

The Milton H. Erickson Foundation NEWSLETTER

Editors: Roxanna Erickson Klein, R.N., M.S.
Betty Alice Erickson, M.S., L.P.C.
3516 Euclid Avenue / Dallas, Texas 75205 / Telephone: (214) 371-1091

— BOARD OF DIRECTORS —

Jeffrey K. Zeig, Ph.D.
Kristina K. Erickson, M.S., M.D.
Elizabeth M. Erickson
J. Charles Theisen, M.A., M.B.A., J.D.
The Milton H. Erickson Foundation, Inc.
3606 North 24th Street
Phoenix, Arizona, 85016-6500
U.S.A.
Telephone: (602) 956-6196
FAX: (602) 956-0519

Vol. 13, No. 3

Winter 1993

Brief Therapy Conference Promises Education, Entertaining Venue

The Brief Therapy Conference: Essence and Evolution, set for Dec. 8-12, 1993, in Orlando, Fla., will provide attendees with a full array of educational opportunities as well as entertainment choices.

The Conference, sponsored by The Milton H. Erickson Foundation, features 50 preeminent practitioners of brief therapy or related disciplines. The program is clinically oriented and features interactive events, including workshops, case discussion and supervision panels, topical panels, debates and demonstrations.

Keynote presentations will be held Thursday, Friday and Sunday and will feature William Masters, M.D., Cloé Madanes, Lic. Psychol., and James

Masterson, M.D.

The conference is designed to provide 30 hours of continuing education credit. Participants can choose from 100 workshops over the 4½-day event.

"The difficulty will be in the choosing," according to Jeffrey K. Zeig, Ph.D., the Director of the Erickson Foundation and organizer of the conference. "The events from which attendees can select are excellent. There is a wide variety of presentations from these exemplary faculty members. The conference offers a great opportunity to learn from the leaders in the up-and-coming field of brief psychotherapy."

In addition to the educational program, the conference venue offers numerous entertainment ideas. Orlando is home to Walt Disney World, EPCOT Center and other Disney properties, Universal Studios, and Sea World, to name but a few.

"We hope people will bring their families and take advantage of the wonderful activities in and around Orlando," Zeig said.

Attendance figures indicate there is great enthusiasm for the conference, and newsletter subscribers interested in attending the conference are being offered a special registration deadline extension. Newsletter subscribers can register for \$365 (\$265 for full-time graduate students) up until Oct. 31, 1993. The fees increase Oct. 1. Customary fees are \$415 (\$315 for full-time graduate students).

Foreign registrants' fees are \$265 (\$165 for full-time graduate students) until Sept. 30; fees increase by \$100 after that date. The special deadline also is extended until Oct. 31 for foreign registrants.

For additional information and a brochure, call, write, or fax The Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; (602) 956-6196; fax, (602) 956-0519.

Weakland, Whitaker to miss upcoming conferences

It is with sincere regret that we announce that John Weakland, M.F.C.C., and Carl Whitaker, M.D., will be unable to present at upcoming conferences sponsored by the Milton H. Erickson Foundation. Both are seriously ill.

Mr. Weakland has been a member of the Erickson Foundation faculty since its first International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy in 1980. He was scheduled to present at the Dec. 8-12, 1993, Brief Therapy Conference.

Dr. Whitaker had planned to participate in the European Evolution of Psychotherapy Conference in Hamburg, Germany. He suffered a stroke in August and is recovering in Wisconsin.

We will miss them both at these conferences and hope for speedy and full recoveries.

I N T E R V I E W

Herbert S. Lustig, M.D.

Interviewed by
Roxanna Erickson Klein, R.N., M.S.

Background

Dr. Lustig graduated from Franklin and Marshall College in Lancaster, Pa., in 1964. He graduated from Albert Einstein College of Medicine in New York City in 1968. Upon completion of his Pediatric Internship, he took a Residency in Adult Psychiatry at the The Johns Hopkins Hospital in Baltimore and additionally was trained at the Philadelphia Child Guidance Clinic under Salvador Minuchin, M.D.

Dr. Lustig co-authored *Tea with Demons* with Carol Allen (Wm. Morrow & Co., 1985) and produced the videotape and film of Dr. Erickson, *THE ARTISTRY OF MILTON H. ERICKSON, M.D.* He maintains a private practice in Philadelphia, and also is a Clinical Professor of Psychiatry at Temple University, School of Medicine. Dr. Lustig regularly is invited to conduct workshops and seminars in the United States and Europe.



Editors (Eds): What influenced your decision to enter psychiatry?

Dr. Lustig: Since boyhood I had planned to become a physician and a pediatrician. During my third year of medical school, I had a clerkship on the inpatient psychiatric unit and worked closely with patients there. As a result of that close contact, I came to realize that it is possible to affect the healing of a troubled mind by just using spoken words. Early in my senior year I spent

continued on page 2

The Milton H. Erickson Foundation, Inc.
3606 N. 24th Street
Phoenix, Arizona 85016
U.S.A.

ADDRESS CORRECTION REQUESTED

Non-Profit Org.
U.S. Postage Paid
Phoenix, Arizona
Permit No. 813

COMMENTS FROM THE EDITORS



Betty Alice Erickson, M.S., L.P.C.



Roxanna Erickson Klein, R.N., M.S.

In keeping with our objective of creating an expanding perspective of Ericksonian approaches to hypnosis and psychotherapy in the Newsletter, a variety of features intended to inform and stimulate further reflection will be introduced. In addition to the features "Speaking of Research" and "Introducing the Institutes" initiated in the last issue, we are adding in this issue a feature column entitled "Case Discussion." Aspects of cases that stimulate professional interest, discussion and learning will be presented.

In the review section, we are adding a "Topic Review." This feature facilitates broader examination of specific materials, including books written in series, contrasts of the clinical directions by different authors on the same subject, and multi-media approaches.

We appreciate the generous contributions of those professionals who participated in the last issue of the Newsletter and shared their knowledge and expertise. We invite readers to communicate their ideas. We encourage readers to offer their impressions of the material presented, and suggestions for future inclusions.

We plan to develop an informational network on graduate study relevant to Ericksonian approaches, and welcome related information from those who have knowledge of, or are involved in, such studies.

Our overall goal continues to be the search for clearer definition of the basic principles that form the foundation of an Ericksonian approach in psychotherapy. We aspire to provide a forum for discussion of varied perceptions of seminal issues. This approach is one path for exploring the consensual base of the fundamentals of Ericksonian approaches in present day therapy.

CORRECTIONS AND CLARIFICATIONS:

(Volume 13, #1, Page 1) The medical degree for Walter Kempler, M.D. was incorrectly omitted. Dr. Kempler of Costa Mesa, CA, is one of the faculty members for the upcoming Brief Therapy Conference.

(Volume 13, #2, Page 7) In the last issue of the Newsletter, we invited Erika Fromm, Ph.D., to write a review of The Evolution of Psychotherapy: The Second Conference, specifying, however, that we ourselves wanted to review the chapters that related to the work of Milton Erickson. Dr. Fromm graciously consented to this division of labor. Our comments on Ericksonian Approaches were printed adjacent to Dr. Fromm's review but without adequately explaining to the readers why Dr. Fromm did not include the Ericksonian papers in her comprehensive review. It was at our request.

Roxanna Erickson Klein &
Betty Alice Erickson

Newsletter Business

The Newsletter is published three times per year. Contributions are welcome. Please contact the editors. The Newsletter appears in late September, late February and late May.

Advertising copy should be sent to the Erickson Foundation. Other materials, including articles, reviews, training announcements, comments and suggestions should be sent to Co-Editors, Betty Alice Erickson, M.S., L.P.C., and Roxanna Erickson Klein, R.N., M.S., 3516 Euclid, Dallas, TX 75205.

Interview *continued*

most of my time sitting in my rocking chair and reading, deciding whether psychiatry had any redeeming practical value or whether it was too theoretical for me. I finally decided that psychiatry could become my specialty if I could find training that was outcome-oriented. At medical school I had a mentor, Dr. Herbert Birch, who was doing brilliant research in the phenomenology of child development. He expressed support for my decision and also recommended that I study child psychiatry in Dr. Minichin's program.

Eds: How did you become acquainted with the work of Dr. Erickson?

Dr. Lustig: While I was in training at the Philadelphia Child Guidance Clinic from 1971 to 1973, Dr. Erickson's work was regarded as a "model" of strategic psychotherapy by some of the psychiatrists who taught us, and by Jay Haley who was on staff there.

After I completed my Child Psychiatry Fellowship and opened my office, I enrolled in locally sponsored hypnosis courses. Part of the curriculum was unofficially designated "Milton Erickson Day." Dr. Kay Thompson, Jay Haley and Dr. Alexander Yanovsky each discussed Dr. Erickson. However, each lecturer's "Dr. Erickson" was very different from the others'.

I realized the only way for me to truly know the work of Dr. Erickson was to meet and observe him. I obtained his telephone number from information operator, and was surprised when he personally answered the call. I explained that I had attended a hypnosis course, and three different people had presented three different perspectives of who he was, and I would like to come and study with him for a week or two. He asked about my credentials and said "All right" in his famous way. We agreed upon a couple of weeks in the fall of 1973.

Eds: The film THE ARTISTRY OF MILTON H. ERICKSON, M.D. that you produced in 1975 was an important landmark. It is the only professional film of Dr. Erickson at work. Can you tell us what inspired you to make this film?

Dr. Lustig: After completing my Fellowship there, I began supervising trainees at the Philadelphia Child Guidance Clinic. When I told a senior staff member about my upcoming trip to Phoenix, he suggested that I videotape Erickson when I visited him. I called Milton, and asked whether or not I could make such a recording. Again he answered, "All right."

At that time, I did not have a larger plan for the videotapes. Only later did I learn that for more than a decade

Erickson had declined all requests to film or videotape him. The technical problems that arose in producing the videotape were frustratingly costly and took a great deal of time, effort and money to overcome. The set of videotapes that finally were produced actually were the project's third attempt at creating them. In order for the videotapes to be of the highest technical quality, the last recording sessions were held in the studios of a commercial television station in Phoenix. The results of that videotape later were transferred onto 16mm film, and the ARTISTRY was distributed to professional audiences in both formats.

Erickson's willingness to work with me repeatedly during this project bestowed a substantial obligation upon me to produce the best record of his work that I could. It became my obsession for four years.

Eds: The film highlights intricately constructed multilevel therapeutic messages. Since you have the deepest understanding of what transpired during the work, have you considered using the film as a base for advanced teaching?

Dr. Lustig: I decided not to produce a companion expository film simply because of the enormous amount of time that would be required to explain the complexity of Milton's work. I recently used ARTISTRY as a teaching tool at a two day seminar at the Milton H. Erickson Institute of Paris. I could have spent the whole time discussing just a few of its segments.

Eds: In addition to your professional relationship you enjoyed one of the closest bonds of friendship with Dr. Erickson that he had. How did this come about?

Dr. Lustig: As my efforts to create ARTISTRY expanded, Milton came to trust the sincerity of my intentions. The mutual respect and cooperation we developed led to our friendship. I became a loyal member of the extended Erickson family and was treated as a sibling by his children. I visited Milton every year for one or two weeks, to study with him, to learn from him, to do therapy together, and each to talk about topics that neither of us felt comfortable discussing with others.

Eds: Erickson was known for his ability to learn from those around him. Do you have any ideas what specifically he learned from you, as a unique individual?

Dr. Lustig: I don't know exactly what Milton learned from me. His agreeing to be videotaped by me certainly was

continued on page 14

"Tracking Ericksonian Methods"

The 15th Anniversary of the Milton H. Erickson Foundation

The Sixth International Congress on

Ericksonian Approaches to Hypnosis and Psychotherapy

December 6-11, 1994 — Los Angeles, Calif.

— PRESENTATION COVER SHEET —

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

Name _____ Degree _____
University _____ Major _____ License # and State _____
Address _____
City/State/ZIP/Country _____
Telephone (Day) _____ (Night) _____

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

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

- 3) Title of Presentation:

- 4) The presentation is submitted as a:

a. _____ Short Course (one hour and 30 minutes)
Level: Basic _____ Intermediate _____ Advanced _____ All Levels _____
b. _____ Symposium (one hour and 30 minutes; 3-4 speakers discussing a single topic)

NOTE: Only one presentation (short course or symposium) will be accepted for any prospective faculty member submitting a proposal.

- 5) Audiovisual equipment required:

_____ 35mm slide projector
_____ Overhead (transparency) projector

NOTE: Any other audiovisual equipment must have special approval prior to the Congress.

Enclosure checklist: (SEND FIVE COPIES OF EACH) Attach this cover sheet to only one copy. The other copies should contain only the title because the review process will be blind.

- 200 word presentation summary
 75 word abstract (for publication in the program and syllabus)
 Educational objectives (minimum of two objectives). In your objectives, indicate what participants will have learned at the end of the presentation. Be specific, e.g.: 1) To list three principles of hypnotic induction; 2) To identify three techniques of hypnotic pain control.
 Curriculum vitae of all presenters. (Two copies only.)

If my proposal is accepted and placed in the program, I will be present at the Congress.

Signature _____

Date _____

Proposals must be postmarked by January 2, 1994. Acceptance or rejection will be sent by March 18, 1994.

Mail proposals to: The Milton H. Erickson Foundation
1994 Congress Committee
3606 N. 24th Street
Phoenix, AZ 85016-6500 USA

U P C O M I N G T R A I N I N G

(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	TITLE/LOCATION/LEADER	CONTACT
1993		
9/10-12	Treatment of Sexual Abuse and Other Traumas: An Ericksonian Perspective; Montreal, Quebec, CANADA; Yvonne Dolan	1
9/13-17	Ericksonian Principles of Hypnosis and Brief Psychotherapy; Tenby, Pembrokeshire, WALES; Brent Geary	2
9/15-16	Ericksonian Hypnosis and Psychotherapy, Sofia, BULGARIA, Jeffrey K. Zeig	3
9/16-19	Semi-Traditional Clinical Hypnotism; Quebec City, Quebec, CANADA; Gaetan Nadeau and Andre Weitzenhoffer	1
9/19-21	Therapist Growth and Development; Vienna, AUSTRIA; Zeig	4
9/20-24	Ericksonian Principles of Hypnosis and Brief Psychotherapy; Tenby, Pembrokeshire, WALES; Geary	2
9/23-25	Ericksonian Psychotherapy; Rome, ITALY; Zeig	5
9/28-10/3	Ericksonian Psychotherapy; Rottweil, GERMANY; Zeig and Geary	6
10/1-3	Reflecting Observations: Constructing the Psychotherapy of Future Today; New York City, NY; Faculty	7
10/7-8	9th Annual Hypnotherapy Training Program: Integrating Ericksonian Applications into Clinical Practice — Introductory/Intermediate; Somerset, NJ, Harriett Hollander	8
10/8-10, 11/5-7	Weekend Intensive Training (Intermediate); Phoenix, AZ; Geary	9
10/14-17	American Academy of Pain Management Annual Meeting; Knoxville, TN; Faculty	10
10/15	Psychological Reality and Historical Truth in Sexual Abuse; Somerset, NJ; Faculty	8
10/15-16	Relationship Trances: Ericksonian Utilization Approaches to Couples Therapy; New York City, NY; Geary and Mary Sant'Eufemia	9
10/18-23	Phoenix Intensive Training (Fundamental); Phoenix, AZ; Geary	9
10/19 to 3/15/94	Integrating Ericksonian Approaches into Classical Practice; Piscataway, NJ; Hollander	8
10/23-24	Personal Growth and Development of the Therapist; La Jolla, CA; Zeig	11
10/25-30	Phoenix Intensive Training (Intermediate); Phoenix, AZ; Geary	9
10/27-29	Fundamentals of Ericksonian Psychotherapy; Sao Paulo, BRAZIL; Zeig	12
10/31-11/4	Intermediate Level — Ericksonian Psychotherapy; Sao Paulo, BRAZIL; Zeig	12
11/5	Romantic Sexuality and the Individuation Process; Somerset, NJ; Enid Campbell, Ph.D., and Hollander	8
11/11-14	The Healing of Trauma; An Ericksonian Perspective; Montreal, Quebec, CANADA; Stephen Gilligan, Ph.D.	1
11/13-14	Ericksonian Psychotherapy; Guadalajara, MEXICO; Zeig	13
11/13-14	Utilizing Classical Hypnotic Phenomena in Ericksonian Psychotherapy; Naples, ITALY; Geary	14
11/19-20	The Utilization Approach in Ericksonian Hypnosis; Rome, ITALY; Geary	5
12/8-12	Brief Therapy: Essence and Evolution; Orlando, FL; Faculty	11

Contact Information

1. Gaetan Nadeau, M.D., The M.H. Erickson Institute of Quebec City; 646 Rene-Levesque Ouest; Quebec GIS IS8; (418. 681.8545).
2. Peter Scott Chinnery, Integrated Therapies & Trainings; 173 Southway, Guildford, Surrey, GUZ 6DJ ENGLAND; Tel: (0483) 502787.
3. Zhenya Georgiva, "Solunska" str. No. 23, Sofia 1000, BULGARIA.
4. Dr. Charlotte Wirll, Waldmeistergasse 43, 1140 Vienna, AUSTRIA; Tel: 011 43 222-914 17 96.
5. Camillo Lorio, M.D.; Centro di Studi e di Ricerca per la Psicoterapia; viale Regina Margherita, 37; 00198, Rome, ITALY.
6. Bernhard Trenkle, Bahnhofstrasse 4, D-78628 Rottweil N., GERMANY; 0741/41774; fax, 0741/41773.
7. Paul Lounsbury, 161 W. 61st St., New York, NY 10023; (212) 581-0063; fax (212) 662-1480.
8. Harriett Hollander, Ph.D., Milton H. Erickson Institute of New Jersey; 20 Nassau St., Princeton, NJ 08540; (609) 924-2508.
9. The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; (602) 956-6196; fax (602) 956-0519.
10. American Academy of Pain Management, 3600 Sisk Rd., Ste. 2-D, Modesto, CA 95356; (209) 545-0754; fax (209) 545-2920.
11. Patricia Kyle; University of California-San Diego, University Extension, 0176; 3300 Miramar Rd., La Jolla, CA 92037-9986; (619) 534-0409.
12. Jose Carlos Vitor Gomes; Editorial Psy e Centro de Psicologia; Rua Barao Geraldo de Rezende, 305; Bairro Guanabarra; 13020.440-Campinas/SP Caiza Postal 691, BRAZIL.
13. Juan Francisco Ramirez, M.S.; Centro Mexicano de PNL; Progreso 271, S.J., Guadalajara, Jalisco, MEXICO.
14. Emanuele del Castillo, Ph.D.; Via Pomperio, 49; 81043 Capua, ITALY.

Conference Announcements

The 13th International Congress of Hypnosis is scheduled for August 6-12, 1994, at the World Congress Centre in Melbourne, Australia. A post-Congress Satellite Meeting, the 1994 Asia-Pacific Congress of Hypnosis will be held August 15-17, 1994, in Cairns, North Queensland, Australia.

For information about registration, call for abstracts and other details, write the 13th International Congress of Hypnosis, P.O. Box 29, Parkville, Victoria 3052, Australia. Deadline for abstracts is April 1, 1994.

* * *

Ericksonian conferences will be held October 19-24, 1993, and April 15-20, 1994, in Moscow. For additional information, write Leonid Kroll, M.D., Ph.D., Bogoslavski pereulok, 8/15-13, 103104 Moscow, Russia.

* * *

The Second International Congress on Integrative and Eclectic Psychotherapy is scheduled for July 22-26, 1994, in Lyon, France. Sponsored by the International Academy of Eclectic Psychotherapists, Inc., the theme is "Psychotherapy 2000: Breaking Out of Therapeutic Boxes."

For information, write Dr. Emmanuel O. Olukotun, Apartado Postal 51-042, 45080 Guadalajara, Jalisco, Mexico.

* * *

The Second International Conference on Story and Metaphor in Human Development will be held in Israel February 15-18, 1995.

For information, write Dr. Ofra Ayalon, P.O. Box 76, Tivon, Israel 36100.

* * *

The National Institute for the Clinical Application of Behavioral Medicine is sponsoring the Fifth International Psychology of Health Immunity and Disease Conference, December 8-11, 1993, in Hilton Head, S.C.

For more information, write NICABM, P.O. Box 523, Mansfield Center, CT 06250.

* * *

The New York Forum for Psychotherapy Cybernetics will present "Reflective Observations: Constructing the Psychotherapy of the Future Today" Oct. 1-3, 1993, in New York City.

For registration information, call or write Paul Lounsbury, 161 W. 61st St., New York, NY 10023; (212) 581-0063; fax (212) 662-1480.

Foundation Faculty Notes

Sandra Sylvester, Ph.D., is conducting a workshop in Bern, Switzerland March 17-20, 1994.

For information write Dr. med. Chr. Ziegler, Obere Hauptgasse 74, 3600 Thun, Switzerland.

* * *

Stephen Lankton, M.S.W., D.A.H.B., recently was certified by the American Society of Clinical Hypnosis as an approved consultant.

* * *

Rodger Kessler, Ph.D. recently was selected by the Office of Alternative Medicine at the National Institutes of Health to be a reviewer for research grant applications coming out of that office. As a participant in the Mind/Body Panel, Dr. Kessler engaged in reviews of areas including psychoneurology, hypnosis, guided visualizations and imagery, therapeutic/healing touch, and faith healing/spirituality.

The purpose of the Office of Alternative Medicine is to encourage the investigation of alternative medical practices, with the ultimate goal of integrating validated alternative medical practices with conventional medical practice.

THE 5TH INTERNATIONAL PSYCHOLOGY OF HEALTH, IMMUNITY AND DISEASE CONFERENCE

Sponsored by

The National Institute for the
Clinical Application of
Behavioral Medicine

December 6-12, 1993
Hilton Head, South Carolina

Featuring: Larry LeShan,
Bernie Siegel, Jeanne Achterberg,
Christiane Northrup, Ernest Rossi,
John Upledger, Diane Ulmer,
Michael Samuels, Beverly Rubik,
John Upledger, and many others!

*Emphasis will be on hands-on training
and practitioner oriented techniques
for mind/body medicine*

For more information, please contact:

NICABM
Box 523, Mansfield Center, CT 06250
1-800-743-2226

(PAID ADVERTISEMENT)

A fascinating videotape by Jay Haley and Madeleine Richeport...

MILTON H. ERICKSON, M.D. Explorer in Hypnosis and Therapy

A Documentary Videotape



Originally
released
for \$450.00 -
Now available for
only \$79.95!

"Erickson liked to emphasize that his difficulties had a positive effect on his work. An example is pain. He suffered severe pain all his life based on his polio.... In the process of understanding and working with his own pain, Erickson understood pain better than any other therapist, since he'd been down that road himself."
-From the Narration
by JAY HALEY

"This is an inspiring video which presents an intimate and rare portrait of a remarkable man."
-Cyril M. Franks, Ph.D.
Professor Emeritus
Rutgers University

1993
60-minute color VHS
videotape
Bk#7268 / \$79.95 -
Individuals
Bk#7268A / \$250.00 -
Institutions*

PAL version now available.
Please add \$20.00 to the
list price.

*An official signed release allowing the viewing of this videotape to groups and/or individuals other than the purchaser is included with every institutional purchase. Any other use of this videotape for public or private viewing constitutes a violation of the U.S. copyright law.

As a brilliant pioneer in the fields of hypnotherapy and psychotherapy, Milton Erickson is viewed by many as an innovator in the same class as Sigmund Freud and Harry Stack Sullivan. This compelling 60-minute documentary videotape shows why.

Narrated by Jay Haley, this presentation offers an intimate and far-reaching portrait of this remarkable individual's life and work. You'll learn how Erickson overcame numerous adversities early in his life - dyslexia, complete paralysis from polio at age 17, and chronic pain - and how these events formed the genesis of his development as an innovator in hypnosis and therapy. You'll see how Erickson met, and often overcame, his life's substantial roadblocks with extraordinary creativity, determination, and courage. This is a man who, after paralysis from polio, took a 1,000 mile solo canoe trip to exercise his crippled body. When he began, he could not walk or carry his boat. When the journey was over, he could swim a mile, and walk again.

Featuring abundant footage of Erickson during interviews and therapeutic sessions, much of which has never been previously released, you'll learn more about the man and his work through fascinating interviews with such noted authorities as Joseph Barber, Steve Gilligan, Jay Haley, Carl Hammerschlag, Carol Lankton, Stephen Lankton, Herbert Lustig, Ernest Rossi, John Weakland, and Jeffrey Zeig, as well as family members and patients. These interviews demonstrate the respect in which he was held and the profound influence he exerted over the lives of those he touched.

This inspiring portrait of one of the most humane therapists of our time will enrich the lives of all viewers, from mental health practitioners and students of all schools of psychotherapy to anyone interested in the extraordinary potential of the human spirit.

ABOUT THE FILMMAKERS

Jay Haley studied with Dr. Milton Erickson for 17 years, and has passed Erickson's teachings to his own students. He is a major editor of Erickson's works and has authored many books about him. One of the founders of family therapy, Mr. Haley is widely acclaimed as a teacher and author whose prolific work has influenced generations of therapists. Madeleine Richeport is a noted filmmaker whose work is based on her research in Brazil and the Caribbean. In addition to being a personal friend, Erickson guided her trance investigations for 10 years.

TO ORDER

CALL TOLL-FREE (800) 825-3089 ■ FAX (212) 242-6339
[In N.Y. State, call (212) 924-3344]

To order by mail in the U.S., send payment plus \$2.75 for one tape, \$1.25 for each additional tape for postage and handling. (NYC residents add 8 1/4%; NY State 4% plus local tax. In NYS, sales tax must be paid on postage and handling.) **Canada and Foreign:** Add \$4.00 for the first tape, \$2.00 each additional tape. A purchase order must accompany all institutional orders. Please include Bk#(s). Visa, American Express, MasterCard users, provide account number and expiration date. You may return the tape within 30 days for a full refund if unsatisfactory. Send to:

OML=E19

BRUNNER/MAZEL Publishers • 19 Union Square West, Dept. E19, New York, NY 10003

(PAID ADVERTISEMENT)

Early Planning begins for Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

The Milton H. Erickson Foundation staff is beginning work on the Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy.

The event will be held Dec. 6-11, 1994, in Century City, Calif., a suburb of Los Angeles. The Congress headquarters will be in the Century Plaza Hotel, a luxurious property near Beverly Hills.

The meeting will be clinically oriented, with presentations featuring workshops, panels, demonstrations and other interactive events. A call for proposals is under way. A form can be found on page 3 of this issue.

A brochure will be available soon after the first of the year. Persons interested in receiving additional information should call, write or fax the Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; (602) 956-6196; fax, (602) 956-0519.

Space available in Orlando for student volunteers

Openings still are available for full-time graduate students to serve as volunteers at the Brief Therapy Conference in Orlando, Fla., Dec. 8-12.

In exchange for a waiver of registration fees, students may work as monitors, registration and continuing education assistants and as helpers for faculty and staff. Other types of assistance also may be assigned.

Selected volunteers will be asked to submit a \$50 deposit, which will be refunded after completing their participation in the meeting.

For additional information, write Diane Deniger, Volunteer Coordinator, The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500.

Call For Proposals

A Call for Proposals form is included in this issue of *The Newsletter*.

It is the only opportunity given to submit proposals for the Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, scheduled for Dec. 6-11, 1994, in Los Angeles, Calif. Proposals will be accepted for short courses and symposia. There will be no papers featured at the Congress.

Professionals interested in submitting proposals may send information to The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500.

Restricting Lay Hypnotists

By
D. Corydon Hammond, Ph.D.
University of Utah, School of Medicine

Milton H. Erickson, M.D., was strongly opposed to lay and stage hypnotists and their extravagant claims and misuses of hypnosis. These individuals can tarnish the image of hypnosis and of legitimate professionals who use these techniques. Today, thousands of persons call themselves "hypnotherapists" and often seek to practice psychotherapy and medicine without appropriate credentials and licenses.

More than 50 professional references indicate hypnosis, like psychotherapy, can be harmful when not conducted by

ERICKSON MONOGRAPHS

By
Stephen R. Lankton, M.S.W.,
Gulf Breeze, FL

Erickson Monographs #9 is in press. Co-edited by Kristina K. Erickson, M.S., M.D., the book features a case transcript and comments by a group of experts who discuss their perspectives of the successful therapy. This format has not been used before in the *Monographs*.

Robert Schwarz, Psy.D., is co-editing *Erickson Monograph #10*. This edition is focused on Ericksonian approaches to trauma recovery. Papers are being solicited for this issue at this time.

Jeffrey K. Zeig, Ph.D., will co-edit *Erickson Monographs #11*, which will deal with issues of behavioral medicine. Papers are also being solicited for this issue which is scheduled for publication in 1994.

Additionally, in 1994, Rodger Kessler, Ph.D., will co-edit an issue which will deal with the development of Ericksonian therapy over the last decade.

Readers are encouraged to submit articles on statistical research, case reports and practical aspects of intervention. Direct submissions to Stephen Lankton, M.S.W., Editor, Box 958, Gulf Breeze, FL 32562; telephone: (904) 932-6819.

appropriately educated professionals. Thus, considerable dangers can exist when lay or untrained persons use hypnosis to treat medical and mental disorders.

The American Society of Clinical Hypnosis, under my leadership, drafted legislation which would realistically reduce the scope of practice of lay hypnotists. Medical, psychological and social work organizations are being encouraged to present this information to state legislatures.

The legislation would require that lay persons who are not licensed in one of the health professions not use hypnosis to treat psychiatric, psychological, medical or dental conditions. The legislation

also would eliminate stage hypnosis shows in middle and high schools.

Your support in this important effort is needed. For a copy of the legislation and supportive materials for your professional organizations or legislature, please contact: The American Society of Clinical Hypnosis, 2200 East Devon Avenue, Suite 291, Des Plaines, IL 60018 [(708) 297-3317]

Editors' Note:
We support this important effort of the ASCH. Hypnosis is a powerful psychological tool. Its use should be restricted to trained professionals in the health professions.

Hypnotherapy: An Ericksonian Approach Toward Problem Solving

STEPHEN LANKTON & CAROL LANKTON

in Pensacola Beach, Florida

Participation in both of these workshops (8 days) provides 50 hours of content which applies to the requirements for "Qualified Practitioner of Hypnosis" as defined by Florida licensing code chapters #490, 21U20.003 & #491, 21CC-7.002 for PSY, MFT, SW, and MHC.

Five-Day Intensive Training

April 23-27, 1994
Sept. 7-11, 1994

Tuition \$425

CE credits (3 2) - MFT, SW, MHC, & Psych.
Eligibility: Masters or Doctorate in Mental Health Disciplines.

Three-Day More-Advanced Training

April 28-30, 1994
Sept. 12-14, 1994

Tuition \$285

CE credits (1 8) - MFT, SW, MHC, & Psych.
Eligibility: five days previous Lankton training since 1990.

For information & registration, contact: Carol H. Lankton, P.O. 958, Gulf Breeze, FL 32562, USA. (904) 932-6819.
CEUs offered by Ericksonian Training Seminar #CM-018-95 & P-51-94.

INTRODUCING THE INSTITUTES

By

George Glaser, M.S.W.

The Milton H. Erickson Institute
of Austin, Texas

THE NEW YORK MILTON H. ERICKSON SOCIETY OF PSYCHOTHERAPY AND HYPNOSIS

Little did I realize the enjoyment that lay ahead when I accepted the task of introducing the New York Milton H. Erickson Society for Psychotherapy and Hypnosis (NYSEPH). I thought it would be just one more addition to my already-busy schedule. Those thoughts came before I received copies of NYSEPH's rich and interesting newsletters dating back to March 1982. They were before I heard the excitement in the voices of Sidney Rosen and Jane Parsons-Fein as they recalled the magic of Erickson's stories, the founding of their organization, and their pleasure in reviewing the results.

In 1979, Sidney Rosen met with a small group of clinicians to discuss the work they had separately done with Milton Erickson. The group included Rita Sherr, Naomi Schecter, Joan Poelvoorde, Elaine Rosenfeld and Bob Mayer. As they met in their informal discussion group, they decided to form an organization which would sponsor workshops and teaching seminars. This would enable them to reach a larger group of professionals. Jane Parsons-Fein, who had recently met with Erickson, joined the group and Jeffrey Feldman also became an active founding member.

Parsons-Fein and Rosen shared some fond memories of those first meetings. As they conversed, it became clear they had not suspected the small discussion group would blossom into an official, state-approved educational organization with a large membership, stimulating newsletters, year-long intensive training programs and a diversity of other educational activities.

The first official "meeting" of NYSEPH took place in Parsons-Fein's apartment with a grand total of five attendees. A mere 12 years later, there is a membership of 125 people, and average attendance at the monthly meetings range from 90 to 100 people! Recently NYSEPH held ceremonies for 40 graduates of their 100-hour training program. This program carries out NYSEPH's commitment to make the rigor and effectiveness of Milton Erickson's approaches available to as many people as possible.

History

In addition to Rosen, Parsons-Fein, Sherr and Feldman the founding officers included Naomi Schecter, Ph.D., Jack Jaffee, Ed.D., Joan Poelvoorde, C.S.W. and Anthony Gabriele, Ph.D. Feldman coordinated efforts and paperwork required for incorporation. Naomi Schecter, Ph.D., Jack Jaffee, Ed.D., and Joan Poelvoorde, C.S.W., contributed their services as officials in the fledgling Institute. The group industriously worked to establish quality educational programs to interest and attract professionals into the organization.

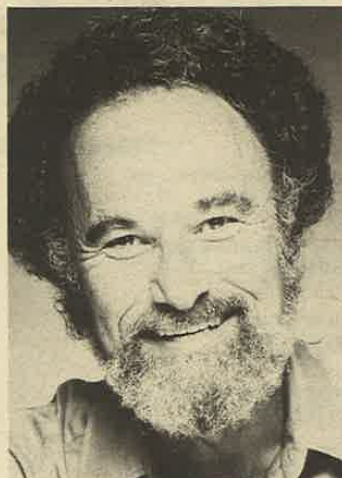
The initial designation of NYSEPH was "The New York Society for Ericksonian Psychotherapy and Hypnosis." As the Society grew and evolved, application was made to the New York State Department of Education for charter as an educational institution. The state suggested the name Ericksonian Psychotherapy and Hypnosis might lead to confusion between Erik Erikson and Milton Erickson. The officers made the decision to add "Milton H." The state was satisfied with the further delineation of the name and the organization was formally chartered.

NYSEPH newsletters are fascinating. Volume 1, Number 1, was published in March 1982 with Parsons-Fein as founding editor. The newsletters are published on an annual basis with periodic additional issues. These well-written and interesting chronicles provide a fascinating glimpse of ideas and energy of this group. There have been interviews with such talented professionals as Kay Thompson, Virginia Satir, Carl Whitaker, Michele Ritterman, Ernest Rossi, David Cheek and Candace Pert.

Summaries of some of the diverse activities sponsored by the NYSEPH are featured in the newsletter. These programs cover a broad range of clinical areas from the treatment of lupus, stress management, pain control, hypnosis for nurses and therapeutic communication for physicians to long-term sequential training in Ericksonian Hypnosis.

The Newsletter describes presentations given at monthly meetings. Presentations included the use of hypnosis in police work, anthropological sessions, Erickson-based treatments for eating disorders, dissociative states, multiple personality and smoking addiction, an overview of chaos theory in psychology, as well as a comparison of Moshe Feldenkrais and Erickson.

The Newsletters contain a wealth of book reviews and other material and are a pleasure to read.



Sidney Rosen



Jane Parsons-Fein



Rita Sherr

Growth

The organization currently has 14 members on its Board of Directors. Membership has grown enough to add a secretary and an administrative assistant to facilitate the organization of training programs. There are five active committees participating in the Society. NYSEPH has a satellite location in New York State's Orange County and has conducted a separate training program at Lenox Hill Hospital. They are considering establishing a training program in the Boston area and are expanding the training of nurses and allied health care workers who work directly with hospitalized patients. There is a Speakers Bureau which matches various members with requests from the community.

Recently the group has initiated work on Ericksonian approaches with AIDS patients. Additionally there is strong support for research as it pertains to Ericksonian Hypnosis and Psychotherapy.

Members of NYSEPH have been active in teaching on the local, national and international levels. They have presented at the American Group Psychotherapy Association, the Orthopsychiatric Conference, in France, Sweden, Austria and Germany and at The International Congress of Hypnosis and Psychosomatic Medicine at The Hague, as well as at functions sponsored by the Milton H. Erickson Foundation.

The most well-known publication by members is *My Voice Will Go With You: The Teaching Tales of Milton H. Erickson*, by founding president, Sidney Rosen, M.D. James Warnke, C.S.W., a past president, is the author of *Becoming an Everyday Mystic*.

NYSEPH stands out as a highly professional organization, yet they emanate a gentleness of spirit and heart. Among their presenters was Erickson's late sister, Bertha Gallun, who offered insights that only a sister could offer. She reminisced about Erickson's parents, childhood and included tidbits such as the reason for Erickson's schoolboy nickname of Pat — he always had his school lessons down "pat."

After Erickson's death, the Society planted 15 purple flowering smokebushes in Central Park, by a lake in front of Belvedere Castle. Elizabeth Erickson and Bertha and Ray Gallun were honored guests at this memorial ceremony. Parsons-Fein takes photographs of the now flourishing bushes to send to Mrs. Erickson.

The entire membership of NYSEPH can take great pride in this vital and expanding organization. This Institute is a dynamic example of how the legacy of Milton H. Erickson serves as a foundation for interdisciplinary and multi-theoretical learning.

The address and phone number of NYSEPH are 275 Central Park West, #4B, New York, NY 10024; (212) 628-0287.

The Milton H. Erickson Foundation

Audiocassette Series...

Workshops from the Foundation Hypnosis and Psychotherapy

Please Circle Selections

- | | | | |
|--|---|---|--|
| E297-6AB
\$21.00
(2 tapes) | Workshop 1: Eye Movement Desensitization and Reprocessing , Francine Shapiro, Ph.D. | E297-26
\$10.50 | Workshop 22: Hypnotic Abreaction and Reframing for Working Through Trauma , D. Corydon Hammond, Ph.D., ABPH |
| E297-7AB
\$21.00
(2 tapes) | Workshop 2: Reclaiming The Feminine Self In Hypnotherapy , Noelle Poncelet, Ph.D. | E297-27AB
\$21.00
(2 tapes) | Workshop 23: Hypnotherapy with HIV Patients , Burkhard Peter, Dipl. Psych. |
| E297-8AB
\$21.00
(2 tapes) | Workshop 3: Hypnosis as Metaphor: An Introduction , Charles Stern, Ph.D. | E297-28AB
\$21.00
(2 tapes) | Workshop 24: Invitations to New Life Stories: Using Questions to Elicit Experience of Alternative Possibilities , Gene Combs, M.D., Jill Freedman, M.S.W. |
| E297-9
\$10.50 | Workshop 4: Fritz Perls Meets Carl Rogers: A "Gentle" Path Toward Integrating Parts , Robert Schwarz, Psy.D. | E297-29
\$10.50 | Workshop 25: Working with the Problem Drinker: A Solution-Focused Approach , Scott Miller, Ph.D. |
| E297-10AB
\$21.00
(2 tapes) | Workshop 5: Becoming A Healer Using Self-Hypnotic Techniques , Sandra Sylvester, Ph.D. | E297-30AB
\$21.00
(2 tapes) | Workshop 26: Systematic Training of Mental Skills in Sports and Life , Lars-Eric Unestahl, Ph.D. |
| E297-11AB
\$21.00
(2 tapes) | Workshop 6: Staying Out of "Bad" Trances , Philip Booth, Cert. P.S.W. | E297-31AB
\$21.00
(2 tapes) | Workshop 27: Demonstrations II , Yvonne Dolan, M.A., Lynn Johnson, Ph.D. (Also available on videotape) |
| E297-12AB
\$21.00
(2 tapes) | Workshop 7: Addiction and Hypnosis , Michael Elkin, M.A. | E297-32AB
\$21.00
(2 tapes) | Workshop 29: Using Ericksonian Concepts to Streamline The Process of Psychotherapy , Herbert Lustig, M.D. |
| E297-13AB
\$21.00
(2 tapes) | Workshop 8: Time Line Therapy , Tad James, M.S. | E297-33AB
\$21.00
(2 tapes) | Workshop 30: Happy Endings: Promoting Ericksonian Outcomes , Ronald Havens, Ph.D., Catherine Walters, M.S.W. |
| E297-14AB
\$21.00
(2 tapes) | Workshop 9: Therapy with the "Inner Family" with Symptoms as Coalition Partners and "Ego" as President - Hypnotic Systemic Concepts for Context-Related Work with Internal and Interactional Systems , Gunther Schmidt, M.D. | E297-34AB
\$21.00
(2 tapes) | Workshop 31: The Dynamics of Problem Solving (Not Pathology) , Stephen Lankton, M.S.W. |
| E297-15AB
\$21.00
(2 tapes) | Workshop 10: Anxiety Disorders and Milton Erickson , Lynn Johnson, Ph.D. | E297-35AB
\$21.00
(2 tapes) | Workshop 32: Mind-Body Approaches to Hypnotherapy , Ernest Rossi, Ph.D. |
| E297-16AB
\$21.00
(2 tapes) | Workshop 11: Hypnosis, Metaphors and Solutions: Creating the Expectancy for Change , William Matthews, Jr., Ph.D. | E297-36AB
\$21.00
(2 tapes) | Workshop 33: Clinical Demonstrations and Experiential Exercises in Dealing with Resistance , Robert Pearson, M.D. |
| E297-17AB
\$21.00
(2 tapes) | Workshop 12: Frameworks: Fundamentals of Ericksonian Hypnosis , Jeffrey K. Zeig, Ph.D. | E297-37AB
\$21.00
(2 tapes) | Workshop 34: The Creation of "Reality" Through Language , Paul Watzlawick, Ph.D. |
| E297-18AB
\$21.00
(2 tapes) | Workshop 13: Demonstrations I , Camillo Lorio, M.D., Betty Alice Erickson-Elliott, M.S., L.P.C. (Also available on videotape) | E297-38AB
\$21.00
(2 tapes) | Workshop 35: Storytelling with Adults Abused as Children , Deborah Ross, Ph.D. |
| E297-19AB
\$21.00
(2 tapes) | Workshop 15: Inventing the Future , Michael Yapko, Ph.D. | E297-39
\$10.50 | Workshop 36: Therapeutic Storytelling and Poetry in Breaking the Spell of the Dysfunctional Rapport , Michele Riterman, Ph.D. |
| E297-20
\$10.50 | Workshop 16: "Competency Based Brief Therapy" - Using Erickson's Patterns , Norma Barretta, Ph.D., Philip Barretta, M.A. | E297-40AB
\$21.00
(2 tapes) | Workshop 37: Self-Hypnosis: An Ericksonian Method , Brian Alman, Ph.D. |
| E297-21AB
\$21.00
(2 tapes) | Workshop 17: Self-Esteem and the Family Trance , Jane Parsons-Fein, C.S.W. | E297-41AB
\$21.00
(2 tapes) | Workshop 38: Strategizing Psychophysiological Hypnotherapy , Helen Erickson, R.N., Ph.D. |
| E297-22AB
\$21.00
(2 tapes) | Workshop 18: People of the Second Wind: Methods of Utilizing Conscious/Unconscious Wisdom - Propelling Clients Over the Hill and Beyond , Donna Spencer, Ph.D. | E297-42
\$10.50 | Workshop 39: Single-Session Therapy , Moshe Talmon, Ph.D. |
| E297-23AB
\$21.00
(2 tapes) | Workshop 19: The Ways and Whys of Wise Words , Kay Thompson, D.D.S. | E297-43AB
\$21.00
(2 tapes) | Workshop 40: Metaphor and Imagery in Psychosomatic Medicine , Marlene Hunter, M.D. |
| E297-24AB
\$21.00
(2 tapes) | Workshop 20: From Persona to Person: The Birth of a Generative Self , Stephen Gilligan, Ph.D. | E297-44AB
\$21.00
(2 tapes) | Workshop 41: Demonstrations III , Gene Combs, M.D. & Jill Freedman, M.S.W., Gunther Schmidt, M.D. (Also available on videotape) |
| E297-25AB
\$21.00
(2 tapes) | Workshop 21: Hypnotic Phenomena: The Essence of Intervention , John Edgette, Psy.D., Janet Edgette, Psy.D. | E297-140AB
\$21.00
(2 tapes) | Workshop 43: Ericksonian Therapeutic Tactics: Using a Naturalistic Trance in Therapy , Betty Alice Erickson-Elliott, M.S., L.P.C. |
| | | E297-141AB
\$21.00
(2 tapes) | Workshop 44: Body Memories: Drawing On Future Stories To Heal Past Trauma , Nancy Napier, M.A., M.F.C.C. |
| | | E297-142AB
\$21.00
(2 tapes) | Workshop 45: Strategic Treatment of Panic Disorder , R. Reid Wilson, Ph.D. |

ERICKSONIAN METHODS: The Essence of the Story

Fifth International Congress on Ericksonian Approaches to Therapy Dec. 2-6, 1992, Phoenix, Arizona

Please Circle Selections

- | | | | |
|---|--|---|---|
| E297-143
\$10.50 | Workshop 46: Language Learning,
Robert McNeilly, M.B.B.S. | E297-154AB
\$21.00
(2 tapes) | Workshop 58: Erickson as Shaman, or: The Essence
of the Story is its Mystery, Carl Hammerschlag, M.D. |
| E297-144AB
\$21.00
(2 tapes) | Workshop 47: Your Trance and Mine — Living
Hypnotically in a Hypnotic World,
Norman Katz, Ph.D., Marc Lehrer, Ph.D. | E297-155AB
\$21.00
(2 tapes) | Workshop 59: The Use of Hypnosis in Family
Therapy, Camillo Loreda, M.D. |
| E297-145AB
\$21.00
(2 tapes) | Workshop 48: Transformational Metaphors: Creating
an Expanded Healing View for Children and
Adolescents, Joyce Mills, Ph.D. | E297-156AB
\$21.00
(2 tapes) | Workshop 60: Practical Ericksonian Techniques For
Treatment of Sexual Abuse and Other Trauma,
Yvonne Dolan, M.A. |
| E297-146
\$10.50 | Workshop 49: One Thousand Induction
Techniques and Their Application to Thinking and
Therapy, Sidney Rosen, M.D. | E297-157
\$10.50 | Workshop 61: The Use of Rituals in
Psychotherapy, Philip Barker, M.B., B.S. |
| E297-147AB
\$21.00
(2 tapes) | Workshop 50: Strategic Approaches to
Personality Disorder, John Behars, M.D. | E297-158AB
\$21.00
(2 tapes) | Workshop 62: Introduction to Semi-Traditional
Hypnotism, Andre Weitzenhoffer, Ph.D. |
| E297-148AB
\$21.00
(2 tapes) | Workshop 51: The Couple's Hypnotic Dance,
Carol Kershaw, Ed.D. | E297-159AB
\$21.00
(2 tapes) | Workshop 63: Gender Determinants in Family
Problems: Implications for Brief Therapy,
Richard Fisch, M.D. |
| E297-149
\$10.50 | Workshop 52: What's The Problem?,
John Weakland, M.F.C.C. | E297-160
\$10.50 | Workshop 64: To Make a Long Story Short: Creating
a Therapeutic Story from the Child's Imaginative
Perspective, Linda Epstein-Graval, M.A., M.F.C.C. |
| E297-150
\$10.50 | Workshop 53: Solution Talk, Steve de Shazer, M.S.W. | E297-161AB
\$21.00
(2 tapes) | Workshop 65: The Illegal, Immoral and Unethical
Practice of Hypnosis: Avoiding Ethical Quagmires
and Legal Pitfalls, Alan Schefflin, J.D. |
| E297-151AB
\$21.00
(2 tapes) | Workshop 54: Learning to be Apart of the Story: The
Utilization of Dissociative States, A Shift from
Pathology to Health, Gary Ruelas, Ph.D.,
Richard Landis, Ph.D., Terry Argast, Ph.D. | E297-162AB
\$21.00
(2 tapes) | Workshop 66: What Do You Say After They Close
Their Eyes?: Telling Stories That Stimulate Thinking
and Retrieve Resources, Carol Lankton, M.A. |
| E297-152AB
\$21.00
(2 tapes) | Workshop 55: Demonstrations IV,
Scott Miller, Ph.D., Michael Elkin, M.A.
(Also available on videotape) | | |

Audiocassette Order Form

The Fifth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

The Milton H. Erickson Foundation, Inc.

3606 N. 24th Street, Phoenix, AZ 85016, U.S.A.

Phone: (602) 956-6196 Fax: (602) 956-0519

All presentations are unedited, verbatim material and are available as audiotape copies on 90-minute cassettes. Mail orders must include \$1.00 for each tape up to a maximum of \$10.00 for shipping. (Count "A" as one tape; "B" as second, etc.) **Please allow four to five weeks for delivery.**

ELIGIBILITY: These tapes may be purchased 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 by 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 can purchase tapes if they supply a letter from their department certifying their student status.

Total No. of Cassettes Ordered _____
Purchase orders accepted for
purchases of \$100.00 or more.

SUB-TOTAL \$ _____
Arizona Residents add 1.2% Sales Tax: \$ _____
SHIPPING & HANDLING: \$ _____
(Include \$1.00 for each tape
up to a maximum of \$10.00)
Foreign Orders: Add 10% surcharge of
subtotal for additional shipping & handling \$ _____

All mail orders must be accompanied by full payment in U.S. dollars. All sales are final.

TOTAL: \$ _____

Enclosed is my check for \$ _____
Charge this to my Credit Card: VISA MasterCard

Account No. _____ Card Expiration Date _____

Please complete all information below

Signature _____

SHIP TO: (please print)
Name: _____ Degree: _____
Address: _____ Major: _____
City/State/Zip: _____ University: _____
Daytime Telephone _____ Lic/Cert Type & Number: _____

SEND ORDER FORM AND REMITTANCE TO:

The Milton H. Erickson Foundation, Inc.
3606 N. 24th Street, Phoenix, Arizona 85016, U.S.A. — (602) 956-6196
Fax: (602) 956-0519

Erickson's Naturalistic Hypnotherapy: Current & Future Research

By

Ernest Lawrence Rossi, Ph.D.
Malibu, CA

The most important inspiration for the innovative psychotherapy of Milton H. Erickson may have been his belief that we need to return to everyday life to gain a deeper understanding of human nature. He continually encouraged his students to look at themselves and life with an open and wondering attitude. He really believed that all previous theories about the human condition were presumptuous and premature. We all are still in kindergarten; above all we need to continue learning with the openness of childhood. Erickson believed that fresh insights and more enlightened ways of being are available to us every day — every hour — every moment we are open to receiving.

This is most evident in two of his early papers where he brilliantly illustrated the essence of his naturalistic and utilization approach to understanding human behavior and responding to it in a hypnotherapeutic manner.

"By naturalistic approach is meant the acceptance and utilization of the situation encountered without endeavoring to psychologically restructure it. In so doing, the presenting behavior of the patient becomes a definite aid and an actual part in inducing a trance, rather than a possible hindrance. For lack of a more definite terminology the method may be termed a naturalistic approach in which an aspect of the principle of synergism is utilized." (Erickson, 1958)

During the last eight years of his life when I received my training with him, I often felt breathless in my struggle to grasp the profound subtlety of how this principle of synergism is utilized. Over the past dozen years Erickson's students have endeavored to explore how we might better understand and synergistically utilize an aspect of human nature that Erickson called "the common everyday trance." In my first book with Erickson, I summarized about two dozen easily observable behavioral signs of the common everyday trance (or trance readiness indicators) that Erickson often used to facilitate a naturalistic trance induction. In virtually all my books about

Erickson's approach, the utilization of the common everyday trance has been a leitmotif in helping people recognize those optimal periods throughout the day when they could access their own creative potentials for solving problems in their own way.

The documentation and compilation of Erickson's clinical wisdom is one thing but empirical research that can connect this wisdom with developments in the life sciences is something else. A major theme of current research is that Erickson's concept of the common everyday trance may be used as a window to access our natural mind-body rhythms that are associated with optimal well being and healing as well as stress.

My own basic hypothesis is that when we chronically ignore our natural mind-body signals to take regular breaks, we are interfering with our natural ultradian healing response and fall into typical stress problems. Erickson's long hypnotherapeutic sessions (an hour and a half or more) enabled him to recognize and utilize the natural 20 minute ultradian healing response. "Hypnotherapeutic suggestion works because it entrains and synchronizes our natural mind-body rhythms of ultradian and circadian rest, restoration and healing. The secret of transformation from illness to health and higher levels of performance and well being is in recognizing and facilitating a person's own creative resources during these natural windows of inner focus and rejuvenation that arise periodically for about 20 minutes every hour and a half or so throughout the day." (Rossi, 1992).

Some of the basic questions guiding current research on Erickson's naturalistic approach outline a series of studies for the future:

1. Are ultradian and circadian mind-body rhythms associated with hypnotic susceptibility? Some of the leading edge chronobiological research has developed a methodology for shifting the human circadian pacemaker and attenuating endogenous circadian amplitude. Since numerous studies all found hypnotic susceptibility is a function of ultradian/circadian rhythms, we would expect that shifting and or temporarily attenuating a subject's circadian amplitude would be a way of temporarily shifting the peak period and/or modifying the subject's hypnotic susceptibility. A double blind study utilizing the well controlled Jewett methodology for modulating human biological rhythms would be the most direct and convinc-

ing documentation of an association between hypnosis and chronobiology.

2. Can Erickson's naturalistic-utilization hypnotherapeutic approaches shift the natural circadian and/or ultradian periods, pulses or phases of the endocrine system? Erickson believed that one of his key contributions to an understanding of the psycho-neuro-physiological basis of hypnosis were his clinical demonstrations of the hypnotherapeutic alteration of breast development and menstrual functioning. Since then a host of other researchers have documented these and other findings in gynecology and obstetrics that suggest hypnosis may modulate many hormonal and neuroendocrinological processes. Still, the critical research measuring how hypnosis can modulate the parameters of our natural ultradian pulses and rates of hormone flow remains to be done.

This would be an excellent opportunity to assess the relative merits of the different degrees of directiveness in the use of the therapeutic bind in facilitating creative choice. Recent research on the circadian/ultradian pulses of virtually all hormonal systems that have been measured provides very clear guidelines and experimental models about how such research could be conducted.

3. Can Erickson's naturalistic ultradian approaches modulate the molecular genetic level of mind-body communication? Here we come right down to the most intriguing developments of current mind-body research: Can mind methods be used to modulate the expression of our genes? This is a relatively easy research project since a practical model was already published by Glaser, et al. Those familiar with the messenger model Interleukin 2 will recognize that it is one of the crucial links that the psychoimmunological system has in its fight against cancer. Establishing this mind-gene link may there-

fore be a dramatic step in establishing the actual mind-molecular pathway for the continuing reports of the amelioration of cancer by psychotherapeutic methods.

Ericksonian approaches could be used in two ways: (1) Use hypnotherapy on medical students *before examination week* to prevent stress and the decrement of their Interleukin 2 receptor gene expression and/or; (2) Use hypnotherapy after examination week to facilitate recovery from stress and Interleukin 2 receptor gene expression.

Research Money

I offer a \$1000 prize to the researcher who first publishes in a designated journal a study unequivocally documenting how Ericksonian naturalistic utilization approach can shift, augment attenuate or augment the circadian/ultradian parameters. I am especially interested in encouraging graduate students to take a shot at these proposals especially for their Ph.D. dissertations. I would be happy to serve as a consultant to such research.

Erickson, M. (1958/1980). "Naturalistic techniques of hypnosis." In E. Rossi (ed.), *The Collected Papers of Milton H. Erickson on Hypnosis. I. The Nature of Hypnosis and Suggestion* (pp. 168-176). New York: Irvington.

Rossi, E. (1992). "The Wave Nature of Consciousness: A New Direction for the Evolution of Psychotherapy." In J. Zeig (ed.), *The Evolution of Psychotherapy: The Second Conference*. (pp. 216-231). New York: Brunner-Mazel.

Editors' Note: Dr. Rossi submitted several pages of references in his original draft. Contact the editors for additional information, and for the specific criteria regarding this research award.

Media of Note

A recent issue of *Phoenix*, the journal of L'Institut de Milton H. Erickson de Paris, was dedicated to the contributions of Paul Watzlawick. The tribute appears in Vol. 5, No. 18, of the journal.

For information, write Jean Godin, M.D., Ph.D., L'Institut Milton H. Erickson de Paris, 24 Rue des Ecoles, 75005 Paris, France.

The Journal des Viktor Frankl Instituts is available by subscription. A two-issue subscription is \$24.40 (for U.S. readers): Austria, 220.-AS; other European countries, 240.-AS.

Write Viktor Frankl Institut, Knodelhutenstrasse 21, a-1140 Vienna, Austria; Fax: (43-1) 914 2683.

* * *

* * *

A Institute for Advanced Clinical Training, Inc.
presents:

ADVANCES IN TREATING SURVIVORS OF SEXUAL ABUSE *Empowering The Healing Process II*

November 5-7, 1993 in Washington, DC
March 11-13, 1994 in San Diego, CA

Faculty: Mary Jo Barrett**, Ellen Bass,
John Briere*, David Calof, Patrick Carnes*,
Yvonne Dolan, Stephen Gilligan*, Stephen
Lankton, Wendy Maltz, Donald Nathanson**,
Mark Schwartz, Robert Schwarz, Suzanne
Sgroi**, Bessel van der Kolk & many others!

** Washington Only * San Diego Only

Thursday Pre-conference Seminar

Indirect Suggestion, Unwitting Therapist Influence & Other
Iatrogenic Issues in Trauma Work with David Calof & Robert Schwarz

Tuition* for Wash, DC	prior to	Sept 25	after Sept 25	San Diego prior to	Oct 1	Dec 1	Feb 1
Friday-Sunday		\$370	\$420		\$270	\$320	\$370
Thursday-Sunday		\$440	\$490		\$340	\$390	\$440

*Tuition includes networking lunch & conference workbook w/ handouts from ALL the workshops.
Groups of 3-4 10% off. Groups of 5 or more 15% off (must be received in one envelope)

Student Volunteers Needed -- Continuing Education Credits available

For Brochure, & other Info. contact Kim Minor at I.A.C.T., P O Box 166,
Ardmore, PA 19003 phone (215) 790-1414 or fax (215) 649-3739

(PAID ADVERTISEMENT)

Skill-based Training in Ericksonian Hypnosis and Brief Therapy

- Work more effectively with difficult clients.
- Access the healing force of the unconscious.
- Introduce change in more acceptable ways.
- Enhance the healing power of imagery.
- Make your clinical work more fulfilling with less effort.
- Reach deeper, more meaningful levels with your patients.

Nationally Known & Respected Trainers:
Gene Eberts, Ph.D. & Penny Eberts, M.S., CPC

Gene & Penny make a fantastic teaching team. For the past ten years they have met and exceeded the training expectations of close to 1000 health professionals. As invited presenters at over 50 state and private organizations, they have learned the importance of putting the student first. This is your training - your ideas will be respected, your needs will be recognized, and you will be glad you attended. Gene is a Licensed Psychologist with a Ph.D. from Stanford University. In the 15 years he has been in private practice, he has completed over 3000 hours of continuing education in hypnosis and psychotherapy. He is a Diplomate in Behavioral Medicine (IABMCP) and Hypnotherapy (ABP), and is President of the Maryland Society of Clinical Hypnosis. Penny is a Certified Professional Counselor and has been in private practice for 10 years. You can be assured of the most useful, and the most fun training in your professional career with these two trainers.

Please send me a free brochure on the following trainings:

- Clinical Hypnosis Training Program (48 approved CE hours)
- Pain Management: Alleviate Suffering with Hypnotic Communication Skills
- Clinical Applications of Brief Medical Hypnosis for Health Professionals
- The Mind, the Body & the Immune System: Hypnosis & Mind/Body Healing
- Support Skills for Dealing with the Dying Patient & the Grieving

**For more information, call (410) 730-2381, or
mail this coupon to:**

Eberts' Health Enhancing Seminars
9686 Basket Ring Road, Columbia, MD 21045

Name: _____ Phone: _____

Address: _____

(PAID ADVERTISEMENT)



Eye Movement Desensitization and Reprocessing 1993 Level I Training Francine Shapiro, Ph.D.

EMDR: "This has all the indications of being a major new resource in behavior therapy."

Joseph Wolpe, M.D., Originator of Systematic Desensitization

"EMDR is a powerful tool that rapidly and effectively reduces the emotional impact of traumatic or anxiety evoking situations. Consistent with Dr. Shapiro's current research, I have found the results of using EMDR to be stable over time."

Roger Solomon, Ph.D., Dept. Psychologist, Washington State Patrol

Trainer Consultant: U.S. Secret Service and the F.B.I.

"EMDR is by far the most effective and efficient treatment we have ever used with dissociative episodes, intrusive memories, and nightmares with Vietnam combat veterans."

Howard Lipke, Ph.D., Dir., Stress Disorder Treatment Unit, No. Chicago VAMC

"EMDR is a new and exciting treatment method which is now assisting people with a wide range of psychological problems. It is also bound to be a breakthrough in our understanding of the neurological basis of mental processes."

Robyn Robinson, Ph.D., Dir. Trauma Support Consultants, Founding Pres., Australasian Crit. Incident Stress Assoc., Melbourne, Aus.

1993 Dates: *Sept. 10/11 - San Francisco, CA Oct. 2/3 - Seattle, WA Oct. 16/17 - Phila., PA
Nov. 5/6 San Jose, CA Jan. 14/15, 1994 - Los Angeles, CA

*Sign Language Interpreting Available

The Eye Movement Desensitization and Reprocessing (EMDR) method accelerates the treatment of the presenting complaints and self-esteem issues related to both upsetting past events and present life conditions. A controlled study of Vietnam veterans and rape and sexual molestation victims indicated that the method is capable of a rapid desensitization of traumatic memories, including a cognitive restructuring and a significant reduction of anxiety, intrusive thoughts, flashbacks and nightmares.

The training will consist of lecture, live and videotaped demonstrations, and small group exercises. Participants will practice EMDR with direct observation and feedback. Special attention will be given to the creative formation of the specialized hierarchies which directly address the therapeutic needs of the clients.

Fee: \$285 [\$315 postmarked 15 to 30 days before seminar date; \$345 less than 14 days before seminar date.]

EMDR * P.O. Box 51010 Pacific Grove, CA 93950-6010 * (408) 372-3900 Fax: (408) 647-9881

Case Report: Isabel

By
Eric Greenleaf, Ph.D.
Berkley, CA

Background

Isabel has suffered fainting spells since she was three. At age ten, in the Philippines, Isabel cared for her grandfather who was the sole support of the family. When she was alone with him, the grandfather exhibited himself to her. She responded by fainting and, in her helplessness, he raped her. This was discovered by the family doctor who was called to treat her. The family warned Isabel never to tell what had happened because everyone depended on grandfather's financial support.

Now Isabel was 18, living in California with her father and brother and attending state college. A pretty girl, she was intimidated by the flirting of the football players who gathered around her at school.

I asked her neurologist if he had ever known patients with a long history of fainting to recover spontaneously. He confirmed this was possible.

Treatment

We did an hour's hypnotherapy with 12 clinic staff present. Isabel sat down in a dramatic, fearful posture. I sat far from her and spoke in a friendly, matter-of-fact way. She told me her goal was to use hypnosis to relax, to be less scared. She had had a fainting spell that morning. I said, "Show me how your face will look when you relax; show me so I'll know when I see it." She did, then showed, "warm, relaxed hands."

I asked, "What will I notice about the way you show your feelings?" I asked to see sad, silly, happy, angry and disgusted feelings. I had her choose a "yes" and a "no" hand and say the words, coaching her to project the "No!" and grading her performance.

Isabel asked, "Are you supposed to touch me?" I said, "No," and talked about doctors touching their patients without permission and how my son hated "having his hair mussed." I spoke of his childhood diseases and recovery, his fears, hurts and triumphs and about how he "will reach his majority at 18 to 21, when you get to say 'yes' and 'no' and people have to listen."

I told Isabel the opinions of the neurologist, the psychiatrist and the psychologist about "how long it takes to outgrow certain difficulties" as they

nodded agreement.

Then, in a deep hypnotic trance, she saw a screen of the past-present-future, of success at school, a friendly boy, laughter, the people in "this room, this city, this country."

When she opened her eyes and looked around the room, Isabel laughed and said, "How do you do that?" She giggled happily. "I saw some weird things, funny things," and then, with determination and resolve, "Now I can face my father!" Isabel left with thanks and a warm handshake.

Follow-Up

One month later, her psychologist told me Isabel was not so frightened out in the world: "She rides the bus and looks around. She has new clothes, a new hairdo. Now her brother praises her: 'You used to be a tomboy.' She notices some of the nice boys in her computer class. No fainting spells during the month."

Discussion: Isabel

By
Michael A. Tompkins, Ph.D.
San Francisco, CA

To comment in 400 words on the case presented here requires I do much reading between the lines. However, as I understand Ericksonian hypnotherapy, reading between the lines was part of the therapeutic "magic" of Milton Erickson. The space between the lines of Erickson's therapy and between the lines of Dr. Greenleaf's remarkable therapeutic encounter with Isabel is filled with *relationship*, the fulcrum on which therapeutic leverage and psychological growth rest.

Most commentary on Ericksonian therapy has focused on technique, thereby overlooking the human, experienced quality of Erickson's therapeutic conversations. The humanism of Ericksonian therapy is apparent in Dr. Greenleaf's work as he first encouraged and then accepted the full range of Isabel's emotions: "I asked to see sad, silly, happy, angry and disgusted feelings." In this way, he communicated his acceptance of Isabel — his respect for who she is and for what she brings to their therapeutic conversation. In addition, Dr. Greenleaf brought to the therapy the expectation that Isabel knew the difference between Yes and No — "I had her

choose a 'yes' and a 'no' hand" — and that Isabel could and would say Yes and No to him and to others; that her fainting spells need no longer speak Yes or No for her. As Malon (1989) suggests, such acceptance on the part of the Ericksonian therapist is both a strategy of utilization and an attitude of respect.

Then Dr. Greenleaf spoke to Isabel of his own son, how he hated to have "his hair mussed" by someone else. This creative metaphor enabled the therapist to speak to Isabel's feelings of victimization and to encourage her to regain control of her physical and emotional space. But, as importantly, through this metaphor, Dr. Greenleaf shared something personal with Isabel, something about him and his relationship with his son.

Anderson and Goolishian (1988) refer to such disclosure in a therapy as those times the "therapist takes a risk." They claim such risk-taking is central to true *dialogue* with another, that it builds trust and is essential to intimate conversation. As a therapist, Erickson took a great many risks. In part, the nature of his risk-taking provides the greatest material for his antagonists who have labeled Ericksonian therapy "manipulative." Dr. Greenleaf is not "manipulating" Isabel but is conversing with her. I suspect Isabel knew the difference, as does Dr. Greenleaf, and as did Milton H. Erickson.

Anderson, H., and Goolishian, H. (1988). Human systems as linguistic systems: Preliminary and evolving ideas about the implications for clinical theory. *Family Process*, 27, 371-393.

Malon, D.W. (1989). Putting life into therapeutic relationship, in Lankton, S. (Ed.) *Ericksonian hypnosis: Application, preparation and research*. (pp 23-33) New York: Brunner/Mazel.

Editors' Note: Any physical symptom must be evaluated by a medical doctor. Dr. Greenleaf was in contact with Isabel's neurologist, and care by the physician was an integral part of this care.

A benefit of indirect suggestion is that the individual is able to tailor the message exactly to personal perceptions and needs. Dr. Tompkins very ably addressed some of the facets of Dr. Greenleaf's work. Other readers will see other facets.

ANNOUNCING

THE FELDENKRAIS® METHOD PROFESSIONAL TRAINING PROGRAM

Beginning October 1993
with a ten-day
segment in the
San Francisco-Bay Area

Educational Directors
Elizabeth Beringer
Dennis Leri, M. A.
David Zemach-Bersin, M. A.

The Feldenkrais Method is an awareness based practice using movement to focus learning at the juncture of thought and action.

Accredited by the
Feldenkrais Guild of North America
Sponsored by Feldenkrais Resources
P.O. Box 2067, Berkeley, CA 94702

For More Information Write or Call
TOLL FREE 800-765-1907

PAID ADVERTISEMENT

The University of California — San Diego
PRESENTS

Jeffrey K. Zeig, Ph.D.

"The Professional Growth and Development of the Therapist"

Saturday and Sunday, October 23 & 24, 1993 — 8 a.m. - 5 p.m.

La Jolla Village Professional Center, Ste. 2211, 8950 Villa LaJolla Drive, La Jolla

For Registration Information, contact

University of California — San Diego, UCSD Extension, Dept. 0176,
9500 Gilman Drive, La Jolla, CA 92093-0176, (619) 534-5544

(PAID ADVERTISEMENT)

TOPIC REVIEW

Quantum Psychology

Trances People Live: Healing Approaches in Quantum Psychology, by Stephen Wolinsky, Ph.D., in collaboration with Margaret O'Ryan. Bramble Books, CT. 1991. 270 pages.

Quantum Consciousness: A Guide to Experiencing Quantum Psychology, by Stephen Wolinsky, Ph.D., Bramble Books, CT. 1993. 255 pages.

Dr. Wolinsky seeks to integrate Eastern philosophy and Western psychotherapy with the principles of Ericksonian hypnosis in these two intriguing books. This undertaking is aided by descriptions of Wolinsky's personal experiences and numerous vignettes and examples which convey an understanding of content and process.

In this pioneering effort, Wolinsky begins *Trances People Live* with a lengthy overview of trance states as phenomena which hold together a vast array of symptoms. To approach an understanding of the client's pathology, the therapist must develop an awareness of the underlying deep trance phenomena by which the client's symptoms are being maintained. Treatment then focuses on deconstructing the deep trance phenomena to bring about a "no-trance state."

Wolinsky's "no-trance state" in many ways, resembles Erickson's therapeutic trance. The client's move from a sense of being personally attached to both their symptoms and their therapeutic process to becoming witnesses or observer, thereby detaching from the process.

Wolinsky defines client resistance in terms of asking the client to engage in competing trance phenomena. Since the client already is in a trance state, the underlying deep trance phenomena can be therapeutically accessed, worked with and expanded. Once the trance state is taken off "automatic pilot," the symptom structure maintained by the deep trance phenomena can be deconstructed.

Over the course of 14 chapters, Wolinsky provides an in-depth view of hypnotic phenomena. The relationship between deep trance phenomena, symptomatology and treatment is discussed with the aid of case examples. In the epilogue, the reader is left to ponder the possibility of moving beyond deep trance phenomena into the realm of quantum physics and quantum psychology.

It is evident that Wolinsky has synthesized the diversity of his experiences into a unique and pragmatically oriented approach to treatment. I found this book to be thought-provoking and insightful, although at times difficult to read. In his enthusiasm, Wolinsky occasionally made conceptual leaps that were difficult to follow and left me with the impression of theoretical inconsistencies. Despite these difficulties, my curiosity was piqued and I was eager to read Wolinsky's advancement of these ideas which he presented in his next book.

Quantum Consciousness is a collection of more than 80 contemplations and exercises which comprise a selected sampling of the experiential designed

learning based on Wolinsky's 15-day Quantum Psychology Seminar.

Quantum consciousness is defined as unity consciousness, a consciousness which moves individual experiences beyond the simple cause and effect view of reality. A seven stage model for reaching quantum consciousness is presented. Accompanying each stage are case examples, workshop participant comments and Wolinsky's personal experiences. Quantum psychology is grounded in the theories postulated in quantum physics, psychology, oriental healing, Buddhism, yoga, Sufi, and western philosophy. Through this diversity, Wolinsky has outlined a way to facilitate individual growth and development which leaves behind the realm of pathology and trauma to explore the unfolding of consciousness.

The impact of this conceptualization is far reaching. By moving out of the individual micro-perspective of reality and into the quantum view of consciousness, Wolinsky has identified a gentle yet effective way to foster awareness and

growth in the individual. Because consciousness is not linear, the exercises and contemplations can be approached according to the individual's own internal prompting and needs.

I found this book to be well organized, logically presented and easily read. The exercises are readily adaptable to group as well as individual therapy setting. The theoretical principles of Quantum conscious blend well with a wide variety of approaches to treatment.

Quantum Consciousness builds on the previous book, *Trances People Live*. The two books in tandem move the reader from an understanding of pathological trances, through no-trance states, to quantum consciousness. Dr. Wolinsky's exercises and contemplations will add diversity to any therapist's repertoire.

— Reviewed by
Paula J. Haymond, Ed.D.,
Licensed Psychologist
Houston, Texas

AUDIOTAPE REVIEW

Languaging Learning

by Robert McNeilly, M.B.B.S.

Audiotape E297-143AB (1992) Phoenix, AZ
Available from the Milton H. Erickson Foundation, Phoenix, AZ

In this taped workshop from the Fifth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, the listener immediately is struck by the informal quality of the presentation and the presenter's style. What emerges within a short time is the awareness that this workshop is about utilization in a very pure sense. It is an excellent reminder that hypnosis is the client's process. Although it is facilitated by the therapist, what matters most is what the client experiences. The tape begins with a somewhat difficult to listen to group go-around which determines the learning needs. However, the listener is then rewarded with a simple demonstration with a volunteer. McNeilly uses an economical style and provides a good illustration of utilization. He stresses the importance of learning as an essential part of the usefulness of hypnosis. Learning is then defined in action terms to emphasize the need for the clients to apply their learning. He

quotes Dr. Erickson as saying "Get your patients to do something," i.e. with respect to their problem. McNeilly defines learning as "adequate actions demonstrating confidence in a specific domain." He is well-practiced in his art.

Of particular interest to the listener is McNeilly's four-step approach to hypnosis. He presents this approach in his demonstration as well as articulates this technique at the conclusion of the session. McNeilly integrates Dr. Erickson's work from the perspective of emphasis on utilization and an active process of applying learning to any particular problem a client may bring.

I believe therapists ranging in experience from beginner to advanced can enjoy and appreciate the lessons in Languaging Learning because of its simplicity, elegance and educational aspects. The presentation provides valuable reminders that trusting the client's unconscious mind is the essence of effective hypnotherapy.

— Reviewed by
David J. Hudson, L.C.S.W.,
The Milton H. Erickson Institute
of South Florida

FOREIGN BOOK REVIEW

terapia cortada a la media; un seminario ericksoniano con Jeffrey K. Zeig

by Teresa Robles

Published (1991), 143 pages

The Editorial House of The Milton H. Erickson Institute of Mexico City, Nicolas San Juan 834 20 piso, Col. del Valle, Mexico, D.F. 03100. U.S. Mailing Address: Suite MX10-134, 5 East Coma, Hidalgo, TX 78557.

This book, written in Spanish, reviews a seminar given by Jeffrey K. Zeig, Ph.D., in Mexico City. Psychotherapeutic materials in the Spanish language are difficult to find and are much needed.

The seminar begins with the question: "What is hypnosis?" Zeig responds metaphorically. He uses the analogy of wrapping something valuable as a present and presenting it to the patient. Zeig describes how hypnosis can be used as

a tool to wrap and present ideas in an attractive form. With this present, hidden potentials can be accessed and used. Formal trances are not always necessary; therapists can use the words and "wrappings" appealing to the patient.

The book describes categories. Are patients introverted or extroverted? Is attention focused or diffuse? Is their thinking linear or mosaic? Are they visual, auditory or kinesthetic in their thinking? When they describe their world phenomenologically, do they tend to amplify or to reduce? Seeking balance and strengths within each patient is clearly emphasized and pursued.

Teresa Robles and Jeffrey Zeig are to be congratulated. *terapia cortada a la media* is a gift to health professionals practicing in the Spanish language.

— Reviewed by
Kay Cauthorn, CADAC
Dallas, Texas

Interview *continued*

very different from his previous response to others' similar requests. Maybe he heard and understood the honesty of my intention, which had no ulterior motive or consideration for personal aggrandizement. Initially, the videotaping was for my own learning, but later it was for other people's learning, too. Whatever he first heard and later witnessed about my determination and commitment to the project, he certainly appreciated that I was trustworthy and respectful of his confidences. I came to Milton as a sincere student, but also as a skilled professional, with a background of superb training. I was willing to make a considerable investment in time and money in order to study with him, so I could improve as a person and as a clinician. He considered himself to be a "family doctor who happens to specialize in psychiatry," and that has become my approach, also.

Eds: What did you learn from Dr. Erickson?

Dr. Lustig: Milton taught me to be more open minded about people, other points of view and other orientations to life. He taught me to develop myself as a person and as a therapist by exploring and examining the mental mechanisms that operated within me and the mechanisms that influenced psychotherapy. He taught me to respect the learning process, especially about therapy and not to constrain my efforts by attempting to label and structure the material into artificially organized and therefore, inaccurate and incomplete models. Milton also taught me to appreciate the subtle and powerful effects produced by alteration in a person's state of consciousness, and how to use deliberate alteration of consciousness in pursuit of a clinical goal.

Eds: Your professional relationship with Dr. Erickson spanned the time period when he moved from a more directive framework to a more indirect approach. Can you comment on this?

Dr. Lustig: Fortunately, I was able to learn from Milton when he was still much more directive in his therapeutic approaches, because my personal communication style is more direct with people than indirect. It is difficult to learn how to be politely and appropriately direct, and it requires a greater amount of deliberate practice. Being indirect is both easier and safer. I believe that Milton changed his approach when large numbers of people started visiting him in Phoenix, and he no longer had the time to supervise their training in his usual manner. If one uses an indirect ap-

proach incorrectly, the intervention will only be ineffective; but if one uses a direct therapeutic approach incorrectly, it has the potential for inflicting considerable harm to the patient. Therefore, direct therapeutic interventions require a greater level of clinical proficiency and clinical knowledge.

Eds: What advice do you have for students of Erickson's work regarding techniques for learning more about him and his work?

Dr. Lustig: If students want to learn about Milton's work they must go to the primary sources. Therefore, they must first immerse themselves in writings that were done by Erickson himself, especially in his earlier years. Only after a student is familiar with this material should other authors' writings be sought. The student must recognize, however, that other writings represent the authors' perceptions of Erickson's work, but not Erickson's actual work.

If the student has the opportunity to listen to or watch recordings that were made of Erickson's teaching or therapy, I recommend studying them without attempting to understand them in the usual way. They should be accepted with no frame of reference other than that the information within them is important and that it will be organized and understood by the student at a later moment in time.

Eds: What do you consider the strengths and weaknesses of the Ericksonian approach to be?

Dr. Lustig: The strengths of the Ericksonian approach include an emphasis on therapeutic creativity, the use of all of the patient's available internal and external resources and a respect for all aspects of a person's functioning which implies that nothing about the person is labeled bad. The Ericksonian approach is a learnable alternative or addition to other therapies. It is problem-focused, solution-oriented, and strategically guided.

The weakness of the Ericksonian approach, as it seems to be presently taught, is that it lacks an emphasis on the ongoing assessment of a patient's functional capabilities before and during the therapy. It also lacks an appreciation for direct approaches to therapy which are quite different from the indirect approaches that are so popular now. The present concept of an Ericksonian approach does not sufficiently recognize the various states of consciousness that exist within a person and that affect the totality of a person's functioning, both during and after a therapy session. Also, little mention is made of Erickson's pride in being a physician

continued on next page

AUDIOTAPE REVIEW

Poetry, Hypnotist Values, and Breaking Social Inductions of Hate and Violence

by Michele Ritterman

Audiotape E297-IAB [Session 1] (1992)
Phoenix, AZ. Available from the Milton H. Erickson Foundation, Phoenix, AZ

(Editors Note: Jeffrey K. Zeig, Ph.D., and Robert Pearson, M.D., presented sessions 2 & 3 of this audiotape. The review covers only Ritterman.)

Listening to this tape made me feel I had missed a seminal event at the 1992 International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. Michele Ritterman brings both passion and conviction to her presentation. She weaves poetic illustrations and illusions, challenges the inner standards and precepts we hold, and asks us to look, listen and react to the blitz of hate-filled messages we receive from newspapers, radio, T.V. and films. Hers is a refreshing attitude that counteracts the stance that places the therapist in the role of only observer and bystander. Ritterman asks that we utilize our own poetic muse that we call upon the most humane and nuture values we possess, and that we utilize our craft of hypnotherapy to induce within our clients a healthful and loving acceptance of diversity. As gentle advocates and role models, we can incorporate the poetic metaphor to counteract past messages of hate and violence, to deter intentional violence within the family, among communities and between nations.

Sharing Ritterman's five-part poetic induction as a model for therapeutic intervention, she strives to have us replace the warrior/poet/hero with that

of peacemaker/singer. Her voice resonates with acceptance of the natural darker side of the human personality yet encourages us to reach for, and appeal to the gentler, kinder spirit of ourselves and our clients/patients. She states clearly we not only have the right to appeal to the kinder aspects of the human personality but we have the responsibility to bring a healing perspective that encourages the most worthy aspects of the individual, the group and society.

As one who has a cerebral approach to her subject, and who has been a social activist, interviewing victims of violence and oppression, Ritterman brings a special sensibility to her subject matter. She has seen how the unintentional slur, left to fester, can lead to desecration. She has seen, too, how intervention can lead to nobler human behavior. Thus she asks that we act as interpreters of social suggestion and through our therapeutic interventions, as the practitioners of the art of induction, we encourage nonviolent solutions.

Ritterman cites an abundance of poetry and verse that can supplement our own inner prose. Indeed a glance at the local library or a bookstore can fuel the imagination and lend poetic metaphors to a fertile mind. But most important to the process — most vital to the work — is our own inner conviction and loyalty to Milton Erickson's belief in accepting people as they fully are, and our wish to transfer that belief via poetic inductions. We do not dictate, but we offer the opportunity and the possibility of the healing perspective as a way to "break the social inductions of hate and violence."

— Reviewed by
Judith Palais, M.S.W.
New Castle, New Hampshire

"The practice of psychotherapy should be interesting, appealing and charming"
-MILTON H. ERICKSON, M.D.-

NYSEPH

presents

Dabney Ewin M.D.

Hypnoanalysis for Psychosomatic Disorders

Saturday and Sunday, November 6th and 7th, 1993 - 9:00 a.m. to 5:00 a.m.
Einhorn Auditorium - Lenox Hill Hospital, 131 East 76th Street, New York City

A surgeon as well as a hypnotherapist, Dr. Ewin is President of the American Society for Clinical Hypnosis, President of the American Board of Medical Hypnosis, Clinical Professor of Psychiatry and Surgery at Tulane University and Clinical Professor of Psychiatry at Louisiana State University.

For Registration Information - Contact NYSEPH at (212) 628-0287

NYSEPH offers a training program in Ericksonian hypnosis and a presentation each month, September through June.

NYSEPH TRAINING PROGRAM

This is a comprehensive program with emphasis on ongoing, supervised practice and refinement of a wide range of hypnotherapy techniques.

Training Program tel.: (212) 873-4557

(PAID ADVERTISEMENT)

Combatting Cult Mind Control

by Steven Hassan

Park Street Press, VT (1990), 237 pages

Author and Rabbi Harold S. Kushner stated, "I came away from this book with a heightened sense of the urgency of the problem of mind-controlling cults, and a heightened admiration for Steven Hassan's work in understanding them and liberating people from them. It is a clear and valuable work." That statement expresses my sentiments exactly. The book's practical value is enhanced by the resource lists, usable definitions, extensive chapter notes, and exhaustive bibliography for a book of its size.

Combatting Cult Mind Control is a highly readable, 11-chapter combination of extensive research and authentic personal experience. Hassan explains the difference between coercion and personal freedom in this book. Through the step-by-step telling of his own story, "My Life in the Unification Church," I entered into his experience, identifying with him as a sincere, intelligent young person searching for answers to the deeper questions about God, life and human suffering.

Hassan delineates the cult processes of constantly structuring activities with no possibilities of being alone or being permitted to talk unchaperoned. This process, "Love Bombing," creates an intense environment that produces emotional and physical exhaustion. Combined with a spiritual hungering "to do the right thing" the process can create negative mind control. Hassan defines "mind control" as "A system of influences that disrupt an individual's identity (beliefs, behaviors, thinking and emotions) and replaces it with a new identity." (p. 7)

In Chapter Four, Hassan provides some guidelines for recognizing the signs of mind control when it is practiced in a group. He emphasizes that all mind control techniques are not inherently bad or unethical. The manner in which mind control techniques are used is of importance. When the locus of control remains with the individual, the integrity of the individual identity is protected. Cult groups deliberately create dissonance in people and exploit it for control. The term "mind control" as used in this book, refers to those systems that "seek to undermine an individual's integrity in making his own decisions." (p. 55)

Hassan cites the ethical therapeutic use of hypnosis as a tool that enhances personal control, promotes choice, and helps patients develop a more powerful self-autonomy. Therapeutic tools, including metaphors, surprise, and confusion, enable patients to move out of painful blocked areas while reconstructing a reality that enhances self-respect.

I highly recommend this book for all mental health professionals. Since patient empowerment is the primary objective in the therapeutic process, knowledge of both the destructive and constructive power of mind control is vital. In the foreword, Margaret T. Singer, Ph.D., states, "Anyone with a relative or friend who has become involved with a group using mind control procedures will find it (the book) useful." Destructive mind control exists. Prevention and understanding can be heightened when the general population and health professionals are educated as to how vulnerable we all are to the results of destructive mind control.

— Reviewed by
Peggy J. Cook, Ph.D.
Licensed Psychologist
Fort Worth, Texas

Interview *continued*

and of his exquisite understanding about the natural processes that occur in physical and mental disease.

Eds: Unlike many others who have studied with Dr. Erickson, you have maintained a primary focus as a clinician. Due to this focus, is your work different from others who divide their time between teaching, writing, and clinical work?

Dr. Lustig: Because I have focused my career primarily on clinical practice, my professional experiences have provided the stimulus that has induced me to develop my own theories, orientations and therapeutic methods. I have learned a great deal about how the mind functions in health and in sickness, and how people differ at the rate a which they create change within themselves. I have learned that the healing process within any person is controlled by that person's innate abilities, and I have learned how to access those abilities to assist the person to create change for themselves. My primary professional identity is as a healer for the community within which I reside. My teaching, writing and supervision are derived from that.

**Workshop Demonstration V
Brief Therapy
Conference, 1992**

by Carol Kershaw, Ed. D. &
Eric Greenleaf, Ph.D.

Videotape #E297-V12 Workshop 69 \$75.00 — 2 Hours. Available from The Milton H. Erickson Foundation, Phoenix, AZ

Viewers will be intrigued by the contrasting ways Ericksonian approaches are utilized in these two hypnotherapy demonstrations. In the first, a woman describes herself to her male partner as an overfunctioning wife and incorrigible rescuer. She believes her behavior demeans and stifles her husband.

Kershaw interweaves stories with multi-level suggestions about the relationship, with observations about the trance experience itself. Using the metaphor of singing, she talks about the importance of creating the right tone, and listening for the right note, despite anxiety.

She tells about a tree behind her office which cannot grow until the rigid concrete boundaries around it are broken. She suggests that, in trance, it is possible to develop physical warmth. She observes that although subjects may be seated separately they can connect. The woman's flowing trance experience trig-

gers memories of her deep connection with her husband during courtship when he made spontaneous efforts to please her.

By way of contrast, Greenleaf makes a precise, targeted, diagnostic assessment of the expressive style of a woman, describing heaviness and headache associated with a masculinized, critical introject. He adopts her metaphor for hope, physical motion. As she goes into trance, he transforms "motion" into the metaphor of "dance." He connects her to her own unconscious while communicating to him through hand levitation. Quoting Yates he recites: "Labour is blossoming or dancing where / The body is not bruised to pleasure sole."

She rejoins in a most amazing fashion. In trance, she was "at one with the dance," a paraphrase of the poem's last line, "How can we know the dancer from the dance."

In further spontaneous imagery, she mixes dough, a counterpoint to the abusive masculine part. Ultimately, she takes the criticizer and, recognizing his essential clumsiness, teaches him to dance.

— Reviewed by
Harriet E. Hollander, Ph.D.
The Milton H. Erickson Institute
of New Jersey

Eds: Do you consider yourself to be Ericksonian?

Dr. Lustig: Absolutely NOT! I'm Lustigian.

I currently am working on a book about my therapy which addresses the ideas and methods I have refined over the last 20 years. My style has evolved into a process that couples a continuous therapeutic altering of the patient's state of consciousness, with a strategic and problem-oriented focus. My belief is that symptoms occur when a person is in a particular state of consciousness that allows symptoms to be present. The purpose of therapy is to discover what that particular state of consciousness is, and how to find a way to guide the patient into entering and maintaining a different state of consciousness so that comfortable and competent functioning can occur and continue. All of this is done in the course of a seemingly ordinary therapeutic conversation.

Eds: In your demonstrations, you have used techniques which have been referred to as "theatrical." Will you please discuss this in the context of serious clinical teaching?

Dr. Lustig: Most of my demonstrations produce immediate therapeutic results that occur while the audience is watching. Some people might call this "theatrical," but I prefer to call it "effective."

In 1988, at The Fourth International Congress in San Francisco, I presented an invited address while having a juggler perform. The purpose for this was straightforward. Since I am a clinician, I prefer to teach by devising methods that assist my students to experience the various states of consciousness that I talk about. At the Congress, I attempted to create an environment that could allow the lecture to occur while the audience experienced an intense state of focused attention. The best method for inducing a trance is to provide a source of information that a person wants very much to concentrate upon, and then simultaneously to distract the person's attention by providing an analog of that information in a non-competitive sensory modality. While I was speaking, a woman silently juggled various objects at the side of the stage. She speeded up and slowed down with the rhythm of my

continued on next page

European Evolution Conference to feature new frontier

The Evolution of Psychotherapy Conference, schedule July 27-31, 1994, in Hamburg, Germany, will provide the opportunity to professionals outside the United States to experience one of the most important meetings in the field of psychotherapy.

"While we have had two Evolution Conferences in this country, we wanted to give more professionals outside the U.S. a chance to take part in this event," said Jeffrey K. Zeig, Ph.D., Erickson Foundation Director and organizer of the Evolution Conferences. "We had attendees from 27 countries in Anaheim in 1990. We hope by having the Conference in Germany, even more countries will be represented, and certainly more individuals from other countries can attend."

Bernhard Trenkle, Director of the Milton H. Erickson Institute of Rottweil, is organizing the Conference in Europe. To date, Trenkle said there are nearly 1,000 registrations, and more are coming in each day.

Both organizers hope people from the U.S. also will attend the Evolution Conference.

"Hamburg is a beautiful city," Zeig said. "The Congress Centre (site of the Conference) is state-of-the-art, and the attractions will appeal to everyone."

The faculty includes Aaron Beck, Albert Ellis, Viktor Frankl, Eugene Gendlin, William Glasser, Jay Haley, Mary Goulding, James Hillman, Helen Singer Kaplan, Arnold Lazarus, Alexander Lowen, Cloé Madanes, Judd Marmor, James Masterson, Donald Meichenbaum, Salvador Minuchin, Erving Polster, Miriam Polster, Ernest Rossi, Mara Selvini Palazzoli, Helm Stierlin, Thomas Szasz, Paul Watzlawick, Joseph Wolpe, Irv Yalom and Jeffrey Zeig.

For information, write M.E.T., Bernhard Trenkle, Dipl. Psych., Bahnhofstrasse 4, D-78628 Rottweil, Germany; or The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500.

Donations

The Milton H. Erickson Foundation has received \$975 in donations since the last *Newsletter*.

Special thanks go to M. Esther Bower, M.S.W., L.C.S.W., Fred Hartman, M.A., Samuel E. Hodges, M.S., Mary E. Myers, M.A., Tutsie Silapalikitporn, Ph.D., Robert F. Stepbach, Ed.D., Jane Turner, M.A., and Gunar Vereris.

The Erickson Foundation is a non-profit corporation and donations may be tax deductible within IRS guidelines.

Our thanks also go to the following:

Barbara A. Antonelli, Ph.D.,
R.N., C.S.

Rubin Battino, M.S., N.C.C.,
L.P.C.C.

Sonia Bello, M.S.

Irene Bockelman, M.S.W.

Ronnie R. Brenner, M.S.W.,
B.C.S.W.

Marta Campillo, M.A.

Cathy Chrietberg, M.A.

R. Vernon Enlow, Ph.D.

William F. Faddock, D.P.M.

Richard J. Fieber, M.S.

William S. Gorman, M.S.W.

Barbara Kirkpatric, M.A.

Eric Larsen, M.S.W.

Patricia L. Marks, Ed.S.

Samuel E. Menahem, Ph.D.

William V. Moore, M.S.

Jean Morris, M.A.

Kristine Nelson, M.S.

Mel Roy, Ph.D.

William J. Serafin, M.S.W.

Rabbi Mitchell Smith

Deborah L. Snelson, M.A.

Miguel A. Stamati, M.D.

Craig S. Thompson, M.S.W.

Sharon Van Fleet, M.S.

Interview *continued*

voice. When she dropped one of her objects, I immediately used the word "drop" and accompanied it by lowering my voice tone. The juggler provoked audience members into sharply focusing their visual attention, either toward her or away from her. The dissociation that was produced by my talking and her juggling induced an intense state of awareness in the audience. From what I could observe, there was not one person in that room who was not in a profound trance. The presentation went beyond the content of a lecture. It was an exercise in concurrent experiential and cognitive learning.

Eds: Thank you for the opportunity to learn more about Dr. Erickson, and about your own interesting work.

Dr. Lustig: Thank you for providing this larger forum.

— NEWSLETTER SUBSCRIPTION AND DONATION FORM —

Please check:

Please find my donation of \$ _____ to support the activities of The Milton H. Erickson Foundation. (The Foundation is a nonprofit corporation and donations may be tax deductible within IRS guidelines.)

I have moved. Please correct my address on your mailing list as follows below:

I am not currently on your mailing list. Please add my name so that I may receive the NEWSLETTER and other information about activities of the Milton H. Erickson Foundation. (NOTE: Students must supply a letter from their department indicating full-time status in an accredited graduate program.)

I no longer wish to be on The Erickson Foundation mailing list. Please remove my name from your mailing list.

Eligibility: The *Newsletter* is available 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 *Newsletter* also is available to professionals with mental health-related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Applications from graduate students in accredited programs leading to a degree in the above fields will be accepted if they supply a letter from their department on letterhead stationery certifying their full-time status.

*Due to rising postal costs we ask a two-year subscription for overseas readers be defrayed with a \$20 donation. Thank you for your continued support.

We accept VISA _____ and MasterCard _____ Card Number _____ Exp. Date _____

NAME: _____ DEGREE/DATE: _____

STREET: _____ MAJOR: _____

CITY/STATE/ZIP: _____ UNIVERSITY: _____

RETURN TO: The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500. Phone: (602) 956-6196; Fax: (602) 956-0519