

The Milton H. Erickson Foundation NEWSLETTER

Michael D. Yapko, Editor / P.O. Box 4268 / Leucadia, California 92024

— BOARD OF DIRECTORS —

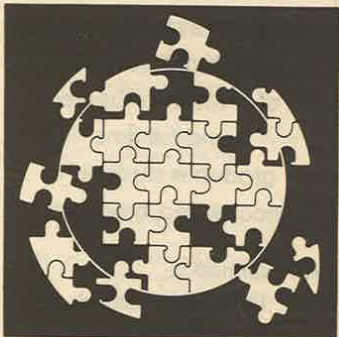
Jeffrey K. Zeig, Ph.D.
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The Milton H. Erickson Foundation, Inc.
3606 North 24th Street
Phoenix, Arizona 85016
U.S.A.
Telephone: (602) 956-6196

Vol. 11, No. 1

Spring 1991

The Evolution of Psychotherapy



A Conference

Exhibit Hall A, The Anaheim Convention Center, 5:58 P.M., Tuesday, December 12, 1990.

The Milton H. Erickson Foundation staff had taken their places behind the registration desk. Some 20 workers from the Anaheim Convention Bureau were seated, waiting for their jobs to begin. The Showboaters, a Dixieland band, awaited its cue.

Outside the doors, hundreds of attendees at The Evolution of Psychotherapy Conference stood patiently. In two minutes, the waiting would end. In two minutes, the Conference organizers would see the efforts of their 18 months of planning, scheming, executing, unfold.

The band conductor looked toward the entrance doors. He was given the signal. The band began a slow, funereal tune. The doors opened. The band changed the

tempo. Music filled the hall. People filled the hall. The Evolution of Psychotherapy Conference had begun.

Approximately 7,000 attendees came from all over the world. There were 25 nations represented. Registrants came from all 50 states. The delegates were in Anaheim to listen to and learn from the greatest minds in psychotherapy.

The list of Faculty: Aaron Beck, M.D.; James Bugenthal, Ph.D.; Albert Ellis, Ph.D.; William Glasser, M.D.; Mary Goulding, M.S.W.; Jay Haley, M.A.; James Hillman, Ph.D.; Helen Singer Kaplan, M.D., Ph.D.; Arnold Lazarus, Ph.D.; Alexander Lowen, M.D.; Cloe Madanes, Lic. Psychol.; Judd Marmor, M.D., Ph.D.; James Masterson, M.D.; Rollo May, Ph.D.; Donald Meichenbaum, Ph.D.; Salvador Minuchin, M.D.; Mara Selvini Palazzoli, M.D.; Erving Polster, Ph.D.; Miriam Polster, Ph.D.; Ernest Rossi, Ph.D.; Thomas Szasz, M.D.; Paul Watzlawick, Ph.D.; Carl Whitaker, M.D.; Joseph Wolpe, M.D.; Jeffrey Zeig, Ph.D.

The Keynote Speakers: Betty Friedan, Viktor Frankl.

Viktor Frankl. The man they all came to see and hear. He said in the summer of 1990 he hoped to be in Anaheim for the Conference. He explained that his presentations would have to be limited. Professor Frankl's eyes are failing. He is 86-years-old. A trip from Austria can be trying.

"It was an honor for The Erickson Foundation to have Professor Frankl on its program," according to Conference Organizer

and Foundation Director Jeffrey K. Zeig, Ph.D. "Professor Frankl gave so much to this program," Zeig said. "Having him in Anaheim was truly a highlight."

Frankl, whose Keynote Address was Thursday afternoon, December 13, had his wife, Eleonore, with him on the podium. Introducing her, he cited a dedication to her as "the warmth that accompanies the light."

The address drew a standing ovation for Professor Frankl.

The address, "From Concentration Camp to Existentialism," was held in the

Convention Center Arena, which was filled to standing room only.

In addition to the Keynote Addresses, other faculty members presented Invited Addresses, Workshops, Clinical Demonstrations, Panels and Conversation Hours. The program was designed to give speakers a forum for their psychotherapeutic disciplines. Attendees could see for themselves the people whose ideas created the foundation for modern psychotherapy.

The Conference was held from Wednesday

continued on page 8



The 1990 Evolution of Psychotherapy Conference Faculty. Seated, front row, from left: Albert Ellis, Rollo May, Mary Goulding, Salvador Minuchin, Miriam Polster, Cloe Madanes, Viktor Frankl and Mara Selvini Palazzoli. Second row: Jeffrey Zeig, James Bugental, Arnold Lazarus, James Hillman, Ernest Rossi, James Masterson, Jay Haley, Paul Watzlawick and Donald Meichenbaum. Back row: Thomas Szasz, Alexander Lowen, Judd Marmor, Joseph Wolpe, Erving Polster, Carl Whitaker, Aaron Beck and William Glasser. Not pictured: Betty Friedan and Helen Singer Kaplan. (Photo by Keith Perry)

Board, Staff Work Together Toward Meeting

The Evolution of Psychotherapy Conference, held December 12-16, 1990, in Anaheim, Calif., was the result of months of planning.

The conference sponsor, The Milton H. Erickson Foundation, manages the meeting. The Board of Directors, Jeffrey K. Zeig, Ph.D., Kristina K. Erickson, M.S., M.D., Elizabeth M. Erickson, B.A., and J. Charles Theisen, M.A., M.B.A., J.D., work together on initial stages of planning. Proposals are considered and agreed upon.

Speakers are invited. The program is designed. Contracts with suppliers are negotiated. Publicity, advertising and brochures are produced, placed, mailed. Registrations are processed.

All the pieces of the intricate puzzle are made possible through hard work and dedication.

The Erickson Foundation staff, under the direction of Executive Director Linda McThrall, sees to all the details of the meeting.

The staff includes Monica Bobak, Assistant Registrar; Theresa Cords, Administrative Assistant; Sylvia Cowen, Bookkeeper; Greg Deniger, Registrar; Dana Deniger, Staff Assistant; Jeannine Elder, Staff Assistant; Sachi Eng, Volunteer Coordinator; Janis Gambill, Administrative Assistant; Alice McAvoy, Staff Assistant; Regina Molina, Staff Assistant; and Lori Weiers, Staff Assistant.

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Michael Yapko



From The Editor

I'm writing this as I bask in the afterglow of the Evolution of Psychotherapy Conference, held in December in Anaheim. What an experience! There were nearly 7,000 people representing 25 countries in attendance at the meeting. I'm certain that all were satisfied in having feasted on the collective wisdom of the most renowned therapists and theorists of our time.

It's difficult to put into words the personal and professional significance of an event like this, but I can tell you with sincerity that I was deeply impressed on many levels by people I heard and interactions I witnessed. I appreciate greatly the extraordinary efforts made by Jeff Zeig, Linda Carr McThrall, and the staff of the Foundation to make this conference a timely, vital and classy production.

My personal highlight? Well, there were several. One was receiving a gift from Mrs. Elizabeth Erickson of one of Dr. Erickson's books and one of his ironwood carvings. Another was an exceptionally memorable interview and dialogue with Aaron Beck (which will be featured in an upcoming issue of the newsletter). Another was experiencing the challenging and extraordinary perceptions of Thomas Szasz, who serves as a wonderful reality check in the sometimes crazy world of therapy. Finally, being told by so many about their enjoyment of the newsletter was a pleasure for me. It's hard to know what people are thinking until they tell me — and what they told me was very nice. Thank you, one and all.

The meeting was wonderful, and the experience was profound in many ways, some of which I am probably not yet consciously aware. It was a great way to end 1990, and now on to 1991! Happy New Year!

Editor's Change of Address

Effective immediately, Michael Yapko's new mailing address is P.O. Box 4268, Leucadia, California 92024. Please forward all correspondence regarding the newsletter to Yapko at this address. As always, advertising information should be obtained directly from the Foundation in Phoenix.

What I want you to do is begin being yourself. Accepting yourself. And knowing that you can control yourself. You want to do something. You control yourself. You focus your efforts. And it is a wonderful thing to explore, to discover the self.
(Erickson & Rossi, 1979, p. 387)

Newsletter Business

The *Newsletter* is published three times per year. The closing dates are April 15, August 15, and December 15. This means all items to be included must be received by those dates. The *Newsletter* is posted approximately six to eight weeks later. As always, send all advertising directly to the Foundation in Phoenix. Training events, announcements and other information should be sent directly to me at the San Diego address on the front page.

Original Articles Wanted

Treating Abuse Today is a new news journal seeking original articles and information items regarding issues of abuse, survivorship and therapy.

Please send relevant material to David L. Calof, Editor-in-Chief, 2722 Eastlake Avenue East, Suite 300, Seattle, WA 98102.

New Erickson Institute Approved

Two new Erickson Institutes have been opened. One is in Normandy, France, and one is in Geneva, Switzerland.

The Milton H. Erickson Institute of Normandy at Cherbourg received its approval from the Foundation June 4, 1990. It is headed by Dominique Meggle, Michel Besnier, and Anne Lepeteur Besnier. The Institute's address is 7 Avenue de Dixmude, 50460, Querqueville, France.

The Milton H. Erickson Institute of Geneva received its approval from the Foundation October 15, 1990. It is headed by Charles Schaefer, Marquerite Athanasiades, Eddy Cornaz, Patrick Noyer, and Rene Rumley. The Institute's address is 21 rue Sautter, 1205 Geneva, Switzerland.

For information about the Institutes, contact Institutes Coordinator, Janis Gambill, c/o The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016.

Advertising Criteria Outlined

Advertisements for *The Milton H. Erickson Foundation Newsletter* must contain information conforming to Foundation educational requirements.

Workshop ads must contain the following information:

- The name, address and telephone number of workshop sponsor.
- Degrees of presenters.
- Eligibility statement (i.e., participants must have a minimum of a master's degree in a mental health field from an accredited institution or be a full-time graduate student in an accredited mental health program.

If registration forms are part of an ad, information required by meeting sponsor must include degree, major and university from where degree was earned.

All ads placed in *The Erickson Foundation Newsletter* are subject to review.

The University of California, Irvine
Psychiatry Services
with the
Orange County Society
for Ericksonian Psychotherapy
and Hypnosis

presents

Treating the Symptomatic Adolescent with Systemic Family Therapy

featuring

Gianfranco Cecchin, M.D.
Co-Director Centro Milanese Terapia della Famiglia, Milan, Italy

Chairperson for Conference
Edward Kaufman, M.D.
University of California, Irvine
Department of Psychiatry
and Human Behavior

co-presenter

Gary Ruelas, Ph.D.

March 21, 22, 1991
Capistrano by the Sea Hospital
Dana Point, California

Limited registration. CME credits pending.
For information contact Richard Landis, Ph.D.,
Director of Training, OCSEPH, 2101 East Fourth
Street, Suite 111A, Santa Ana, CA, USA
(714) 547-8120, FAX (714) 547-5536.

PAID ADVERTISEMENT

The University of California
Santa Cruz
Santa Clara Extension

presents

Jeffrey K. Zeig, Ph.D.

Ericksonian Psychotherapy

Basic Track

March 22-24, 1991

Location:

TechMart Offices
in Santa Clara, Calif.

Open to professionals
with a minimum
of a Master's Degree
and full-time
graduate students in
accredited programs.

For information:

University of California -
Santa Cruz
Santa Clara Extension
740 Front Street
Suite 155
Santa Cruz, CA 95060
(408) 427-6610

PAID ADVERTISEMENT



Limited to 20 participants

The Milton H. Erickson Foundation

PRESENTS

Phoenix Intensive Training Programs

in Ericksonian Approaches to Hypnosis and Psychotherapy
at the Milton H. Erickson Foundation in Phoenix

WITH

Jeffrey K. Zeig, Ph.D.
Director, The Milton H. Erickson Foundation

Brent B. Geary, M.S.
Coordinator, Intensive Training

PLUS

Invited Presenters From ERICKSON FOUNDATION CONGRESSES

Week I — FUNDAMENTAL PRINCIPLES

Week II — INTERMEDIATE/ADVANCED APPLICATIONS

Spring	Week I	Feb. 25 - March 2, 1991
	Week II	March 4 - 9, 1991
Summer	Week I	June 17 - 22, 1991
	Week II	June 24 - 29, 1991
Fall	Week I	Sept. 30 - Oct. 5, 1991
	Week II	Oct. 7 - 12, 1991

ELIGIBILITY:
Doctoral or Master's degree in health professions or full-time graduate students in accredited programs.
Other training opportunities also available.

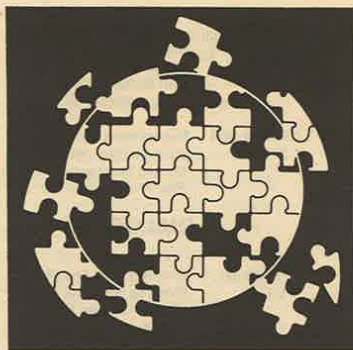
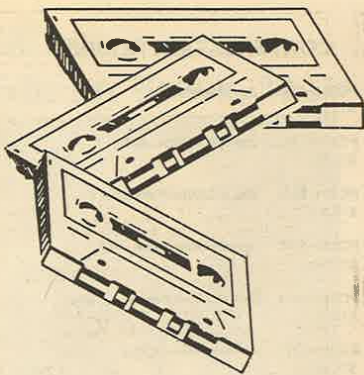
ONE WEEK

Early (5 weeks prior)	\$525
Regular	595
Full-time graduate student (Early)	450
Full-time graduate student (Regular)	520

BOTH WEEKS

Early (5 weeks prior)	\$975
Regular	1115
Full-time graduate student (Early)	825
Full-time graduate student (Regular)	965

FOR INFORMATION, write or call: The Milton H. Erickson Foundation
3606 N. 24th St.
Phoenix, AZ 85016 USA
(602) 956-6196



On Audio Tapes

DECEMBER 12-16, 1990
ANAHEIM, CALIFORNIA

THE 1990 EVOLUTION OF PSYCHOTHERAPY

Sponsored by The Milton H. Erickson Foundation, Inc.

KEYNOTES

- PC289-1 From Concentration Camp to Existentialism, Viktor Frankl, MD, PhD \$10.50
- PC289-2 The Challenge of Evolving Women, Men and Families, Betty Friedan \$10.50

INVITED ADDRESSES

- PC289-4 Zen and the Art of Therapy, Jay Haley, MA, Disc., William Glasser, MD \$10.50
- PC289-5 Stories of Psychotherapy, Cloe' Madanes, Lic. Psychol. Disc., Mary Goulding, MSW \$10.50
- PC289-6 The Political Landscape of Family Therapy, Salvador Minuchin, MD Disc., Mara Selvini Palazzoli, MD \$10.50
- PC289-7 Symbolic Experiential Family Therapy: Model and Methodology, Carl Whitaker, MD Disc., Paul Watzlawick, PhD \$10.50
- PC289-8 Cognitive-Behavior Modification: An Integrative Approach in the Field of Psychotherapy, Donald Meichenbaum, PhD, Disc., Albert Ellis, PhD \$10.50
- PC289-9 Clinical/Therapeutic Effectiveness: Banning the Procrustean Bed, Arnold Lazarus, PhD, Disc., Jay Haley, MA \$10.50
- PC289-10 Resolving Childhood Trauma...When the Therapy Must Be Short-Term, Mary Goulding, MSW, Disc., Judd Marmor, MD, PhD \$10.50
- PC289-11 Ericksonian Methods: Virtues of Our Faults, Jeffrey K. Zeig, PhD, Disc., James Masterson, MD \$10.50
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- PC289-13 Identifying the Several Recurring Processes in the Family Leading to Schizophrenia in an Offspring, Mara Selvini Palazzoli, MD Disc., Donald Meichenbaum, PhD \$10.50
- PC289-14 The Revised ABCs of Rational-Emotive Therapy, Albert Ellis, PhD Disc., Salvador Minuchin, MD \$10.50
- PC289-15 Towards Better Results in the Treatment of Depression: The Analysis of Individual Dynamics, Joseph Wolpe, MD, Disc., Thomas Szasz, MD \$10.50

- PC289-16 Bioenergetic Analysis: Engaging the Body in the Therapeutic Process, Alexander Lowen, MD Disc., Miriam Polster, PhD \$10.50
- PC289-17 The Wave Nature Of Consciousness: Creating A New Mind-Body Psychotherapy for the Future, Ernest Rossi, PhD, Disc., Carl Whitaker, MD \$10.50
- PC289-18 Evaluation of a Couple With a Sexual Complaint (Demonstration), Helen Singer Kaplan, MD, PhD, Disc., Joseph Wolpe, MD \$10.50
- PC289-19 Reality Therapy, William Glasser, MD, Disc., Jeffrey K. Zeig, PhD \$10.50
- PC289-20 Drugs & the State: A Critical Look At Drug Education and Drug (Abuse) Treatment, Thomas Szasz, MD Disc., Rollo May, PhD \$10.50
- PC289-21 One Hundred Years of Solitude, or Can The Soul Ever Get Out of Analysis? James Hillman, PhD Disc., Alexander Lowen, MD \$10.50
- PC289-22 The Self in Action: A Gestalt Outlook, Erving Polster, PhD Disc., Ernest Rossi, PhD \$10.50
- PC289-23 Eve's Daughters: The Forbidden Heroism of Women, Miriam Polster, PhD Disc., James F.T. Bugental, PhD \$10.50
- PC289-24 In the Days of Giants-The Steps in Therapy to the Present Day, Rollo May, PhD, Disc., James Hillman, PhD \$10.50
- PC289-25 The Betrayal of the Human: Psychotherapy's Mission To Reclaim Our Lost Identity, James F.T. Bugental, PhD Disc., Erving Polster, PhD \$10.50
- PC289-26 Establishing A Therapeutic Alliance With Borderline and Narcissistic Patients, James Masterson, MD, Disc., Helen Singer Kaplan, MD, PhD \$10.50
- PC289-27 The Essence of Dynamic Psychotherapy: What Makes It Work? Judd Marmor, MD, PhD, Disc., Arnold Lazarus, PhD \$10.50

WORKSHOPS

- PC289-W1AB Rational-Emotive Therapy (RET), Albert Ellis, PhD (2 TAPES) \$21.00
- PC289-W2AB Treating Adolescent Psychoses, Mara Selvini Palazzoli, MD (2 TAPES) \$21.00
- PC289-W4AB Fostering Depth In Client Self-Exploration, James F.T. Bugental, PhD (2 TAPES) \$21.00
- PC289-W5AB Multimodal Assessment and Therapy, Arnold Lazarus, PhD (2 TAPES) \$21.00
- PC289-W6AB Fundamentals of Ericksonian Hypnosis, Jeffrey K. Zeig, PhD (2 TAPES) \$21.00
- PC289-W7AB Mind-Body Healing In Everyday Life: The Ultradian Healing Response, Ernest Rossi, PhD (2 TAPES) \$21.00
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- PC289-W9AB Conversation with an Officially Denominated "Schizophrenic" Patient, Thomas Szasz, MD (2 TAPES) \$21.00
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- PC289-W11AB The Varied Dynamics and Related Treatment Protocols of Social Anxiety, Agoraphobia, and Panic, Joseph Wolpe, MD (2 TAPES) \$21.00
- PC289-W12AB How to Read the Body: Past History Into Present Behavior, Alexander Lowen, MD (2 TAPES) \$21.00
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- PC289-W16 Family Games: What They Are and How to Avoid Them, Mary Goulding, MSW (2 TAPES) \$21.00
- PC289-W17AB Supervision of Psychotherapy of Borderline and Narcissistic Personality Disorders, James Masterson, MD (2 TAPES) \$21.00
- PC289-W18AB Directive Therapy, Jay Haley, MA (2 TAPES) \$21.00
- PC289-W20AB Workshop on Dynamic Psychotherapy, Judd Marmor, MD, PhD (2 TAPES) \$21.00
- PC289-W21AB Research Frontiers In the Evolution of Psychotherapy, Ernest Rossi, PhD (2 TAPES) \$21.00
- PC289-W22AB Cognitive Therapy of Personality Disorders Aaron T. Beck, MD (2 TAPES) \$21.00
- PC289-W23AB The Therapy of Sex Offenders and Their Victims, Cloe' Madanes, Lic. Psychol. (2 TAPES) \$21.00
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- PC289-W27AB Relationship Issues: A Rational-Emotive Approach, Albert Ellis, PhD (2 TAPES) \$21.00
- PC289-W28AB The Use of Dreams In Sex Therapy, Helen Singer Kaplan, MD, PhD (2 TAPES) \$21.00
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- PC289-W34AB Releasing Body and Emotional Tension, Alexander Lowen, MD (2 TAPES) \$21.00
- PC289-W35AB Reality Therapy Is Applicable to All Varieties of Clients, William Glasser, MD (2 TAPES) \$21.00

Order Today!

- PC289-W36AB **Group Therapy: A Live Demonstration,** Mary Goulding, MSW \$21.00

CLINICAL PRESENTATIONS

- PC289-CP3 **The Ultradian Healing Response: Mind-Body Healing in Everyday Life (Demonstration),** Ernest Rossi, PhD \$10.50
- PC289-CP4 **Mobilizing Assertiveness (Demonstration)** Alexander Lowen, MD \$10.50
- PC289-CP5 **Psychotherapy with an Adult or Adolescent Client (Demonstration),** William Glasser, MD \$10.50
- PC289-CP6 **Live Demonstrations of Rational-Emotive Therapy (Demonstration),** Albert Ellis, PhD \$10.50
- PC289-CP7 **Supervision of a Brief Psychotherapy Case (Demonstration),** Judd Marmor, MD, PhD \$10.50
- PC289-CP8 **"Working Close" with Resistances to Client Presence (Demonstration),** James F.T. Bugental, PhD \$10.50
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- PC289-CP13 **Demonstration of Supervision (Demonstration),** Miriam Polster, PhD \$10.50
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- PC289-CP19 **Gestalt Therapy: Humanization of Technique (Demonstration),** Erving Polster, PhD \$10.50

TOPICAL PANELS

- PC289-P1 **Essentials Aspects of Psychotherapy,** James F.T. Bugental, PhD, Albert Ellis, PhD, Mary Goulding, MSW, Carl Whitaker, MD \$10.50
- PC289-P2 **Treatment of Depression and Anxiety,** Alexander Lowen, MD, Donald Meichenbaum, PhD, Paul Watzlawick, PhD, Joseph Wolpe, MD \$10.50

- PC289-P3 **Homework Assignments,** Arnold Lazarus, PhD, Cloe' Madanes, Lic. Psychol., Mara Selvini Palazzoli, MD, Jeffrey K. Zeig, PhD \$10.50
- PC289-P4 **Brief Versus Long-Term Therapy,** Judd Marmor, MD, PhD, James Masterson, MD, Donald Meichenbaum, PhD, Mara Selvini Palazzoli, MD \$10.50
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- PC289-P12 **Therapy and Social Control,** Mary Goulding, MSW, Jay Haley, MA, Salvador Minuchin, MD, Thomas Szasz, MD \$10.50

SUPERVISION PANELS

- PC289-SP1 **Supervision Panel,** William Glasser, MD, Miriam Polster, PhD, James Masterson, MD \$10.50
- PC289-SP2 **Supervision Panel,** Albert Ellis, PhD, Erving Polster, PhD, Jeffrey K. Zeig, PhD \$10.50

- PC289-SP3 **Supervision Panel,** Salvador Minuchin, MD, Carl Whitaker, MD, Joseph Wolpe, MD \$10.50
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- PC289-D4 **Sex Roles / Sex Rules,** Helen Singer Kaplan, MD, PhD, Miriam Polster, PhD \$10.50
- PC289-D5 **The Goals of Psychotherapy,** Judd Marmor, MD, PhD, Joseph Wolpe, MD \$10.50
- PC289-D6 **The Politics of Psychotherapy: Negative Effects and Intended Outcomes,** James Hillman, PhD, Thomas Szasz, MD \$10.50
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- PC289-D9 **Growth Facilitation,** Rollo May, PhD, Erving Polster, PhD \$10.50
- PC289-D10 **The Contributions of Milton H. Erickson,** Jay Haley, MA, Ernest Rossi, PhD, Jeffrey Zeig, PhD \$10.50
- PC289-D11 **Family Therapy: Terminable or Interminable?** Salvador Minuchin, MD, Carl Whitaker, MD \$10.50

CONVERSATION HOURS

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- PC289-CH13 **Thomas Szasz, MD** \$10.50
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- PC289-CH15 **Judd Marmor, MD, PhD** \$10.50
- PC289-CH16 **Erving Polster, PhD, Miriam Polster, PhD** \$10.50
- PC289-CH17 **Arnold Lazarus, PhD** \$10.50
- PC289-CH18 **Betty Friedan** \$10.50

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- PC289-D3 **The Legacy of Gregory Bateson,** Mara Selvini Palazzoli, MD, Paul Watzlawick, PhD \$10.50
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Obituary —

Murray Bowen, M.D.



Murray Bowen, M.D., died Tuesday, October 9, 1990, at his home in Chevy Chase, Maryland, of respiratory failure.

Dr. Bowen was born January 31, 1913, in Waverly, Tenn. He received his Bachelor's degree (1934) at the University of Tennessee, Knoxville, and his M.D. (1937) at the University of Tennessee Medical School in Memphis.

Dr. Bowen had five years active duty in

Your unconscious does know much more about you than you do. It's got a whole background of years of learning, feeling, thinking, and doing. And all of our days we are learning things — learning how. (Erickson & Lustig, 1975, Vol. 2, p. 3)

the Army (1941-1946), during which time he was a First Lieutenant, and then a Major. It was during World War II that his interests changed from surgery to psychiatry.

After the war, Dr. Bowen had a Fellowship in psychiatry and psychoanalytic training at the Menninger Clinic in Topeka, Kan. From 1954 to 1959, he was Chief of the family study section for the National Institute of Mental Health in Bethesda, Md.; and he devised a research project in which entire families lived in the ward with the schizophrenic patients. It was during this time that Dr. Bowen became known as one of the originators of the family therapy movement in psychiatry.

In 1959, Dr. Bowen moved to the Georgetown University Medical Center in Washington, D.C., where he was Director of Family Programs and a Clinical Professor of psychiatry. He maintained these positions until his death. At Georgetown, Dr. Bowen developed his approach to family systems theory and systems therapy.

During his distinguished career, he published more than 50 papers, book chapters, and monographs, mostly on family psychotherapy. He was a Fellow of the American Psychiatric Association and the American Orthopsychiatric Association, and one of the originators and first President of the American Family Therapy Association.

Dr. Bowen's professional life was a quest to replace conventional psychiatric theory with a more comprehensive theory which

maintained as a locus the idea of defining one's self within one's family of origin. The differentiation of self and emotional systems are essential to his theory. To Dr. Bowen, good therapy was determined by the way a therapist "thinks" about human problems.

I first met Dr. Bowen at the 1985 Evolution of Psychotherapy Conference. He was the discussant for my Invited Address. I was intrigued by his insights and was grateful to learn from his comments. In 1986, I had the privilege to co-lead a workshop in Minneapolis with Dr. Bowen. It was one of the highlights of my professional career to share the podium with such a distinguished thinker.

I last heard from Dr. Bowen in May 1990, at which time he indicated that his health was improving and that he expected to be at the December 1990 Evolution of Psychotherapy Conference.

In March 1989, Dr. Bowen sent me a copy of a tribute that he read at the funeral of his mother-in-law, who had died the previous month at the age of 95. I wrote him back, thanking him for the honor of

All I did was give a look of confident expectation. Now that's the important thing. An infant learning to walk, you know he can learn to walk, but the infant doesn't know. You give the infant the confident support of your expectation.

(Erickson, Rossi & Rossi, 1976, p. 282)

allowing me to be privy to the tribute that he offered.

Let me plagerize freely from the eulogy that Dr. Bowen wrote, making a simple substitution of characters:

Dear Murray, In this final earthly parting, your presence has been a bright light for generations. You are not dead, in the sense that your life will continue to shine far into the future of unborn generations. . . You will be known in history as a person who set an example for others to follow. . . You were "present and accounted for" for over three-quarters of a century.

Thank you Murray, for being you, and for having lived so long and so well. Your physical presence has been converted to precious memory. Your life has been an inspiration to all who follow.

Jeffrey K. Zeig, Ph.D., Director
The Milton H. Erickson Foundation

Now, the unconscious mind is a vast storehouse of memories, your learnings. It has to be a storehouse because you cannot keep consciously in mind all the things you know. Your unconscious minds acts as a storehouse. Considering all the learning you have acquired in a lifetime, you use the vast majority of them automatically in order to function.

(in Zeig, 1980, p. 173)

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Upcoming Training

(Note: The Erickson Foundation lists workshops as a service to its *Newsletter* readers. We cannot attest to the quality of training provided in these workshops.) A \$10 fee is required for each workshop submission.

DATE 1991	TITLE/LOCATION/LEADER	CONTACT	DATE 1991	TITLE/LOCATION/LEADER	CONTACT
3/6-10	Trancework; San Diego, CA, Michael D. Yapko.....	1	4/18-21	Strategic Interventions; New Orleans, LA, Invited Faculty.....	5
3/9-10	Hypnotic Strategies for Brief Therapy; Atlanta, GA, S. Lankton.....	2	4/25-28	Strategic Interventions; New York, NY, Invited Faculty.....	5
3/14-17	Gestalt Therapy in the Context of Ericksonian Hypnosis; Los Gatos, CA, Deborah Ross.....	3	5/1-5	Hypnosis and Psychotherapy; Sydney, AUSTRALIA, Yapko.....	13
3/21-22	Treating the Symptomatic Adolescent with Systemic Family Therapy; Dana Point, CA, Gianfranco Cecchin, M.D.....	4	5/2-5	Conference: 4-Day Intensive on Ericksonian Therapy; San Francisco, CA, Gilligan, S. Lankton, C. Lankton, O'Hanlon, Rossi, Zeig.....	2
3/21-24	Strategic Interventions; Chicago, IL, Invited Faculty.....	5	5/2-7	Recent Developments in Ericksonian Hypnotherapy; Maui, HI, Chris Beletsis, Michael Samko, Irv Katz.....	14
3/22-24	Guided Imagery for Clinicians; Los Angeles, CA, Martin Rossman and David Bresler.....	6	5/3-5	Guided Imagery for Clinicians; Seattle, WA, Rossman & Bresler.....	6
3/22-24	Ericksonian Psychotherapy (Basic); Santa Clara, CA, Jeffrey K. Zeig.....	7	5/10-11	Ericksonian Approaches to Family Therapy; Lausanne, SWITZERLAND, Josephine Balken.....	16
3/23-24	Hypnotherapy: Ericksonian Approaches to Individuals and Families; Pensacola Beach, FL, S. and C. Lankton.....	8	5/11-12	Hypnosis and Psychotherapy; Perth, AUSTRALIA, Yapko.....	17
3/25-27	Hypnotherapy: Ericksonian Approaches to Individuals and Families; Pensacola Beach, FL, S. and C. Lankton.....	8	5/16-19	Advanced Supervision Training in Clinical Hypnosis; Los Gatos, CA, Ross.....	3
3/25-29	The California Edge: Psychological Interventions in the '90s; Monterey, CA, Invited Faculty.....	9	5/18-19	Hypnotic Strategies for Brief Therapy; Orlando, FL, S. Lankton.....	2
4/1-5	The California Edge: Psychological Interventions in the '90s; Monterey, CA, Invited Faculty.....	9	5/28-29	Ericksonian Psychotherapy; Moscow, USSR, Zeig.....	18
4/3-7	Residential Training in Clinical Hypnosis; Los Gatos, CA, Ross.....	3	5/31-6/2	Ericksonian Psychotherapy (Advanced); Bern, SWITZERLAND, Zeig.....	19
4/3-7	Conference: The End of Grand Designs and the Flowering of Systemic Practice; Heidelberg, GERMANY, Invited Faculty.....	10	6/5-9	Trancework, San Diego, CA, Yapko.....	1
4/4-7	Clinical Supervision; San Diego, CA, Yapko.....	1	6/7-9	Clinical Hypnosis; Anaheim, CA, David Cheek, M.D., Donald Schafer, M.D., Andre Weitzenhoffer, Ph.D.....	4
4/6-7	Hypnotic Strategies for Brief Therapy; Boston, MA, S. Lankton.....	2	6/19-23	Residential Training in Clinical Hypnosis; Los Gatos, CA, Ross.....	3
4/12	Ericksonian Psychotherapy; Youngstown, OH, Zeig.....	11	6/27-30	Therapeutic Conversations; Tulsa, OK, de Shazer, Gilligan, Tomm, Weiner-Davis, Epton, O'Hanlon, Weakland, White.....	20
4/12-14	When Living Hurts: Treating Depression; San Diego, CA, Yapko.....	1	7/12-14	Second Eastern Conference On Ericksonian Hypnosis and Psychotherapy: Co-Creative Contexts for Change; Philadelphia, PA, Invited Faculty.....	21
4/13-14	Utilization of Language as a Healing Tool; New York, NY, Kay Thompson, D.D.S.....	12	7/19-23	Reality Therapy Intensive Workshop; Erlanger, KY, Robert Wubbolding.....	22
4/14-18	American Society of Clinical Hypnosis Annual Meeting; St. Louis, MO, Invited Faculty.....	15			

Contact Information

- Milton H. Erickson Institute of San Diego, 2525 Camino del Rio South, Suite 265, San Diego, CA 92108; (619) 295-1010.
- The Center for Personal and Family Development, 1221 West Lakeview Avenue, Pensacola, FL 32501-1836; (904) 648-3089.
- Medical Hypnosis Seminars, 19845 Skyline Blvd., Los Gatos, CA 95030; (408) 354-7738.
- Richard Landis, Ph.D., Director of Training, OCSEPH, 2101 E. 4th St., Suite 111A, Santa Ana, CA 92705; (714) 547-8120.
- Associate Trainers, 567 Split Rock Rd., Syosset, NY 11791; (516) 922-2926.
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- George Ingram or Colleen O'Driscoll, University of California - Santa Cruz, 740 Front Street, Suite 155, Santa Cruz, CA 95060; (408) 427-6610.
- Carol Lankton, P.O. Box 958, Gulf Breeze, FL 32562; (904) 932-6819.
- Alexander Walchek, D.D.S., Ph.D., 20 Ascot Court, Oakland, CA 94611; (415) 531-2000.
- IGST, Kussmaulstr. 10, 6900 Heidelberg, GERMANY, Tel. 06221/49113.
- Judy Kaczowka, M.Ed., LPC, NCC, Continuing Education Coordinator, PsyCare, Inc., 540 Parmalee Avenue, Suite 500, Youngstown, OH 44510; (216) 841-3803 or (216) 856-6663.
- NYSEPH, P.O. Box 1390, Madison Square Station, New York, NY 10159; (212) 696-1999.
- Andrew Leon, 293 Malabar Road, Maroubra, 2035 N.S.W., AUSTRALIA.
- Clinical Hypnosis Institute, 4545 Park Blvd, Suite 207, San Diego, CA 92116; (619) 542-0088.
- ASCH, 2200 E. Devon Ave., Ste. 291, Des Plaines, IL 60018; (708) 297-3317.
- Psychologue FSP/AVP - Psychotherapeute SPV/ASP, ch. du Riolet 16, 1009 Pully, SWITZERLAND.
- George Burns, 7 Rheola Street, West Perth, Washington 6005 AUSTRALIA.
- Julia Aloyshina, Vice President of the Association of Practical Psychologists, Moscow 121355, Partizansky 25 - 56, USSR.
- Susy Signer-Fischer, Lic. Psych., Weissenbühlweg 29, 3007 Bern, SWITZERLAND; Tel. 031/45 53 94.
- Reese Price, Ph.D., Tulsa Psychiatric Center, 1620 E. 12th St., Tulsa, OK 74120; (918) 582-2131, (800) 364-8427.
- Dr. Robert Schwarz, IACT, P.O. Box 166, Ardmore, PA 19003; (215) 790-1414.
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Conference Announcements

March 15-16, 1991 — 14th Annual Family Therapy Network Symposium. To be held in Washington, D.C. For information, contact: Symposium Registrar, 8528 Bradford Road, Silver Spring, MD 20901. (301) 585-5545.

April 3-7, 1991 — International Society for Systemic Therapy, to be held in Heidelberg, Germany. For information, contact: IGST, Kussmaulstr. 10, 6900 Heidelberg, Germany. Tel. 06221/49113.

April 14-18 — American Society of Clinical Hypnosis Annual Meeting. To be held in St. Louis, Missouri. For information, contact: ASCH, 2200 E. Devon Ave., Ste. 291, Des Plaines, IL 60018. (312) 297-3317.

May 2-5, 1991 — Four-Day Intensive on Ericksonian Therapy, to be held in San Francisco, California. Faculty are: S. Gilligan, C. Lankton, S. Lankton, W. O'Hanlon, E. Rossi, J. Zeig. For information, contact: The Center for Personal and Family Development, 1221 West Lakeview Ave., Pensacola, FL 32501-1836. (904) 648-3089.

August 12-16, 1991 — International Summer Symposium - Brief Strategic Therapy, conducted in English with simultaneous translation into French and Spanish. To be held at Stanford University, Palo Alto, California. For information, contact: MRI Symposium, 555 Middlefield Road, Palo Alto, CA 94301. (415) 321-3055.

August 25-30, 1991 — The 12th International Congress of Hypnosis of the International Society of Hypnosis. To be held in Rome, Italy. For information, contact: Kenes Tours, P.O. Box 50006, Tel Aviv 61500, Israel.

August 31-September 3, 1991 — The Joint Conference of the International Society of Hypnosis and the Milton Erickson Society of Germany. To be held in Rome, Italy. For information, contact: Burkhard Peter, Dipl. Psych., MEG, Konradstr. 16, 8000 Munchen, Germany.

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Evolution *continued*

day, December 12, to Sunday, December 16, 1990. Sessions were held at the Anaheim Convention Center and the Anaheim Hilton & Towers, the Conference headquarters.

The Erickson Foundation contracted with 14 hotels or motels in Anaheim. A total of 6,313 rooms were used citywide over the five-day meeting.

Some 9,000 lunches were served at the Convention Center between Wednesday and Sunday. Nearly 1,600 delegates attended the Saturday night banquet, which featured steak and chicken—along with baked Alaska, which was served for dessert.

In addition to educational sessions, attendees were treated to an evening at Disneyland. The world-famous theme park, the original in the Disney chain, was closed to the public. Only attendees of the Conference and their guests could attend. The marquis at the entrance of the park announced the welcome to Conference attendees. A banner on Main Street, U.S.A., greeted Disneyland goers, stating, "Welcome Milton H. Erickson Foundation."

Lines to the popular rides were short. Waits were minimal.



Rollo May.



Disneyland was a fun event at The Evolution of Psychotherapy Conference.



Registration was held in the Anaheim Convention Center.



James Hillman and Thomas Szasz.



Attendees paid tribute to presenters at The 1985 Evolution of Psychotherapy Conference who since have died.

Other activities participated in by attendees were the "Welcome to Anaheim" reception and Authors' Hour. The Authors' Hour gave registrants a chance to have faculty members sign books and other media, including a baseball one attendee had.

The Conference featured 34 exhibitors, as well as The Evolution of Psychotherapy Conference Bookstore managed by Brun-



Viktor Frankl.

ner/Mazel Publishers, Inc., and the audio- and videotapes sold by InfoMedix.

The event was cosponsored by The University of California, Irvine - Department of Psychiatry and Human Behavior and California State University, Fullerton - Department of Psychology.

The Foundation Board of Directors will consider a third Evolution Conference. "There certainly is interest," Zeig said. "We've had people tell us to have another one (Evolution meeting) in 1993. We'll look at a lot of factors before scheduling another conference. Plus, we'll need to get a little rest after this one."

Obituary — Hilton L. Lopez, M.D.

Dr. Hilton Lopez died of cancer Oct. 26, 1990.

He alone forged the way for hypnosis to be accepted on his native island, Puerto Rico. He taught hypnosis at the major medical and psychological institutions on the island as well as using it in a busy psychiatric practice.

Dr. Lopez was born in Mayaguez, Puerto Rico, June 5, 1912. He attended high school and college in Maryland and Virginia, and was graduated from the University of Maryland Medical School in 1938. He took 10 Seminars in Hypnosis from 1958-1961, and was instrumental in arranging conferences for The American Society of Clinical Hypnosis in Puerto Rico. He was a member of ASCH since its founding in 1957, and eventually was elected a Life Fellow.

After working as a physician for more than 20 years, originally riding horseback from town to town in Puerto Rico to help his patients, he took training in psychiatry and worked at the State Psychiatric Hospital from 1968-1972, as Staff Psychiatrist in



Hanukkah celebration.



Some 2,300 participants ate lunch at the Anaheim Convention Center.



Betty Friedan.

Clinica Dr. Eugenio Fernandez Garcia from 1971-1988, in the Alcohol and Drug Program from 1972-1988, and at the Veterans Administration Resident Training Program in psychiatry from 1968-1989.

In the last year of his life, he was honored by the Psychiatric Section of the Puerto Rico Chapter of the American Psychiatric Association which dedicated its annual meeting to him. He continued seeing private patients until he died in his home where he had his office. He never charged patients who could not pay, and as the old-time doctors, he made himself available to all who needed him. He innovated culturally syntonic approaches to hypnosis utilizing all that the patient brought to him in the true Ericksonian tradition. Erickson was first his mentor, and then close friend and colleague.

The passing of Dr. Lopez is a great loss to all who knew him for his great generosity, humanity and skill as a physician and psychiatrist. He is survived by his two children, Hilton Luis Lopez and Stella Fernandez, and four grandchildren, Stella Chevres, Eduardo Jose, Hilton O. and Francisco Jose.

—Madeleine Richeport, Ph.D.

**A Book Review of
Handbook of Hypnotic Suggestions
and Metaphors**

Edited by D. Corydon Hammond, Ph.D.
Published by W.W. Norton & Co.,
1990. 602 pages, \$65.00

Designed as a practical reference for clinical practitioners already trained in hypnosis, this book represents the largest collection of hypnotic suggestions and metaphors ever compiled. More than 100 of the world's finest hypnotherapists contributed to this extraordinary volume.

Emphasizing his own philosophy of integrative hypnotherapy, the editor intends this book not as a "cookbook" of suggestions to be used routinely, but rather it is a collection of models which may inspire clinicians to prepare their own suggestions and metaphors.

Dr. Hammond has contributed a valuable introductory chapter, a clear, concise review of the important principles of formulating hypnotherapeutic suggestions. In addition, he has provided chapter introductions which are scholarly overviews of relevant research.

I highly recommend this handbook as an important resource for all clinicians who use hypnosis in their work. Nowhere else will you find so many fine examples of suggestion and metaphor together in one volume.

The book is an official publication of the American Society of Clinical Hypnosis, and all proceeds from the sale of the book are donated to the society.

— Revised by Marian J. Richetta, M.A.
San Diego, California

**Family Therapy
Congress Set**

The Sixth International Congress on Family Therapy — Divorce and Remarriage: Interdisciplinary Issues and Approaches is scheduled from March 29 through April 3, 1992, in Jerusalem, Israel.

Topics include Therapeutic Approaches: Adults and Children Experiencing Divorce and Remarriage; Mediation: Legal and Professional Aspects; Religious Aspects of Divorce and Remarriage; and Courts and Family Issues.

For further information, contact Congress Secretariat; c/o International Ltd., P.O. Box 29313, 61292 Tel Aviv, Israel.

**ISH
Moves Congress
to Rome**

The International Society of Hypnosis has changed the venue of the 12th International Congress of Hypnosis to Rome, Italy.

The Aug. 24-30, 1991, conference was to be held in Jerusalem, Israel, but due to the Mideast Crisis, organizers decided to move the meeting.

For information, contact The Secretariat, 12th International Congress of Hypnosis, P.O. Box 50006, Tel Aviv 61500, Israel.

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PRACTICAL, ETHICAL, AND EFFECTIVE STRATEGIES FOR BUILDING UP YOUR PRACTICE

- ▶ Why cooperation, not competition with your colleagues will enhance your practice (p. 26)
- ▶ How to conduct a profitable business and maintain a clear conscience (p. 18)
- ▶ Why an ad in the Yellow Pages is essential and how to make it most effective (p. 59)
- ▶ Which personal characteristics are most important for a thriving private practice? (p. 7)
- ▶ How doing pro bono evaluations helped one therapist gain numerous referrals from lawyers (p. 63)
- ▶ Why one therapist finds it saves her money not to charge for intake and termination services (p. 139)
- ▶ How to thrive amidst increasing competition from large health care organizations (p. 91)

Interspersed throughout are detailed self-assessment questionnaires, vivid case examples, and verbatim transcripts of workshop sessions conducted by the authors.

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For information & registration, contact: Carol H. Lankton,
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CEUs also offered by University of West Florida (P-004-92 & CM-215-90).

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1991



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An International Problem

A Question of Ethics

A new trend seems to be taking hold in the Ericksonian community. Some American students of Milton Erickson traveling abroad are teaching outside of authorized Erickson Institutes and providing diplomas in Ericksonian hypnosis to attendees in their courses. The result of this unfortunate practice is that there are people calling themselves "Ericksonian hypnotherapists" who the Ericksonian Institutes would not be authorized to accept as students.

Here in France it is common practice for people with no academic background whatsoever to use the title "psychotherapist" and to declare they fulfill the same function as psychiatrists or psychologists. Now we find this group has grown to include "Ericksonian psychotherapists," and even "trainers in Ericksonian therapy by students X, Y, or Z, of Milton Erickson."

Up to now, the work of Milton Erickson and Ericksonian-inspired therapies have been well regarded here in France. This is

The ideal person would be one who had a readiness to accept the interchange between the conscious and unconscious. Children are uncluttered by rigid conscious sets, and therefore children can see things that adults cannot.
(Erickson, Rossi & Rossi, 1976, p. 258)

due to the work of the members of the local Milton Erickson Institutes, all of whom are fully qualified professionals. We have been considering seeking recognition for Ericksonian hypnosis in the university system and from professional societies. Will this recognition now be compromised?

Do we have an ethical problem, as many Europeans believe? We would very much like to have an Ericksonian opinion come out of this debate. Isn't it unfortunate that the same weekend as the French Ericksonian Congress there was a seminar on Ericksonian hypnosis given in an unauthorized Institute by an American?

We must realize that a claim that one has been a student of Erickson, even if true, does not necessarily mean that one is carrying on his teachings and his methods of therapy as he would have approved. The Milton H. Erickson Foundation, in recognizing its authorized Institutes, is trying to uphold the true quality and standards of Ericksonian practice, as well as to follow his decision that certifications (diplomas) should be reserved for basic medical and psychological specialization, not simply presented for attendance at a course. We are not able to invite more than five students of Milton Erickson to France every year; we regret we cannot invite more.

—Jean Godin, M.D., Ph.D.

On behalf of the Board of Directors of the Milton H. Erickson Institute of Paris

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- Develop workable strategies for therapeutic conversations with your own clients

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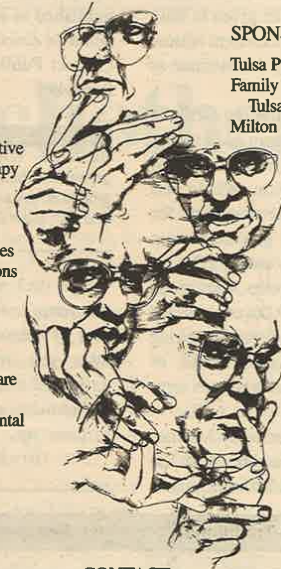
Continuing education units are offered for physicians, psychologists, and other mental health professionals. Details about continuing education units will be provided in conference packet.

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M.E.G.

1991
in Rome, Italy

Milton Erickson Society for
Clinical Hypnosis, Germany

The 12th
International
Congress of Hypnosis
Main Theme: Reducing Stress
and its Consequences

A Joint
Conference
Ericksonian
Hypnosis and
Hypnotherapy
Arts Facts Artifacts

August 25 - 30, 1991

August 31 - September 3, 1991

Venue

Originally planned for JERUSALEM, ISRAEL, both
12th Congress and Joint Conference have been
transferred to ROME, ITALY, because of the
continuous tensions in the Near East.

Major Topics of the Joint Conference

SOLUTION-ORIENTED THERAPY
(THE NEED FOR) RESEARCH ON ERICKSONIAN ISSUES
ARTS AND FACTS OF ERICKSONIAN HYPNOSIS AND PSYCHOTHERAPY
ERICKSON'S IMPACT ON MODERN-DAY HYPNOSIS AND PSYCHOTHERAPY

Faculty

12th Congress: Banyai, Barabasz, Barber, Bloom, Bongartz, Burrows, Crasilneck, Evans, Frank, Fromm, Georghiu, Hoencamp, Kleinhauz, LeBaron, Livnay, Matheson, Murray-Jobis, Perry, Sacerdote, Schafer, Spiegel, Spinhofen, Unestahl, VanDyck, Vanderlinden, Waxman, Wikstrom, Zeig, Zeltzer... to name only a few of about 200 speakers

Joint Conference: Bongartz, Booth, Burrows, Evans, Gilligan, Kleinhauz, Livnay, Loricdo, Matheson, Peter, Revenstorff, Riebensahm, Schmidt, Trenkle, Thompson, Wikstrom, Yapko, Zeig... more information about Faculty will be available in February 1991

Eligibility: Both the Congress and the Conference are open to physicians, psychologists, dentists and other professionals in health-related fields who are qualified for membership in, or are members of, ISH or any of its national constituent societies.

12th Congress

SA 24: Get-together Reception
SU 25 - TU 27: Workshops on a wide spectrum of topics
WE 28 - FR 30: Scientific program with lectures, symposia,
panels, conversation hours, film program and more

Format and Dates

SA 31-TU 3: Joint Conference program including
presentations, demonstrations, lectures, panels, debates,
conversation hours, workshops, supervision and more
SA 31: Joint Get-together Reception

Fees

	until March 31, 1991		April 1 - June 30, 1991		after July 1, 1991	
	ISH-Member*	Non-Member	ISH-Member*	Non-Member	ISH-Member*	Non-Member
B CONGRESS SCIENT. PROG.	\$ 200	\$ 300	\$ 300	\$ 500	\$ 330	\$ 530
C JOINT CONFERENCE	\$ 300	\$ 400	\$ 400	\$ 450	\$ 450	\$ 500
B + C	\$ 425	\$ 525	\$ 525	\$ 575	\$ 575	\$ 625
A CONGRESS WORKSHOPS	\$ 450	\$ 550	\$ 550	\$ 600	\$ 600	\$ 650
A + B	\$ 500	\$ 600	\$ 600	\$ 700	\$ 650	\$ 750
A + C	\$ 600	\$ 650	\$ 650	\$ 700	\$ 700	\$ 750
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*Individual members of ISH or of its constituent societies. Students pay \$ 100 for every A or B or C, i.e., \$ 100 or \$ 200 or \$ 300
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12th Congress

Moris Kleinhauz, M.D.
12th International Congress of Hypnosis
P.O. B. 50006, Tel-Aviv 61500, Israel

Joint Conference

Burkhard PETER, Dipl.-Psych.
M.E.G., Konradstr. 16
8000 Munchen 40, Germany

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Ericksonian Hypnosis in the Soviet Union

The first workshop on Ericksonian Hypnosis held in the Soviet Union was from Aug. 1-3, 1990, in the city of Obninsk, south of Moscow. From more than 1,000 applicants, 250 Soviet psychologists and psychiatrists were selected to attend the workshop. Because the city of Obninsk or "Atomic City" is normally off limits to Soviet citizens and foreign visitors alike, special permission had to be given to hold the workshop there, in the excellent educational facilities provided by the *Institute of Nuclear Energy*.

The workshops on "Beginning Skills in Ericksonian Hypnosis" began each morning at 6:30 am. with an hour-and-a-half session on Akido instruction. Akido was presented as a non-verbal metaphor for understanding hypnosis. The workshop proper ran from 9:00 a.m. until 5:00 p.m. Several evening small-group workshops were held from 7:00 to 9:00 on selected topics as working with children, smoking cessation, management applications of Erickson's ideas, Soviet advances in hypnosis, etc.

The workshop was presented by Michael Sparks, Ph.D. (USA), assisted by: Alex Sitnikov (USSR), Charlie Badenhop (Japan),

Albert Wahrhaftig (USA), Darcy Booth (Canada), Bill Neckman (USA), and Maim Reissman (USA).

The workshop received extensive newspaper and radio coverage throughout the Soviet Union. The workshop will be featured in a forthcoming edition of the English language magazine, *Soviet Life*. The proceedings of the workshop are being published as a book in Russian, *Beginning Skills in Ericksonian Hypnosis*, by Image Contact Publishing (translation by Inessa Rebeyko).

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Life isn't something you can give an answer to today. You should enjoy the process of waiting, the process of becoming what you are. There is nothing more delightful than planting flower seeds and not knowing what kind of flowers are going to come up.

(Erickson & Rossi, 1979, p. 389)

Donations

The Milton H. Erickson Foundation has received \$1,231 in contributions since the last issue of *The Newsletter*.

Special thanks go to Ira Dubinsky, Victoria Dreyfuss, Raymond J.M. Atkinson,

Tutsie Silapalikitporn, Cherry Huen, Fred Hartman and Mary Bast.

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