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The Milton H. Erickson Foundation NEWSLETTER

Vol. 25, No. 1

SUMMER 2005

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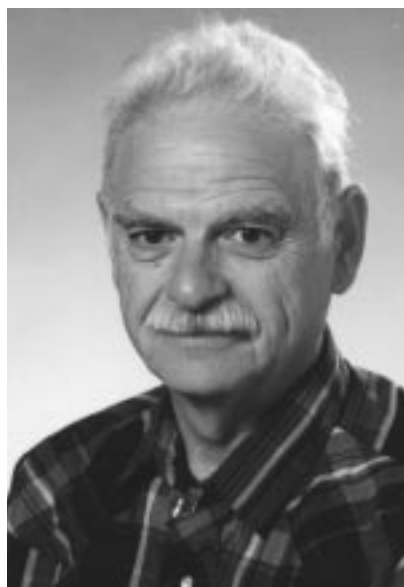
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I N T E R V I E W

RUBIN BATTINO, MS, LPCC

Interviewed by
Deborah Beckman, MS, LPC, NCC
The Milton H Erickson Institute
of Dallas

Rubin Battino, Ph.D., is a professor emeritus in the Wright State University Department of Chemistry. He is a licensed counselor, specializing in brief therapy, hypnosis and guided imagery. Battino is the author of seven books, including "Ericksonian Approaches. A Comprehensive Manual," and "Metaphoria," reviewed in this newsletter on page 26. In addition, Battino is the author of more than 16 plays, including one on the life of Milton H. Erickson, which was performed by faculty at the December 2004 International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. He was interviewed by Deborah Beckman, M.S., of the Milton H. Erickson of Institute



of Dallas.

Deborah Beckman (DB): How did you begin in chemistry and end up with such interest in Ericksonian approaches?

Rubin Battino (RB): I was fortunate to have gone to the Bronx High School of Science in New York, which was one of their specialty

schools. There was lots of science, and it was enriching in a variety of ways. While I was there I took two years of chemistry. I found I liked chemistry. When I got to The City College of New York, I had an interest in many things, including psychology and writing. I had grown up as a child during the Depression era and knew what that was like. Having basically decided I needed to get into a profession where I knew I could earn a living. I was not at all sure that I could earn a living as a writer or in practicing psychology. So when I got to City College, I majored in chemistry as a practical thing, and I've also always enjoyed it. It's been an interest, a passion, and it's practical. But I never let go of the other ideas.

D.B.: You were saying that in the very beginning you were interested in quite a lot of things including writing and psychology. Was that early interest in psychology what drew you to Erickson's work?

R.B.: No, Erickson came at the

See INTERVIEW on page 30

The FIFTH EVOLUTION OF PSYCHOTHERAPY

*"This is the best Conference in which I have ever participated."
Virginia Satir - 1985 Evolution of Psychotherapy Conference*

The Milton H. Erickson Foundation announces the *fifth Evolution of Psychotherapy Conference*, December 7-11, 2005 (Wed-Sun), with a special Pre-conference workshop with Patch Adams, Tuesday, December 6, 2005. This landmark Conference will be held at the Anaheim Hilton Hotel and Convention Center, in Anaheim, California.

The Faculty will include Albert Bandura, William Glasser, John & Julie Gottman, Mary Goulding, Jay Haley (provisional), James Hillman, Otto Kernberg, Arnold Lazarus, Marsha Linehan, Alexander Lowen, Cloé Madanes, James Masterson, Donald Meichenbaum, Salvador Minuchin, Erving Polster, Ernest Rossi, Martin Seligman, Francine Shapiro, Thomas Szasz, Ken Wilber, Michael White, Irvin Yalom, and Jeffrey Zeig.

The special State of the Art Faculty includes David Barlow, Judith Beck, Claudia Black, Nicholas Cummings, Robert Dilts, Harville Hendrix, Harriet

See FIFTH EVOLUTION on page 3

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EDITOR'S COMMENTS



This Newsletter is dedicated to the next generation of therapists as a gift from the past 25 years of the Foundation. We start the newsletter with an interview with our omnipresent Renaissance Man, Rubin Battino. While many of the recent students of Erickson know Battino as the co-author of the codification of Ericksonian training standards, author of *Metaphoria*, author of *Meaning*, a biographical play about Viktor Frankl, and more, they may not know that he is also a highly respected and published chemist. He approaches the Erickson perspectives with the dedicated eye of a scientist and the heart of a humanist.

Among the established cadre at the Congress this last December, I was gratified to see the faces of many new students. New students are further being assisted in their studies of the Erickson philosophies through scholarships as highlighted by a news article by Diana Alicia Ruiz Torres, the recipient of the first Elizabeth Moore Erickson Scholarship. This scholarship comes through the generous donation of the royalties from the Spanish versions of Dan Short's *Hope and Resiliency* (see Short's interview in Vol. 24, No. 3) and Marilia Baker's *A Tribute to Elizabeth Moore Erickson*. According to Alex and Annellen Simpkins' review in this issue, Baker's newly released book "...is an intimate slide show of significant people and events, all benefiting from the nurture of Elizabeth Erickson." The book is truly inspiring and so is Baker. In this issue we are honoring

her as the *Contributor of Note* not just for her prolific contributions to the newsletter and the Foundation, but because we consider her to be the embodiment of Ericksonian philosophies. I know Marilia Baker as a curious "child" discovering what makes humans human. While her accomplishments are many, her generosity of heart even better describes who she is.

Erickson's influence is spreading exponentially throughout the world, crossing generations. In the *Foreign News* section, Eugene Don writes about Betty Alice Erickson teaching the first ever Erickson workshop given in the Ukraine, thus extending Erickson's teachings and philosophy even further to students of the world. In the *Introducing the Institutes*, we have highlighted the Madrid Milton Erickson Institute. The Institute exemplifies the evolved emphasis on the humanistic relationship over technique, which is part of the expanding acceptance of the Ericksonian perspective. In a companion *Facets and Reflections* article by Roxanne Erickson Klein's daughter and Erickson's granddaughter, Laurel Klein traveled to the Madrid Milton Erickson Institute and found a legacy of her grandfather waiting for her *Through the Garden Gate*.

The evolving emphasis on a humanistic relationship over technique is wonderfully demonstrated in Will Handy's review of Stephen Gilligan's *The Legacy of Milton H. Erickson: Selected papers of Stephen Gilligan*. Gilligan, who recently received the Lifetime Achievement Award from the Milton H. Erickson Foundation, presents a series of his writings that take him "...from imitating Erickson as closely as he could, to discovering his own voice."

In Michele Ritterman's review of *The Art of Therapeutic Communication: The Collected Works of Kay F. Thompson*, Saralee Kane and Karen Olness show how Thompson also valued the human connection over the technique. I must admit that I have a warm place in my heart for this book given that Thompson was both a friend and an inspiration. Whether we were team-mentoring a student or she was hypnotically encouraging me to create

anesthesia just by her assumptions, she embodied Erickson's imperative to *be yourself*.

The theme of relationship again surfaces in Christopher Faiver's response to John Lentz's article on Erickson's influence on the ministry (Vol. 24, No. 2). He emphasizes the importance of the "I--Thou" relationship as being central to the Erickson relationship.

Expanding beyond the mental health issues to medical concerns, we have three articles that involve Ericksonian approaches to medicine. In *Memories and Legacies, an Open Letter to the Foundation*, Gary Ruelas, both a physician and clinical psychologist describes his journey prior to the first Erickson Congress in 1980 through today, and how those learnings and experiences have permeated the philosophy of his medical

practice. Maria Escalante Cortina's delightful application-oriented *Case Reports* describes how she used the Erickson perspective in helping a child with cancer. Also, Kathleen Donaghy superbly reviews Annette Leal Mattern's book, *Outside the Lines of Love, Life and Cancer*. Donaghy observes that the book "...provides readers with pragmatic tips about how to negotiate their way through catastrophic illness." "... This book can be useful in illustrating the possibilities and ...creating in them a more open mind-set toward the use of trancework."

This last 25 years went quickly and were exciting to experience. I can hardly wait to see what the next 25 years have in store.

Rick Landis, Ph.D.
Laguna Niguel, CA

NEWS

Gilligan Receives Lifetime Achievement Award

Stephen Gilligan was recognized with the Lifetime Achievement Award from the Milton H. Erickson Foundation at the recent Congress. A student of Milton Erickson's in the 70's Gilligan has remained committed to the values and growth of Erickson's teaching. His work has contributed to the broader understanding of Ericksonian principles, and exemplifies the art of finding ones own identify within the framework. Gilligan has encouraged and mentored countless students as he he discovered and refined his own unique and powerful style of integrating sensitivity and love within professional methodology. Thank you Stephen Gilligan for many years of dedicated work. And congratulations for an honored well deserved.

The Milton H. Erickson Foundation NEWSLETTER

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Lerner, Scott Miller, Christine Padesky, Daniel Siegel, Michele Weiner-Davis, and Bessel van der Kolk.

The Keynote Addresses will be given by Patch Adams, Mary Catherine Bateson, and Aaron Beck.

Online registration is now available! Visit the Foundation's Web Site for the most current information on the 2005 Evolution Conference including links for Online registration, volunteer application forms, hotel reservations, and travel information! (The full conference brochure will be available Online mid-April 2005):

www.erickson-foundation.org

For registration and volunteer information, contact American Continuing Education, Inc. (ACEI), P.O. Box 17980, St. Paul, MN 55117; Tel, 651-487-3001; Fax, 651-489-3387; E-mail, miltonerickson@cmehelp.com

If you would like to receive the full Conference brochure by mail (available mid-April 2005) contact: The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; Web, www.erickson-foundation.org/evoconf5.htm ; E-mail, office@erickson-foundation.org Please include your complete mailing address with your request.

The fifth *Evolution of Psychotherapy Conference* is sponsored by The Milton H. Erickson Foundation, Inc., with co-sponsorship by California State University, Fullerton, Department of Counseling Psychology.

The Online version of **The Milton H. Erickson Foundation Newsletter** can be found at **<http://www.erickson-foundation.org/news>**

VOLUNTEERS NEEDED!

EVOLUTION CONFERENCE 2005

The Milton H. Erickson Foundation is seeking full-time graduate students and interns to assist the staff and faculty at the upcoming *Evolution of Psychotherapy Conference*, December 7-11, 2005, and the special Pre-conference workshop with Patch Adams, Tuesday, December 6, 2005. The Conference is being held at the Anaheim Hilton and Convention Center, Anaheim, California.

In exchange for registration fees, volunteers will assist with registration procedures, continuing education, assist the staff and faculty and monitor meeting rooms.

Full-time graduate students and interns are the first to be accepted as volunteers. If needed, professionals will be accepted as the meeting draws near. Volunteer duties are assigned based on the needs of each session, the faculty and staff. Accepted volunteers must attend a MANDATORY Volunteers meeting the day prior to the first day of the conference.

The Volunteer Application is now available Online! Visit the Conference Web Site to print the application forms: www.erickson-foundation.org/evoconf5.htm To receive complete information by mail, please send a letter requesting a Volunteer Application Packet to: ACEI, P.O. Box 17980, St. Paul, MN 55117; E-mail, miltonerickson@cmehelp.com ; Tel, 651-487-3001; Fax, 651-489-3387. Be sure to include your complete mailing address with your request.

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NEWS

First Elizabeth M. Erickson Scholarship

By Diana Alicia Ruiz Torres

Michoacan, Mexico

I am the recipient of the first Elizabeth Moore Erickson Scholarship. The scholarship was created with the funds from the book sales of the Spanish version of *A Tribute to Elizabeth Moore Erickson*. It offered a chance for me to continue my studies to become a psychologist.

I was so surprised when I first received the scholarship to help me with my studies for a Masters in Ericksonian Psychotherapy at the Centro Ericksoniano in Mexico City. It was like the sky opened and a flash of lightening burst through me. Finally, I thought, someone believes in me. Suddenly there was a new opportunity to find my path, and to fight for the people that I love. I was so happy that I cried. Then I explained to Dra. Teresa Robles and the administrative directors of Centro Ericksoniano de México all that I had been through in trying to advance my education. Their belief in me opens many new doors in my life: I see a larger universe.

I have many people to thank for this help: Mrs. Elizabeth M. Erickson; Marilia Baker who wrote the book, and created the scholarship with the Centro Ericksoniano de Mexico. I also thank Dr Dan Short who donated the royalties from the Spanish version of his book *Hope and Resiliency*, and everyone at the Centro who has helped me to learn. The way that I thank them is to work with all my heart towards accomplishing my own goals and the purposes of the Institute.

Working in this program gives me great satisfaction and pleasure. All the efforts that I made toward my education have not been in vain. I am convinced that when you love what you do, the most valued dream that you yearn for can become true.

I think each one of us has a destiny to carry out in this world. It does not matter what it is. What really matters is using the resources he or she has; knowing his/her abilities or skills; and being owner of one's self. Living with warmth every day, enjoying every moment, and filling the present with greatly lived details of the past are what is most important.

Stephen Lankton, MSW, DAHB

Named New Editor of the American Journal of Clinical Hypnosis

The American Society of Clinical Hypnosis concluded its 47th Annual Conference in St. Louis. At the March 13th meeting the Executive Committee (EC) and the Board of Governors (BOG) selected an Editor for the American Journal of Clinical Hypnosis. After many months of search and careful considerations of exceptional candidates the EC recommend, and the BOG, elected Stephen Lankton, MSW, DAHB, to the position of Editor.

Lankton's goals for the next five years are to use the Journal to help ASCH reach a broader audience of mental health professionals, foster interest in hypnosis, increase membership in ASCH (www.asch.net), and maintain the highest standards for the scientific study of hypnosis. Becoming the Editor of the AJCH is a great honor. Lets all congratulate and support Stephen in carrying out the duties for which he has been entrusted.

Stephen can be reached at steve@lankton.com, www.lankton.com

Donations Benefit Archives

During the month of December two generous donations benefiting the The Milton H. Erickson Archives were received. Mrs Milton H. Erickson, and two other donors who wish to remain anonymous, made substantial donations which will facilitate the immediate beginning of the digitization of video materials.

Roxanna Erickson Klein RN, PhD has volunteered work with the Foundation and to oversee this process. She remarked, "I feel like I have been given the privilege of unveiling a masterpiece of art."

With the new year, and the new resources, the Archival team will review priorities and identify current goals. Though a substantial quantity of work waits, the Foundation is now in a position to enter a new phase of archival development. We are deeply grateful to both of our donors!

To donate resources: audio/video or written materials about Milton H. Erickson; or to make a financial donation to support this vital work, please contact the Foundation directly or contact Roxanna Erickson Klein, Ph.D., 3516 Euclid Ave., Dallas, TX 75205; Tel, 214-526-9634; E-mail, ericksonklein@yahoo.com. Contributions of any size are greatly appreciated.

WEB NEWS

THE MILTON H. ERICKSON FOUNDATION PRESS

www.erickson-foundation.org/press

The Milton H. Erickson Foundation, Inc., has more than 20 years of experience in providing internationally recognized training programs for mental health providers.

The Milton H. Erickson Foundation Press is now offering a variety of published resources in the fields of brief therapy and hypnosis. Offering a veritable library of printed, audio, video and CD resources. To view the complete catalog of available resources:

www.erickson-foundation.org/press/catalog.htm

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You can now download each issue to a hand held PC or any computer to read at your convenience. All files are formatted for ;Silos and Acrobat. For more information visit our web site: www.erickson-foundation.org/news/archives.htm

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Be the first to receive conference announcements and registration specials; information on audiotape/videotape, and CD/DVD specials from the Erickson Press; automatically receive the Online version of the Erickson Newsletter and more! Sign-up on our web site: www.erickson-foundation.org/whatnew.htm *The Erickson Foundation will not sell or rent your E-mail address to any person or organization.*

THE ERICKSON LISTSERV - Join the Discussion!

This Internet discussion group addresses Ericksonian approaches to hypnosis and psychotherapy. Additionally, list members have access to a web site featuring papers, photographs, and a matching service for workshop presenters and those in need of training.

TO SUBSCRIBE: <http://www.topica.com/lists/EricksonList>

Or send a BLANK e-mail to: EricksonList-subscribe@topica.com

The 9th International Congress

Ericksonian Approaches to Hypnosis & Psychotherapy

By Roxanna Erickson Klein

The Milton H. Erickson Foundation is proud to report that another Ericksonian Congress was held this past December 2 – 5 in Phoenix Arizona. With more than 800 attendees, the undertaking met the educational mission of the Foundation as well as underwriting a good part of the Foundation's annual expenses.

In a measure of gratitude to our faculty and Institutes, a Professional Resource day was offered free of charge the day preceding the Congress. In this segment, participants were presented with a broad spectrum of teachings designed to enhance personal skills and professional management. This series was topped off with a well attended experiential program offered by motivational speaker Anthony Robbins, who generously donated his time and services to present his own ideas about stimulating change.

The four day congress entitled *A World of Unlimited Possibilities* included keynotes by Cloe Madanes, Jeffrey Zeig, Stephen Gilligan and Ernest Rossi. In addition to the familiar faculty who have demonstrated that the growth of ideas involves a process of longitudinal evaluation, a balance of new and first-time faculty provided a harmonious ambience of energy.

One of the most delightful elements of the Congress was the surprise Tribute to Jeffrey Zeig that was announced at the opening ceremony. The Board of Directors elected to honor Zeig's lifetime of contributions to our missions by dedicating the congress to him. An extension of that dedication came in the form of a Scrapbook of tributes orchestrated by colleagues in which dozens of individuals wrote individual letters to Zeig honoring his influence.

This Congress together with the pre-congress resource day brought together a broad scope of ideas and methodologies. One of the important lessons stressed by Milton Erickson was the concept that important lessons can be learned in any setting. When teachings and styles depart from the familiar, it offers another chance to investigate and evaluate phenomena and ideas. The precept of exploration and learning from diverse opportunities exemplifies the community of Ericksonians.

FOREIGN NEWS

An astonishing event happened in the history of the development of psychotherapy in the Ukraine – the first ever Ericksonian workshop was given in October 2004. Taught by Betty Alice Erickson, M.S., the workshop took place in Dnepropetrovsk, an industrial city of more than 1,000,000 people in this former Soviet Union country.

Attended by almost 70 professionals, mostly Ukrainians, the three-day event was organized and sponsored by Eugene Don, Psychologist. This historic meeting would not have been possible without help from many people. A hospital donated a meeting room, and friends from Russia provided a link from their website to the Ukrainian site, which attracted several Russian psychologists to attend. Allan Erickson, who accompanied his sister on the trip to the Ukraine, spent many hours helping with registration and other last-minute details. There were numerous others who provided support in many ways.

This support allowed the seminar to be accessible to many different levels of professional people. Not only the elite of psychology of the Ukraine could attend, but also psychotherapists who work in government hospitals with very low salaries. Students also could afford it.

Attendees were provided with a basic overview of Ericksonian hypnosis and psychotherapy, demonstrations, opportunities for practice, and many translated handouts.

In Dnepropetrovsk and in all of the Ukraine, the Ericksonian approach is in a developing state. Before this workshop, many people could only read books in Russian and see videos that arrived from Russia. In the workshop, they had the ability to attend and learn this great approach in person.

The workshop turned out well and the audience was joyful. We all hope there will be another Ericksonian workshop soon.

By:
Eugene Don, Psychologist
Dnepropetrovsk, Ukraine



COMMENTARY BY
Jeffrey K. Zeig, Ph.D.



Advanced Techniques of
Hypnosis and Therapy:

Milton H. Erickson, M.D.

Therapy within
a Marital System
(1978)



Can you imagine how interesting it would be to sit in on an actual therapy session with Milton H. Erickson, M.D.? Well, this rare teaching video, presented by Jeffrey K. Zeig, Ph.D., affords viewers the opportunity to do just that – to step into Erickson's small office to witness Erickson, physically limited yet mentally agile and focused, as he works with a young married couple.

The hypnotherapeutic session took place in 1978, and decades later, it's just as powerful and engaging. Enhancing the viewer's learning experience is Dr. Zeig's discussion of the underlying elements of Erickson's methods: the ARE model of induction; the art of parallel communication; targeted utilization; and the use of implication. Erickson's fluid repertoire, drawn from systematic thinking includes the use of anecdotes, symbolic communication, and strategic seeding.

This unique teaching video is a testament to the richness and potential of the psychotherapeutic interaction built on a foundation of experienced complexities, depth of thinking, a wealth of ideas and techniques, and process-oriented communication. All serious students of psychotherapy, no matter what their orientation, will benefit from learning from one of the world's foremost master therapists.

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INTRODUCING THE INSTITUTES

The Madrid Milton Erickson Institute

Written By: Roxanna Erickson Klein
RN, PhD

Passing through the "always open" garden gate one finds oneself at the entrance of the Madrid Milton Erickson Institute -- also wide open. This is a metaphor for patients and students alike as they are received into the homey atmosphere of the Institute. "The Institute is 'home' for a large and growing family," says Teresa Garcia, MA, Lic. Psychotherapist, Director of the Institute, adding it is "the only permanently located center in Spain for the study of hypnosis, at this time."

In the same manner that Milton Erickson opened his home to patients and students, and encouraged each to become comfortable for inner learning, this Institute has also opened its doors and its resources in a way that is rarely seen in today's world. The ambiance embraces learning and nurtures inner growth. Students are encouraged to borrow from the rich library of books and audio/visual materials. Last count included 103 books and more than 247 DVD's and videos, both in English and Spanish. The kitchen is also always open for snacks, breaks or just respite.

Teresa Garcia followed her own dream of establishing this Institute. In her volunteer work with cancer patients and their families, she found that the use of hypnosis without formal trance was an effective and efficient tool that eliminated many of the barriers present in a hospital environment. Her discovery of Ericksonian Hypnosis as a good fit for her own therapeutic style -- sparked the idea of bringing education to other professionals in Spain. Her attendance and conversations with Jeff Zeig at the 1999 Ericksonian Congress in Phoenix formalized her dream.

The Institute was established with three co-directors; Garcia was joined by Peter Hawkins PhD., and José Cava Lic. Psych. Their initial efforts were outreach, and exploring methodology for rapid, effective problem resolution. By October of 2000 the application for an Institute accepted

by both The Erickson Foundation and the Mayor of Pozuelo, the suburb of Madrid, where the Institute is situated.

The "Ericksonian Spanish Family" was rounded out with the May of 2002 with the creation of the Asociacion Espanola de Hypnosis Ericksoniana (AEHE). This 60 member body has a mailing list of 600 created to facilitate communication about clinical offerings among professionals. The dedication and generous support of the talented team who have supported both the Institute and the Association is widely recognized and deeply appreciated.

The Institute Board is proud of the volunteer collaborators who have brought with them an expansion of techniques and abilities. Some of the recent programs have included José Antonio Luna MSC whose approaches involve speed reading and mental mapping; Daniel Chumillas Lic. Psych. a specialist in bi-aural and bi-hemispheric techniques; and Angel Gonzalez M.D., professor at the University of Medicine. In addition to his therapeutic background, Board of Directors member, Jose Cava, has a MSC in Telecommunication Engineering and has offered workshops on the topics of stress management, life and professional coaching, motivation strategies and Leadership. Other workshops have been offered by Spanish professionals who teach specific applications of hypnosis. These individuals include Antonio Capafons, Ph.D.; Xavier Pellicer, Ph.D.; Dr. J.Sala, M.D.; César Garcia, M.D.

It is anticipated that next year, a Masters Degree will be offered thru the Madrid Institute, with work under the direction of manager by Fabiola Garcia, Lic. Psych.

Training psychotherapy and Ericksonian approaches began with the 2001-2002 courses. At that time, more than 100 hours of hypnosis training on a series of weekends followed by a two-week intensive were offered. The following year, there were another series of weekend offerings, and the scope of subjects was



broadened. By 2003-2004, a biannual 200 hour training was offered, taking place over 16 weekends. The participating groups became larger and larger: The sixth graduating class includes approximately 30 people. A total of 132 students have attended teaching sessions, and many of them continue to return for new learnings.

Training gleaned from the Erickson Foundation provided an initial framework of instruction. The Institute is proud to have sponsored Jeff Zeig's workshop on four occasions, as well as workshops by Michael Yapko, Ernest Rossi, and Phil & Norma Barretta. Now Institute training has gone beyond the initial focus, which included examination and analysis of Erickson videos, NLP and classical hypnosis. Training includes a broad range of live demonstrations, exercises, group inductions and investigation of diverse methodologies. Recent classes have included more classical hypnosis, awake hypnosis (a specialty of Capafons), and binaural and balanced hemispheric techniques. In this way, the pupils are provided with multiple resources allowing them to create their own style of therapy and be able to adapt it to any patient or case.

In an effort to make Ericksonian hypnosis more prominent in Spain, the Institute activities reach well beyond the front door. They maintain a web-page, offer presentations at hospitals and universities, and have established active relations with psychological and medical professional associations. This has been accomplished through articles in standard and professional journals, radio interviews and through the AEHE. In so doing they extend the work of the

Institute to inform both professionals and the public of the important work being done at the Institute.

Outside Spain, in the European Community, Garcia is the Spanish representative of hypnosis and psychotherapy to the European Association of Psychotherapy (EAP) Board Committee. The Institute is recognized as a "Training

Institute of the European Association of Hypnosis and Psychotherapy." And in the next years it will be able to grant students of the E.C.P. (European Certificate of Psychotherapy and Hypnosis). Garcia's international presentations, which she began last year, include hypnosis courses as well as some very experiential workshops on metaphors, fear reduction and goal achievement.

It is apparent that the Madrid Erickson Institute was on target with the goals outlined on their initial brochure: "The goal of the Milton Erickson Institute of Madrid is to disseminate Ericksonian hypnosis applications:

- to make the therapy shorter;
- to be able to incorporate Ericksonian communication to any other therapy school;
- to teach that hypnosis is not some thing about power, but a very humanistic relationship;
- to trust the unconscious mind and the resources of the patient; and
- to improve the quality of life of the patient with chronic illness.

The concrete and substantial advancement The Madrid Institute has made towards these worthy goals is uplifting to Ericksonians all around the world. Congratulations to Teresa Garcia and to the Madrid Erickson Institute. May you continue with the admirable enjoy growth of your Ericksonian family!

Editors Note: For a more personal look at the Madrid Institute, see "Facets and Reflections"

F A C E T S A N D R E F L E C T I O N S

Through the Garden Gate

By Laurel E. Klein

(Erickson's Granddaughter)

As a recent college graduate I had dreamed of living in Spain and learning Spanish fluently before entering graduate school. Unexpected health concerns threw wrinkles in my path and left me in a weakened state, but I moved forward with my plans and arrived in Madrid last May. My mother had encouraged me, "Call the Madrid Institute. It will give you a chance to learn more about your Grandfather."

My Grandpa, Milton Erickson, died when I was less than a year old. Although I am surrounded in my own home by books about him, and am in constant contact with people who knew him well, I had not made it a priority to learn much about him. My Mom had always told me that when my interest grew, I would realize how much of my Grandfather was inside me without my knowledge.

Teresa Garcia, director of the Erickson Institute of Madrid, met me at the airport. Her greeting went

beyond a mere welcome to the city and all of the new surroundings; I was showered with a total acceptance of who I am, both my strengths and my weaknesses together, and I was embraced into her family and circle of friends. This welcome was further extended by her children, Danae and Jorge.



My area of study is zoology and botany, and work I found at the Madrid Botanical Gardens allowed me to remain close to the Institute. It became a home base for me. The lessons learned have been encouraging and strengthening for me, as well as educational.

In the comfortable atmosphere of the Institute, I have learned not only about my Grandpa and my own family, I have finally begun to realize the depth to which my own family's daily

life is grounded in the principles that Grandpa spoke of in his work. Through open access to the library, classes, and workshops, I have learned much about hypnosis, and I have had a chance to get to know many people who worked with Grandpa, and many more who are inspired by his work and wish to carry it on.

The warm embrace of the Madrid Institute awakened me to vaster perspectives. My horizons have been extended far beyond my initial goals of becoming fluent in Spanish and regaining my physical strength. I have found that the Erickson family includes a lot of Ericksonians.

Learning with and through them, I realize and appreciate gifts within. In a strange way, I feel that my Grandpa has extended his reach to hug me now, when I really need it.

Many thanks to my Spanish mother, Teresa, and my new sister, Danae. Many thanks to the Madrid Institute, including the staff and students, for sharing your love and your learning with me, and for providing a genuine foundation of knowledge and kindness. With your help, I have learned more of the importance of truly enjoying the gifts of life we are presented on a daily basis.

Editor's note: To read more about the Madrid institute, see: [Introducing the Institutes](#)

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CONTRIBUTOR OF NOTE

Marilia Baker

By Betty Alice Erickson MS

Marilia Baker MSW, LMFT, has been a pivotal contributor to Erickson's work in her native country of Brazil, in Mexico, and throughout South America. She has contributed to the Spanish and Portuguese-speaking communities of Europe, as well as in the United States, where she is a founding member of the recently established Phoenix Institute of Ericksonian Therapy. With all these accomplishments, she is most proud of her book, already printed in three languages, Tribute to Elizabeth Moore Erickson, widow of Milton Erickson. This work is a dedicated labor of admiration that expresses Baker's deep sensitivity and appreciation for the strength of the woman who provided and nurtured the opportunity for Erickson to make the great contributions that he made in so many areas. Written in Baker's signature expressive and poetic style, she brings a depth and delight to readers



Marilia Baker and Elizabeth Erickson at Erickson's home in 2004 discussing details of the final manuscript of the book prior to its English printing.

in this carefully done and even more carefully researched piece. Already published in Spanish and Portuguese, it has recently been published in English. Baker has generously donated her royalties to the establishment of an educational scholarship in Elizabeth Erickson's name.

Baker came to New York from São Paulo, Brazil, in November 1967, to marry Michael, the young American architect she met in South America early in 1966 while both were attending an international graduate program sponsored by the Organization of American States and Yale University.

Rightfully proud of her Certificate of Simultaneous Interpreter and Translator by the Institute of Modern Languages, Washington, D.C., 1970, Baker takes her linguistic talents seriously. She is fluent in Portuguese, Spanish, and English, and has an excellent knowledge of French. She even learned some Swahili when she and her husband were working in Tanzania, East Africa (their daughter is named Arusha because that was the town in which the Bakers lived and because it sounded so melodious in both Portuguese and English).

Baker received her MSW in Massachusetts in 1980. While study-

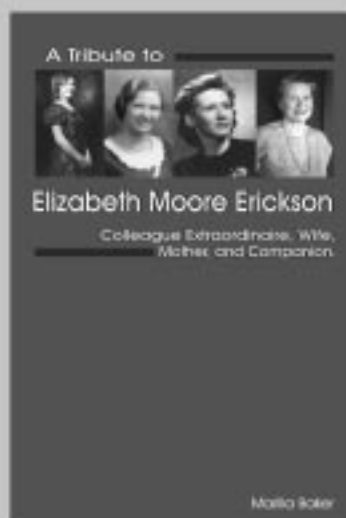
ing for her degree, she discovered Jay Haley's *Uncommon Therapy* and was intrigued by Erickson and his therapeutic approaches. The seeds of her interest in Erickson's wife were sown by Haley's dedication of that book to Elizabeth Erickson. Baker thought, "There must be something uncommon about this lady too!"

Moving with her family to Phoenix in 1985, she continued to look for a therapeutic orientation she felt truly "at home" with, and found Ericksonian approaches to be a balance for her clinical skills honed from her residency in marriage and family counseling at the Phoenix Interfaith Counseling Center.

In her quest to learn more about Ericksonian methodology, she took Intensive Training with the Erickson Foundation in 1989-90. Upon completion of the Beginning, Intermediate and Advanced levels of training, she was recruited by Jeff Zeig for faculty positions. Additionally, she has taken specialized training with The Couples Institute in Menlo Park, CA, from Ellyn Bader and Peter Pearson. This training fits well with Baker's own model of Ericksonian Therapy.

See CONTRIBUTOR on next page

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**A Tribute to Elizabeth Moore Erickson.
Colleague Extraordinaire, Wife, Mother, and Companion.**

by Marilia Baker

"The gleam of a universe of meaning and experience emerges from the sensitive crystal of Marilia Baker's newly released book, *A Tribute to Elizabeth Moore Erickson. Colleague Extraordinaire, Wife, Mother, and Companion*. The book is an intimate slide show of significant people and events, all benefiting from the nurture of Elizabeth Erickson. With subtle and evocative prose, Baker encourages the reader to envision a personal world and to be enriched through the process, in authentic Ericksonian style. First published in Spanish (2003) and Portuguese (2004), the English version brings this beautiful tribute to English-speaking readers.

Marilia Baker's book... not only informs but also inspires. In encountering the best of humanity, through the exemplary life of Elizabeth Moore Erickson, we are stirred to new potentials that we might not even know are there, true to the Ericksonian way."

C. Alexander Simpkins, Ph.D. and Annellen M. Simpkins, Ph
Book Review Editors, *Erickson Foundation Newsletter*; *Authors: Self-Hypnosis: Plain and Simple; Zen in Ten: Easy Lessons for Spiritual Growth.*

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CONTRIBUTOR

continued from page 8

Having lived and worked on three continents, Baker provides a diversity-oriented, culturally focused, and solution-focused range of therapeutic approaches to individuals, couples and groups. Her ability to conduct therapy in three languages and her deep understanding of cultural identification makes her a tremendous asset.

Marilia's multi-cultural talents reach far beyond her clinical work. Over the years she has maintained and cultivated professional contact with colleagues in Brazil. In 1995, she was one of the founding Directors of the first Erickson Institute in Brazil, which was in Sao Paulo. In 1999, she accepted a position on the Board of Directors of the Erickson Institute of Florianopolis, Brazil.

In addition to those activities, she has served on the faculty of Erickson Institutes in the US, Brazil, Mexico, Spain, and is planning to present soon in both Poland and in Argentina. Baker also has worked extensively in various capacities with the Centro Ericksoniano de Mexico, under the direction of Teresa Robles. To add to, but in no way to finish her list of professional accomplishments and

involvements, she holds positions as International Liaison for the Brazilian Society of Hypnosis in Rio de Janeiro, Brazil. She is on the International Editorial Board for the Journal *Pensando Familias* of Porto Alegre, Brazil and on the Advisory Board for the Phoenix Friends of Carl G. Jung. Baker continues to receive invitations to present for the major meetings of the Erickson Foundation, and is a guest editor for the Foundation Newsletter as well as being a Therapy and Training Affiliate of the Phoenix Institute of Ericksonian Therapy.

A Brazilian colleague, Ricardo Feix, MD, summarizes the pivotal influence her informal liaison role has played: "Marilia Baker has been truly an ambassador-at-large, in Phoenix, for all the Brazilian, Latin-American and Iberian Peninsula Institutes. She has worked tirelessly, facilitating, supporting, and caring, lending her intelligence and love to many Institutes for many years. She works with elegance, sweetness and precision bringing together ethical thinking and information for new institutes, and for all professional colleagues. More than a messenger, Marilia has been a brilliant channel of light, building historical bridges to multiply Erickson's legacy."



COMMENTARY BY
Jeffrey K. Zeig, Ph.D.



**Advanced Techniques of
Hypnosis and Therapy:**

Milton H. Erickson, M.D.

**Working with
Resistance**
(1979)

In 1979 Milton Erickson and Jeffrey Zeig spent five hours reviewing a demonstration that Erickson conducted at a Teaching Seminar. That demonstration is now available as a training video for Ericksonian Practitioners.

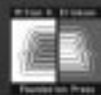
Erickson's experiential methods include the symbolic use of hypnotic phenomena, encouraging resistance, naturalistic confusion technique, seeding, and using isomorphic anecdotes. Jeffrey Zeig, Ph.D.,

discusses the mechanics of Erickson's unique approach to psychotherapy. *Working with Resistance* is a training tape that provides an opportunity to watch a master hypnotherapist demonstrate his technique.

Milton H. Erickson, M.D., (1901-1980) was the father of modern hypnosis. His contributions to the fields of hypnosis and psychotherapy are legendary. Erickson conducted pioneering research and contributed numerous books and scholarly articles.

Jeffrey K. Zeig, Ph.D., is Founder and Director of the Milton H. Erickson Foundation.

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CONGRESS REVIEW

Highlights

The Ninth International Congress of Ericksonian Approaches to Hypnosis and Psychotherapy

The Ninth International Erickson Congress offered five days of fascinating experiences filled with learning of classic and innovative Ericksonian approaches to hypnosis. Those who were fortunate enough to attend the Congress know that there were so many workshops going on at one time that it was impossible to attend them all. Multiple levels of sophistication were addressed, from those with little or no experience of hypnosis to the most experienced professionals. We got curious about how this wonderful event came to be, and interviewed the key people who helped to make the ninth congress a success! Many types of recordings, either as DVD's or in audio format, are available for purchase. We are including reviews of some of the most popular events in this issue and the next, beginning in this issue with the Fundamental Hypnosis Track.

From Preparation to Presentation

The symphony of the congress was orchestrated through the efforts of many people, synchronized harmoniously together to bring us a finely tuned event. Jeffrey Zeig directed the organization of the conference, chose the venue, devised the format, and supervised the staff's efforts. He had this to say about the conference,

"The conference was extremely gratifying. Attendees were universally pleased with the quality of the presentations. The Foundation is deeply grateful for the faculty's donation of time and energy. The staff did a great job. My expectations were exceeded. I also was surprised and deeply moved that the Congress was dedicated to me by the Board in celebration of the 25th Anniversary of the Erickson Foundation."

Program Manager Jeannine Elder worked closely with Zeig to create the program and invite the 65 faculty members. She created the brochure, syllabus and online publicity for the event. Many of the 119 Erickson Institutes from all around the world attended, giving the event a truly international tone. She also met many enthusiastic people from many countries who are hoping to found new institutes. Jeannine said, "The atmosphere was full of wonderful Ericksonian enthusiasm and warmth, making this one of our most successful conferences."

Susan Velasco, Business Manager, coordinated with the hotel and the AV equipment. She worked closely with Dennis Richardson in charge of video recording and Craig Gardener of Dreamline Productions who was in charge of the audio. Craig wired every event to go directly to the recording booth, thereby getting the entire meeting on tape. Susan also handled the VIP party for the faculty and details for continuing education. She felt very gratified by the reactions of the people who attended. "When we have an Erickson Congress it feels like one huge Erickson family, all coming together with great warmth and enthusiasm. I got very positive feedback."

Marketing Manager Karen Haviley, also our Newsletter coordinator, formulated mailing lists and worked out marketing strategies to inform people about the conference. She also developed the publicity for the event. As the conference continues to grow, the staff brought in AMEDCO to man the registration tables. Karen helped Amedco make a smooth transition into their new role by coordinating and overseeing the registration tables as well as working with the 65 volunteers.

Two of Erickson's daughters have both been actively involved in many facets of the foundation and the conferences since the beginning. Both had interesting insights. Roxanna Erickson Klein had this to say about the conference,

"It is totally amazing and wonderful to see the incredible continuity of peo-

ple who have been affiliated with the Ericksonian movement for a long time as well as the new faces who are just becoming familiar with the works of Erickson and with Ericksonian approaches. One of the qualities that distinguishes leadership in the field, is the ability to keep growing and evolving over time. The stars who are most brilliant early in their career are not necessarily the same ones who shine a decade later. That takes a different kind of energy. It is thrilling to see the variety of ideas, and the evolution of ideas over time. The Congresses provide the forum in which we can critically evaluate, and truly enjoy that longitudinal perspective."

Betty Alice Erickson also expressed an insightful perspective,

"Jeffrey Zeig and the Foundation staff once again pulled together a stellar faculty—combining a fundamental hypnosis course with interactive events, mesmerizing lectures, and teaching. Best of all, they made it look so easy—as though it's nothing to gather 60 speakers from around the world and present a seamless event to hundreds and hundreds of attendees.

I have attended countless congresses and workshops over the years and presented at many of them. Erickson Congresses stand alone for two reasons. Their virtually flawless organization is unmatched. I sincerely believe the caliber and sophistication of the eager-to-learn participants is unequalled even though I am biased in favor of the Ericksonian way. Maybe I have skewed vision—but maybe not. But the atmosphere of an Ericksonian Congress is different than all the others. The air of love, joy, sharing, the pleasure in giving as well as in learning, I have never felt at another large meeting. How proud Erickson himself would be!

Truly the cadence and rhythm of Erickson's voice continues to resonate positive potential into every corner of the world!

Fundamental Hypnosis Track Reviews

A Fundamental Hypnosis Track of five sessions available as five DVD's offers a complete course from contemporary masters of the Ericksonian approach of trance induction and hypnotic techniques to facilitate therapy. Each presents a paradigm to serve as a map for understanding what to do along with specific techniques and strategies for integrating Ericksonian methods into your practice. Although they are intended for beginning hypnotherapists, these five DVD's include a wealth of insight that can enrich and enhance even the most sophisticated practitioner's work. And although each can be learned from alone, together they form a subtle unified field of interaction, with sequence and completion.

Session I: Induction Techniques with Stephen Lankton MSW

Stephen Lankton, MSW, led the first course, "Induction Techniques." Lankton has a humorous and friendly style of presentation that is clear and easy to follow. This DVD begins with the basics: What is hypnosis? Lankton shows how both of the central theories of hypnosis as a state (Erickson) and as an interpersonal phenomenon (Barber and others) are correct and useful. He clarifies Erickson's definition of hypnosis as a heightened state of internal concentration. Anyone can be hypnotized, and hypnosis can be recognized by universal trance phenomena: dissociation, time distortion, hallucinations, both positive and negative, catalepsy and sensory distortions such as analgesia. Lankton describes them clearly.

One of the central principles that thread through all Ericksonian approaches is that change does not come about through compliance but happens from personal inner experiencing. What constitutes a cure is having the experiential resources needed in the proper context. Erickson never wavered on this central concept.

Lankton spends the remainder of the DVD teaching how to induce trance the Ericksonian way. Inductions begin with orienting a client to trance followed by deepening and then a treatment phase where the work is done. These three phases overlap, and parts of each are interwoven into the others.

The words the therapist uses are merely stimuli to the client's own experiencing. Clear instructions are given for fixating the client's attention through use

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of objects of fascination, stories, or memories. Hypnotic use of language such as conjunctions and permissive words is described. Another method, which is very carefully developed, is how to speak to multiple levels at the same time. Lankton gives the logic for dissociating the conscious from the unconscious by skillfully instructing in how to speak to both appropriately. He also shows how to interweave two separate lines of thought at the same time, addressing multi-levels. Finally Lankton puts all the pieces together in a demonstration with a volunteer. Sprinkled throughout is Lankton's wonderful sense of humor and entertaining impersonations including such a convincing Erickson that you can almost see him there!

Session II: Fundamental and Easy to Learn Idiodynamic Approaches to Therapeutic Hypnosis with Ernest Rossi, PhD

Ernest Rossi demystifies the hypnotherapeutic process while inspiring us with the miracles of mind-body healing. He defines ideodynamic as an idea that gives rise to an action or as he prefers to call it, the helping hands approach. He presents two fundamental techniques: hand levitation and pantomime. He puts these techniques clearly into the context of his Four Stage Creative Process so that viewers not only become familiar with some useful techniques but also learn a therapeutic method that they can integrate into their own therapeutic approach.

Rossi begins with some apt quotes from Erickson, which are included in Volume I of his edited collected papers (Erickson, 1980). Erickson's underlying premise is that therapeutic hypnosis takes place within the inner experience of the patient. So the burden of effective psychotherapy is inside the patient, not the therapist. Rossi gives a brief historical overview which shows how Braid shifted the focus from a mesmeric force acting external to the subject to the influence of concentrated attention acting from within. Braid makes a mind/body connection, anticipating the latest neuro-genesis connection between mental enrichment and gene expression.

Next Rossi succinctly presents his Four Sage Creative Process paradigm. In Stage One the patient presents the problem and begins to sensitize to inner experiencing. Stage Two, Incubation, is when the patient focuses inwardly on the problem. This stage can be painful, with crying or other visible signs of discomfort. Stage Three, Illumination, follows from the inner work when the patient comes through the pain with new discoveries and positive intuitions. In Stage Four, Verification, the patient makes concrete cognitive/behavioral prescription for real life-changes.

Rossi explains why working with hand techniques is a direct pathway to the mind/body connection. He shows the famous homunculus, illustrating that some of the largest sections of the cortex are devoted to the hands.

Rossi next demonstrates and explains his first hand technique. The group is instructed to raise both hands and look at their hands. He then proceeds to guide in going through the four stages: first noticing subtle sensations in your hands, or symbolizing one hand as a child hand and the other as an adult. Then in Stage Two, one hand begins drifting slowly down as you have images of early experiences surrounding something to work on. Stage Three begins as the other hand drifts downward and you explore new possibilities, nurturing yourself and enjoying new experiencing. Finally in Stage Four, with both hands resting comfortably, you give yourself a behavioral prescription for inner or outer change.

Rossi demonstrates with a volunteer who goes through a significant inner change experience. He demonstrates another hand technique: placing one hand, palm facing forward symbolizing no and the other hand palm facing up symbolizing yes. The volunteer goes through the four stages, which Rossi describes for the audience as he takes her step-by-step through the process. He continually emphasizes that the client does the work and makes the inner change; he does not even need to know exactly what the problem is. The therapist merely invites the possibilities with open-ended suggestions to explore and support the process.

Rossi is personal, disclosing, and warm. You will come away from this DVD having learned a method you can use and perhaps having grown yourself!

Session III: Getting a Good Trance Going with Betty Alice Erickson, MS, LPC

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LEVELS

Fundamentals of Ericksonian Hypnotherapy

A 13-hour Course with the Masters

Fundamental Hypnosis Level 1
Induction Techniques

— Stephen Lankton, M.S.W., DAHB

This lecture, demonstration and practice workshop will go step-by-step through the phases of trance induction. The differences between well-known methods will be explained.



Fundamental Hypnosis Level 2
Fundamental and Easy to Learn Idiodynamic Approaches to Therapeutic Hypnosis

— Ernest Rossi, Ph.D.

This session will present group and individual demonstrations of basic ideodynamic approaches to therapeutic hypnosis utilizing Rossi's innovative activity-dependent creative work with hand signaling.



Fundamental Hypnosis Level 3
Getting a Good Trance Going

— Betty Alice Erickson, M.S., LPC

Various trance inductions will be demonstrated with volunteers. Each induction will be discussed with indications for its uses. Differences between formal and conversational trances will be demonstrated with rationales for choosing each. Multiple practice opportunities will be given.



Fundamental Hypnosis Level 4
Accessing and Contextualizing Resources in Hypnosis

— Michael Yapko, Ph.D.

Milton Erickson's approach typically featured finding hidden personal resources and extending them into situations where they would help the client. We will first see a portion of this basic, but valuable, strategy in a video of Dr. Erickson; then have the opportunity to practice this strategy in a structured practice session.



Fundamental Hypnosis Level 5
The Use of the Therapist's Self in Hypnotherapy

— Stephen Gilligan, Ph.D.

This workshop describes how a therapist can join a client's reality to hypnotically generate a 'therapeutic trance' that includes both the problem and resources, as well as the client's perspectives and the therapist's perspectives. In this way, a therapeutic trance is one that 'transcends yet includes' the client's problem in a way that allows new freedoms and possibilities.



See page 31 for ordering information.

DVD - Set of 5 - ISBN 1-932248-18-8 \$199
CD - Set of 10 - ISBN 1-932248-19-6 \$126
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CONGRESS REVIEW *continued from page 11*

Betty Alice Erickson skillfully and artistically demonstrates two main styles of Ericksonian induction: a formal hand levitation induction and naturalistic inductions using stories. She begins with a volunteer who joins her on stage. BA Erickson starts inducing trance immediately as she introduces her volunteer to the situation, gaining her permission to allow her to touch her hand, and telling her to accept what fits and let the rest flow over her like a summer breeze through the trees, initiating some indirect suggestions. Then she proceeds to give a series of suggestions about forgetting to remember and remembering to forget about various sensations and experiences, intended as she explains later, to bore and confuse the client who will usually find that the best alternative to following all these words is to slip into trance.

BA Erickson masterfully shows how to bring about hand levitation, linked to trance deepening, using imagery, memories, and sensory suggestions to name a few of the many methods she shows. She also teaches how to artfully apply touch to facilitate the experience. She demonstrates her use of posthypnotic suggestion for the client to be able to go into trance better and faster each time she practices. She also demonstrates a second induction performed very quickly where the client is invited to develop a nice "comfy" trance, as deeply and as quickly as she wants. Following both inductions, BA Erickson goes back to explain exactly what she did and how she did it, making it possible for viewers to incorporate these methods into their own work.

Consistent with all the other presenters, BA Erickson stresses that she is not important—the client's trance is his or her own experience. However, she also adds a unique perspective communicating that she takes the burden of responsibility and that all the client has to do is allow the experience to develop, so in this way the client gets some immediate relief.

The next half of the DVD covers naturalistic trance. She explains that a naturalistic trance is just as powerful as a formal one. The purpose of trance is to open unconscious resources and bypass conscious defenses. A naturalistic trance can accomplish these goals. And the naturalistic trance allows therapists to deal with clients' problems without having to talk about them.

To create a naturalistic trance, BA Erickson tells stories. The stories can draw from the therapist's own experiences or variations of other people's experiences. She gives a number of examples and guidelines. The story should be in specific generalities. The purpose is to help the patient learn more, so it should have an implicit point or learning that relates to the client. And make a story that expresses some truth relevant to that client so that it resonates on a deep level. She answers a number of questions that help to clarify what a naturalistic trance is, how to produce one in yourself and in your clients.

BA Erickson encourages therapists to practice going into trance themselves. She works in a trance and feels this helps her sensitize to the other. So she encourages everyone to "practice practice practice" and trance will become automatic. Betty Alice Erickson is charming and disclosing. Her absolute trust in her unconscious is infectious! She gives the viewer a wealth of techniques and approaches, certain to expand and deepen hypnotherapeutic work.

Session IV: *Accessing and Contextualizing Resources in Hypnosis with Michael Yapko, PhD*

The fourth session led by Michael Yapko teaches how to work with trance therapeutically. Hypnosis is a vehicle to amplify dimensions of experience needed to discover new solutions to difficulties. Yapko firmly believes that all clinicians should go into every session with a clear plan to help people do this, and he offers easy to adapt strategies for successful hypnotherapy sessions.

In the early part of the DVD, Yapko presents research that supports hypnosis as a powerful method for enhancing treatment outcomes. He also shows how hypnosis was the original Positive Psychology by accessing and then activating people's abilities. Erickson's utilization methods provide the source for helping clients discover their resources. The therapist incorporates clients' interests, values, history, expectations, responses, and present environment, and Yapko explains exactly how to do this.

Yapko skillfully hypnotizes the entire audience. Watching the DVD you have

the option to go into trance or observe a master hypnotist at work. Following the trance, Yapko reviews step-by-step what he covered in the induction. He explains how he suggested a broad range of ways that people tend to enter trance, such as through physical, emotional, or cognitive experiencing. "What way is best," he asks? Then he answers, "Your way." He offers suggestions to bring about many varied hypnotic phenomena, giving people an experiential understanding that will help sensitize them to work with clients.

Now familiar with trance, the audience is presented Yapko's seven-step strategic method for hypnotically working with clients. This seven-step system gives a framework for treatment. Step One orients clients to hypnosis. Step Two is the induction procedure. Step three builds a response set. Step Four introduces therapeutic themes, exploring and then amplifying clients' resources. Step Five offers post-hypnotic suggestions to help transform seeming deficits into assets. Step Six suggests closure, and Step Seven brings about disengagement and reorientation. The general structure remains constant—what varies are the things the therapist talks about at each stage. Yapko offers rich detail with many possibilities for all these stages.

Yapko points out that most clients bring problems from their past. Hypnotic age regression offers an excellent tool for helping clients to reframe negative memories into positive potentials. He revisits the stages and carefully guides the viewer in how to facilitate age regression and use it therapeutically. So in the induction procedure the therapist guides the person back to early experiences. Next he builds a response set regarding memory, beginning with general experiences and then leading to specific ones for the individual. Yapko explains how to use ideomotor signaling to help the therapist stay in touch with clients as they have a memory. He also teaches how to facilitate the client speaking while remaining deeply in trance and also how to question the client while in trance with therapeutic suggestions.

Yapko's presentation is professional and packed with information. His manner is friendly, filled with engaging examples. Throughout the workshop, he shows the Ericksonian way of helping clients make use of what they already know but don't know that they know. Through his excellent use of slides, rich demonstration of trance inductions, and well-planned treatments, this DVD is very clear concerning how to use hypnosis as a powerful and effective method to enhance your therapeutic practice.

Session V: *The Generative Self in Hypnotic Therapy with Stephen Gilligan, PhD*

Gilligan relaxes his viewers with humor as he explains how to use Ericksonian therapy and techniques. He is sensitive and evocative. He encourages the viewer to use the hypnotic approach by understanding and trusting what they have learned. Gilligan links suggestion with hypnosis, defining hypnotherapy as helping clients to find their own potency, their power. He believes language can be used to point beyond language, to human presence. Hypnosis is like poetry, which lifts meanings out of your own body-mind. Gilligan reads from poets to inspire his viewers to feel and know their centers.

His model is to go inside and connect with the self, then come out and connect with the client. Get centered and tune into your breathing to get in touch with your own unconscious. He gives suggestions to get in touch with the self through the body experience, and progressively relax. He guides in a technique of breathing into the experience of the body to join with what the inner self reveals. Then he shows how to recognize and get in touch with the center and finally, while staying with this, to look at a partner, without losing that inner contact, to learn to work better with a client.

Gilligan uses trance to stimulate a vision of the future and facilitate useful associations and perceptions. He includes and teaches how to go into and use a personal working trance. This can become a valuable tool for the therapist when doing hypnotherapy. Gilligan helps the viewer to recognize the subtleties of therapeutic trance. And he guides in how to become sensitized to what he refers to as the resonance between the client and the therapist.

Then, he directs attention to resistance from the client, when technique does not work well, to show how to use the client's complaint to get them in touch with their unconscious mind. He encourages therapists to settle down, take a few moments to connect with themselves, drop into their own center and extend from

See CONGRESS REVIEW on next page

that space to the client. You don't have to think only with concepts, you can also think with your body experience to help make things happen. This uses the generative self.

In the second part, Gilligan demonstrates with a volunteer from the audience and narrates to the audience while he works. His feeling of connection to her is the focus of his concentration. He considers symptoms as an activation of the unconscious that human presence has abandoned, either the presence of clients themselves or their social community.

The last part of the DVD is a question and answer segment, in which Gilligan guides the audience in returning to their centers. Gilligan encourages us to think of hypnosis in human terms. For clients, can they be more relaxed? Yes they can. You are connected to them and so can help them discover their capacity to relax if you let go of yourself. Believe in something deeper in the client and you will speak to that. And they can become more.

Gilligan ends with a reading from a Sufi poet concerning opening the love window. "The breezes at dawn have secrets to tell, don't go back to sleep..." Keep waking up; don't sleep, pass it on. Erickson encouraged Gilligan and others to pass on what they learned from him. So pass your learning on: The world needs it!

Short Clips from Reviewers' Workshops

Trance in Song for Promoting Change

Led by Maria Escalante

The aim of this course is to teach how to utilize sung trances during therapy. The advantage of using this technique is that it is possible to include clients' own vocabulary, their favorite tunes, seeding, interspersal technique, future orienta-

tion, and words that lead to imagery in a short intervention. Songs that were composed and tailored to the specific needs of both children and adults show how the method can help in therapy. More generalized songs can speak to larger audiences, replete with therapeutic suggestions for the unconscious. Listeners are also given ideas for developing their own musical interventions with methodology for creating hypnotic trance experiences.

Focusing On Sleep First: A Succinct Approach to Anxiety

Led by Deborah Beckman

Except for medication, sleep disorders are largely ignored. Traditional therapy presumes that treating anxiety produces healthier sleep without specific intervention. By shifting therapy to focusing on sleep first via collaborating on "comforting bedtime stories," clients can rapidly acquire self-hypnosis skills for their present and future. A longitudinal case study demonstrates focusing on sleep directly while indirectly focusing on the anxiety, through four sessions. Additional case studies further demonstrate the approach of focusing on sleeplessness first while reframing client's anxiety metaphorically, utilizing client's strengths, and recalling natural sleep rhythms. Trance language is used extensively throughout this presentation and a practice case vignette is discussed with the participants.

Reviewed by

Annellen Simpkins, Ph.D

Allen Simpkins, Ph.D.

CONFERENCE NOTES

The Sixth Latin American Meeting of Ericksonian Institutes and Therapists entitled, *A Return to the Roots: Erickson's Sowing in the Evolution of Psychotherapy*, will be held May 6-8, 2005, in Mendoza, Argentina. The meeting is hosted by the Milton H. Erickson Institute of Mendoza, Argentina, The Milton H. Erickson Institute of San Luis, Argentina, and The Milton H. Erickson Institute of Santiago, Chile. For information: <http://www.encuentroericksoniano.8k.com> ; or Email, ericksonmendoza@ciudad.com.ar

The HKU Family Institute and the University of Hong Kong present an International Conference on Couples entitled, *Couples of the World: The Many Faces of Modern Couples*, May 26-28, 2005, at the BP International House in Hong Kong. The Conference is co-sponsored by The Milton H. Erickson Foundation, Inc. Presenters include Christensen, Gottman, Greenan, Lee, Love, Ng, Papp, and Zeig. Pre- and Post-Conference workshops are available (May 24-25 and May 29). For information: Web, <http://hkufi.hku.hk/conference.htm> ; E-mail, hkufi@hkusua.hku.hk

The Fourth Forum of the French Speaking Confederation of Hypnosis and Brief Therapy (CFHTB): *Towards an Ecology of Therapy*, will be held June 2-4, 2005, in Saint-Malo, (on the coast of Brittany) France. More than 75 speakers will convene, sharing experiences, practices and presenting workshops on the development and evolution of hypnosis and brief therapy approaches. Special guest faculty will include: Elisabeth Faymonville (Liege, Belgium), Gaston Brosseau (Montreal, Canada), and Teresa Robles (Mexico City, Mexico).

For information contact: MCO Congrès - CFHTB - 27, rue du Four à Chaux - 13007 Marseille - France; Tel, 33 4 95 09 38 00; Fax, 33 4 95 09 38 01; E-mail, c.schwob@mcocongres.com; Web (CFHTB), www.cfhtb.com

The IFATC (Institut de formation et d'application des thérapies de la communication) announces their 25th Anniversary special event - *Junctions, Synergies and Crossings*. The Congress will be held June 10-12, 2005, in Lyon, France, and brings together several disciplines dedicated to the well being of the individual, the family, and the group. Internationally renowned practitioners and experts in the fields of family therapy, marriage counseling, brief therapy, family mediation and Ericksonian hypnosis will communicate the essence of their experience, exchange their viewpoints and devise prospects adapted to the ever-changing demands of today's world. Faculty include: Mony Elkaïm (Belgium), Edgar Morin (France), Steve de Shazer (USA), H.Korman (Norway), Teresa Robles (Mexico), Ernest Rossi (USA), Thierry Melchior (Belgium), I.Buzzi (Italy), Bernard Prieur (France), and more.

For information contact IFATC: Web, www.ifatc.fr ; E-mail: ifatclyon@aol.com ; IFATC, 38, rue Juliette Récamier - 69006 Lyon - France; Tel, 33 4 72 43 06 54; Fax, 33 4 72 43 95 98

The *Fourth Annual Hawaii International Conference on Social Sciences* will be held June 13-16, 2005, at the Waikiki Beach Marriott Hotel, Honolulu, Hawaii. The Conference is sponsored by East West Council for Education, Asia-Pacific Research Institute of Peking University, University of Louisville - Center for Sustainable Urban Neighborhoods. The Conference covers diverse areas of Social Sciences. For information contact Hawaii International Conference on Social Sciences, P.O. Box 75023, Honolulu, HI 96836, U.S.A.; Tel, 808-946-9932; Fax, 808-947-2420; E-mail, social@hicsocial.org ; Web, <http://www.hicsocial.org>

The *IV European Congress of Ericksonian Hypnosis and Psychotherapy* will be held June 22-26, 2005, at the Wawel Royal Castle, in Krakow, Poland. Workshops, lectures and demonstrations will be presented. Presenters include Dohne, Erickson, Geary, Greenleaf, Hartman, Holtz, Klajs, Peter, Robles, Schmidt, Signer-Fischer, Szymanska, Trenkle, and Zeig. For information contact the Polski Instytut Ericksonowski, ul. Wios Iarska 27, 94-036 Lodz, Poland; Tel, +48 42 688 48 60; Fax, +48 42 689 00 47; E-mail, info@p-i-e.pl ; Web, www.p-i-e.pl

The IV World Congress for *Psychotherapy, Psychotherapy: A Bridge Between Cultures*, will be held August 27-30, 2005, in Buenos Aires, Argentina. The Congress features more than 800 presentations. For information visit www.4cmp.org.ar ; Email, info@4cmp.org.ar

The *10th Congress of the European Society of Hypnosis: The Spectrum of Hypnosis in Therapy* will be held September 17-24, 2005, on the Island of Gozo (near Malta in the Mediterranean). The Congress includes Symposia on Clinical and Research Advances, Invited Workshops, Intensive Training for Beginners, and Conversation Hours. For information and to register contact the European Society of Hypnosis (ESH) Central Office, P.O. Box 3352, Sheffield S20 6WY, United Kingdom; Tel, +44 114 247 4392; Fax, +44 114 247 4627; Email, mail@esh-hypnosis.org

The New Zealand Society of Hypnosis 13th Annual Conference will be held October 1-2, 2005, at the Museum Hotel in Wellington, New Zealand. The principal presenter is Brent Geary, Ph.D. Topics will include Dimensions of Utilization; Biofeedback and Hypnosis by Tom Nesor; and Hypnosis in the Patient with HIV by Tannis Laidlaw, Ph.D. For information contact Dr. Patrick McCarthy, Level 9 CMC House, 89 Courtenay Place, Wellington, New Zealand; Tel, +04 385 6998; Fax, +04 382 9311; E-mail, cmc89@telstra.net.nz

Congreso Internacional: Mujeres, Hombres, Parejas, en Tiempos de Retos y Oportunidades, Homenaje a la Pareja de Milton y Elizabeth Erickson, will be held October 20-23, 2005, at the Hotel Real de Minas, Querétaro, Mexico. For information, Web, <http://www.hipnosis.com.mx> ; Email, congresos@hipnosis.com.mx. The Conference is sponsored by Centro Ericksoniano de Mexico, and Insitituto Milton H. Erickson de Querétaro.

The Second European Conference: *European Ways of Brief Strategic and Systemic Therapy - Best Practice, Best Teaching*, will be held November 9-13, 2005, in Arezzo, Italy. Daily topics will include: Technique, Language, Relationship, Communication, and parallel workshops. **Call for Proposals:** The Scientific Committee will be accepting proposals (in abstract format) for the following categories: Oral Communications (presented November 12th); Workshops (presented November 13th). Deadline for proposals is October 10, 2005.

See CONFERENCE on page 19

For information on the Conference or for more information regarding Proposals contact Centro di Terapia Strategica, Tel, +39 0575 350240; Fax, +39 0575 350277; Email, ewbsst.conference@centroditerapiastrategica.org ; Web, www.centroditerapiastrategica.org

The fifth *Evolution of Psychotherapy Conference*, sponsored by The Milton H. Erickson Foundation, will be held December 7-11, 2005 (Wednesday-Sunday) with a special all-day Pre-Conference Event with Patch Adams, December 6, 2005 (Tuesday). The Evolution Conference will be held at the Anaheim Hilton and Towers and the Anaheim Convention Center, Anaheim, Calif. Presentations will include Point-Counterpoint Presentations, Workshops, Clinical Demonstrations, Dialogues, Panels, Conversation Hours and Keynote Addresses.

Faculty includes: Albert Bandura, Aaron Beck, William Glasser, John & Julie Gottman, Mary Goulding, Jay Haley (provisional), James Hillman, Otto Kernberg, Arnold Lazarus, Marsha Linehan, Alexander Lowen, Cloé Madanes, James Masterson, Donald Meichenbaum, Salvador Minuchin, Erving Polster, Ernest Rossi, Martin Seligman, Francine Shapiro, Thomas Szasz, Ken Wilber, Michael White, Irvin Yalom, and Jeffrey Zeig. **State of the Art Faculty:** David Barlow, Judith Beck, Claudia Black, Nicholas Cummings, Robert Dilts, Harville Hendrix, Harriet Lerner, Scott Miller, Christine Padesky, Daniel Siegel, Bessel van der Kolk, and Michele Weiner-Davis. **Keynote Addresses** by Patch Adams and Mary Catherine Bateson, Aaron Beck.

Information and registration available through the Evolution Conference Web Site: www.erickson-foundation.org/evoconf5.htm. The full brochure will be available in May and posted on the Conference Web Site. For further information contact: AMERICAN CONTINUING EDUCATION, INC. (ACEI), P.O. Box 17980, St. Paul, MN 55117; Tel, 651-487-3001; Fax, 651-489-3387; Email, miltonerickson@cmehelp.com

The XVII International Congress of the International Society of Hypnosis (ISH): "Hypnosis in Critical Times," will be held in Acapulco, Mexico, August 21-26, 2006. For more information contact Centro Ericksoniano de México, Patricio Sànz 1205, Col. Del Valle, C.P. 03100 México, D.F., México; Web, www.hipnosis.com.mx ; Email, congresos@hipnosis.com.mx

The Third International Conference of Asian Federation for Psychotherapy: 2006 International Congress of Psychotherapy in Japan, will be held August 28 - September 1, 2006. The Academic portion of the Conference will be held at Keio Plaza Hotel, Tokyo; Komazawa University in Tokyo will be the site for the Cultural portion including the practice of Zen, Tea Ceremony, and Flower Arrangement. This Conference is sponsored by the Science Council of Japan, in collaboration with The World Council for Psychotherapy, and The Asian Federation for Psychotherapy.

For information contact the Preparing Committee, c/o Community Care Center, Komazawa University, Tel, +81 3 5431 5200; Fax, +81 3 5431 5201; Web, <http://www.the-convention.co.jp/06icptj> ; Email, icptj2006@the-convention.co.jp

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2005		
5/12-15	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Jeffrey K. Zeig, Ph.D.	1.
5/27-29	Couples of the World: International Conference on Couples / Hong Kong / Invited Faculty	2.
6/16-18	Training for Trainers / Rottweil, Germany / Zeig	3.
6/22-26	IV European Congress of Ericksonian Hypnosis and Psychotherapy / Krakow, Poland / Invited Presenters	4.
7/2-3	<i>Voci di donne: l'arte de generare se stesse</i> (Women's Voices: The Art of Self-knowledge and Self-hypnosis to Regenerate & Restore Self / Milan, Italy / Marilia Baker, Consuelo Casula, Teresa Robles	5.
7/4-8	Settling the Unsettled: Integrating Therapeutic Approaches to Depression and Anxiety Disorders / Cape Cod, MA / Zeig	6.
7/11-15	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent Geary, Ph.D., Stephen Lankton, MSW, DAHB, Zeig, and Invited Presenters	7.

DATE	TITLE / LOCATION / LEADER	CONTACTS
7/18-22	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	7.
7/25-29	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	7.
7/21-24	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	1.
7/21-24	Intermediate Skills in Ericksonian Hypnotherapy - Level II / Dallas, Texas / Betty Alice Erickson, MS, LPC, LMFT, Deborah Beckman, MS, LPC, Will Handy, LCSW	8.
8/4-5	Couples in Conflict: Resolving Ties That Bind / Melbourne, Australia / Zeig	9.
8/8-9	Couples in Conflict: Resolving Ties That Bind / Sydney, Australia / Zeig	9.
8/11-12	Couples in Conflict: Resolving Ties That Bind / Brisbane, Australia / Zeig	9.
8/15-16	Couples in Conflict: Resolving Ties That Bind / Townsville, Australia / Zeig	9.
9/15-17	Family Therapy / Graz, Austria / Zeig	10.
9/17-24	European Society of Hypnosis Congress / Malta / Invited Presenters	11.
10/20-23	Mujeres, Hombres, Parejas, en Tiempos de Retos y Oportunidades / Queretaro, Mexico / Invited Faculty	12.
12/7-11	Evolution of Psychotherapy Conference / Anaheim, Calif. / Invited Faculty	7.

IV European Congress of Ericksonian Hypnosis and Psychotherapy June 22-26.2005 Krakow, Poland

Antkowiak, Baker, Bartl, Beaulieu, Burns, Busch, Ciesielski, Czapiewska-Zejden, Dohne, Garcia, Geary, E. Greenleaf, L.Greenleaf, Hartman, Holtz, Klajs, Loredio, Marquardt, Robles, Schmidt, Signer-Fischer, Szymanska, Tamalonis, Trenkle, Viro

and more...

Keynote Speaker: Jeffrey Zeig

For Information: www.p-i-e.pl

Polski Instytut Ericksonowski (Milton H.Erickson Institute Poland), ul. Wioslarska 27, 94-036 Lodz, Poland. Phone: 0048 42 688 48 60, Fax 0048 42 689 00 47, e-mail: info@p-i-e.pl

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IV. European Congress of Ericksonian Hypnosis and Psychotherapy

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- Consuelo Casula: Email, consuelocasula@tiscali.it ; Tel, +39 02 8940 0483 or +39 06 854 8205. Assistance by Societa Italiana Milton Erickson (SIME)
- Cape Cod Institute (Courses from June 27-September 2, 2005), 270 Greenwich Avenue, Greenwich, CT 06830; Tel (toll-free), 1-888394-9293; Fax, 203-629-6048; Email, prolearning@behavior.net
- The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Toll-free tel, 1-877-212-6678; tel, 602/956-6196; fax, 602/956-0519; E-mail, office@erickson-foundation.org ; <http://www.erickson-foundation.org>
- The Milton H. Erickson Institute of Dallas, Tel, 214/824-2009; E-mail, therawill@earthlink.net
- Psychotherapy in Australia Publishers: Email, psychoz@psychotherapy.com.au
- Philip Streit; E-mail, dpst@aon.at
- European Society of Hypnosis (ESH) Central Office; P.O. Box 3352, Sheffield S20 6WY, United Kingdom; Tel, +44 114 247 4392; Fax, +44 114 247 4627; Email, mail@esh-hypnosis.org
- Web, www.hipnosis.com.mx ; E-mail, congresos@hipnosis.com.mx

To submit a listing for Upcoming Trainings, please send dates, title of workshop, venue, city/state/country, list of presenters, and complete contact information ONLY. Information must be sent in the format above. A \$10 fee, per listing, is required. Deadline for the 2005 Summer Issue (July/August) is May 31, 2005. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact the Erickson Foundation at 602/956-6196; or E-mail karen@erickson-foundation.org

T H E R A P E U T I C F R A M E W O R K S

Follow the Client: Erickson and the "Sacred Space" of the Consulting Room

Christopher M. Faiver, PhD.

In his recent (2004) *Erickson Foundation Newsletter* article on Dr. Erickson's influence on the ministry, the Rev. Dr. John Lentz describes an approach that celebrates the uniqueness of the individual. This distinct approach focuses on respect and compassion for the patient which encourages him or her to embrace life in spite of any limitation (noting Erickson's own physical disability). Dr. Lentz underscores Erickson's utilization principle with its emphasis on language and storytelling and how these have influenced and refined his approach to sermons, prayer, and Biblical exegesis itself.

Because I have a longstanding interest in both psychotherapy and spirituality/religion, Lentz's stimulating article prompted me to humbly add to the discourse. Erickson's essential advice, to follow the client and stay out of the way, impacts not only hypnotherapy but all of psychotherapy. Honoring the patient in his or her uniqueness transcends the routine methodologies of assessment, diagnosis, treatment, and follow-up. Certainly, these (so called) objective method-

In the psychotherapeutic journey, we assist the patient in rediscovering disowned aspects of the self in order to promote wholeness.

ologies may be clinically necessary, but are undergirded by the subjective "I--Thou" (Buber, 1970) relationship with the client in which uncharted mysteries are explored and stories are shared. This process of "meaning making," occurring in the sacred space of the consulting room, could be considered a spiritual practice in and of itself.

Within the patient's essential self is housed his or her belief system, which may or may not allow for a connection to the spiritual (Faiver et al, 2001). I would maintain that this belief system cannot be divorced from the patient and is necessarily worthy of respect and examination. Some beliefs--such as excessive guilt, shame, anxiety, or negative thoughts--may be dysfunctional, while others--promoting sustenance, nurturing, and centering--are helpful. Therapists also bring into the consulting room their belief systems, which may impact treatment, especially when therapist beliefs conflict with those of the patient. Mutual growth may result; if not, referral may be indicated. Therapists are not in the business of proselytizing. Fortunately, we have codes of professional ethics upon which to rely.

London (1986) talks of therapists as "lay priests," hearing confessions and providing lay absolutions. Armstrong (1993) provides support to this thesis, noting that every generation and culture defines its spiritual components, which may be expressed in a secular manner, such as psychotherapy. Fromm (1950) writes about two kinds of therapy: that which has the goal of short-term social adjustment and that which seeks to "cure the soul." Are not the roots of psychotherapy in both medicine and religion?

As Dr. Lentz (2004) indicated in his article, Dr. Erickson used metaphors as a major component of his therapy. Further, Lentz notes that this therapeutic storytelling is a powerful device employed by virtually all major philosophers and religious figures. Both Bullis (1996) and Ingersoll (1994) posit that the patient's religious language acts as a window to that patient's view of the infinite. Watts (1950) writes that the metaphor ubiquitous to both the world's major religions and myths as well as to therapy is that of "the story of lost and found (p.

132)." In the psychotherapeutic journey, we assist the patient in rediscovering disowned aspects of the self in order to promote wholeness.

Erickson once noted that everyone is entitled to a happy second childhood. This idea of letting go of long past emotional "baggage," of forgiving and releasing others who have wronged us and, as needed, of forgiving ourselves is the most cited spiritual intervention (Jones, Watson, & Wolfram, 1992; Kelly, 1995; Richards & Potts, 1995; Richards & Bergin, 1997). Erickson's reframing, storytelling, and utilization techniques are powerful devices in the co-creation of a happy second childhood.

Gift giving is another tradition in many religions. It intrigues me that Erickson referred to therapy as the "terrible gift," alluding to the power and potential of the therapeutic encounter in which both therapist and patient give of each other's talents, energy, experience, and emotions. Isn't each session itself a small gift?

I find it quite interesting that five centuries ago, St. Ignatius Loyola, founder of the Jesuits, advised his followers to "enter the others' door and exit through your door." Milton Erickson carried on this tradition in his own way.

Dr. Faiver is a Professor and Psychologist at John Carroll University, Cleveland OH.

And a Certified Clinical Consultant for the American Society of Clinical Hypnosis.

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CONNECTIONS

Memories and Legacies: An Open Letter to the Foundation

During the last Congress, I found myself reflecting back to the very first Ericksonian Congress. I remember that meeting was so very sad. Erickson and Gregory Bateson had both passed away in the months prior to the Congress (Bateson had been scheduled to be one of the keynote speakers). Both of these individuals had deeply influenced many lives and their loss was felt by most of us who came to that first Congress. Many workshops, including the keynote address at that first Congress, became testimonials of Erickson's work, with overt emotional expressions of gratitude for the influence he had provided for others.

I first learned of Erickson at a residential workshop held at Greenwood Lodge, California where Erickson's name was mentioned as a unique healer. His use of hypnosis was clearly different from the more traditional forms. I called Erickson from the Lodge and my journey soon began. For the next few years some of us who had been meeting routinely (including Richard Landis and Terry Argast) took the drive to Phoenix where we met and videotaped Erickson. We were among the many students arriving at his home to learn from this profoundly wise individual. In between our meetings we poured through any literature we could find, and reviewed the hours of material we had taped. Besides his many stories and assignments for us to complete, Erickson introduced us to Gregory Bateson as he knew of our interest in family communication and group trance states. The following months were divided between visiting Bateson in Big Sur and visiting with Erickson in Phoenix. These meetings, and more specifically these individuals, reshaped the direction my life would take.

Having a profound respect and appreciation for what the brain and body is capable of was deeply embedded into my soul by Erickson and later reinforced by Bateson. From the time of my first meeting with Erickson, my life began to take on a new form. I would forever walk around this planet looking at living organisms from a different perspective. Both these giants were so humble and giving in their lives. What they taught me was not technique or method but a profound appreciation of life in general.

These men influenced how I would live my life. I believe Erickson's life and philosophy demonstrated a deep appreciation for what living organisms are capable of achieving. The support, encouragement and utilization of inherent abilities found in all forms of life were always a fundamental part of his teachings. These lessons were taught not just by what he said but also in how he lived his life and how he related to all of those individuals with whom he came into contact. Erickson was so accessible, so open to contact, and so giving of himself.

I now practice Integrative Medicine. Erickson's philosophy is an essential component in how I relate to my patients. Medicine (biochemical, physical, interpersonal or spiritual) is something I offer to my patients as a process to help their system make use of all of its strengths and unique qualities. By the use of medicine I strive to arrange a context in which a biological system might best perform. I feel passionately bound to use whatever tools I have available, be it a direct or indirect intervention, to help my patients regain or establish themselves to an optimal experience.

Erickson's philosophy has extended well beyond the domains of that back room where we would meet at his home in Phoenix. It is now embedded in the lives of all individuals he touched no matter what they may be doing now: psychotherapy, medicine, business, science or literature. From the time of our initial contact with Erickson our lives took on a different, more meaningful form.

I hope that I am able to demonstrate Erickson's influence on my life by the way I lead my life. The Ericksonian philosophy is more than psychotherapy; it is an appreciation for life.

Thank you Dr. Erickson.

Gary Ruelas, D.O., Ph.D.

Medical Director, Integrative Medical Institute
Orange County, California

CONNECTIONS

Chicken Coop

By Michele Ritterman, Ph.D.

Milton and Elizabeth Erickson's professional collaboration didn't stop with their early papers on time distortion. During Milton's last seven years, when I was a frequent visitor to the Erickson household and office, Betty was very much involved in all aspects of his work. After I had my first baby, and was pregnant with the second, Betty took care of my daughter for a whole morning so that I could have uninterrupted time with Milton. The rapport between Milton and Betty and her involvement was as important to me as my direct studies with Milton.

During the session in which Betty watched my baby, and in the context of discussions he and I were having about my marriage and my parents' relationship, I asked Milton about his own family, and his parents. As best I can recall this is what he told me. It is my favorite Erickson story, the foundation of the couples courses I now teach around the world.

"I was fortunate," he said, "to have had parents who told me life was enjoyable in their twenties and thirties. They liked their forties and fifties together. Their sixties, seventies and eighties were wonderful and full of surprises. But nothing was as good as their nineties.

*Be careful if you apply it, because even
apparently bickering couples may secretly
be at peace with each other*

Now, when I was of marrying age, I went to my mother who lived on a farm, and I asked her what it was that made her relationship with Dad so good.

My mother said, 'I tell your father something once and I don't repeat myself.'

I went to my father out in the field and I asked, 'What is it that makes your relationship with Mom so good?'

He said, 'I tell your mother something once, and I don't repeat myself.'

Now, son, you see that chicken coop over there in the yard? It's made of wire.

Many years ago your mother asked me to make her a fine chicken coop of brick, something permanent. I considered the request thoughtfully. I said, No, I would not, but I would make her a temporary coop. She never said another word about the matter. Nor did I. Now that temporary coop lasted a lifetime."

That is the story Milton told me while Betty watched Miranda, my daughter, and I was pregnant with Judah, my son. I have shared this story with so many couples who would bludgeon each other with pressures and demands instead of accept a yes or no and live with it if they can, and leave if they can't.

There is a classic elegance and a grace to this good farm sense. It can take a multitude of forms. Be careful if you apply it, because even apparently bickering couples may secretly be at peace with each other. It would be wretched to think of professionals forcing couples to behave like Erickson's parents. There is no rigid application of the story. It is just a tender, simple story of love and acceptance. It is not about tolerating the insufferable. It is not about silencing oneself when it is time to speak out. I offer it as a tender simple story of acceptance and true love. Use it sparingly and wisely.

The Online version of **The Milton H. Erickson
Foundation Newsletter** can be found at
<http://www.erickson-foundation.org/news>

DIEGO'S DREAM

Maria Escalante Cortina MA.

It was September 2001. Diego, a young boy, told his mom that he was not hungry because his tummy was full. All of a sudden, he doubled over in pain. Upon medical examination, they discovered Diego had a five-pound tumor beside his stomach. The tumor was a Rhabdomyosarcoma, an aggressive, fast-growing form of sarcoma.

Diego's life changed dramatically. No more school, no friends. Lots of new words to learn: cancer, biopsies, chemotherapy, catheters, radiotherapy, metastasis cells, surgery, etc. Diego was confused, angry, sad, worried and very scared.

As soon as chemotherapy began, Diego's pain increased dramatically and nausea became a big problem. Neither drugs nor painkillers were working even at high doses. It seemed appropriate to find out whether or not hypnosis could help him feel better.

When somebody has cancer, it is important that in addition to medical treatments such as chemotherapy and radiotherapy, the person also gets emotional support to increase his quality of life as much as possible. As an Ericksonian psychotherapist I believed Diego still needed to turn his head to the good things he had. He needed hope. He needed to smile, even in the midst of an ordeal.

When someone undergoes this intense kind of cancer treatment, it is quite common that the person loses control. Nurses bathe them, feed them, and give them shots. Everyone exerts control except the client.

Diego was aware of his tumor; he was in pain and could not see his friends. There was much suffering, yet he was a child, and children play and enjoy life.

In order to help Diego, I decided to integrate Ericksonian and play therapy.

During my first visit I introduced him to "Pancho," a very nice Teddy bear who needed his help. I knew he liked stuffed animals; I thought this might be good. I told Diego that Pancho had a strong pain in his tummy and he knew Diego could help him. The aim of this, was to redirect Diego's attention elsewhere so he would not be so focused on his own

symptoms. Diego also put some band-aids on Pancho's tummy to help him feel better.

In order to help him maintain a feeling of control over the cancer, I utilized a technique that was developed by Michael White (Freeman J., Epston D. and Lobovits, 1997), where the child traps the problem (symptom) inside a box in order to gain control over it. I was amazed, at Diego's immediate response after I introduced the idea of this box to him. He told me that he wanted to keep "la bola" (the ball) in there. This was the way he had named the tumor. He made "the ball" using brown modeling wax. As an Ericksonian I remembered one of Erickson's basic principles, Utilization. All this could be utilized and I gave him a task assignment for the following week. He would make sure that the ball stayed well kept in the box at night. I had an idea in mind, keeping the tumor in the box might be a metaphor for isolating the malignant tissue from the rest of the body in order to prevent metastasis.

He liked "Pikachu," one of Pokémon cartoon's main characters who can throw beams at his foes when it is attacked. Here again the concept of utilization came to mind. Pikachu could be a friendly metaphor that resembled radiotherapy. This friend (I gave him one as a present) would help take care of the box, while throwing beams at anything that might try to escape.

During the day, he could play with the ball and "maybe" he might also take a little piece of it every day and keep it somewhere else. Once he had enough "little pieces" he would be able to make something nice with them. (He made a dog, his favorite pet.)

When this was happening, he also was getting chemotherapy. Doctors were surprised at how fast the tumor had shrunk.

I realized he was a very good hypnotic subject: he was intensely focused when I talked to him. I used other techniques during his treatment including visualization and glove anesthesia for pain management.

One of the last times we met, during a session where I was using a future rehearsal technique he opened his eyes and told me: "I have just seen myself as a football champion."

From that point he got a lot better.

Blood tests showed that cancer had finally been controlled.

Shortly after, his parents decided to leave Mexico City, and moved to a smaller, less polluted town. I hear from them every now and then.

Diego still wants to play football. He has kept his dreams, just as Erickson would have done.

I will always remember my little friend, his eyes, his toys, and of course his big smile.

Maria Escalante Cortina MA.
Psychotherapist
Mexico City.
maryclimber@hotmail.com

Reference:

Freeman Jennifer, Epston David and Lobovits Dean. *Playful Approaches to Serious Problems*. 1997. Norton & Company. New York and London.

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I N M E M O R I A M

Andre Weitzenhoffer 1921-2005

by Stephen Lankton, MSW, DAHB

We join all of the members of the hypnosis community in mourning the death of Andre Weitzenhoffer. Dr. Weitzenhoffer was a distinguished psychologist, noted scientist, clinician, author, and teacher. He died quietly at his Reno home on February 24, 2005. He was 84 years old.

Dr. Weitzenhoffer was born in Paris, January 16, 1921. During his prolific career, Dr. Weitzenhoffer's work was cited in more than two hundred books, journal articles, and other publications. It would not be possible to fully review his professional life and contributions to therapy and hypnosis in anything less than a full-length book. He was considered to be one of the world's foremost authori-

ties on the subject of hypnosis, and his work helped legitimize the scientific study of hypnosis.

Some of his greatest honors include: The American Psychological Association (A.P.A.) "Distinguished Contributions to Scientific Hypnosis Award" (1993); The International Society of Hypnosis (I.S.H.) "Ernest R. Hilgard Award for Scientific Excellence" (1998); The American Society of Clinical Hypnosis (A.S.C.H.) Milton Erickson Award for "Outstanding Scientific Writing on Hypnotism" (1974 and 1980); The Society for Clinical and Experimental Hypnosis (S.C.E.H.) awards for "Best Contribution to Scientific Hypnotism" (1960); "Leadership and Achievement in the Field of Hypnotism" (1975); and "Distinguished Contribution to the Development of Hypnosis in the Science and Profession of Psychology" (1986); the award for "Best Book on Hypnosis Published"

(1990); and the A.P.A.'s "Distinguished Contributions to Scientific Hypnosis Award (2003).

Most professionals do not know that Dr. Weitzenhoffer did not originally pursue a career in psychology. He came to America at the age of 17 and studied engineering at M.I.T. where he received a bachelors degree in Physics. From there he went to Brown University where he earned a Masters Degree in Mathematics and also a Masters Degree in Biology. Dr. Weitzenhoffer's desire to learn then took him to the University of Michigan where he earned yet another Masters Degree. That one was in Psychology. Soon thereafter he earned a Ph.D. in psychology.

His first employment in the U.S. was conducting research as a mathematician, physicist, and biologist. He published his first book on hypnotism, *Hypnotism: An Objective Study in Suggestibility* in 1953.

Dr. Weitzenhoffer is perhaps best known for his work as a Research Psychologist and Assistant Professor of Psychology at Stanford University in Palo Alto, California. The late Ernest Hilgard, a professor of clinical

psychiatry at Stanford, established the Stanford Laboratory of Hypnosis Research in 1957 and collaborated with Andre Weitzenhoffer. The collaboration between the two of them produced "The Stanford Hypnotic Susceptibility Scales" in the late 1950s and early 1960s. The SHSS is a tool that has made a tremendous contribution to the scientific study of hypnosis.

In the late 1950s he moved to Oklahoma City. There he worked as a Clinical Research Psychologist and Clinical Psychologist at the Department of Veterans Affairs Medical Center. He also became an Associate Professor of Medical Psychology at the University of Oklahoma.

Dr. Weitzenhoffer served on the faculty of the first scientific workshops of A.S.C.H. after it was founded in 1957 by Dr. Erickson. He was one of the first to realize that Erickson's contribution was a creative approach to therapy and induction and not some sort of unique type of hypnosis. That is, he understood that there was a unique Ericksonian

See MEMORIAM on next page

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***The Art of Therapeutic Communication:
The Collected Works of Kay F. Thompson,***

Edited by Saralee Kane, M.S.W. and Karen Olness, M.D., Crown House Publishing Ltd., UK, 2004, 553 pp. (Includes a CD)

ISBN 1904424287

This collection captivates! In this inspiring, practical teaching guide, you will encounter Kay Thompson D.D.S. as the first woman to be a member of the American Board of Dentistry, a president of the Pennsylvania Dental Association, and a president of the American Society of Clinical Hypnosis. You see her in action as a woman willing to take charge, a pioneer. Her skills as a dentist, hypnotherapist, and mentor stand beside her roles as beloved wife, colleague, and friend.

...provides a wealth of Kay's poetic hypnotic tongue twisters for the unconscious mind.

Sections are organized so that professionals from different backgrounds can pick and choose from the treasure trove of techniques. Chapters cover Hypnotherapy, The Language of Hypnosis, The Nature of Trance, (which includes Kay's innovative Dual Inductions), Suggestion and Utilization, Therapy with Pain, Holistic Dentistry, Ethics in Caring, Clinical Demonstrations, (with a companion CD), and the Personal Impact of Hypnosis on Kay's life, "How I got to be what I am becoming." Concluding chapters are memorials of Kay by prominent colleagues.

The book opens with Kay's review of the history of hypnotherapy and her expression of gratitude for 25 years of study with her mentor and friend, Milton H. Erickson, M.D., the father of modern hypnotherapy. Kay warns against the trend to over-simplify Erickson's work. "To be truly Ericksonian," Kay summarized, "you must be yourself."

Scattered throughout the chapters are the central tenets of Thompson's approach. Here are eleven highlights.

1. All hypnosis is self-hypnosis.
2. Laboratory measures of hypnotizability tell us little about the ability of a highly motivated person in a real life situation to enter into an altered state in order to cope.
3. There are many different states of trance, not just one.
4. Client motivation is essential to the effective reception of a suggestion.
5. Utilization by the client is more important than the hypnotist's suggestion.

MEMORIAM

continued from page 24

approach to therapy and change, but not an "Ericksonian hypnosis," per se.

Dr. Weitzenhoffer was an amazing professional model for all of us to follow. For example, he would travel to France just to seek out and read original works of Dr. Jean Charcot in the original French! He taught uncountable workshops worldwide and enjoyed teaching in both English or French. He was a consummate researcher until his death.

Dr. Weitzenhoffer was a great friend of the Erickson Foundation having taught numerous times at Foundation events. Dr. Weitzenhoffer is survived by his wife, Mildred, his children Mark and Janet, two stepchildren, Tom and Ann, and many grandchildren. He was absolutely loved by all who had the pleasure to meet him or know him and we will miss him dearly.

6. To mobilize our confidence against our own vulnerability and fear of the failure of our suggestions is the clinician's first step.
7. Carefully designed linguistic and metaphorical sleights of hand can help people sustain the unconscious concentration that can produce an enduring shift in mental state.
8. When we know a patient can do something like stop bleeding during surgery and they actually do it, and all we did was say, "Stop bleeding," these phenomena deserve our perpetual amazement.
9. Pain is a warning signal. "When everything that can be done and should be done, has been done, there's no longer any reason for pain."
10. Hypnosis does not follow neurological or physiological pathways.
11. Objectivity does not preclude compassion.

If you are looking for the specific words to entrance your clients, this book provides a wealth of Kay's poetic hypnotic tongue twisters for the unconscious mind. These wordplays and images help people to keep refocusing their attention so they can enjoy the concentration of trance and stay out of pain.

Kay shines through this text as the grand lady of post-hypnotic suggestion and healing. "You can be pleasantly surprised at how comfortable you will be as long as normal healing is progressing." One is forever struck by the ethical foundation in each suggestion. She makes no false promises of cure. "You have all the time you need in the time you have." Respect was her bottom line.

As Kay Thompson gave respect, so this massive magical text testifies that she merits respect, for herself as a woman and for her great work.

Reviewed by

Michele Klevens Ritterman, Ph.D.
Oakland, CA.

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B O O K R E V I E W

Outside the Lines...of Love, Life, and Cancer

By Annette Leal Mattern

Skyward Publishing, 2004

ISBN 1-81554-33-3

Outside the Lines of Love, Life, and Cancer is a rather unusual book for review (in the context of this newsletter), because its target audience is not therapists, but rather people diagnosed with cancer. I eagerly agreed to review this book because my own area of specialty is psychoncology. Written by Annette Leal Mattern following her own battle with cancer, it is meant to provide inspiration and gentle instruction to those who need a roadmap, and it also provides a rarely encountered success story. Mattern's book takes us through the terror of her initial diagnosis of pancreatic cancer (which is almost always fatal due to late diagnosis) and its surgical excision, to the eventual realization that her condition was a metastasis (cancer that has moved from its origin). It was a recurrence from an ovarian cancer she had 12 years earlier. Her condition was once more successfully treated; ameliorated with surgery and chemotherapy.

Her story candidly invites readers into her inner world. As she puts it, no one faces cancer without experiencing emotions of fear, uncertainty, confusion, and anger. While in the hospital recovering from her surgery, she began to have delusions secondary to the morphine she had been taking for almost a month. This prompted her to seek psychological help from a therapist she had seen in the past, Dennis Milholm, MA. He described his training and hypnosis approach as Ericksonian. In his first encounter with her he focused on pain management, and after only two sessions she was able to discontinue morphine, which she had previously found herself unable to do on her own.

Mr. Milholm's approach is briefly interspersed throughout the book and is paraphrased so the reader can get an idea of his phrasing and direction. From an Ericksonian perspective, it

incorporates the idea of tailoring the intervention to the uniqueness of the individual. Beyond that, it reflects an approach to hypnosis that is relatively conventional. That is, it contains a good deal of guided imagery and direct suggestion, which often are successfully employed with compliant and highly motivated patients who do not experience difficulty retrieving desired resources.

The book not only provides readers with pragmatic tips about how to negotiate their way through catastrophic illness, but also provides them with a glimpse into ways that psychotherapy can be incorporated usefully into their treatment regimens. In this manner, it assists the layperson in demystifying the process behind pain and symptom control using hypnosis, and underscores the importance of having professional emotional support, normalization, and validation for their experiences.

In my experience, neither patients nor most physicians tend to have a clear idea about how psychotherapy can help cancer patients. Often, upon initial referral, patients would protest, saying "But I'm not crazy; why am I seeing you?" This book can be useful in illustrating possibilities and therefore function to educate clients, creating in them a more open mind-set toward the use of trancework.

Overall, the story is a captivating and fast read, and provides a significantly unique contribution. Mattern illustrated the book with excerpts from her own journal and with beautiful sketches that reflect the emotional content of each stage of her treatment sequence. One caveat: This book is not intended to prepare therapists to provide cancer patients with psychotherapy. In my experience, the provision of such specialized therapy requires specialized training. However, the book does an excellent job of educating cancer patients, and Milholm, although not specifically trained in oncology, did a fine job of providing a smooth transition of care and symptom control both prior to, during, and after Mattern's journey through treatment.

Review byKathleen Donaghy, Ph.D.
Phoenix, AZ.***Metaphoria:
Metaphor and
Guided Metaphor
for Psychotherapy
and Healing***

Rubin Battino, MS

Crown House Publishing December 2001

ISBN 190424929

The pervasive use of metaphors is often what draws many therapists to Erickson's work. Learning how to craft an appropriate metaphor for each client at a particular point in his or her life is a daunting task when

of the developers' own words, Battino presents Haley's Ordeal therapy, the Lankton's Ambiguous-function Assignments, Berg, Dolan and DeShazer's Miracle and as-if questions, White and Epston's Narrative therapy and much more. These offerings demonstrate the breadth and depth of approaches possible for constructing metaphors.

One of the marvelous things about our profession is the continuous opportunity to add to our insight and clinical skills. And one of the difficult things about our profession is having so many books available from which to choose. Steve Lankton, no stranger to the art of metaphors, declared, "Rubin Battino has accom-

Explicit directions are given on how to structure a guided metaphor from the client's own language and images.

practicing Ericksonian therapy and hypnosis. A well-told and timely metaphor is, in and of itself, hypnotic. And yet, how do we first create and then begin to tell the tale?

The early chapters of *Metaphoria: Metaphor and Guided Metaphor in Psychotherapy and Healing* are time well-spent reminiscing with someone who takes great delight in recalling his own discovery and evolving concepts of metaphors. Battino frequently puts forth his points of reference so that his journey is recreated for you. He reveals with encouraging clarity and thoroughness the often elusive "how do they do that?" of Kopp, the Lanktons, and others. This further underscores the overall premise that life itself is a metaphoric journey in which possibilities abound on a multitude of levels.

By Chapter 8, Guided Metaphor, Battino has prepared the groundwork for his own contribution to the potential of metaphors. He offers his construct for Guided Metaphors which can be used for healing, the traditional use of guided imagery, and psychotherapy, the traditional use of metaphors. Explicit directions are given on how to structure a guided metaphor from the client's own language and images.

In Chapter 9, the cornucopia implied by the title spills forth an array of therapeutic bounty. In much

pished the task of accuracy, comprehensiveness, and brevity everywhere throughout this book." This book is a priority addition to an Ericksonian's clinical library.

While observing or reading masterful therapists' work is instructive, there comes a time when only experiential learning will suffice. *Metaphoria* offers ample opportunity through thoughtful challenges and skill-building exercises. Scripts and suggestions mark every turn along his recalled path of discovery.

There is one difficulty that I see with this book. Battino creates such a compelling incorporation of related work that you may find yourself drawn to the next book you haven't read – yet. Perhaps you will find yourself rereading some of the works of Erickson with fresh eyes as you begin marking your own path. In his closing thoughts, Battino mentions continuing the study of other people's ability to create and use metaphors. And in italics he also states, "Yet, it is always better to tell your own stories."

And that reminds me of a story.....

Reviewed byDeborah Beckman, MS, LPC, NCC
Dallas, TX

***The Legacy of Milton H. Erickson:
Selected Papers of Stephen Gilligan***

Written and edited by Stephen Gilligan, PhD.

Zeig, Tucker, & Theisen, Inc., 2002

346 pp

ISBN: 1-891944-90-8

The Legacy of Milton H. Erickson: Selected Papers of Stephen Gilligan is a splendid gift to our field. In these sixteen roughly chronological papers, Gilligan bestows clinical insight; humor; specific guidance for therapeutic interventions; poetry; and probing explorations into the nature of therapy and healing. Behind it all is his drive to understand and deepen the person-to-person connection that is crucial to real psychotherapy.

In his introduction, he apologizes for some verbal awkwardness in the early essays. I have tried to write sensibly about the complex simplicity of Ericksonian work, and therefore found this "confession" easy to forgive – especially when Gilligan presents such valuable insights. How exhilarating to see his mind, thought, and verbal facility develop during the course of 20 years!

Gilligan describes his journey – clearly discernable in the text – from imitating Erickson as closely as he could, to discovering his own voice. Never less than affectionate and respectful, he avoids the worshipful air that permeates some writing on Erickson, even daring to suggest that The Master may have missed a few points here and there.

In the early papers, the author praises, explains and elucidates Erickson's work. He gathers in more and more influences – including his long work with the martial art of aikido – until in the provocatively titled 1997 article "Living in a Post-Ericksonian World," he gives his own approach a name: Self-relations Psychotherapy.

Gilligan resonates strongly with Erickson's crucial principle of joining the client, accepting his/her symptoms and world-view until they lead the way to the client's own solution. When he joins Erickson and aikido, he makes a telling observation: "Erickson used the metaphor that the unconscious is intelligent. He failed, however, to explain why the patient was doing so poorly before meeting with him. After all, if this intelligence were so magnificent, how did the person end up in such a mess? ... [W]e might say that the creative intelligence was in the conversation or relationship between Erickson and the client's 'unconscious'" (p. 223). Gilligan suggests that the healing entity is actually the "field" created between the mind of the therapist and the mind of the client. He then goes a step further: Both "minds" can exist within one person, so healing can come from within. Much of the power of Ericksonian (and other) approaches derive from methods that create a relationship field among an individual's different "selves." Self-relations Therapy explores how to identify, nurture, and connect these selves to form a productive, healing whole.

This description is little more than a teaser. Gilligan is eloquent and even compelling in elucidating these concepts. Before I was halfway through the book, I began noticing changes in my interactions with clients. By the time I had finished it, cobwebs of routine were blowing away; I was more palpably present with my clients, and they responded by venturing deeper into themselves.

Stephen Gilligan is committed to psychotherapy as a healing art, leavened by science, and born in cooperative relationship. He is intensely humane, reminding us that we must bring our hearts to work if we hope to be true to our craft, daring to speak of love as a therapeutic tool. If you seek to enhance yourself as both technician and healer, I recommend *The Legacy of Milton H. Erickson: Selected Papers of Stephen Gilligan*.

Reviewed by

Will Handy, MSW

Milton H. Erickson Institute of Dallas

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BOOK REVIEW

A Tribute to Elizabeth Moore Erickson: Colleague Extraordinaire, Wife, Mother, and Companion

By Marilia Baker M.S.W.

Alom Editores, of Mexico City, 2004

Distributed by the Erickson Foundation Press

The gleam of a universe of meaning and experience emerges from the sensitive crystal of Marilia Baker's newly released book, *A Tribute to Elizabeth Moore Erickson, Colleague Extraordinaire, Wife, Mother, and Companion*. The book is an intimate slide show of significant people and events, all benefiting from the nurturance of Elizabeth Erickson. With subtle and evocative prose, Baker encourages the reader to envision a personal world and to be enriched through the process in authentic Ericksonian style. First published in Spanish (2003) and Portuguese (2004), the English version brings this beautiful tribute to a wider audience.

Doña Elizabeth, as the author respectfully calls her, played a vital role in the evolution of the Ericksonian method. Baker shows how Elizabeth Erickson's warmth and support in close partnership with her husband was pivotal at each phase of Erickson's work. She complemented him and coordinated the Erickson legacy in every way. She brought her graceful strength and optimistic spirit to the unique challenges of Dr. Erickson's illness, while sharing in an exemplary marriage and fostering the development of eight diverse and creative children. Her many dimensions of this are shown for us to reflect on, as we wander through the crystal facets of time in the chapters of Elizabeth Erickson's life.

The book is divided into three parts: Part One weaves the tapestry of Elizabeth Erickson's life beginning with her childhood years as a lover of the circus. The author recounts the first moment of courtship, when Milton first spotted Elizabeth. Then and there he declared with certainty that he was going to marry her!

The chapters interweave Doña Elizabeth's varied roles, as psychology student, author, editor, proofreader, hypnotic subject, wife, hostess and mother. She excelled at them all in many unexpected ways. She adeptly worked alongside her husband at the dining room table to help produce the *American Journal of Clinical Hypnosis* and facilitate the comfort of many patients who Dr. Erickson treated. The book shows how this couple used the everyday, simple events of life as springboards to creative potentials and significant contributions.

Part Two is a personal interview with Doña Elizabeth about her life experiences. The interview includes a compilation of discussions with the author spanning the years 2000 and 2001 as well as an earlier, unpublished interview conducted by Shirley Bliss Ph.D. in 1988. Doña Elizabeth reveals her husband's generosity with his talents and comments on the many fascinating people who collaborated with Erickson, along with their wives who she got to know quite well. She includes stories about her close friendship with Margaret Mead. She also reveals interesting and little-known personal details about her husband, such as his love of magic and an insider view of how purple became his signature color!

Part III is an album of pictures that allows us all to browse through the Erickson family scrapbook. The photographs range over an entire lifespan of experiences.

The last section of the book is the appendix including verbatim speeches and addresses of Elizabeth Erickson, Laurel King M. Ed.'s account of her "pilgrimage" to visit Erickson's office, and a list of Elizabeth Erickson's professional papers.

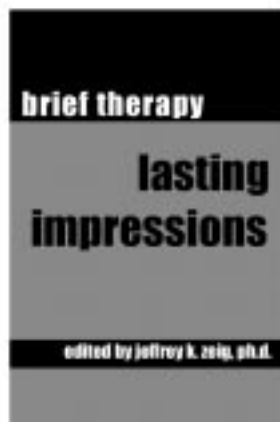
The author recounts the first moment of courtship, when Milton first spotted Elizabeth. Then and there he declared with certainty that he was going to marry her!

Marilia Baker's book, *A Tribute to Elizabeth Moore Erickson*, not only informs but also inspires. In encountering the best of humanity through the exemplary life of Elizabeth Moore Erickson, we are stirred to new potentials that we might not even know are there, true to the Ericksonian way.

Reviewed by

C. Alexander Simpkins Ph.D. &
Annellen M. Simpkins Ph.D.

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*Advanced Techniques of
Hypnosis and Therapy:
Therapy within a marital system (1978)*

The Milton H. Erickson Foundation Press

See page 31 for ordering information.

Jeffrey Zeig, Director of the Milton H. Erickson Foundation, presents a teaching session on DVD that shows Milton Erickson working with a patient. The format of this learning tool intersperses Zeig's didactic explanations with sections of Erickson's therapeutic group session in 1978. The material included in this DVD is usually reserved for Zeig's most advanced classes. His presentation is careful, articulate, detailed, and exacting. His words are carefully chosen to depict the work and show the inner logic of Erickson's approach.

*Erickson elicits resources with dissociation
and presuppositions as suggestions to associate
future comfort with the patient's family.*

From the very beginning of this DVD, Zeig shows how we can learn from Erickson at many levels. Erickson's appearance and demeanor have much to teach us. Erickson was happy and glad to be alive. His mastery of his own physical challenges is an exemplary reminder that we can enjoy life in spite of being in pain or difficult circumstances.

The group of students who gathered for this session came for therapy. The DVD shows Erickson working with a married couple. What transpired was spontaneous, showing Erickson's sensitive clinical acumen as it unfolds. He worked with what the couple brought to him and extended a helping hand with technique.

Zeig presents the material in terms of an "ARE Model." A is absorb-into, penetrate, and experience; R is reflect, ratify the experience; and E is elicit response and resources.

The induction begins with the husband, who is given an early learning set. Communication is in multilevel words: the denotation and the connotation of communication. Zeig introduces a number of definitions of this form of communication, then uses indicative/injunctive distinctions, drawn from Watzlwick. For example, Erickson says, "Do you remember how to dot your t's and cross your i's?" This indicated to the patient to pause and have a moment of confusion and disruption in his behavior pattern, wonder and focus inwardly, get absorbed in a memory, look for subtle cues and respond to nonverbal behavior. The hypnotic forms of communication Erickson used gave the patient the injunction to go into trance. He also used response to implication for building responsiveness to therapy.

Erickson would say X to mean Y, which would access a resource in the patient to get a response from within, Z. Erickson gave parallel communications to activate and give directives to go into trance. He used parallel metaphors to disrupt fixed patterns of behavior to make changes that would follow. Erickson ratified the changes in functioning due to trance, pointing to alterations in blood pressure, respiration, and muscle tone.

In general, Zeig points out, Erickson would guide associations, thereby getting results. Erickson elicits resources with dissociation and presuppositions as suggestions to associate future comfort with the patient's family. He creates a reference experience for the patient to associate to, and then it becomes available for therapeutic use.

Zeig shows how Erickson distracts the patient in order to do symbolic therapy. He explains that Erickson elicits emotional states that are therapeutic for the patient. Erickson recalls to the mind of the patient common, everyday experi-

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ences, and facilitates their personal use.

Erickson told a series of stories to illustrate an important point for patients: to reconsider rigidities in their own lives and become more flexible, re-examining their behavior and finding new ways to act that will allow more adaptive living, solving a problem.

This DVD gives a clear and well-articulated set of techniques for re-education that can easily be integrated by hypnotherapists to enhance their own work. Many applications to therapy are implied. Viewers can adapt these techniques to create their own approaches, based on their experience and understandings. This is an excellent DVD to study in order to learn how to help clients access positive resources and for adaptation of Ericksonian method to many other creative uses, far beyond what the DVD explicitly shows.

Reviewed by

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INTERVIEW

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end of a different chain of events. When I got into counseling work my earliest training was in Gestalt Therapy. From there I discovered bioenergetics analysis, particularly Alexander Lowen's work. I had several years of training in that. I never ended up using bioenergetics because there was too much body contact, and it's a complicated business. From there I got into NLP and did an intensive study of it. As you know, Bandler and Grinder's third and

things back to their origins is a good way of learning.

R.B.: That's also part of the scientist training. You don't launch into a new research endeavor without consulting the literature. That's the first place you go to find out what's been done, and then you can build on that.

D.B.: You and Harriet Hollander, Ph.D., developed the *Guidelines for Training in Ericksonian Hypnosis and Psychotherapy*. How did this project come about for you?

R.B.: At one of the Erickson

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fourth books were on the patterns of Erickson's hypnosis work. I became intrigued by Erickson. To find out more about him I read Jay Haley's *Uncommon Therapy*, and that really turned me on. I checked with Phoenix; they connected me with Tom South, Ph.D., who actually started one of the very first Erickson Societies in Dayton. I tracked him down; at that time he was teaching in the counseling program at the University of Dayton. We ended up being great friends and working together in the Dayton Society. And, eventually, as you know, we wrote the book, *Ericksonian Approaches*, together. That was how I got into Ericksonian work. Tom taught me a lot, and led me into many new things.

D.B.: You found Bandler and Grinder, and then tracked their work back to the origins.

R.B.: Part of how I go about these things is really influenced by my being a scientist and an academic. I've long maintained that having a Ph.D. means, not that you know so much, but that you know how to learn things. I systematically approached learning about Erickson just as I did about NLP and all the other things I've gotten into.

D.B.: It seems that tracking

Congresses there was a meeting of the Institutes at which there was a lively debate about: 'Should the Foundation set up uniform certification standards and how would we go about that?' Harriet and I volunteered to be on an ad hoc committee to work on that. So the two of us became the people working on the standards. The general idea was that we would survey all the Institutes, which we did, and then pull together a composite of certification standards. At one of the follow-up Erickson Congresses we presented the results. People had received copies in advance. The basic decision was that the Foundation wouldn't be the certifier. The individual Institutes would do that. The Foundation would recommend a set of training standards. I think that was wise; the needs of the hundred plus Institutes worldwide are all different. You just have to provide a framework, and then let them work within that framework. I think that has been successful.

D.B.: What for you are the most significant teachings of Erickson's?

R.B.: One of the things I really liked about studying Erickson was that he absolutely refused to be pigeonholed and categorized. The lit-

erature shows that everybody is trying to do that, and I'm guilty as well as many other people! Margaret Mead once said of Erickson that he invented a new therapy with each client, and that has always stuck in my head. There are two things that characterize Ericksonian work: one is utilization, i.e., use whatever the client brings to your office. My interpretation is that this is something like psychological judo; you use the other person's strengths to help them.

The second major thing he did was the use of indirect language, rather than the traditional hypnosis of 'cigarettes will taste bad,' he would talk about how much more comfortable you would be breathing, out there sailing on a lake, or walking in the woods.

Another idea that stuck with me is the description of Erickson's talent for the precise use of vague language. That really encompasses the entire indirect approach. In all Ericksonian hypnosis and self-hypnosis there is a faith that people already have the resources they need to help themselves. Vague language elicits those resources. Vague language also has a close connection to poetry. In fact, the first workshop I did at an Erickson congress was on the uses of poetry in hypnotic work.

D.B.: The layers of language?

R.B.: Not so much the layers of language as the precise imagery and the vagueness. Really good poetry is both precise *and* vague. It allows you to build castles in the air, images that you create for yourself from the hints that the poet has given, but the *direction* is set by the poet.

All the masters, Erickson and

work, and that's where the vague stuff comes in. You put out a hint; you say 'ummm, yes,' and then you wait for 30 seconds. That is where all the real work is done; it is in your expectation that they're going to find something in there. You have to give them the time to discover.

D.B.: The way clients communicate in trance verifies the need for pauses because they speak in a different timing, different rhythm. Is that what you are saying?

R.B.: You have to listen to them. The critical part is really allowing them the time to do that internal processing. As you know, in hypnotic work, people go in and out of trance. If, in any given session, you ask them afterwards, "What was it that you heard?" they will mention just two or three things. Some little thing that you say triggers something in their mind and off they go running. They just don't hear the rest of it if you continue droning, so why not take real advantage of that and just ...

D.B.: ... be quiet

R.B.: Yes. One other thing I learned in studying Erickson that was really helpful, and is another hallmark of what he did, is to *observe* people. If you read about Erickson's life, he practiced observation, studied it, and worked at it endlessly. He tested himself all the time, 'Am I really picking up these body cues, and what's going on?'

You can check this out by directly asking the client. You can also watch really good people like Rossi and Zeig whose tunnel vision is focused on the person they're working with. They pick up the slightest nuances, and then go with that.

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Rossi in particular, make subtle and incredible use of pauses. That is something I emphasize over and over again in training. The neophyte hypnotherapist, or therapist, talks all the time. If you examine Erickson's tapes and what Rossi does, they allow a lot of time for people to do internal

D.B.: What do you see for the future of teaching Ericksonian approaches?

R.B.: I think it's just going to continue. The training Institutes are doing well. I think it's going to keep

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being there in the background. When Tom and I first started submitting our book fifteen years ago, we received rejections because the publishers thought Ericksonian interest had peaked five years *earlier*. They didn't think there would be a market!

The really good stuff, the useful stuff, eventually rises to the surface and you recognize it. That's why the Institutes are growing worldwide. People are recognizing how good and useful Ericksonian principles and concepts are for doing therapy. So it's going to spread and continue to spread.

D.B.: **One of things I've noticed at conferences is that the more recognizable faculty continues to acknowledge their origins. More than a few people are mentioning 'this name' as a predecessor, and an inspiration. Let's go to the roots.**

R.B. And the root is Erickson. In my opinion, Freud, who was a genius

in his own right, opened the world to psychology and psychotherapy; Erickson filled in almost endless ways of working with people in practical ways. When you look at the beginnings of family therapy and read the literature, Erickson was there first. He provided the underpinnings for much of modern psychotherapy. When the history of psychotherapy is written, there will be two giants from the last century, Freud and Erickson. But then I'm slightly prejudiced.

D.B.: **You seem particularly interested in metaphors and guided imagery. How would you describe the importance of each?**

R.B.: Well, my interest in guided imagery work really grew out of the volunteer work I do with people who have life-challenging diseases. I've done that for a long time. In researching that, it just seemed that if you are going to implement helping people with serious diseases, the way you do it is through guided imagery. In the language of guided imagery, the central core is metaphor, although there are two extremes in what you do with

the guided image. One is the anatomically physiologically correct imagery where you talk about lym-

you can do either one or the other, but the metaphor is the poetic key to vagueness that sets off all the internal

...you don't throw out just one idea or one metaphor. Your function as a therapist is to provide choice.

phocytes and T-cells and the mechanics of the immune system. The other is doing all that work metaphorically. An angel comes and just gets rid of the cancer cells by loving persuasion, or whatever the image is. From my experience and what I've studied, it seems to make no difference whether you do the scientifically correct stuff or the metaphoric work. The crucial part in doing individual work, is finding out from the person you are working with which approach they think is going to work best *for them*.

If you are making generic tapes,

work. So metaphor is that kind of magic master key which you just throw out there. The listener grabs on to it and converts it to his or her own needs.

Another part of what I learned from Erickson is that you don't throw out just one idea or one metaphor. Your function as a therapist is to provide choice. The metaphors, guided imagery, whatever you do, have to provide choice, many potential avenues. I mean, "Two roads

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diverged in a yellow wood ..."which way does one go? You then allow those choices to be made by the client via vagueness of language. We truly never know patients in the way they know themselves.

D.B.: In a receptive state for metaphor, they can be handed a wide range of ideas and not be overwhelmed with what is possible.

R.B.: Yes. And I don't mean you want to overdo it and put so much stuff out there that the patient is overwhelmed but two or three things that kind of "slip in" as possibilities.

D.B.: But then that goes back to knowing when to use the pause.

R.B.: Yes, pause is power.

D.B.: You've literally exploded as an author without giving up your work in chemistry and your private practice. How do you juggle these different arenas so effectively?

R.B.: Oh, well, one is that I write very fast. My wife jokes that I write so fast because I don't think!

D.B.: Do you have anything ready for publication?

R.B.: Yes. *The Healing Language Book* is now under contract. It is about using language for healing (rather than harming), is designed for helping professionals, and contains almost endless illustrative scenarios.

D.B.: Tell us about your play that was performed at the December 2004 Congress.

R.B.: I had been thinking for a long time about writing a play about the life and work of Milton Erickson. I first wrote a biographical play about Viktor Frankl. *That's Right, Isn't It?* is nearly complete, and it will be published by the Foundation Press in 2005. Most of Part I of this play had its inaugural performance with an all-star cast led by Stephen Lankton at the Congress. It was apparently well-received. I was pleased to have Betty Alice Erickson and Sidney Rosen

play themselves. Part II is much longer than the first part, and covers Erickson's professional life, some classic cases, and some modern memories of Erickson.

D.B.: Do you have a favorite work – or one of which you are most proud?

R.B.: I am proud of three essays I published in the *Journal of Chemical Education*. They are: 'Chemistry and the Sense of Wonder,' 'On the Importance of Being Eccentric,' and

'On the Importance of Being Polite.' But, really, my wife Charlotte and I are most proud that somehow or other our two sons, David and Benjamin have turned out to be fine human beings.

D.B.: Thank you for your time and this conversation.

R.B.: My pleasure.

DONATIONS

The Milton H. Erickson Foundation, Inc., would like to sincerely thank the following colleagues for their very generous donations since the last issue of the Milton H. Erickson Foundation Newsletter: Leon Lalsingh, MSW, Dennis Doke, MS, Charles A. Simpkins, Ph.D, and Annellen Simpkins, Ph.D., and Mel L. Goldstein, DSW. Thank you for your continued support of The Milton H. Erickson Foundation and its activities.

Donations earmarked for the Milton H. Erickson Archives go directly to assisting with expenses for restoring the audio- and videotapes from the late Milton H. Erickson, M.D., along with tapes from past Milton H. Erickson Foundation Conferences from 1980 through 2004. This extensive restoration process will make these tapes, CDs, DVDs, and other materials available to mental health professionals around the world for training purposes.

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