

# The Milton H. Erickson Foundation NEWSLETTER

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Summer 1994

## Evolution of Psychotherapy Conference announced

The third Evolution of Psychotherapy Conference will be held in Las Vegas, Nev., Dec. 12-17, 1995.

The landmark event features most of the faculty from the first two meetings. The conference will be held at the Las Vegas Hilton and the proximate Las Vegas Convention Center.

Jeffrey K. Zeig, Ph.D., Director of the Milton H. Erickson Foundation, Inc., said, "We are excited about this third Evolution of Psychotherapy Conference. Response from the faculty has been nothing short of enthusiastic. This is the opportunity to see in action the clinicians and theorists who have shaped the face of 20th Century clinical practice."

Linda Carr McThrall, Executive Director of the Erickson Foundation, said, "Las Vegas has remarkable convention facilities. They have a new convention center, one of the best in the world, right next door to the Hilton Hotel. In addition, Las Vegas has become a family destination with remarkable attractions for children of all ages. We hope many families will choose to spend some time in Las Vegas with us."

The Conference theme is "The

Evolution of the Therapist." Faculty will discuss their own personal and professional evolution as clinicians and point the way for those who follow to develop their own personal power.

Featured on the faculty are: Aaron Beck, M.D., James F.T. Bugental, Ph.D., Albert Ellis, Ph.D., Viktor Frankl, M.D., Ph.D. (provisional), Eugene Gendlin, Ph.D., William Glasser, M.D., Mary Goulding, M.S.W., Jay Haley, M.A., James Hillman, Ph.D., Otto Kernberg, M.D., Arnold Lazarus, Ph.D., Alexander Lowen, M.D., Cloé Madanes, Lic. Psychol., Judd Marmor, M.D., William Masters, M.D., James Masterson, M.D., Rollo May, Ph.D., Donald Meichenbaum, Ph.D., Salvador Minuchin, M.D., Mara Selvini Palazzolo, M.D., Erving Polster, Ph.D., Miriam Polster, Ph.D., Ernest Rossi, Ph.D., Thomas Szasz, M.D., Paul Watzlawick, Ph.D., Joseph Wolpe, M.D., Irvin Yalom, M.D. (provisional), and Jeffrey Zeig, Ph.D.

A preliminary brochure of the meeting will be available at the end of 1994. Mark the dates Dec. 12-17, 1995, to join us for another extraordinary training event.

## Volunteers Needed for Brief Therapy Congress

Openings for volunteers to assist with the December 7-11, 1994, Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy in Los Angeles, Calif., are available.

In exchange for a waiver of registration fees, a limited number of spaces have been set aside for full-time graduate students from accredited programs to serve as volunteers. Volunteers serve in a variety of areas including monitoring meeting rooms, assisting with regis-

tration and continuing education and helping faculty and staff.

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

For additional information, please contact Diane Deniger, Volunteer Coordinator, The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; telephone (602) 956-6196; FAX: (602) 956-0519.

## I N T E R V I E W

### Interview with Bernhard Trenkle

by Jane Parsons-Fein, CSWBCD

#### Background Information:

Bernhard Trenkle, Dipl. Psych., is a Director of the Erickson Institute in Rottweil, Germany. This Institute is part of the Milton Erickson Society for Clinical Hypnosis in Germany (MEG), of which he is vice president. Trenkle is the editor of the Society's newsletter, MEGaPhon. He is the organizer of the European Evolution of Psychotherapy Conference to be held in Hamburg, Germany, July 27-31, 1994.

Currently in private practice, Trenkle has an educational background in economics and engineering, which he studied prior to his formal education in psychotherapy. He has been able to integrate ideas in these fields into his work in psychotherapy.

Jane Parsons-Fein is a Clinical Social Worker and is one of the founding members and president emeritus of the New York Milton H. Erickson Society for



Bernhard Trenkle, Dipl. Psych.

Psychotherapy and Hypnosis. Currently, she is director of its training program.

**Jane Parsons-Fein (JP):** How did you shift from economics and engineering to your interest in psychology and the work of Milton Erickson?

**Bernhard Trenkle (BT):** When I was studying economics and engineering, I had a personal crisis. I discovered I was more interested in understanding human beings and their problems than I was in

*continued on page 17*

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

The volume and quality of mail we have received since the last issue attests to an increasing base of readers and contributors who offer beacons of insight into developments in Ericksonian approaches to hypnosis and psychotherapy. We again express our gratitude to the broadening group of professionals who unselfishly share their time and talents to contribute to this publication.

Our broadened review section has received enthusiastic support. We will continue to review some older materials which have become standard references for students of hypnosis. This issue, we are delighted to present reviews of primary source materials of Milton H. Erickson teachings that previously have not been covered. During the next year, we will continue to seek and review materials that offer unique insight into Ericksonian thinking.

Perhaps the greatest contribution of Ericksonian approaches has been the nurturing of communication among differing schools of thought in psychotherapy. This current trend of networking is reflected upon in the interview of Bernhard Trenkle. As a founding member of one of the earliest Erickson Institutes, and now as orchestrator of the first European Evolution of Psychotherapy Conference, his work, in many ways, is



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

representative of the growth that has developed within the Ericksonian community.

We find ourselves today on the horizon of many changes in the field of psychotherapy. Enhanced communication is a fundamental element in ensuring future growth. Reader support has been our Newsletter's most important resource. We appreciate the ongoing feedback which assists us, the editors and the Erickson Foundation in disseminating valuable ideas about Ericksonian methods.

**CORRECTIONS AND CLARIFICATIONS:**

Volume 14, #1, page 6: The date of the inception of the American Society of Clinical Hypnosis was incorrectly noted. This organization was founded in 1957. The American Journal of Clinical Hypnosis was founded the following year, 1958.

Volume 14 #1, page 16: The degree and phone number for George Glaser, M.S.W. were incorrectly identified in the videotape review section. "Indirect Suggestion and Binds" is available from Mr. Glaser at (512) 479-0455.

— Co-editors:

Betty Alice Erickson and  
Roxanna Erickson Klein

## 13th Congress of Hypnosis set for Aug. 6-12

The 13th International Congress of Hypnosis will be held Aug. 6-12, 1994, in Melbourne, Australia. The Satellite Meeting of the 1994 Asia-Pacific Congress of Hypnosis will follow Aug. 15-17, in Cairns, North Queensland.

Keynote addresses will be offered by Joseph Barber, Ph.D., Eva Banyai, Ph.D., Peter B. Bloom, M.D., Walter Bongartz, Ph.D., Graham Burrows, AO,

M.D., Eric Hoencamp, M.D., Ph.D., Ernest Rossi, Ph.D., David Spiegel, M.D., Per-Olaf Wikstrom, D.D.S., and Michael Yapko, Ph.D.

For registration information, contact Congress Secretariat, ICMS Pty Ltd, 84 Queensbridge St., South Melbourne, Victoria, AUSTRALIA 3205; tel.: 61 3 682 0244; fax: 61 3 682 0288.

## The Evolution of Psychotherapy Conferences

by Jeffrey K. Zeig, Ph.D.

As we approach the European Evolution of Psychotherapy Conference to be held July 27-31 in Hamburg under the able direction of Bernhard Trenkle and his staff, I find myself reminiscing about the two previous conferences and looking forward to the December 12-17, 1995, meeting now being planned.

The 1985 Evolution Conference was a landmark event in psychotherapy. With 7,000 in attendance, it stands as the largest meeting ever held solely on the topic of psychotherapy. Held in Phoenix, Arizona, attendees were housed in 19 hotels, and an elaborate bus system brought registrants to the Convention Center. The faculty consisted of 26 experts including the now deceased Virginia Satir, Carl Rogers, Bruno Bettelheim, Murray Bowen, Robert Goulding, Ronald Laing and Lewis Wolpe.

Also presenting were Aaron Beck, Albert Ellis, Mary Goulding, Jay Haley, Arnold Lazarus, Cloé Madanes, Judd Marmor, James Masterson, Rollo May, Salvador Minuchin, Zerka Moreno, Erving Polster, Miriam Polster, Ernest Rossi, Thomas Szasz, Paul Watzlawick, Carl Whitaker, Joseph Wolpe and Jeffrey Zeig. The 1985 meeting was the first comprehensive conference in which leaders of 13 major schools were represented and could meet and discuss commonalities underlying effective clinical work.

In 1990 the conference converged in Anaheim, California. Slightly smaller with 6,800 in attendance, this meeting featured additional faculty of James Bugental, William Glasser, James Hillman, Helen Singer Kaplan, Alexander Lowen, Donald Meichenbaum and Mara Selvini Palazzoli.

The July Conference in Hamburg promises to be another remarkable event. Eugene Gendlin, Otto Kernberg, William Masters, Helm Stierlin and Irv Yalom have joined the faculty. Hamburg was selected as the venue because of its excellent convention center and extensive transportation network. Currently more than 2,500 have registered. Between 3,000 and 4,000 are expected.

In 1995, the meeting will be held December 12-17 in Las Vegas, Nevada. It will be headquartered at the Las Vegas Hilton where special room rates have



Jeffrey K. Zeig, Ph.D.

been provided. The conference will take place there and at the Convention Center. We expect the 1995 meeting to be as remarkable as the previous two. Devoted to the topic "The Evolution of the Therapist," the following faculty will present: Beck, Bugental, Ellis, Gendlin, Glasser, Goulding, Haley, Hillman, Kaplan, Kernberg, Lazarus, Lowen, Madanes, Marmor, Masterson, Meichenbaum, Minuchin, E. Polster, M. Polster, Rossi, Szasz, Watzlawick, Wolpe, Zeig, Frankl and Yalom also have been invited and have accepted provisionally.

The Evolution meetings are created in the Ericksonian spirit that flexibility in approach is of paramount importance. Professionals benefit by learning many different psychotherapy approaches.

It has been an honor for the Erickson Foundation to organize these important training events. We hope that Newsletter readers who have attended have benefitted immensely. We hope the July 1994 and the December 1995 program serve as opportunities for old and new attendees to learn from the pioneers of 20th Century psychotherapy.

## Rosen Presents at Orthopsychiatric Meeting

On April 27-30, 1994 a meeting of the American Orthopsychiatric Association was held in Alexandria, VA. More than 1,000 participants attended the three day multi-disciplinary conference, which attracted nurses, social workers, psychiatrists, psychologists, educators, pediatricians and family practice physicians. Sidney Rosen, M.D., of the New York Milton Erickson Society for Psychology and Hypnosis presented a full day workshop on Ericksonian Approaches.

# Foundation celebrates 15th Anniversary

1979-1994



**ANNIVERSARY**

*In this era of managed care, learn the latest techniques of Brief Therapy, Solution-Oriented Therapy, Ericksonian Therapy and other innovative approaches from those who originated them. Attend the December 7-11, 1994, Erickson Congress!*

The Milton H. Erickson Foundation, Inc., will celebrate its 15th Anniversary with the Sixth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy.

The Congress will be held at the Century Plaza Hotel in Century City, Calif., near Los Angeles. This venue is proximate to some of the best shopping and restaurants in the world. Exceptional hotel rates will allow attendees to enjoy unparalleled comfort and luxury.

Along with 86 invited faculty are more than 40 accepted faculty and three keynote addresses. Keynote speakers are Jay Haley, Bernie Siegel with Bobbie Siegel and Philip Zimbardo.

The Congress theme "Tracking Ericksonian Methods," is a new innovation in Congress training. A workshop series within the Congress, the size-limited "Tracks" will last two-and-a-half days and provide attendees the opportunity to learn a topic in depth. The Tracks will cover themes such as Brief Therapy, Basic, Intermediate and Advanced Ericksonian Hypnosis, Anxiety and Depression and Family Therapy. Of

course, attendees will be able to take advantage of programs offered at previous Congresses, such as two- and three-hour topical workshops. The Congress also features demonstrations, panels, short courses, conversation hours, dialogues, and group hypnosis sessions from which to choose.

Kristina K. Erickson, M.S., M.D., one of the Foundation's Directors, said, "We look forward to an excellent educational event in the tradition of previous Congresses where physicians and psychotherapists of all persuasions can learn from a faculty with extraordinary breadth of knowledge and experience. We expect excellent attendance and will provide continuing education credit from all major accrediting organizations."

For information, call or write The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; tel.: (602) 956-6196; fax: (602) 956-0519. The brochure and program will be available in June and will be sent to all *Newsletter* subscribers.

The University of California  
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**Jeffrey K. Zeig, Ph.D.**

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(PAID ADVERTISEMENT)

## Evolution of Psychotherapy

July 27-31, 1994 • Hamburg, Germany

Featuring prominent clinicians and theorists who will enter into dialog to discuss the essence and evolution of their approach to psychotherapy:

**A. Beck, A. Ellis, V. Frankl, E.T. Gendlin,  
W. Glasser, M. Goulding, K. Grawe, J. Haley,  
J. Hillman, O. Kernberg, A. Lazarus, A. Lowen,  
C. Madanes, J. Marmor, W. Masters, J. Masterson,  
D. Meichenbaum, A.E. Meyer, S. Minuchin,  
M. Selvini Palazzoli, E. Polster, M. Polster,  
E. Rossi, H. Stierlin, T. Szasz, P. Watzlawick,  
J. Wolpe, I. Yalom, J. Zeig.**

Sponsored by: The Milton H. Erickson Foundation

**Organizer/Information: M.E.T.**  
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(PAID ADVERTISEMENT)

**Fees:** For registrations postmarked after March 31, 1994: \$595 Professionals, \$445 Graduate Students\*.

(\*Students must provide a certifying letter from their school or department on letterhead stationery indicating proof of full-time student status as of July 1994).

**Eligibility:** The conference is open to professionals in health-related fields including physicians, doctoral level psychologists, and dentists who are qualified for membership in, or are members of, their respective professional organizations. The conference also is open to professionals with mental health related graduate degrees 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 as of July 1994.

### REGISTRATION FORM

Enclosed is my registration fee of \$ \_\_\_\_\_

Checks should be made payable in U.S. CURRENCY, drawn on an AMERICAN BANK, and made payable to THE MILTON ERICKSON FOUNDATION

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Profession: \_\_\_\_\_ Degree: \_\_\_\_\_

Major: \_\_\_\_\_ University: \_\_\_\_\_

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**Cancellation Fee:** \$30.00 if received in writing and postmarked by June 16, 1994.

NOTE: Conference information packet, including hotel registration forms and travel information, automatically will be sent to those people who submit registration forms.

# BRIEF THERAPY AUDIOTAPES AVAILABLE FROM THE ERICKSON FOUNDATION

## KEYNOTE ADDRESSES

- **F280-41** **Rapid Treatment of Sexual Dysfunction**, William Masters, M.D. (1 tape, \$10.50)
- **F280-98** **Strategic Humanism**, Cloé Madanes, Lic. Psychol. (1 tape, \$10.50)
- **F280-160** **Briefer Psychotherapy of the Disorders of the Self**, James Masterson, M.D. (1 tape, \$10.50)

## WORKSHOPS

- **F280-1** **Workshop 1: Creating Compassion with Clear Boundaries**, Steve Andreas, M.A. (1 tape, \$10.50)
- **F280-2** **Workshop 2: The Change Process in Brief Psychotherapy: Dealing with the Ambivalent Patient**, Simon Budman, Ph.D. (1 tape, \$10.50)
- **F280-4AB** **Workshop 4: The Generative Self: A Self-Relations Approach to Brief Therapy**, Stephen Gilligan, Ph.D. (2 tapes, \$21.00)
- **F280-5AB** **Workshop 5: Utilization into Trance-Forming Experience**, Carol Lankton, M.A. (2 tapes, \$21.00)
- **F280-7AB** **Workshop 7: Basic Three-Step Fail-Safe Approaches to Hypnotherapy**, Ernest Rossi, Ph.D. (2 tapes, \$21.00)
- **F280-8AB** **Workshop 8: Introduction to Pessó Boyden System/Psychomotor from a Brief Therapy Viewpoint**, Albert Pessó (2 tapes, \$21.00)
- **F280-9AB** **Workshop 9: Learning Through Basic Formal Structured Induction Techniques**, Kay Thompson, D.D.S. (2 tapes, \$21.00)
- **F280-10** **Workshop 10: Short-Term Dynamic Psychotherapy Basic Principles**, Peter E. Simeos, M.D. (1 tape, \$10.50)
- **F280-11** **Workshop 11: Applications of Systemic NLP in Brief Therapy**, Robert Dilts (1 tape, \$10.50)
- **F280-12AB** **Workshop 12: A Dynamic Systems Concept of Treating the Trauma Response**, Diana Everstine, Ph.D., Louis Everstine, Ph.D. (2 tapes, \$21.00)
- **F280-13** **Workshop 13: Redecision Therapy: A Format for Accessing Clients' Childhood Strengths in Order to Resolve Early Traumas and Quickly Make the Changes Clients Want in Their Present Lives**, Mary Goulding, M.S.W. (1 tape, \$10.50)
- **F280-14AB** **Workshop 14: Restructuring the Inner-Self with Dissociation and Association**, Stephen Lankton, M.S.W. (2 tapes, \$21.00)
- **F280-15** **Workshop 15: Redecision Brief Therapy: Developing and Keeping the Focus**, Ruth McClelland, M.S.W. (1 tape, \$10.50)
- **F280-16AB** **Workshop 16: Life-Style, Psychopathology and Brief Therapy**, Harold Mosak, Ph.D. (2 tapes, \$21.00)
- **F280-17AB** **Workshop 17: Women as Survivors: Assessment and Treatment Planning**, Lenore Walker, Ed.D. (2 tapes, \$21.00)
- **F280-18** **Workshop 18: Insight Causes Blindness — And Other Heresies of Brief Therapy**, Paul Watzlawick, Ph.D. (1 tape, \$10.50)
- **F280-19AB** **Workshop 19: Fundamentals of Ericksonian Therapy**, Jeffrey Zeig, Ph.D. (2 tapes, \$21.00)
- **F280-20** **Workshop 20: Family-of-Origin Sessions: A Pivotal, Intense, Brief Intervention**, James L. Framo, Ph.D. (1 tape, \$10.50)
- **F280-21AB** **Workshop 21: Directive Psychotherapy in Principle and Practice**, Michael Yapko, Ph.D. (2 tapes, \$21.00)
- **F280-22AB** **Workshop 22: Solution-Focused Techniques to Stabilize Trauma Survivors**, Yvonne Dolan, M.A. (2 tapes, \$21.00)
- **F280-24AB** **Workshop 24: Resource-Focused Therapy (RFT)**, Bradford Keeney, Ph.D. (2 tapes, \$21.00)
- **F280-25AB** **Workshop 26: New Perspectives on the Use of Time and Language in Systemic Brief Therapy**, Luigi Boscolo, M.D. (2 tapes, \$21.00)
- **F280-26AB** **Workshop 27: Growth and Development of the Therapist**, Jeffrey Zeig, Ph.D. (2 tapes, \$21.00)
- **F280-27AB** **Workshop 28: Interactive Guided Imagery in Brief Therapy**, Martin Rossman, M.D. (2 tapes, \$21.00)
- **F280-28AB** **Workshop 29: Language for Physiological Pain Control and Healing**, Kay Thompson, D.D.S. (2 tapes, \$21.00)

- **F280-29AB** **Workshop 30: Hypnotic and Other Methods for Accelerating Change**, Joseph Barber, Ph.D. (2 tapes, \$21.00)
- **F280-30AB** **Workshop 31: Regaining Therapist Autonomy and Prosperity in an Era of Managed Competition**, Nicholas Cummings, Ph.D., Jeffrey Bragman, Ph.D. (2 tapes, \$21.00)
- **F280-31AB** **Workshop 32: Socratic Questioning and Guided Discovery in Cognitive Therapy**, Christine Padesky, Ph.D. (2 tapes, \$21.00)
- **F280-32** **Workshop 33: The Essence of Being Human and the Inner Core of Self**, Muriel James, Ed.D. (1 tape, \$10.50)
- **F280-33AB** **Workshop 34: Turning on the Lights**, Walter Kempler, M.D. (2 tapes, \$21.00)
- **F280-34** **Workshop 35: Theme-Centered Therapy**, Peggy Papp, M.S.W. (1 tape, \$10.50)
- **F280-35** **Workshop 36: Solution-Oriented Therapy, The Short Road to Change**, Michele Weiner-Davis, M.S.W. (1 tape, \$10.50)
- **F280-36AB** **Workshop 37: Assessment and Strategic Treatment for Survivors of Traumatic Events**, Diana Everstine, Ph.D., Louis Everstine, Ph.D. (2 tapes, \$21.00)
- **F280-37AB** **Workshop 38: Guidelines for Doing Therapy Briefly**, Richard Fisch, M.D. (2 tapes, \$21.00)
- **F280-39AB** **Workshop 40: Hypnosis and Pain Control**, Stephen Lankton, M.S.W. (2 tapes, \$21.00)
- **F280-40AB** **Workshop 41: Women as Survivors: Feminist Therapy Techniques**, Lenore Walker, Ed.D. (2 tapes, \$21.00)
- **F280-42** **Workshop 42: Specific Brief-Therapeutic Interventions**, Paul Watzlawick, Ph.D. (20 min. missing) (1 tape, \$10.50)
- **F280-43AB** **Workshop 43: Symptoms and the Neglected Self**, Stephen Gilligan, Ph.D. (2 tapes, \$21.00)
- **F280-44AB** **Workshop 44: Short-Term Couples Group Therapy: Theoretical Discussion and Demonstration**, Florence Kaslow, Ph.D. (2 tapes, \$21.00)
- **F280-45** **Workshop 45: The Therapist Who Didn't Know The Answer**, Olga Silverstein, M.S.W. (1 tape, \$10.50)
- **F280-46AB** **Workshop 46: Nonpathological Assessment**, Carol Lankton, M.A. (2 tapes, \$21.00)
- **F280-47AB** **Workshop 47: Eye Movement Desensitization and Reprocessing: Introduction and Overview**, Francine Shapiro, Ph.D. (2 tapes, \$21.00)
- **F280-48AB** **Workshop 48: The Model-Driven Story**, Carlos Sluzki, M.D. (2 tapes, \$21.00)
- **F280-50** **Workshop 50: The Use and Structure of Homework Assignments in Brief and Time-Effective Therapy**, Simon Budman, Ph.D. (1 tape, \$10.50)
- **F280-51AB** **Workshop 51: Belief Change and Brief Therapy: An NLP Approach**, Robert Dilts (2 tapes, \$21.00)
- **F280-53AB** **Workshop 54: The Therapist's Limits and How They Obstruct Change**, Joseph Barber, Ph.D. (2 tapes, \$21.00)
- **F280-54** **Workshop 55: The Impact of One Consultation Session on a Therapy in Impasse**, Luigi Boscolo, M.D. (1 tape, \$10.50)
- **F280-55AB** **Workshop 56: Brief Therapy Approaches to Treating Depression**, Michael Yapko, Ph.D. (2 tapes, \$21.00)
- **F280-56** **Workshop 57: Short-Term Marital and Couples Group Therapy**, James Framo, Ph.D. (1 tape, \$10.50)
- **F280-57AB** **Workshop 58: Creating Compelling and Transforming Experiences**, Steve Andreas, M.A. (2 tapes, \$21.00)
- **F280-58AB** **Workshop 59: A Cognitive-Analytic Approach to Understanding and Treating Depression**, Harold Mosak, Ph.D. (2 tapes, \$21.00)
- **F280-59** **Workshop 60: Consultation as a Brief Advanced Therapeutic Strategy**, Florence Kaslow, Ph.D. (1 tape, \$10.50)
- **F280-60** **Workshop 61: Treating Depression in Marital Therapy**, Peggy Papp, M.S.W. (1 tape, \$10.50)
- **F280-61AB** **Workshop 62: The Better-Formed Story**, Carlos Sluzki, M.D. (2 tapes, \$21.00)
- **F280-62** **Workshop 63: It Takes One to Tango: Working Systemically with Individuals**, Michele Weiner-Davis, M.S.W. (1 tape, \$10.50)
- **F280-63** **Workshop 64: Eye Movement Desensitization and Reprocessing: Treating the Trauma Victim**, Francine Shapiro, Ph.D. (1 tape, \$10.50)

- **F280-64AB** **Workshop 65: The Wave Nature of Consciousness and Healing**, Ernest Rossi, Ph.D. (2 tapes, \$21.00)
- **F280-138** **Workshop 66: Shattering the Dream: Using a Developmental Approach to Couples Therapy**, Elyn Bader, Ph.D. (1 tape, \$10.50)
- **F280-139AB** **Workshop 67: Short-Term Treatment for Addiction Within a Long-Term Developmental Framework of Alcoholism Recovery**, Stephanie Brown, Ph.D. (2 tapes, \$21.00)
- **F280-140AB** **Workshop 68: Postmodern Thinking and Clinical Practices**, Sophie Freud, Ph.D. (2 tapes, \$21.00)
- **F280-141AB** **Workshop 69: Determining the Psychotherapy of Choice: Toward a Transrational Theory**, John C. Norcross, Ph.D. (2 tapes, \$21.00)
- **F280-142AB** **Workshop 70: Using and Dealing with Gender Differences in Brief Marital and Sexual Therapy**, Bernie Zilbergeld, Ph.D. (2 tapes, \$21.00)
- **F280-143AB** **Workshop 71: Teaching Self-Processing (Self-Analysis): A New Form of Short-Term Therapy**, Robert Langs, M.D. (2 tapes, \$21.00)
- **F280-144** **Workshop 72: Advanced Workshop on Short-Term Dynamic Psychotherapy**, Peter E. Simeos, M.D. (1 tape, \$10.50)
- **F280-146AB** **Workshop 74: Postmodern Sex Therapy**, Joseph LoPiccolo, Ph.D. (2 tapes, \$21.00)
- **F280-148AB** **Workshop 76: The Evocation of Mystery: Connecting the Ancient Healing Traditions with Brief Therapy**, Bradford Keeney, Ph.D. (2 tapes, \$21.00)
- **F280-149AB** **Workshop 77: Pessó Boyden System/Psychomotor with Abuse Victims**, Albert Pessó (2 tapes, \$21.00)
- **F280-150** **Workshop 78: Brief Therapy for Ego-State Boundary Problems**, Muriel James, Ed.D. (1 tape, \$10.50)
- **F280-151AB** **Workshop 79: Rational-Emotive Approach to Brief Therapy**, Albert Ellis, Ph.D. (2 tapes, \$21.00)
- **F280-153AB** **Workshop 81: Helping Men to Open Up in Brief Therapy and in Relationships**, Bernie Zilbergeld, Ph.D. (2 tapes, \$21.00)
- **F280-154** **Workshop 82: Intensive Couples' Group Therapy**, Elyn Bader, Ph.D. (1 tape, \$10.50)
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(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
<b>1994</b>		
5/27-29	The Personal Growth and Development of the Therapist; Berlin, GERMANY; Jeffrey K. Zeig, Ph.D.	1
5/30-6/1	Enhancing Therapeutic Effectiveness: Key Concepts in Ericksonian Psychotherapy; Madrid, SPAIN; Zeig	2
6/3-5	Interactive Guided Imagery; Detroit, MI; Martin Rossman, M.D., and David Bresler, Ph.D.	3
6/4-5	Therapist Development; Vaison la Romaine, FRANCE; Zeig	4
6/10-11	Advanced Patterns of Utilization; Salt Lake City, UT; Brent B. Geary, Ph.D.	5
6/13-17	Phoenix Intensive Training Program — Fundamentals; Phoenix, AZ; Geary	6
6/17-19	Interactive Guided Imagery; Seattle, WA; Rossman and Bresler	3
6/20-24	Phoenix Intensive Training Program — Intermediate; Phoenix, AZ; Geary	6
6/25-26	Ericksonian Psychotherapy; Puebla, MEXICO; Zeig	7
7/27-31	European Evolution of Psychotherapy Conference; Hamburg, GERMANY; Invited Faculty	8
7/29-31	Interactive Guided Imagery; Chicago, IL; Rossman and Bresler	3
8/12-16	American Psychological Association Annual Meeting; Los Angeles, CA; Invited Faculty	9
8/26-27	The Global Reach of Brief Therapy; Sunnyvale, CA; Invited Faculty	10
9/5-9	Ericksonian Principles of Hypnosis and Brief Therapy — Basic and Intermediate; Tenby, WALES; Geary	11
9/23-25	Interactive Guided Imagery; San Francisco, CA; Rossman and Bresler	3

## ASCH Annual Meeting

By Dan Handel, M.D.  
Ft. Worth, TX

The 36th Annual Scientific Meeting and Workshops on Clinical Hypnosis sponsored jointly by the American Society of Clinical Hypnosis, The Greater Philadelphia Society of Clinical Hypnosis, The Albert Einstein Medical Center and The Belmont Center for Comprehensive Treatment was held March 12-16, 1994, in Philadelphia, Pa.

A record number of 500 professionals attended. Workshops featured a wide variety of topics and addressed beginning through advanced levels needs. Topics included integrating hypnosis into dynamic psychotherapy, the language of trance, self-hypnosis, construction of metaphors and a session on becoming an approved consultant.

The tone of the scientific session was set immediately by the open and speculative, thought-provoking plenary presentations by Lawrence LaShan, Ph.D.,

and Candace Pert, Ph.D. The scientific sessions featured 86 presenters. Symposia included topics on mind-body issues, behavioral medicine focusing on women, dissociative disorders, clinical applications of ego state therapy, hypnotherapy with a transpersonal paradigm, and memory issues.

The five day meeting proved a stimulating, taxing, and equally refreshing experience for those attending.

## Foundation Faculty presenting at Cleveland Gestalt Institute

Sandra Sylvester, Ph.D., and Kay Thompson, D.D.S., are among presenters for the Gestalt Institute of Cleveland.

Dr. Sylvester will be featured in two workshops July 15-17 and July 22, 1994. Dr. Thompson will present July 23-24, 1994.

For information about offerings, write The Gestalt Institute of Cleveland, 1588 Hazel Drive, Cleveland, OH 44106-1791.

## Contact Information

- Milton H. Erickson Institute of Berlin, Wartburgstr. 17, D-10825 Berlin, GERMANY; Phone/FAX: 011 49 30-781 7795.
- Dr. Ramon Carballo; Solaris Desarrollo Humano, Zurbano, 98-70 Dcha., 28003 Madrid, SPAIN; Tel: 34-1-442 0336; FAX: 34-1-399 3532.
- Academy for Guided Imagery; P.O. Box 2070; Mill Valley, CA 94942; (415) 389-9324; FAX: (415) 389-9342.
- Patrick Bellet, M.D.; Institut Milton H. Erickson d'Avignon-Provence, B.P. 82 (rue Ernest Renan), 84110 Vaison la Romaine, FRANCE; Tel: 33 90-36 19 31; FAX: 33 90-36 29 62.
- Lynn Johnson, Ph.D.; Utah Society of Clinical Hypnosis; 166 East 5900 South, Suite B108; Salt Lake City, UT 84107; (801) 261-1412.
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- M.E.T., Bernhard Trenkle, Dipl.-Psych., Bahnhofstr. 4, D-78628 Rottweil, GERMANY; Tel: 0741/41774; FAX: 0741/41773.
- APA, Suite 100A, 750 1st St., NE; Washington, DC 20002-4242; Tel: (202) 336-5500.
- Phyllis Erwin, Professional Services Coordinator; MRI, 555 Middlefield Rd., Palo Alto, CA 94301; Tel: (415) 321-3055; FAX: (415) 321-3785.
- Peter & Jean Scott Chinnery; Integrated Therapies and Trainings; 173 Southway; Guildford GUZ 60J, ENGLAND; Tel: (0483) 502 787.

## Conference Announcements

The World Congress of Behavioral and Cognitive Therapies will be held July 10-15, 1995, in Copenhagen, Denmark.

The congress will cover areas including anxiety disorders, depression and personality disorders. For information, write WCBCT '95; DIS Congress Service Copenhagen; Herlev Ringvej 2C; DK 2730 Herlev; DENMARK.

\* \* \*

The Second European Congress of Ericksonian Hypnosis and Psychotherapy will be held Oct. 3-7, 1995, in Munich, Germany.

The Congress is sponsored by M.E.G. Organizers are Burkhard Peter, Bernhard Trenkle and Christian Kinzel.

Keynote addresses, invited addresses, invited workshops, panels, accepted papers and workshops will be featured.

For information, contact Burkhard Peter, Dipl.-Psych., M.E.G., Konradstr. 16, D-80801 Munich, GERMANY.

\* \* \*

The Society for Clinical and Experimental Hypnosis will hold the 45th Annual Workshops and Scientific Meeting Oct. 4-8, 1994, in San Francisco, Calif. Symposia, research papers

and invited speakers will be featured. SCEH also is holding a workshop, "Introduction to Clinical Hypnosis," Sept. 9-11, 1994, at Mt. Sinai Medical Center in New York.

For information on both events, contact SCEH Central Office, 6728 Old McLean Village Drive, McLean, VA 22101; tel.: (703) 556-9222; fax: (703) 556-8729.

\* \* \*

The Fifth Annual Conference of the American Academy of Pain Management will be held Aug. 18-21, 1994, in Vancouver, BC, CANADA. For information contact, The American Academy of Pain Management, 3600 Sisk Rd., Suite 2-D, Modesto, CA 95356; tel.: (209) 545-0754; fax: (209) 545-2920.

## Foundation welcomes new institute

The Milton H. Erickson Foundation welcomes the Milton H. Erickson Institute of Boston. It is the 57th institute in the network of affiliates worldwide. The address and phone number are: The Milton H. Erickson Institute of Boston, 29 Wendell St., Cambridge, MA 02138; (617) 491-0155.

## What IS Mesmerism?

*Editors' Note: A comprehensive account of Mesmer's work recently has been published in: Mesmer and Animal Magnetism by Frank A. Pattie, Edmonston Publishing, Inc.: Hamilton, New York. 1994. That source was used in the preparation of this column.*

Mesmerism is a term familiar even to the unsophisticated. Popular media images display a powerful individual with energy radiating, projecting from or overtaking a subject. To what degree is this image based on Mesmer's actual work?

Franz Anton Mesmer (1734-1815) studied medicine in Vienna in the mid-18th Century when ideas regarding "animal magnetism" were just evolving. His ideas were distinctly different from most of his colleagues' and despite persistent, ongoing challenges by his contemporaries within the medical community, Mesmer devoted his life to

developing his ideas about magnetism and its influence on the human experience. He taught his techniques throughout his career. Many of his case reports were written up; some are well known. The influence of his work was widespread and served as a catalyst for more critical and scientific investigation in both the United States and Europe. Mesmer also wrote treatises explaining his theories, which he believed were grounded in principles of physics.

The principal components of Mesmer's ideas had to do with gravitational forces from planets and heavenly bodies, and from resonant magnetic forces of animate and inanimate objects. He espoused that these forces influenced the fluid and polar balance within an individual, which in turn, affected the physical and mental well being of an individual. Further, he taught that imbalances could be predicted, diagnosed and intervened upon using techniques of interrupting, redirecting and counterbalancing the magnetic ebb and flow.

Mesmerism is fully described in a

book written by Mesmer published two months before he died. The full title of the book, translated from German, *Mesmerism, or the System of Reciprocal Influences, Theory and Application of Animal Magnetism as the General Medical Science for the Preservation of Mankind.* (Mesmer, F.A., 1814. Berlin, Nikolai) reflects the broad and universal scope of his theory.

Mesmer's ideas were based upon assumptions that tidal ebbs and flows affect all particles in the world and that magnetic influences were of primary importance. The human body was described as having opposite magnetic poles on the right and left sides. His premise was that the magnetic streams could be affected and influenced by touches, gestures, and even glancing or gazing at a subject. Frequently a "conductor" of a magnetized tree limb or water was used to amplify the flow of magnetic particles. He offered explanations for the influence in terms of physics. The explanations have not been upheld by scientific inquiry.

Although the foundation of Mesmer's approach relied upon tangible and physiological components, he acknowledged psychological components of health and illness, noting that animal magnetism's efficacy can be enhanced by beliefs, knowledge and persuasions. He did, however, describe interpersonal feelings as merely the effects of reciprocal flows of magnetic energy.

It is ironic that Mesmer's basic ideas have been disproved, yet his influence remains as a substantial contribution to the development of psychotherapy. From his own writing, it is clear that he did not understand or even emphasize the psychological aspects of his work, yet he had a profound influence on later developments in hypnosis and psychotherapy.

"The discovery of mesmerism was not simply an error of folly but the beginning of the discovery of the unconscious. To have discovered mesmerism was a contribution which remains in spite of all the errors and insufficiencies." (Pattie, p. 272-273)

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## Case Report: Justin

by M. Xavier McPhee, M.A., MFCC  
Milton H. Erickson Institute of Northern  
California, Santa Rosa, CA

Justin, a 10-year old living with his father and older brother, wrote on his intake sheet he had come to my office "because I have asthma." He told me about his asthma. He said he had begun to wheeze two years ago while playing soccer. Now he wheezed whenever he ran even a short distance. His favorite class was Physical Education, and he loved sports. His breathing difficulties were very frustrating to him.

In response to another question, he wrote his favorite place in the world was "the movies." Justin's father suggested to me that perhaps the asthma had been triggered when the boys' mother "moved away" two years previously. Her sudden departure had surprised and saddened Justin and his brother.

Justin's father decided to use a non-medical intervention with his son's respiratory problem before seeking medical or pharmacological help. I decided to use hypnotherapy with Justin and help him learn to manage his breathing difficulties. Justin's father remained in the room and I taped the session. In the induction, I asked Justin to "open your eyes wide and look up at your eyebrows . . . straight up." I told him he could close his eyes and relax. In the induction, I paid particular attention to breathing.

As Justin went into a trance, I continued helping him relax, directing him toward the intervention I had in mind. ". . . You are becoming as relaxed as you are when you are watching your favorite movie. In fact, you can turn on your favorite movie right now. . . nothing is worrying you. You have that good feeling you have when you are at the movies. You enjoy that and you are relaxed."

I helped Justin enter a deeper trance. As he exhibited signs of a deep trance, I began teaching him ideomotor signals; he could indicate "yes" by moving his index finger and "no" by moving his "baby" finger. Using his fingers, Justin indicated his first attack of asthma had developed when he had run too hard in a soccer game and had gotten out of breath. He indicated that his shortness of breath was not related to his mother's leaving the family.

As Justin continued to "watch" his favorite movie, I asked if it would be all

right if he discarded the memory of his first attack of shortness of breath. He indicated it would. I asked him if he had an empty popcorn box with him at the movies; perhaps he could put that memory in the box and put them in the garage where they belong. He completed that task in his mind. I asked him to stay in his trance while I explained some things to his unconscious mind.

I told Justin "asthma happens when you get air in your lungs and can't get the air out. Then you get scared and the air won't come out when you're scared. So it just gets worse." I asked if he would like to practice soccer in his trance, getting the air in and out without any trouble. He indicated he would.

I helped him, matching my words with his behavior. ". . . Notice you are breathing beautifully. . . the air is coming in and out, in and out. . . the air doesn't get stuck in your lungs. . . you breathe in and out." I talked about how he could run and still breathe beautifully. I reminded him that when he was a new baby, he breathed beautifully. I told him he could start breathing that way again on Monday and Wednesday and Tuesday and Thursday and Friday and Sunday and Saturday, and that he could breathe well at night, in the day, rainy weather, sunny weather, foggy weather. I covered all the contingencies as I reminded him that "the trick is to get the air out of your lungs. . . and your body knows how to do that." I told him his body and his inner mind were closely connected and told him I wanted to ask his inner mind if it was going to help him breathe easily and well. He lifted his "yes" finger as I restated that his inner mind knew how to help him and was going to do that. It was a special gift, I told him, from his unconscious mind for a special boy.

I finished the session by telling Justin that he had done a very good job. I told him he could be proud of himself and that his dad and I also were proud of him. I thanked his inner mind. The tape recorder was turned off as Justin roused from his trance and I gave him the tape suggesting that he listen to it from time to time.

Six days later, Justin's father wrote me: "Justin is much improved. He played a very active game Saturday — his best this season — with no asthma."

Six months later, I had a brief phone conversation with Justin's father who told me Justin has had no asthma symptoms whatever since that session.

## Case Comment: Justin

by Seyma Calihman, M.S.W.  
Milton Erickson Institute of Austin, TX

This single-session success is an example of finely crafted psychotherapy where the therapist used the patient's definition of the problem and elicited the patient's own internal resources to deal with that problem. The father hypothesized the asthma had begun when the mother left the family two years previously; Justin signalled ideomotorically that his asthma began when he had lost his breath after running too hard in a soccer game.

As part of the induction, McPhee asked Justin to open his eyes wide and look up at his eyebrows. Almost any little boy would experiment with this — what a relief then to close his eyes. McPhee helped Justin concentrate on breathing in and out, beautifully, with his chest rising and falling, and then established ideomotor signals. In a way that permissively supported age regression, she labeled the "baby finger" as the "no" signal.

Using one of Justin's favorite pastimes as a base, McPhee had Justin see himself at the movie, breathing beautifully. At the movies, most little boys like to eat popcorn — she asks if he has an empty popcorn box to discard the first memory of asthma.

The popcorn box unfolds as an ephemeral but complex and important image in the treatment. It is lunglike —

or chestlike — in that it fills and empties. It is a symbol of emptiness, worthlessness and disposability that might bring to mind feelings he might have had about himself after his mother left. It also might describe his asthmatic chest full of little puffs — because asthma happens when "air gets in your lungs and you can't get the air out."

McPhee helps Justin rehearse playing soccer in trance while breathing "beautifully. . . the best you have ever been breathing" no matter how hard he sees himself playing. McPhee creates a lovely "as-if" frame and links his breathing beautifully during his soccer game to idyllic images of him lying as an infant under the loving gaze of both parents, as they enjoyed watching how perfectly he breathed at that time.

She generalized his comfortable breathing to "every day of the week," creating a little confusion by reciting the days out of order. She finished by giving him a gift from his unconscious and thanking his inner mind and then giving him a gift of the tape of the session.

Successful single-session therapy must begin in the world of the client and use client strengths in ways which are familiar, yet from a new perspective. McPhee did just that.

### Reference:

Pearson, Robert, M.D. "Commentary on Lankton's Case," pp. 154-157 in *The Essence of a Single Session; Ericksonian Monographs #9*. Lankton, S. & Erickson, K. (eds.). 1994. Brunner/Mazel, New York.

## C A S E R E V I E W

### "Hypnotic Hangover"

by Carl Ward, Ph.D.  
Dallas, TX

EDITORS' NOTE: Carl Ward, Ph.D., commented on last issue's Case Review by Henry Close, Th.M., and Rob Shepard, D.Min., of a woman suffering a "hypnotic hangover" following participating stage hypnosis, with following example.

Todd reported "asthmatic breathing" difficulties and anxiety symptoms. Although he had a childhood history of bronchial asthma with episodes of hospitalization, he had not experienced breathing problems for more than 20 years. His current difficulties began a

day after attending an "Inner Child Work" seminar. I was aware attendees at this particular traveling "recovery" seminar were guided through a number of regressive hypnotic experiences, even though these experiences were not called hypnosis by the well-known presenter. I was immediately suspicious Todd's anxiety and breathing difficulties were related to hypnotic phenomena "left over" from the seminar.

Todd entered trance easily. I reminded him his unconscious mind was perfectly aware of all his circumstances and memories and that his unconscious mind would like to help him ameliorate his difficulties. It was even possible, I suggested, that he would know within a few moments what had made breathing difficult.

continued on page 10



Videotapes Available from the Milton H. Erickson Foundation

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**The Process of Hypnotic Induction: A Training Videotape Featuring Inductions Conducted by Milton H. Erickson in 1964.** Jeffrey K. Zeig, Ph.D., discusses the process of Hypnotic Induction and describes the macrodynamics of technique that Erickson used in his inductions.  
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**Symbolic Hypnotherapy.** Jeffrey K. Zeig, Ph.D., presents information on using symbols in psychotherapy and hypnosis. Segments of hypnotherapy conducted by Milton H. Erickson with the same subject on two consecutive days in 1978 are shown. Dr. Zeig discusses the macrodynamics of Erickson's symbolic technique.  
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- The Varieties of Ericksonian Hypnotic Suggestions. Stephen Lankton, MSW
- Ericksonian Induction Strategies. Robert Pearson, M.D.
- Conversational Induction to Trance. Kay Thompson, DDS

1982 SEMINAR

- Utilizing Hypnosis in Psychotherapy. Joseph Barber, Ph.D.
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- Conversational Induction Technique. Kay Thompson, DDS
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## "Hangover" *continued*

I also reminded him that remembering and understanding does not mean reliving. Thus he could remain relaxed and objective. After a brief pause, Todd recalled a meditative exercise during the recent seminar where he had been instructed to return to a time in childhood when something "very bad happened with his Mom and Dad, a time when he was very hurt and frightened by his parents."

Todd had responded powerfully during this seminar exercise, by returning to an asthma attack when he feared he was dying. His parents had rushed him to a country doctor who had placed him on a flat wooden table in a shed and administered oxygen while his concerned parents stood by anxiously. He had vividly remembered a pungent "pine-like" odor which he associated with the shed.

At that moment, in my office, Todd began to experience slightly labored breathing. As I asked him to relax and go deeper and breathe gently and easily, he complied. I suggested he now probably understood the reason for his recent problems and I told him I wanted to strengthen certain ideas to further this understanding and insure that the prob-

lem would not recur.

I reminded him that he had assumed a supine position on the hard wooden floor during the exercise at the seminar and he had, indeed, regressed to a time when he was hurting — but the pain and fear had been caused by the disease of asthma, not by his parents. The hardness of the floor, even the smell, may have been similar to the time he had been placed on the table in the doctor's shed. It is terrifying to be unable to breathe and all sorts of things may be associated with that threat to survival; I reassured Todd these feelings had been real then, but now they were only memories of feelings. His life was not in danger that weekend nor was it in danger now. He was only reliving the effects of an old and frightening memory and those effects had not been corrected for him by the seminar leader. I told him there would probably never be a time to remember this experience, or any other like it again; however, if he did, he would remember "that was then and now is now." Todd immediately was relieved upon awakening and has experienced no further problem since.

This case is illustrative of the fact that hypnotic hangovers do occur. And, those are casualties from "intensive"

recovery weekend seminars in which large group hypnotic regression and abreactive techniques are used. Interestingly, in cases I have seen, the therapist-presenter had used hypnotic suggestive

and/or analytic techniques with acknowledgment or even, in some cases, awareness that the techniques used were hypnotic.

## Obituary: Reinaldo Diaz-Verson, Ph.D. 1908-1993

by Elizabeth Erickson

Reinaldo Diaz-Verson, Ph.D., died in Coral Gables, Florida, October 14, 1993. Born in Cuba in 1908, he received his education in Havana, and earned his Ph.D. in psychology and pedagogy from the Universidad de la Habana. In 1935, Dr. Diaz-Verson began studies at New York University; he became an American citizen at this time. In 1959, he became head of the Psychology Department of La Coromoto Psychiatric Clinic in Caracas, Venezuela, a position he held through 1965.

Dr. Diaz-Verson wrote professional articles, two of which were published in the American Journal of Clinical Hypnosis. He lived for many years in Florida, where he saw patients for short-term

therapy, and dedicated his later efforts to writing a book, *A Voyage Through the Unconscious*, which is being considered for posthumous publication in both English and Spanish.

Dr. Diaz-Verson organized several meetings at the Medical Society in Caracas, Venezuela, in 1960, at which Milton Erickson lectured. At each of these lectures, he sat alongside Erickson and meticulously provided Spanish language translation. This was the first professional meeting of this type in Latin America.

I, among many others, will greatly miss our dear friend, Reinaldo Diaz-Verson, a talented and contributing member of the professional community.



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**Francine Shapiro, Ph.D., originator of EMDR, is a Senior Research Fellow at the Mental Research Institute, Palo Alto, CA, and the recipient of the 1994 Distinguished Scientific Achievement in Psychology Award presented by the California Psychological Association.** She has trained over 7,000 clinicians internationally. She was an invited speaker at the 1992 American Psychological Society Presidential Symposium on PTSD and has made presentations on EMDR at the 1989 International Conference on Stress in Tel-Aviv, and at annual conferences of the Anxiety Disorder Association of America, the Association for the Advancement of Behavior Therapy, Biofeedback and Applied Psychophysiology, Family Therapy Network, Ericksonian Foundation, California Association of Marriage and Family Therapists, World Congress of Behavior Therapy, and the International Society for Traumatic Stress Studies. She has written numerous articles and book chapters on EMDR, and her book, Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols and Procedures, will be published by Guilford Publications, Inc., in late 1994.

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## Event-Related Potentials During Cognitive Processing in Hypnotic and Non-Hypnotic Conditions

by Mirjana Dabic-Jeftic, M.D., Ph.D.  
Zagreb, Croatia

In this study, the event-related potential technique was used to measure evoked brain potential. Five adult volunteer subjects were studied in a laboratory setting which included videotaping and electroencephalogram measurements, comparing the brain wave activity in five hypnotic and non-hypnotic states. The measurement component is a positive deflection of the electroencephalogram occurring approximately 300 ms after stimulus. It is not sensory specific and has been reported to be associated with cognitive processing.

This study was based upon Bateson's (1972) proposal that hypnosis is type of communication and Erickson's (1980) proposal that hypnosis is a science of intercommunication. This research sought to examine the neuropsychological characteristics with respect to the amplitude and latency of P300 during hypnotic and non-hypnotic conditions.

The subjects were issued suggestions to attend to one of two tones which were administered with lightweight headphones. Selective attention involves brain mechanisms that enhance processing of distinct sensory stimuli which becomes processed into current cognition. The two tones that were administered were computer generated pure tones, randomly administered at a frequency of 85 percent for the frequent, non-target tone and 15 percent for the rare, target tone. Subjects were instructed to notice, remember and count the rare, target tones.

Quantitative measurements were made by averaging the changes in wave forms in response to the event related potentials. Evaluations for changes of latency and amplitude of wave forms were made.

The quantitative analysis was assessed for its relationship with the subjects' status for five hypnotic/non-hypnotic conditions (before hypnosis, entering hypnosis, deep hypnosis, leaving hypnosis, and post hypnosis). Subjects involved varied in their prior experience with hypnosis, ranging from no formal experience with hypnosis, to extensive hypnosis experience. Identification of the subjects' hypnotic status was done

utilizing the videotapes and a panel of experts.

Statistical analysis was comparing responses to target and non-target stimuli. This was done by calculating mean values, standard deviations and one way Anova. Line graphs were made to compare responses within the differing hypnotic conditions.

The results of this study showed a statistically significant correlation with the deep hypnosis state and the ability to correctly calculate and remember the exact number of delivered target stimuli. The latency of P300 was found to be statistically significantly shorter in deep hypnosis as compared to those measured in other conditions of mental activity in hypnosis. The values of this component were found to be longer before hypnosis as compared with entering or leaving hypnosis, and especially as compared with the deep hypnosis findings. A higher amplitude of the P300 component was noted during deep hypnosis as compared to other conditions of hypnosis and conditions before entering hypnosis.

The findings may suggest that in hypnotic conditions, the pre-cognitive time is longer and the cognitive time is

shorter. The higher amplitude findings suggest that a greater number of neurons may be engaged during deep hypnosis.

### References:

Bateson, G. *Steps Toward an Ecology of Mind*. Ballentine Books, 1972.

Erickson, M.H., *Innovative Hypnotherapy: The Collected Papers of Milton H.*

*Erickson, IV*. Rossi, E.L. (Ed.) Irvington Publishers, New York. 1980.

### Editors' Note:

A complete report of this study was printed in the Croatian journal *Psychiatria Dabunia*, Vol. 5:47-61, 1993. The English translation appears on pages pp. 55-61.

## Media of Note

by Madeleine Richeport, Ph.D.  
Rockville, MD

The videotape, "Milton Erickson: Explorer in Hypnosis and Therapy," by Jay Haley and Madeleine Richeport, Ph.D., was shown on PBS television in Puerto Rico, February 9, 1994. At the conclusion of the hour-long documentary, there was a 30-minute discussion of Dr. Erickson's work in Spanish by a panel made up of Victor J. Llado, M.D., Jorge A. Montijo, Ph.D., and Celinda Madera de Nido, M.A. This showing was sponsored by The Caribbean Center for Advanced Studies arranged by Dr. Salvador Santiago-Negron. The program was dedicated to the memory of

Hilton Lopez Fajardo, M.D., friend and colleague of Dr. Erickson, who contributed greatly to the advancement of medical hypnosis in Puerto Rico.

The video also will be a featured presentation at the Annual Meeting of the American Psychiatric Association in Philadelphia, May 21-26, 1994. Herbert S. Lustig, M.D., will give a short introduction and chair the discussion after the film. An estimated 15,000 will attend this 150th Anniversary meeting.

\* \* \*

The January 1994 issue of Brazilian journal, *Viver Psicologia*, features Jeffrey K. Zeig, Ph.D., Director of the Milton H. Erickson Foundation. Zeig frequently teaches in Brazil.

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### Systemic Thinking and Practice Series

Editors: David Campbell and Ros Draper  
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This series of separate books is devoted to therapists who want to be trained in systemic thinking. Systems theory is often easy to understand in print but more difficult to assimilate into practice. It requires a change of attitude; the world and one's self must be perceived in a different way. It is best learned through both reading about it and experiencing it. The books in this series are derived from this approach.

Each of these books provides a different "lens" through which to view therapy. All of the books can enrich a reader's repertoire.

— Reviewed by  
Teresa Robles Uribe, Ph.D.,  
Instituto Milton H. Erickson  
de las Cuidad de México

### Resource Focused Therapy

by Wendel A. Ray and Bradford Keeney  
98 pages

As Betty Alice Erickson states very well in her foreword, the conceptual cornerstone of Ray and Keeney's *Resource Focused Therapy* is "whatever occurs can be a part of a resourceful context." Therapy becomes a "context full of resources instead of believing it to be actions aimed at resolving problems."

In their introduction, Ray and Keeney show the path that therapy has followed from "Problem Focused" to "Solution Focused" and then to their "Resource Focused" method. An orientation to resources brings forth the breath of life and imagination that gives rise to a creative and practical approach in which therapy, as usually defined, does not occur. From Ray and Keeney's perspective, all action in the therapy room can be healing for participants.

Ray and Keeney next discuss their theoretical maps. They believe, as Milton Erickson did, in building a unique therapy for each client by utilizing what each client brings to the therapy room and eliciting the resources of the client as well as of the therapist. Subsequent chapters illustrate their methodology with case studies. The book closes with a chapter of training exercises designed to develop the therapist's creative resourcefulness.

### Teaching Systemic Thinking

by David Campbell, Ros Draper  
and Clare Huffington

*Teaching Systemic Thinking* is just that — a great manual for teaching systemic thinking. It begins by applying this type of thinking to the process of teaching itself, inviting the teacher to observe himself or herself as a part of the teaching-learning system and thereby realize what happens to him or her while teaching and interacting with students. Thus, the teacher, experientially learns systemic thinking while teaching it.

Campbell, Draper and Huffington have oriented their book to learning by using both brain hemispheres. There are theoretical discussions followed by exercises that teachers can use.

### Exchanging Voices: A Collaborative Approach to Family Therapy

By Lynn Hoffman  
221 pages

The central focus of *Exchanging Voices* is a therapy of non-intervention which then avoids the danger of oppression by the therapist. Beginning with the foreword by Gianfranco Cecchin, through the chapters written by Hoffman, an interview by Richard Simon and a postscript by Margaret Robinson, the reader finds the evolution of Hoffman's thinking from her first writings to the present.

With wisdom and style, Hoffman leads the reader deep into reflections about the process of therapy, the need for respecting oneself as well as others, and the value of non-intervention which actually is a safe and protective interven-

tion. She goes even further in her philosophy for psychotherapeutic work by translating theoretical background into clinical practice in a case study.

The constructivist position of asking questions, without intervening, from each of the participants — the members of the client family, the therapist and the members of the observing team of therapists — show the different realities, the different lenses through which each sees the system. The reflections are then shared in a "kitchen talk" style.

Anyone who has followed Hoffman's writings can realize the seeds of this book were planted more than ten years ago in her now classic *Foundations of Family Therapy* in which she presented the different perspectives of systemic theoreticians. In *Exchanging Voices*, readers will once more appreciate the mastery and understanding of this extraordinary psychotherapist.

B O O K R E V I E W

### Jay Haley on Milton H. Erickson

Brunner/Mazel, 1993, \$25.95  
214 pages

*Jay Haley on Milton H. Erickson* is a collection of previously published papers which distills to its essence what Haley learned during the hundreds of hours he and Erickson spent together from 1953 on, as they pursued the interactional features of hypnotic and psychotherapeutic relationships.

The introductory chapter is *parfum de Haley*; a succinct summation of the differences between Erickson and traditional opinions about psychotherapy. Highlighted are Erickson's pioneering views of both the unconscious mind and hypnotherapy as creative forces.

The first three chapters explore intriguing biographical themes. Haley points out that paralysis and the intractable pain of polio taught Erickson a healthy respect for the pride people can take in overcoming challenging problems. In these chapters, Erickson's hallmark clinical assumptions and techniques also are lucidly outlined. Some of these assumptions are: therapists change situations and not people; therapists must find their own ways of working because they cannot work successfully through imitation; and good therapy is based on maximal acceptance of the idiosyncrasies of each particular case.

The next chapters crystallize ordeal therapy and summarize a dialogue between Haley and John Weakland about their early days with Erickson. They also detail Haley's own strategic therapy.

Haley includes a chapter of a series of fascinating hypnotic demonstrations of Erickson in 1964 which were recorded and transcribed. Commentary is provided in the actual words of Erickson.

Haley saved the best for last. In the last chapters, he draws analogies between Zen and Erickson's artful treatment style. He writes about the use of active trance states and the understanding that change can be sudden and discontinuous. When people change, Haley points out, their classification systems change.

In this book, Haley's exuberance about HMO's enchantment with brief therapy

seems, to this reviewer, to confuse a love of the cost-effective with an appreciation for the clinically effective. He raises the question: Is it brief therapy we need or an emphasis upon minimal intervention, which he defines as the intervening as little as possible into the lives of people with problems.

All of Haley's chapters bear his mark — bold strokes and wry wit and most conclude with a kind of zen disqualifier designed to remind the reader that there always is an exception to the rule. He ends the book with a last stab at defining what is typically Erickson.

This reviewer loves to read Haley's work and hopes not to have heard the last from him on the topic of Milton Erickson.

— Reviewed by  
Michelle Klevens Ritterman, Ph.D.  
Oakland, California

### Trauma, Dissociation, Memory & Hypnosis November 12-13, 1994 Berkeley, CA

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**Self-Hypnosis:  
The Chicago Paradigm**

by Erika Fromm and Stephen Kahn  
New York: Guilford, 1990.  
pp xiii +254. \$30.00

This is an excellent book. It is a landmark research study on self-hypnosis which was done at the University of Chicago. This work was part of a two decade, largely unfunded, disciplined investigation by numerous researchers under the direction of Dr. Erika Fromm. This multifaceted study initially focused on differences and similarities between heterohypnosis and self-hypnosis. However, as the study progressed, interest shifted to the phenomenology of self-hypnosis. This latter aspect has distinguished this study from previous research and has shed new light on the character of self-hypnosis as an entity in itself, and in its relation to heterohypnosis.

This is a complex and fascinating study worth the attention required to assimilate the ideas explored in the text. Earlier versions of ten of the 17 chapters previously have been published as journal articles or as book chapters, however these materials combined with unpublished material add the merit of giving

the reader a coherent view of the entire study as it unfolded.

The research design was tested in two pilot studies. For the study proper, a total of 33 subjects (out of 58 screened from 425 volunteer naive subjects) completed the task. Subjects were given a series of hypnotic scales and personality inventories; only those subjects rated as highly hypnotizable and without signs of psychopathology were selected. Subjects' experience in heterohypnosis was limited to administration of select hypnotic scales.

The study was conducted over a 28-day period in which the subjects performed one hour of unassisted, self-initiated, self-hypnosis in an assigned sparsely furnished room. Subjects' journal accounts of self-hypnosis and their responses to three questionnaires formed the database for examinations. Researchers empirically and phenomenologically looked at differences between self-hypnosis and heterohypnosis, the structure and content of self-hypnosis and the phenomena of self-hypnosis.

This project builds upon previous research on self-hypnosis in a number of important ways. It (1) was, in part, a phenomenological study; (2) was based

on suggestions initiated by the subject in contrast to self-directed responses to hypnotist-suggested tasks; (3) assessed the structure and content of the self-hypnotic experience rather than hypnotic task performance; (4) examined absorption in the trance itself rather than as a trait in the waking state; and (5) went beyond the response characteristics of established hypnotic scales to identify a personality type likely to be successful in self-hypnosis.

An important finding of the study is the identification of a personality type likely to be successful in self-hypnosis. Personal qualities include: being self-actualized, open to experience, taking risks, having little need for external validation, and demonstrating a high tolerance for ambiguity. Absorption, fading of reality orientation, and time distortion were found to be characteristic of both self-hypnosis and heterohypnosis. Primary process imagery was identified as the core of self-hypnosis and an indicator of trance depth. Attention was more expansive and personally meaningful in self-hypnosis than in heterohypnosis, but the latter was more successful in promoting phenomena such as age regression.

The research appears to be grounded on psychoanalytic and behavioral schools.

To facilitate understanding, a glossary of terms would have been a welcomed addition. Definitions of terms are scattered throughout the text, but they often do not coincide with the introduction of a term. Additionally, the presentation has some redundancy, perhaps reflecting the fact that segments of the book were written to be published separately.

This study is a rare example of the extended efforts of a large group of professionals dedicated to the advancement of hypnosis by scientific research. Their cooperative work serves as a model to inspire the continuing investigation of fundamental aspects of hypnosis. With the current environment of scarce funding, this book provides a model to be emulated.

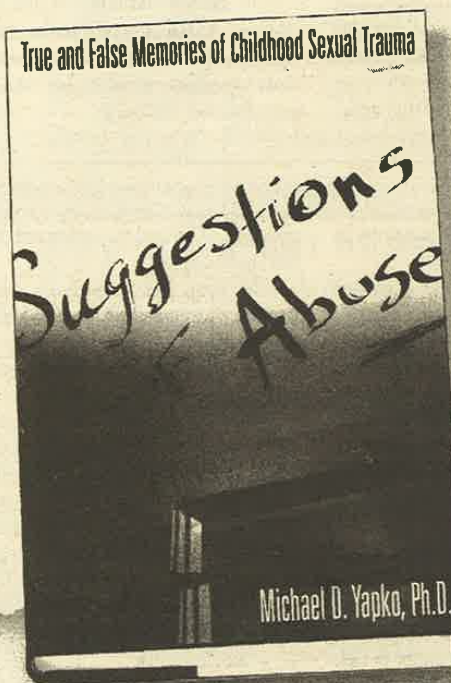
The authors note that the book is addressed mainly to experimental researchers, but also to clinicians who are interested in research developments. I give this pioneering study my highest endorsement for both clinicians who are interested in self-hypnosis, and for all professionals who are interested in innovative hypnosis research.

—Reviewed by  
Roxanna Erickson Klein, R.N., M.S.  
The Milton H. Erickson Institute  
of Central Texas  
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## Suggestions of Abuse: True and False Memories of Childhood Sexual Trauma

by Michael D. Yapko, Ph.D.  
Simon & Schuster, New York,  
1994, 258 pages.

Important! Timely! Must-read!

The cover of *Time*, November 29, 1993, asked, "Is Freud Dead?" Inside, an article headlined, "Repressed-memory therapy is harming patients and intensifying a backlash against mental-health practitioners."

The media is filled with stories relating to false-memory syndrome and to controversies among therapists about the treatment of childhood sexual abuse. At this crucial time, Michael Yapko has provided an excellent guide for therapists, whose reputations are on the line; for psychotherapy clients, whose happiness and mental health are at risk; and for families whose closest affectional bonds are threatened.

Because of an escalating number of requests from therapists for him to use hypnosis to reveal whether or not clients had been molested as children — requests which he always refused — the author became concerned that many therapists misunderstood the nature of memory and the role of suggestion in memory. During 1992, he gathered data from more than 860 therapists which confirmed his suspicion that many "appear to practice their profession on the basis of sheer myth." Although deeply concerned about the well-being of actual abuse survivors, he became increasingly disturbed about what happens when therapist-suggested "memories" of abuse are accepted as real. In *Suggestions of Abuse*, he clearly lays out the important issues therapists must consider in order to practice in a legal and ethical manner when memories of childhood sexual abuse are involved.

Yapko includes, early in the text, the Memory Attitude Questionnaire (MAQ) and Hypnosis Attitude Questionnaire (HAQ) which he used to verify how widespread among therapists are some troubling misunderstandings of memory and hypnosis. These instruments ask how strongly one agrees or disagrees with statements like "Memory is a reliable mechanism when the self-defensive need for repression is lifted" (false), and "It is possible to suggest false memories to someone who then incorporates them as true memories" (true). The author presents a well-organized discussion of his survey results. He summarizes cur-

rent research about the nature of memory and demonstrates the mechanisms active when clients accept therapists' beliefs that they have survived sexual abuse. He also outlines why both therapists and clients are willing to believe abuse happened when it really did not. The last part of the book includes excellent instructions for determining the accuracy of memories, deciding whether or not to confront an abuse perpetrator, knowing what to do if someone in your family is accused, and finding therapy that really helps.

## Enchantment and Intervention in Family Therapy

by Stephen R. Lankton and  
Carol H. Lankton

New York: Brunner-Mazel, 1986.  
324 pages. \$28.75.

*Enchantment and Intervention in Family Therapy* aptly bridges the application of the Lanktons' method of therapy of working with individuals, couples and groups with Ericksonian approaches to family therapy.

The initial chapter, "Meeting Erickson," sets the tone of the book and provides a solid anchor with therapeutic learnings and clinical anecdotes drawn from Stephen Lankton's work with Erickson. The remaining chapters explore various ways the clinician can approach the thorny problems of clients: assessment, treatment planning, strategic task assignments, developing emotion, behavior and belief, and increasing role

## Hypnosis and Sex Therapy

by Daniel Araoz, Ed.D.  
Brunner/Mazel, Inc. New York. 1982.  
\$32.50. 269 pages.

*Hypnosis and Sex Therapy* is an oldie but goodie! This book is basically written for the sex therapist who uses hypnosis in the treatment of sexual dysfunctions. It integrates the two fields of sex therapy and hypnosis. Since little has been published in the last 40 years about the application of hypnosis to the treatment of sexual dysfunctions, this book provides a baseline for further explorations.

There is a great deal of published material on hypnosis and a great deal on sex therapy. When this book was published, it was considered "state of the art" in terms of integration of these two fields. The book is comprehensive

*Suggestions of Abuse* reads as easily as a novel. The author has included fascinating case studies to exemplify the points he is making. His passion for correcting potential injustices is contagious and exhilarating. Yet he handles explosive and controversial material tastefully, with a scholar's dedication to differentiating between truth and assumption. He repeatedly demonstrates sophistication about identifying mere opinion and insisting on scientific validation of ideas that hold power over people's lives.

This reader would have preferred tra-

flexibility.

Rich in clinical case material, the Lanktons draw on observations from their workshops. Their brush stroke is often purposely broad, as they strive to underscore the need to evaluate the individual, family and social context of behavior. The authors use frequent humor, though it is always tempered with healthy respect. They describe innovative techniques for altering chronic behavior, but their route of access is "straight through the heart," as they carefully weigh clients' emotions, beliefs and values.

Their frequent use of metaphors, clinical examples, stories and anecdotes reminded this reviewer of the Energizer rabbit on television who "keeps going, and going, and going." This fast pace and captivating use of metaphor woven through the theory and method, titillates readers and provides a high level of interest in the text.

Sections the reader would find espe-

cially helpful are those on stimulating unconscious resources, paradoxical interventions, and ambiguous function assignments. The Lanktons' creativity and inventiveness are illustrated in their use of metaphor protocols. This reviewer has found that a potent technique to cement connections with clients, in addition to stirring their imaginations, creating a sense of wonderment, and propelling them toward change.

*Enchantment and Intervention in Family Therapy* provides an eminently useful and exciting framework for integrating Ericksonian approaches in clinical practice. It is highly recommended.

— Reviewed by  
Jan Henley, Ph.D.  
East Tennessee State University

— Reviewed by  
George Gafner, CISW  
V.A. Medical Center,  
Tucson, Arizona

*Editors' Note: A 90-minute audiotape, Advanced Metaphor Demonstrations, is sold separately from Brunner/Mazel to complement the book.*

posed in 1979) into the treatment of sexual dysfunction.

This book has a thorough table of contents, strong reference section, and a subject/author index all of which make it easy to match a specific dysfunction with a treatment procedure.

I highly recommend the diagnostic and exploratory techniques, the direct symptomatic techniques and the transfer symptomatic techniques, such as the use of the affect bridge. Hypnotic techniques for female and male sexual dysfunctions, including sexual desire problems, are described and illuminated with case studies.

— Reviewed by  
William C. Wester II, Ed.D.  
Cincinnati, Ohio

## Contemporary Hypnosis Research

Edited by Erika Fromm and Michael R. Nash  
The Guilford Press, 1992

*Contemporary Hypnosis Research* is a landmark text that must be read by every serious student of hypnosis. As a clinician who has been interested in hypnosis research, I had made references to the previous two volumes in this series (the 1972 *Hypnosis: Research Developments and Perspectives* edited by Erika Fromm and Ronald Shor and their 1979 *Hypnosis: Developments in Research and New Perspectives*). I had never read either volume in its entirety. It was my loss. I now discover how the experiments of our hypnosis research colleagues can better focus clinical practice and stimulate a salutary review of beliefs and attitudes about hypnosis.

*Contemporary Hypnosis Research* presents the scholarly efforts of 28 research psychologists, many of whom have maintained an interest in clinical hypnosis practice. Fromm and Nash have done an excellent job of allowing each theoretical position central forum to express the experimental support for

their explanation of hypnotic experience and behavior.

Of particular interest to the Ericksonian hypnotherapist will be the chapters by E. Hilgard on dissociation, N. Spanos and W. Coe on the social-psychological approach, and E. Woody, K. Bowers, and J. Oakman who attempt to synthesize both perspectives. Hilgard describes hypnosis as an altered state of consciousness that results in varying degrees of dissociation dependent upon the talent of the subject. Although dissociation and altered consciousness would seem a good explanation for Erickson's therapy, the social-psychological perspective may best explain his success with a broad range of patients. The synthesized explanations by Woody and colleagues seem most applicable to Ericksonian hypnotherapy.

The work of Sarbin, T.X. Barber, Spanos, Coe and their many collaborators demonstrate how subjects who score lower on standardized hypnotizability scales can develop greater hypnotic skill through high rapport with the hypnotist, cognitive strategies to enhance positive attitudes and expectations about hypnosis, training in the use of creative imagination to aid involuntary experience, and through active participation in the enactment of suggested

responses. Ericksonian therapists would speak of these facilitators of hypnosis as utilization strategies or "Yes" set.

Four of the chapters offer valuable information to anyone who wishes to understand methodologies of hypnosis research. Six of the chapters have to do with personality, psychopathology, and relevant theories of hypnotic experience and behavior. Two chapters speak to the interactions among hypnosis and creativity. The remaining chapters review the neuropsychopathology of hypnosis, hypnotic procedures in the forensic setting, and applied clinical hypnosis research since 1986.

The serious student of hypnosis should devote many hours to study and absorb this landmark addition to hypnosis research. The busy clinician may find *Contemporary Hypnosis Research* to be a scholastic effort that challenges the reader through its systematic pursuit of a question rather than providing a clinical vignette about a solution. Clinicians may reference this third volume on hypnosis research when a specific question about the phenomenology of hypnotic experience and behavior arises.

— Reviewed by  
Philip M. Becker, M.D.  
UT Southwestern Medical Center  
at Dallas, Texas

## A U D I O T A P E R E V I E W

### "Help Yourself to Gestalt"

Workshop by Fritz Perls  
(4 tapes)

To compare and contrast the brilliance of Fritz Perls and Milton Erickson is a task best undertaken in a scholarly publication, not in brief newsletter article. However, it seems a valuable project and perhaps I can outline ideas that can be developed by another investigator.

There are some extraordinary similarities between these two men, who, to my knowledge and that of Mrs. Milton Erickson's, never met. Erickson, however, did have a passing familiarity with Perls and his method.

Both Erickson and Perls were men of presence and precision. As therapists, they oriented to intervention rather than theoretical speculation. Both believed that the question, "How?" — as in "How can you be better?" — takes precedence over "Why?" — as in "Why have you developed as you have?" Neither proposed a formal theory of personality. In

practice, each was experiential, believing that people learn better when they *do* things, rather than talk about them. Neither had a theoretical language; both used commonly understood concepts to make complex ideas come alive. Also, both Erickson and Perls used the modification of awareness as an entry point into the human psyche.

There were differences, however, in the expected result of a change in awareness. Perls believed that when a person oriented to immediate sensory awareness, neurotic layers would emerge. The "phony" self would become apparent and then could be changed. Erickson commonly used hypnotic induction to modify awareness and access dormant resources. When modifying awareness, each achieved their expected result.

In style, Perls was more of a theater director, working in groups, and devising brilliant experiments for participants to discover themselves. Perls also used more insight than Erickson, confronting people about their nonverbal behavior.

Erickson was more indirect, guiding people to discover more effective ways by subtly suggesting reorientations in thought, behavior, and feeling. Also, Erickson was more strategic, working toward goals and symptom change, while Perls was growth-oriented and worked without a specified contract for change.

What stimulated this investigation across psychotherapy cultures? Well, we at the Erickson Foundation just reviewed an excellent audiotape series consisting of four tapes of Perls in the late 1960s conducting a group in Canada. Perls lectures and demonstrates his methods working with individuals and couples, and investigating their issues and dreams. These are extraordinary demonstrations — very powerful examples of effective psychotherapy by one of its preeminent practitioners.

The quality of the tapes is as good as the information they contain; the sound is crystal clear. Included with the tape is a printed description and a synopsis

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of Gestalt therapy by the producer which includes a reading list.

The tape series entitled, "Help Yourself to Gestalt," is available in the USA from Gestalt Distribution Co. Ltd., Box AA 231, 808 Peace Portal Drive, Blaine, WA 98230. In Canada, they are available from H.B. Norman Enterprises Ltd., Box 634, 810 W. Broadway, Vancouver, B.C. V5Z 4C9.

Anyone interested in Gestalt — in fact, anyone interested in psychotherapy — is sure to benefit from these marvelous tapes. I am now listening to them for the second time. One can only hope that Dr. Norman, the producer, will quickly make available accompanying videotapes and that the transcripts will be available in book form.

— Reviewed by  
Jeffrey K. Zeig, Ph.D.  
Director of The Milton H. Erickson Foundation

**Milton H. Erickson, M.D.,  
In His Own Voice**

editor: Jay Haley,  
co-editor: Madeleine Richeport, Ph.D.  
Audiotape ISBN O-931513-10-3,  
Triangle Press Audiotapes  
W.W. Norton Co., 1991

If you ever wished you could have visited Milton Erickson during his prime or participated in a conversation with Erickson, Jay Haley, John Weakland and Gregory Bateson, you will find the audiotapes "Milton H. Erickson, M.D., In His Own Voice," the next best thing. Produced by Jay Haley and Madeleine Richeport, these tapes are edited versions of conversations that Haley, Weakland and Bateson had with Erickson during the mid 1950s. Some of these conversations took place as part of Gregory Bateson's research project on communication; others took place when Haley consulted with Erickson about therapy. There are six one-hour tapes in this series, and although much of the material has been published in Haley's three volume set, *Conversations with Milton H. Erickson, M.D.*, some does not appear elsewhere. Most of the tapes were made at Erickson's home in Phoenix and originally were not made for distribution. As a result, they are not studio quality although the sound has been enhanced as much as is technically possible. The listener can hear many background noises — the ticking of Erickson's clock, family members talking in the background and the sounds of squeaking chairs. At first, I thought the noises would be a distraction. However, the longer I listened, the more I got a sense of being in the room with Erickson, Haley and Weakland and found the sounds added to the enchanting quality of the tapes. The various conversations are bridged by brief interludes of Oriental music which adds to the feeling of being seated with the master.

The tapes cover three general areas: Erickson's work with problem drinkers, a discussion about therapy with multiple personalities and sex therapy with females and males. The listener gets to hear not only Erickson, but Haley and Weakland as they ask questions and begin to form their own ideas of therapy. Students of family and strategic therapy will find these tapes very valuable because it was from these conversations that many ideas seminal to these theories were developed.

The primary value of these tapes,

however, lies in getting to listen to Erickson talk about how he did therapy and experience his style of communicating those ideas, his voice inflections, intonations and pacing.

In the tape on problem drinkers, Haley begins by giving a brief overview of how Erickson's ideas on working with alcoholics differed from the popular assumptions of his day. That introduction is followed by a discussion with Erickson on a number of cases, highlighting his interventions in each case. This is Erickson at his strategic best, prescribing symptoms in such a way that not only is the symptom changed, but so are the interactions of the alcoholic. Erickson described one case when he helped an alcoholic's wife feel less helpless and victimized by instructing her to take a sum of money equal to the amount her husband spent on liquor and put it in the bank to be used at her discretion.

The second tape contains a discussion about Erickson's work with multiple personalities. This conversation took place in 1955 before much had been written about Multiple Personality Disorders (MPD) or dissociative disorders. What is striking is how much Erickson's thinking influenced this area of inquiry even though Erickson did not view multiple personality as either a form of dissociation or a disorder. Erickson treated each personality as being real and viewed the central problem to be one of communication and not pathology. He worked toward getting the various alters to communicate with one another and respected the fear the alters had of dying through integration. Particularly fascinating was how Erickson helped one woman avoid disrupting her marriage. One of her alters had taken over one night while the woman was making love with her husband. Her husband became frightened because of the sexual prowess demonstrated and began wondering where his wife had gained such experience. Erickson advised this woman's alter not to take over but gradually to instruct the host personality about sexual knowledge. This would allow the patient to express various aspects of herself in a less frightening and disruptive way.

Since this discussion in 1955, much knowledge has been gained about multiple personality and its roots in the survival of severe abuse. It also is generally accepted that MPD is a dissociation. However, Erickson's pragmatic style of acceptance and utilization of the alter,

as well as his emphasis on problem solving and communication between alters remains as valid in the treatment of multiples today as it was then.

Four tapes are devoted to the treatment of sexual difficulties. Two tapes cover therapy with females and two with his treatment of males. In the tapes, discussing therapy with women, Erickson presents an hour-long case of a woman he treated for inhibited sexual desire. Erickson weaves together hypnotic and strategic work as he launches into a lengthy discussion with his patient about various topics ranging from her skin to pieces of furniture in her bedroom. Each thing mentioned is done to help her learn to appreciate more fully and to enjoy a broader, fuller range of sexual experience.

In his work with males and females,

Erickson demonstrates both an indirect-obtuse style of communication which is respectful and protective of his patients as well as an earthy, sometimes shocking frankness which, in certain cases, liberates his patient from inhibiting rigidity.

These tapes are a valuable addition to the material already published by and about Milton H. Erickson. Students of his hypnotic, as well as of his strategic work, will appreciate these conversations, not only for their historical value, but for the opportunity actually to hear Milton Erickson speak about his therapy. . . "in his own voice."

— Reviewed by  
William Wade, M.Div., LPC  
Milton H. Erickson Institute  
of Houston, Texas

J O U R N A L R E V I E W

**Grassroutes**

*Grassroutes*, published bi-annually, orients family and systemic therapists to combine practice and research so they can approach clinical work in a continuing spirit of inquiry and creativity.

The format of each case presentation calls for the contributing therapist to share personal characteristics, as well as describing those of the client. The presenting problem is then stated, the intervention and its impact considered. Readers also are given any particular characteristics the therapists might bring to the case that could affect the outcome of therapy. The emphasis is on a brief discussion; the copies I reviewed covered from 11 to 20 case presentations.

Upon reading *Grassroutes*, I found myself looking at my own caseload differently, wondering how my responses and interventions would differ if my characteristics and private practice setting were different. Graduate students were given an assignment using the presentation methodology and it was, as one student said, ". . . mind-expanding." Over lunch with colleagues, one of the cases provided a lively discussion and elicited some thoughtful professional self-revelations.

The case submission form in the back of each journal invites participation. This form also could serve as a way to review a troubling case by employing the criteria requested to prepare "a story" for the journal.

*Grassroutes* honors Milton Erickson by its frequent references to him in editorials citing his "utilization" — the practice of using what the client brings as a resource; and his method of being flexible and open to new directions.

The type is large and clear, the format simple, direct and laid out in a manner that assumes the reader wants immediate access to the material. The index is extremely well done; the references are appropriately included and subject and author information clearly stated.

*Grassroutes* is published by the Family Therapy Program at the University of Louisville in Kentucky; subscriptions are available. For information write Family Therapy Program, Gardiner Hall, University of Louisville, Louisville, KY 40292.

— Reviewed by  
Judith P. Palais, ACSW  
New Castle, New Hampshire

*The purpose and procedures of psychotherapy should involve the acceptance of what the patient represents and presents. These should be utilized to give the patient impetus and momentum so as to make his present and future become absorbing, constructive and satisfying.*

(Erickson, 1954b, pp. 127-28)



## Interview *continued*

technical science. I ordered all the books of Helm Stierlin, M.D., about family therapy and read as many books on family therapy as I could find.

When I finished my studies in economics and engineering I heard that Stierlin was taking a Professorship in Heidelberg, after spending 17 years in the United States, and I made the decision to study with him. In studying family therapy I began to understand more about myself and my family system and my relationship to my girlfriend and her family. I was reading so much I forgot all about economics. I developed a clear, natural understanding of what goes on in relationships and it was because my field moved away from economics.

Then in one of Stierlin's lectures he talked about Jay Haley's description of Milton Erickson's work with three cases. These cases made something of a storm in the lecture room. Heidelberg at this time was analytically-oriented and most of the people thought that what Erickson did was irreverent. His work was just too strange for those professionals.

**JP: Do you know which cases they were?**

**BT:** Yes. I remember there was a man who could not sleep at night and Erickson told him to get up and clean and...

**JP: ...wax the floor.**

**BT:** Yes, for four nights. One student who is now a Professor of Family Therapy in Germany asked Stierlin if Erickson was a trainer in the Army because this method was not psychotherapy. There was a case about a bedwetter, a preadolescent boy whose parents had to drag him into therapy. Erickson threw out the parents immediately. I was fascinated. I was working at the time in economics at a computer center at night. I remember I wrote down Erickson's cases. I intuitively thought, "This method works," but in my conscious mind I was not really clear why it did work and I wanted to find out, "Why the hell is this working?" (Laughter).

**JP: How did you get from your curiosity about these cases to organizing this Conference?**

**BT:** After I heard Stierlin's lectures I started to read (about Erickson). Not much had been available then. Only *Uncommon Therapy* had been published in German. Together with Gunther Schmidt, I attended workshops in America, and Jeffrey Zeig's workshops in Germany. We went from attending the workshops to organizing them. There was an interesting mixture of people coming from different fields to the meetings. We met Burkhard Peter, the Founding President

of the German Erickson Society in 1983 at the Erickson Congress in Phoenix. Peter asked us to join the German Society.

Our work with congresses was growing. By 1989 we organized the first European Ericksonian Conference in Heidelberg with around 1,200 people in attendance. After attending both of the Evolution of Psychotherapy Conferences in the United States, I was excited about them. In my opinion these conferences are a logical outgrowth of the philosophy of Milton Erickson. Erickson said that every patient is a unique individual; you have to invent a psychotherapeutic approach for each person.

The Evolution Conferences had a creative atmosphere, and there was a lot of stimulating dialogue. People from Germany like this openness. So now we want to go one step further and to arrange a conference in Germany in which important pioneers in psychotherapy come together and share their ideas.

Stephen Lankton said many years ago that Sigmund Freud is the Einstein of Psychotherapy. I thought it would be quite valuable to arrange an Evolution of Psychotherapy Conference in Hamburg where experts could discuss their different theoretical assumptions.

**JP: What excites you about holding this conference?**

**BT:** The conference theme is "The Practice of Psychotherapy." All these pioneers of psychotherapy are asked to demonstrate how they work so attendees can observe and learn from their thirty, forty, or fifty years of clinical experience. Another most important aspect of the conference is to provide opportunities for these pioneers' dialogue with each other and interact with the audience.

What motivates me most to do this crazy work is that I'm interested in initiating more interaction between fields of psychotherapy. In my experience very often people in private practices in big cities do not know what their neighboring colleagues are doing. From time to time when people are not reading a client well, they should know about other approaches which could fit the client better: Therapists should know what family therapy is doing, what cognitive therapy is doing, what Gestalt therapy is doing. There should be more interaction so people can learn from each other.

**JP: Where do you think you learned to value this kind of exchange?**

**BT:** That's an interesting question that I have not asked myself previously. In

some way what attracted me is connected to my family of origin. I lived together with my grandparents and my parents in a little flat; there were so many different opinions. I probably learned to stay in between to find some ideas to connect everyone. My basic training in family therapy came out of this.

My grandfather liked to use paradox and double meanings. When he died he was almost ninety-eight. When one of my children was born he shocked the ladies by saying "My granddaughter has only one right big toe." They were shocked by the double meaning of the word "right." I remember when I was very young he told me: "When speaking to a certain man if you want him to go the left side you have to tell him to go to the right side. Then he'll go to the left!" I think he gave me basic training in tracking peoples' styles of responding. From early childhood I learned about word play, paradox and double meaning. With this background I could relate to the story of Erickson pulling the calf by the tail (to get it to go forward).

There was strategic thinking in my family. Both my father and grandfather had been involved in politics for a long

*continued on next page*

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## Interview *continued*

time so I was trained very early by observing them thinking strategically. **JP:** *So the Evolution of Psychotherapy Conference is an outgrowth of the conferences and all of the interchange of ideas. I understand you had more than 1,000 people registered a year in advance?*

**BT:** Yes, these are paid registrations, not guests, not faculty, not volunteers and not translators. The Evolution Conference is also an outgrowth of my personal friendship with Jeffrey Zeig. We like to do things together and, in some regard on different levels we are both what I might call workaholics. (Laughter.)

The German Erickson Society also has a Foundation which supports many East European professionals with books, computers, and money for conferences. The German Erickson Society and the Milton Erickson Foundation are nominal sponsors of the Evolution Conference, but my staff and I worked hard for one year, struggling with tax and legal problems to find a way to make this conference possible. Eventually I formed a corporation to administer the conference.

**JP:** *I know that the German Erickson Institute is growing and expanding. Is that an outgrowth of the conferences?*

**BT:** I have to credit Burkhard Peter who is a leading force behind this movement. He has worked incredibly hard in collaboration with his wife, Alida Jost Burkhard and Wilhelm Gerl.

It has been good luck that the right kind of people have gotten together — a good mixture of people. Our chairman, Dirk Revenstorff, is a professor of Clinical Psychology in Tübingen and has written a three-volume book about different approaches to psychotherapy and he can reconcile them all. Gunther Schmidt, M.D., also motivated a lot of people to come to our training.

It is a co-evolutionary process; we are growing together as friends; we meet infrequently. That makes it easier to keep the friendship. (Laughter.) Most of our important people also are involved in other fields; they do not need the Erickson Society so they can enjoy meeting together and being friends.

**JP:** *How do you make decisions when you only meet twice a year?*

**BT:** Directors of the 12 German institutes meet two times a year for three or four hours about training and supervision. If the majority of people agree on something they recommend it to the Board which automatically votes it in.

We are very quick and efficient. It's

astonishing! I have not met in my life any other people who work in the same way in such a lovely style. We send letters. When we meet we have as many as twenty points to discuss. In Konstanz recently, we had 18 different points to discuss, we had only two hours and we finished the meeting after one hour and 50 minutes.

When we disagree we have respect for each others' positions and we try to find a point where everybody is satisfied. Part of what I experience in our Society is that people who have come in later have respect for the initiators who put in a lot of work. In turn, the founders respect newer members for their initiative.

**JP:** *How does your organization adapt to the growth?*

**BT:** Some people think that the fact that we have the same Board of Directors for ten years is not good. I think we are growing too fast. Five years ago we could not have foreseen that we'd have so many local institutes. Each local institute is different; some are membership societies; some are run by one or two people. Some teach and do practice; some collaborate with other institutes.

I like very much that in our organization we also develop personal ties. We also know many things about each other's private lives. In the last ten years we work together both professionally and as friends. I appreciate this very much.

On a professional level, in my opinion, we are growing too fast. We have been successful and when you have a success, it's possible to make a lot of money. Some of the people are not aware of the origins of our success.

Many people have worked more than ten years without making any money. The Chairman of our Society, Burkhard Peter, has been editing a journal since 1984, I have worked 20 days a year on our newsletter. Burkhard has written software programs for organizing Congresses and he has given it to me for nothing. All of this work is unpaid.

Many people are suddenly interested in our work and some people only see that some books are selling really well and think: "These people are making a lot of money," but they are not seeing that there are ten or fifteen previous years of unpaid work. This is a problem. I know this because I wrote my economic thesis paper about such problems in organizations. These transitions are very difficult. In Germany I have seen psychotherapy societies split up when the next generation came to leadership — when leaders have been retired or even before the leaders want to retire,

the younger ones force them out.

As Ericksonians working with a strategic approach and a future orientation, we should be intelligent enough to look to the future and see in advance how to structure this process: how we take young people in; how we take additional people in, and what will happen if the founding generation who has worked many unpaid years can still have the influence they have earned.

**JP:** *By letting other groups evolve their own system, how do you maintain your standards?*

**BT:** Certification comes from the central center, not from each center. Most of the centers train 20 people a year. These are already people who can legally practice psychotherapy. We recently had the first meeting of the trainers of The German Erickson Society. We met two days and discussed our introductory seminar and our goals. Training standards also was one of the topics. If a trainee has a lot of problems and it is obvious that he will have problems with his patients, we do not give him a certificate. When a trainee has all of the certificates from each seminar, he sends them to the central office in Munich for pressing.

**JP:** *How many women are involved at the Board of Directors? So far I'm hearing mostly men's names.*

**BT:** We have no women on the Board of Directors. Until now we have no women trainers in our Society. It is not a good situation for our trainees. For many years I have been trying to change this, but in the first two seminars I attended my recollection is that there were more women participating than men. They were strong women, but with the exception of one who has her own family therapy institute, nobody has a name now in the field. Perhaps the strategic thinking, and the utilization approach attracts men more.

I have worked hard to bring women in and motivate them to teach seminars. In May 1994 we are organizing a conference where only women will be speakers, and it will be in German. Men can attend. We will have 20 to 25 seminars with the conference on new topics.

**JP:** *What is it about the German people and/or the German culture that attracts them to Erickson's work?*

**BT:** I am not sure that this has something to do with German culture. In Germany, we have a very successful Feminist Therapy Institute, and centers that teach the Milan approach, the Satir approach, etc. Perhaps Germans are good organizers and when we start doing something, it works in the long run.

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Another theory is that there are some very talented people who founded the Erickson Society; and they fit together well. There are other successful programs in Europe. For example, in Italy, Camillo Loriedo is successful in combining hypnosis and family therapy. But, it's probably true that the German society is, at least in Europe, the best organized group, and it is still growing. **JP:** *You told me you also teach in East Germany?*

**BT:** There was an interesting Family Therapy Conference in '87 in Prague that was the first meeting between East and West. Virginia Satir was there, also Zeig, and Minuchin. There, for the first time, I met colleagues from East Germany. The next year I taught in East Berlin and Leipzig unofficially.

I had to pay the state 30 to 40 marks every day. At the '89 European Erickson Conference we gave half our profits to our East European colleagues. I like this part of my work very much. We meet colleagues and friendships are made. You know that every year Jeffrey Zeig did one free workshop in a former Eastern bloc country. It's a good model. **JP:** *What do you want to be doing five years from now?*

**BT:** I would like to have more time to

*continued on last page*

## AUDIOTAPE REVIEW

### The Role of Hypnosis in the Etiology and Treatment of Dissociative Disorders

By Gary P. Ruelas, Ph.D., Terry Argast, Ph.D., and Richard E. Landis, Ph.D.

Available from Orange County Society for Ericksonian Psychotherapy and Hypnosis, P.O. Box 6718, Laguna Niguel, CA 92607-6718. Presented at the Clinical Hypnosis Conference of Anaheim, California, June, 1991.

This two-tape set features Drs. Ruelas, Argast and Landis presenting their ideas about the etiology and treatment of dissociative disorders. The tapes begin with an introduction and background of each presenter followed by a discussion of their ideas about the development and treatment of dissociative disorders. The gist of the theoretical considerations, which is heavily based on systems thinking, hypnosis, family therapy, and ego state therapy, is that individuals are composed of ego states which are created by traumatic events. These ego states operate to maintain stability through internalized dynamics which are similar to those of the individual's family of origin. Hypnotic treatment, according to the presenters, requires relating to each of the ego states within the person and encouraging a dialogue among the parts, as they believe one of the problems in Multiple Personality Disorder (MPD) is that ego states do not communicate directly among themselves. The goal of treatment is to help the system find a better way to deal with the conflicts among the parts. This, in turn, allows the system to reconfigure itself and not necessarily to integrate as has been the more traditional treatment goal for persons with MPD.

The theoretical presentation on these two tapes demonstrates intellectual breadth in the presenters as well as a wealth of experience. The listener may find it challenging to absorb this information given the uneven quality of the recording. Visual aids of the presentation are lost. While some listeners will find the theoretical ideas stimulating, others may recognize conventional concepts simply presented in a new language.

The clinical observations and treatment approach presented by Drs. Ruelas, Argast and Landis are useful in several ways. Their emphasis on respecting, joining, and supporting all aspects of the personality is an important reminder, given the tendency of patients to label aspects of themselves as "bad" or

"useless." The notion of allowing the personality to reconfigure itself is reminiscent of Erickson's admonition to therapists to create a therapeutic climate and then to allow the patient to do the work required. The therapeutic outcome of attending to these two ideas, then, can be one in which the individual resolves

internal conflicts to develop a more harmonious relationship with him or herself, even in severely traumatized patients such as those with MPD.

— Reviewed by  
Richard E. Dimond, Ph.D.  
Springfield, IL

## TAPE / WORKBOOK REVIEW

### Mental Training Room Series

John Bowman, Ph.D.

The Institute for Applied Sports Psychology  
5525-49 Route 347  
Port Jefferson Station, NY 11776

"The Mind Plus Muscle Mental Training Room" is a set of taped exercises intended to take an athlete through six weeks of mental preparation for various sports. It was developed and is narrated by John Bowman, Ph.D., a sports psychologist. Included in the series are specialty tapes for tennis, golf, swimming, soccer, running, basketball, football and a number of other sports.

The workbook introduction states the goal is "to develop a variety of mental strategies that will assist you in practicing more effectively and improve your performance while at the same time enjoying your sports experience more than ever." (p. 3) To accomplish this, the tapes take the athlete through five exercises. The first three, "Goal Setting," "Self-Hypnosis/Psychocybernetic Imagery" and "Developing Your Ideal Performance State" are used the first three weeks. The next two, "Imagery Training" and "Mental Rehearsal" are added in the fourth week. Also included in the package are worksheets for goal setting, weekly planning and post-event evaluation.

This tape series rely heavily on the work of Maxwell Maltz, author of *Psycho cybernetics* and the "common everyday trances" to which Erickson so often referred. Bowman offers a good description of how these everyday trances can be used by athletes in self-hypnosis. The positive, goal-oriented approach using imagery and visualization, in common with Ericksonian naturalistic trance states, make this course applicable to any athlete's situation. The information presented is sound and useful to an athlete who wants to achieve optimum performance.

Discipline and mental training are integral parts of any successful athletic performance. High school athletes, after using this series, state the information

and skills gained were worthwhile; however, the series take and great deal of self-discipline to use daily. The tapes were difficult for this young man to listen to at times; he had had experience with hypnotherapy before athletic events and these tapes were too scripted for him. Additionally, there was a distracting echo during some of the tapes.

Overall, I would recommend the "Mental Training Room Series." It offers basic skills for mental preparation by athletes and the material is presented in a format that is relevant and not overly technical. I hope Bowman continues development on this series which seem to be on the cutting edge of sports psychology techniques for mental preparation in athletic events.

— Reviewed by  
Rick Pipkin, Ph.D.  
Dallas, Texas

## INTRODUCING THE INSTITUTES

### MILTON H. ERICKSON INSTITUTE OF SAN DIEGO

by Michael Yapko, Ph.D.

#### Background

The Milton H. Erickson Institute of San Diego, founded by Michael D. Yapko, Ph.D., celebrated its ten year anniversary in January 1994. The original members included Beverly Hershfield, M.A., and David Higgins, M.A., current members include Brian Alman, Ph.D., Mary Beth Chrudden, M.S.W., Marian Richetta, M.S., and Doris Murphy, M.A., with Linda Griebel, administrative assistant, as the "hub of the wheel."

The Institute was founded for the explicit purpose of promoting the work of Milton Erickson. Yapko, who is known for his work in brief directive psychotherapy in treating anxiety and depression, had been involved in an Ericksonian approach to hypnosis and psychotherapy for some time. It was Yapko's thought that the San Diego community could benefit greatly from clinical services provided

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by Ericksonian-oriented practitioners and local mental health professionals could benefit from state-of-the-art clinical training programs. Dr. Erickson's work had been deeply influential in shaping Yapko's clinical methods, and he wanted to dedicate an institute to Erickson's name as a tribute to that influence.

#### Activities

Currently, the San Diego Institute is continuing its primary function of providing clinical services directly to the public. Each of the Erickson Institute members has a private clinical practice with a different focus and a different area of interest. The Erickson Institute also continues to provide, on a regular basis, training in hypnosis and psychotherapy to the professional community. During its first six years, the Institute organized annual conferences on hypnotic and strategic interventions. Prominent Ericksonian practitioners from around the country participated in these conferences. As a direct result,

*continued on last page*

## Interview *continued*

write my books. I have a project on Ericksonian approaches in speech therapy. I like teaching.

**JP:** *What is your vision for your German Ericksonian Institute?*

**BT:** I would like to see four or five more Training Institutes in Germany. I think we should work closely with other European countries. We will have the second European Erickson conference in 1995. We now are trying to give medical doctors some of these interesting tools. We are learning to have better patient contact and more understanding of the family systems in which people live. We help professionals to get more excited about their work.

We collaborated among institutes in Berlin, Munich and Hamburg and experts from those institutes teach in my Institute. What is important in our work is that we provide students with a basic understanding about utilization, about using metaphors, humor, about indirect reframing. My goal is that the pediatrician after our seminar is a better pediatrician, that the speech therapist is a better speech therapist, that the psychologist is a better psychologist.

*This is a good note on which we have to stop. I have enjoyed learning more about how you are working and thinking and especially getting to know you*

*a little better. Clearly your feelings for people and for relationships has had a lot to do with the way you organize things. Many thanks from all of us.*



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ANNIVERSARY

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The Milton H. Erickson Foundation has received \$1,382 in contributions since the last *Newsletter*.

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## San Diego *continued*

two volumes of papers were published. *Hypnotic and Strategic Interventions: Principals and Practice* contains papers from the 1983 conference and *Brief Therapy Approaches to Treating Anxiety and Depression* is the proceedings of the 1986 conference.

### Current Directions:

Most recently Yapko has researched the issue of repressed memories of abuse. These findings are presented in his latest book, *Suggestions of Abuse*.

The Milton H. Erickson Institute of San Diego is an active and forward-looking Institute. Its programs reflect not only current interests but also the needs of the mental health community and of the larger San Diego community of which it is a part.

*Editors' Note: Suggestions of Abuse is reviewed in this issue.*

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