Directive Couples Counseling,
\$19.00 B. O'Hanlon
(2 tapes)

PS317-W8AB Pain and Pleasure: Awareness and Trust
\$19.00 N. Poncelet
(2 tapes)

PS317-W9AB Utilizing Ericksonian Techniques in
\$19.00 Hypnotic Psychotherapy, B. Tanenbaum
(2 tapes)

PS317-W11AB Ericksonian Approaches in the Treatment
\$19.00 of Depression, M. Yapko
(2 tapes)

PS317-W20AB Hypnodrama, D. Araoz, R. Leff
\$19.00
(2 tapes)

PS317-W21AB Hypnotherapy with Children in a Pediatric
\$19.00 Practice, F. Baumann
(2 Tapes)

PS317-W22 Humor in Strategic Therapy, R. Belson
\$9.50

PS317-W23AB The Legacy of the February Man:
\$19.00 Ericksonian Age Regression Techniques,
(2 tapes) Y. Dolan, C. Johnson

PS317-W24AB Creating the Time When Change is Possible,
\$19.00 J. Frykman, R. Cobley
(2 tapes)

PS317-W25AB Therapeutic Metaphor, D. Gordon
\$19.00
(2 Tapes)

PS317-W26AB Strategic Interventions in Panic Disorder,
\$19.00 R. Wilson
(2 tapes)

PS317-W27AB Trance Induction and Utilization in Family
\$19.00 Therapy, C. Lorigo
(2 tapes)

PS317-W28AB Symptom Phenomena as Trance
\$19.00 Phenomena, S. Gilligan
(2 tapes)

PS317-W29AB The Language of Hypnosis,
\$19.00 K. Thompson
(2 tapes)

- PS317-W30AB Ericksonian Hypnotherapy,**
\$19.00 J. Zieg
(2 tapes)
- PS317-W40AB Hypnosis in Psychotherapy,**
\$19.00 J. Barber
(2 tapes)
- PS317-W41AB Incorporating Hypnosis and R.E.T.,**
\$19.00 A. Ellis
(2 tapes)
- PS317-W42AB Living Hypnotically II (Children and**
\$19.00 **Adolescents),** M. Lehrer, N. Katz
(2 tapes)
- PS317-W43AB Hypnosis in Marriage and Family Therapy**
\$19.00 C. Lankton
(2 tapes)
- PS317-W44AB Foundations of Ericksonian Psychotherapy,**
\$19.00 H. Lustig
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Media of Note

Two German-language books on Ericksonian approaches have appeared in the last two years. The first is the edited proceedings of the First German language Congress on Hypnosis and Hypnotherapy of Milton H. Erickson, which was held Oct. 17-20, 1984, in Munich. The book is entitled *Hypnose und Hypnotherapie nach Milton H. Erickson* and is edited by Burkhard Peter. It was published by Pfeiffer in March 1985. The book is available from M.E.G., Konradstr. 16, D-8000 Munchen 40, West Germany.

The second book is *Taoismus und Hypnose: Der Weg Milton H. Erickson's* by Werner Scholz. It deals with the parallels in Erickson's work with Taoism and discusses the relationship of Erickson's work to transpersonal psychology. It is published by AV Verlag, Rosengasse 11, 8900, Augsburg, West Germany.

An article on "Ericksonian Hypnosis and Art Therapy" by Mildred Lachman-Chapin (with a comment by Linda Gantt) appeared in the May 1985 issue of *The American Journal of Art Therapy*, Volume 23, pp. 115-125.

Steve de Shazer and Ron Kral have edited a volume on *Indirect Approaches in Therapy*, published by Aspen Publications (Rockville, MD).

Steven Gilligan has a new book out from Brunner/Mazel. It is entitled *Therapeutic Trances: The Cooperation Principle in Ericksonian Hypnotherapy*. It contains a foreword by Jeff Zeig.

Ernie Rossi and Margaret Ryan have published another volume in the ongoing

series of Erickson's seminars, workshops and lectures. This one is *Mind-Body Communication in Hypnosis* and is accompanied by a tape. It is published by Irvington in New York.

Bill O'Hanlon has published two books this year. The first is published by Norton (New York) and is entitled *Taproots: Underlying Principles of Milton Erickson's Therapy and Hypnosis* (\$19.95). The next is a co-authored book (with James Wilk) published by Guilford Press (New York) in March. It is entitled *Shifting Contexts: Generating Effective Psychotherapy* (\$25.00).

A Portuguese dissertation entitled "Manual de Psicoterapia Familiar" (Manual of Family Therapy) has been published by Jose Carlos Vitor Gomes, Av. Andrade Neves, 776 Conj. 2/4/5, Campinas 13020, Sao Paulo, Brazil. The volume contains information about Erickson's approach and a significant amount of material on the use of paradox.

A dissertation was published in Italian for the faculty of medicine of the University of Bologna School of Psychiatry. It is entitled "Nel Segno di Milton H. Erickson" (In the Footsteps of Milton H. Erickson). The study was authored by Vittorio Strappa, via Medaglie d'Oro 73, 63023 Fermo, Italy.

Stephen and Carol Lankton have co-authored a book through Brunner/Mazel entitled *Enchantment and Intervention in Family Therapy: Training in Ericksonian Approaches*.

George Sargent and Bleema Moss have published a paper, "Ericksonian Approaches in Family Therapy and Mediation" in the

Mediation Quarterly: Journal of the Academy of Family Mediators. This issue of the Journal was entitled "Applying Family Therapy Perspectives to Mediation!" It was edited by Donald T. Saposnek. The Journal is published by Jossey/Bass, Inc., and appeared in the issue #14-15, Winter 1986/Spring 1987.

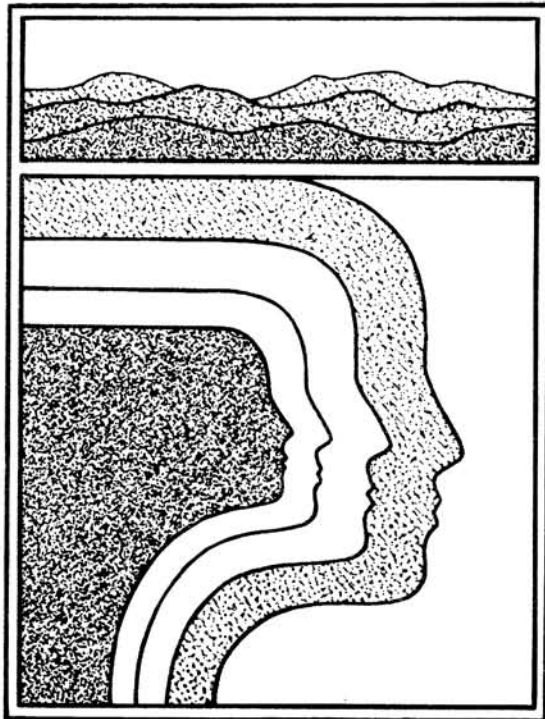
Scholarship Winners Announced

The recipients of the \$2,500 Evolution of Psychotherapy Conference scholarships were announced at the Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, Dec. 3-7, 1986, in Phoenix, Arizona.

Stephen E. Dannenbaum and Zeldia P. Slaughter were awarded their scholarships in December 1986. The grants were made possible through sales of commemorative items at the 1985 Evolution of Psychotherapy Conference held in Phoenix.

Mr. Dannenbaum is working toward his doctorate in clinical psychology at Arizona State University. Ms. Slaughter is pursuing her master's degree in counseling at East Tennessee State University in Bristol, Tenn.

The Erickson Foundation thanks the following people for serving on the scholarship selection committee: Sharon Cotter, M.S.W.; Melvin Hector, M.D.; Sherron Peters; John Racy, M.D.; F. Theodore Reid, M.D.; and Jeff Zeig, Ph.D.



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II. Professionally Produced Video Demonstration from the 1981-1984 Erickson Conferences:

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- Naturalistic Approaches to Hypnosis: Utilizing Hypnosis in Pain Treatment in Psychotherapy, Joseph Barber, Ph.D.
- Induction with Children and Adolescents, Franz Baumann, M.D.
- The Parts Model: Demonstration of Work with Phobias and Anchors, Paul Carter, Ph.D.
- The Varieties of Ericksonian Hypnotic Suggestion, Stephen Lankton, M.S.W.
- Ericksonian Induction Strategies, Robert Pearson, M.D.
- Conversational Introduction to Trance, Kay Thompson, D.D.S.

FROM 1982 SEMINAR:

- Utilizing Hypnosis in Psychotherapy, Joseph Barber, Ph.D.
- The Initial Interview in Brief Psychotherapy, Richard Fisch, M.D.
- Accessing Unconscious Processes, Stephen Gilligan, Ph.D.
- A Dual Induction Using Dissociation, Stephen Lankton, M.S.W. & Carol Lankton, M.A.
- The Constructive Use of Hypnotic Phenomena, Marion Moore, M.D.
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- A Conversational Induction and the Utilization of Spontaneous Trance, Kay Thompson, D.D.S.
- Accepting the Subject's Cognitions as A Basis for Therapy, Richard Van Dyck, M.D.
- The Effective Utilization of Multilevel Communication, Jeffrey Zeig, Ph.D.

FROM 1983 CONGRESS:

- Clinical Use of Trance Phenomena for Therapy and Pain Control, Stephen R. Lankton, M.S.W.
- Indirect Techniques of Hypnotherapy, Jeffrey K. Zeig, Ph.D.
- Utilizing Different Parts of a Person Simultaneously, Stephen Gilligan, Ph.D.
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FROM 1984 SEMINAR:

- The First Therapeutic Treatment of Dr. B., Joseph Barber, Ph.D.
- Unity, Complementarity and Multiplicity: Principles for Generative Personality in Ericksonian Hypnotherapy, Stephen G. Gilligan, Ph.D.
- Use of Multiple Embedded Metaphor for Psychological Reassociation, Stephen R. Lankton, M.S.W. & Carol H. Lankton, M.A.
- Brother Sun and Sister Moon: Multiple Trances and Experiential Encounter Between Therapists, Ernest L. Rossi, Ph.D.
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DONATIONS

The Milton H. Erickson Foundation received a total of \$1,795.65 in donations since the Fall 1986 Newsletter. Donations are used to support the activities of The Erickson Foundation. We wish to express our appreciation to the following people for their support:

Jack Kirschenbaum, Ph.D.
Roxanna Erickson Klein, R.N., M.S.
Grace W. Rogers, M.A. Cand.
LaTrobe University
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Raymond Douziech, Ph.D.
Gunars Veveris, M.S.
Elaine Gifford

We would like to give a special thanks to Roxanna Erickson Klein, who made a large donation to the Foundation in November 1986. Ms. Klein is the daughter of Elizabeth M. Erickson and the late Milton H. Erickson and has been a long-time supporter of the Foundation.

Conferences

The Third Annual San Diego Conference on Hypnotic and Strategic Interventions will be held March 6-8, 1987, in San Diego. The Conference will feature a keynote address by Paul Watzlawick, and presentations by Ernest Rossi, Jeffrey Zeig, Stephen Gilligan, Paul Carter, Michael Yapko and others.

For information, contact the Milton H. Erickson Institute of San Diego; 2525 Camino del Rio South, Suite 225; San Diego, CA 92108; (619) 295-1010.

International Congress on Family Therapy, "The Patterns which Connect," will be held in Prague, Czechoslovakia, May 11-15, 1987, and will feature Maurizio Andolfi, Edgar Auerswald, Mary Catherine Bateson, Donald

Bloch, Luici Boscolo, Gianfranco Cecchin, Josef Duss-von Werdt, Momy Elkaim, Kitty La Perriere, Salvado Minuchin, Virginia Satir, Mara Selvini-Palazzoli, Carlos Sluzki, Helm Stierlin, George Vassiliou, Jurg Willi, Lyman Wynne and Jeffrey Zeig.

For additional information, please contact Czechoslovak Medical Society—ICFT 1987, Vit unora 31, P.O. Box 88, 12026 Praha 2, Czechoslovakia, c/o Dr. P. Bos, Secretary General.

The 11th International Congress on Hypnosis and Psychosomatic Medicine will be held Aug. 13-19, 1988, in Leiden, The Netherlands. Information is available by contacting the Congress Secretariat, P.O. Box 16065, 2301 GB Leiden, The Netherlands.

Book Review

The Complex Secret of Brief Psychotherapy
by James Paul Gustafson
Published by Norton, 1986. \$34.95

Reading this, I was reminded of the great search stories. Like a pilgrim of old, Gustafson visits holy shrines in search of enlightenment and salvation, in the form of a workable model of brief psychotherapy. Of course, which shrines are holy depends on who your religious teachers were. His analytic teachers require he start with Freud and work outward. He does this extremely well.

There are four main themes in Gustafson's work: psychoanalysis, character analysis, interpersonal analysis and systemic analysis. To oversimplify, Freud, Reich, Sullivan and Selvini-Palazzoli represent each of the themes, with a variety of other voices rounding it all out. To do brief therapy effectively, he has utilized each of these "levels" of understanding. This work introduces the reader to those levels.

I found his discussion of each level invigorating and enlightening. The discussion of Sullivan was especially helpful; the chapter on Maturana was difficult and elusive, as I find him to be in other readings. However, the chapter on Bateson raised a central question in my mind: In between the interpersonal and systemic methods, I expected the strategic views. These I did not find. The author warns at the outset that the book is necessarily incomplete. But Selvini-Palazzoli borrowed extensively from the two giants who stood on Bateson's shoulders, namely Haley and Weakland. Where is the pilgrimage to Washington, D.C., or Palo Alto? It is not there and the book suffers

because of that lack. Also, all of his work seems compliance-based, and predicted on the analytic notion that insight brings about behavioral change. He insists on seeing systemic work through the filter of analytic work. No wonder he can't get his students to use systemic thinking!

So those of us who think of psychotherapy as primarily solving problems through action will be ultimately disappointed by this book, no matter how seductive its literary value (and it has much of that). Gustafson has failed to grasp the essential difference in view which underlies strategic therapy and so always returns to his basic analytic premises. Therefore, the chapters on systemic thinking seem to hang in the air like an unfulfilled promise.

Is what he does "brief?" In many ways it is, but it is certainly a longer version of brief than I think about. At a mental health agency where I worked, we found the modal number of counseling visits was six; all of Gustafson's cases run longer than that—many run much longer.

So the question is, "Brief compared to what?" Compared to what I do, his cases are moderately long. At the MRI Brief Therapy Project and at the Brief Therapy Center in Milwaukee, I understand the number of sessions is running closer to six as well.

So, in my supervision and workshops on brief therapy, I will continue to recommend DeShazer's *Keys to Solution in Brief Therapy* and *Tactics of Change* by Fisch, Weakland and Segal. But for therapists who are trained analytically, and, as it says in the song "Hotel California," find they can check out but never leave, I recommend this book.

— Reviewed by Lynn Johnson, Ph.D.,
Salt Lake City, Utah

ROME, ITALY
JUNE 29 - JULY 3, 1987

Hypnosis in Family Therapy

with
CAMILLO LORIEDO, M.D.

Director: Centro per la Psicoterapia della Coppia e della Famiglia

Vice President: Italian Society of Clinical Hypnosis

Researcher: Department of Psychiatry, University of Rome

Author: (with G. Vella) "Paradox in the Family System" to be published by Brunner/Mazel.

Invited Speaker: Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, Phoenix, 1986.

The Course is for professionals who want to expand their expertise in family therapy through the application of Erickson hypnotic techniques. Participants will be able to recognize, induce and utilize trance phenomena in the practice of family therapy.

Prerequisite: One year of clinical work with families and commensurate professional training.

The program includes:

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\$350 U.S. due upon acceptance to the Course.

Send your application request and include a Curriculum Vitae to:

HFT Course

Centro per la Psicoterapia della Coppia e della Famiglia,
Viale Regina Margherita,
37 - 00198 ROME, ITALY

PAID ADVERTISEMENT

Sessions with The Masters Series under way in March

The Milton H. Erickson Foundation is sponsoring a weekend workshop series, "Sessions with The Masters." Carl Whitaker, M.D., will conduct the first workshop March 14 and 15, with Joseph Wolpe, M.D., leading the second seminar April 3-5. Programs will be held in Phoenix, Arizona.

REGISTRATION FORM — Please register me for the following (please check):

Carl A. Whitaker, M.D., MARCH 14-15 <i>"Staying Alive as a Therapist"</i> Professional: _____ \$150.00 Student: _____ \$100.00 Registration deadline: Feb. 20, 1987	Joseph Wolpe, M.D., APRIL 3-5 <i>"Essential Principles and Practices of Behavior Therapy."</i> Professional: _____ \$225.00 Student: _____ \$150.00 Registration deadline: March 21, 1987	Please register me for both Whitaker and Wolpe workshops. Professional _____ \$350.00 Student _____ \$225.00
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Eligibility: The programs are open to professionals in health related fields including physicians, doctoral level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (e.g., AMA, APA, ADA). The programs also are open to professionals with mental health related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Applications will be accepted from full-time graduate students in accredited programs in the above fields if they supply a letter from their department on letterhead stationery, certifying their student status as of January, 1987. Student verification letters **must** state the level of degree you are working toward, the area of study and the projected graduation date.

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