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The Milton H. Erickson Foundation NEWSLETTER

Vol. 25, No. 3

EVOLUTION CONFERENCE ISSUE 2005

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EVOLUTION CONFERENCE ISSUE

I N T E R V I E W

Mary Catherine Bateson

Mary Catherine Bateson is a prolific author and distinguished educator. She has held numerous positions as teacher, planner, and administrator at many different universities including Harvard, Amherst, Northeastern, Ateneo de Manila, and University of Northern Iran. She has written many inspiring books including her most recent, *Willing to Learn* (2004) and her bestseller *Composing a Life* (1989). Her works utilize her own and others' personal experiences as a looking glass for readers to dis-



cover their own capacities and potentials. She has been the primary spokesman for her mother, Margaret Mead, and her father, Gregory Bateson through such books as *With a Daughter's Eye: A Memoir of Margaret Mead and Gregory Bateson* (1984 and *New York Times Best Book of the Year*), *Angels Fear, Towards an Epistemology of the Sacred*, completing her father's last book (1987), and as *President of the Institute for Intercultural Studies*, founded by her mother.

Annellen and Alex: Let's begin with a little background. Can you

See INTERVIEW on page 26

EVOLUTION OF PSYCHOTHERAPY CONFERENCE:

A Tribute to the Masters

December 7-11, 2005 - Anaheim

SPACE STILL AVAILABLE!

Final preparations are being made for the fifth *Evolution of Psychotherapy Conference*, December 7-11, 2005 (Wed-Sun), with a special Pre-conference all-day workshop with Patch Adams, Tuesday, December 6, 2005. The Conference will be held at the Anaheim Hilton Hotel and Convention Center, in Anaheim, California. *More than 8,000 professionals and students, including 750 International attendees, are currently registered for this landmark Conference!*

The faculty includes Albert Bandura, William Glasser, John & Julie Gottman, Mary Goulding, Jay Haley (video presentation), James Hillman, Jean Houston, Otto Kernberg, Arnold Lazarus, Marsha Linehan, Cloé Madanes,

See CONFERENCE on page 4

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EDITOR'S COMMENTS



The 5th Evolution of Psychotherapy Conference is upon us. It is fitting, therefore, that this issue of the *Milton H. Erickson Foundation Newsletter* is dedicated to *The Evolving Field of Psychotherapy: Past, Present and Future*. Annellen and Alex Simpkins' dialog with Catherine Bateson in a featured interview epitomizes this concept.

That which was first seen as radical is often part of the basic assumptions and practices in contemporary psychotherapy. The circle of therapeutic perspectives is less a wheel turning and returning to its beginnings than it is more a spiral that returns to its roots. However, upon returning to its roots, it finds itself at a different level collecting both wider understandings and greater appreciations as it progresses. Sometimes its impetus for growth comes from delightfully eccentric and insightful sources. And that brings us to Steve Lankton's very special interview with Patch Adams, the world's Jiminy Cricket®, reminding us what it truly means to be human. An entire professional workshop day is being set aside at the Evolution conference for us to spend with him.

Another presenter at the Evolution is our *Contributor of Note*, Cloé Madanes. Because of the richness of her contributions to the field, I asked her if she would write a Case Report to illustrate some of her perspectives. It was so multi-layered we could have dedicated the entire newsletter to the article. Therefore, to provide a resource one could use to

expand on her teaser of an article, Michele Ritterman provided a review of Madanes' book *Sex, Love and Violence: Strategies for Transformation*.

In the overlapping fields of Ericksonian Approaches and Family Therapy, Jay Haley has been the embodiment of psychotherapy's "Past, Present and Future." Alexander and Annellen Simpkins showcase both Haley's new and classic works by reviewing his 1985 three volume, *Conversations with Milton H. Erickson, MD*, and his two latest DVDs, *Milton H. Erickson, MD: Explorer in Hypnosis and Therapy* and *The Art of Strategic Therapy*.

In the *Facets and Reflections* column, another Evolution presenter, Robert Dilts, discusses his first experience with Erickson, a seminal presence in his life. This is complimented by Penny and Marion Kostka's article about learnings they had with Kay Thompson and how they continue to use her legacy.

The recent discovery that we could grow additional brain cells has revitalized the field of neuropsychology. We are pleased to have at *The 5th Evolution of Psychotherapy Conference* two of the men who have popularized the latest discoveries in the field. David Siegel's books, *The Developing Mind*, and, *Parenting from the Inside Out* (with Mary Hartzell) brought these concepts into the public eye. In this issue, Will Handy reviews Siegel's clinically focused book, *Healing Trauma: Attachment, Mind, Body and Brain*, co-edited by Marion Solomon. Maria Escalante Cortina does an excellent job of giving an overview of Ernest Rossi's latest clinical work with his book, *A Discourse with our Genes: the Psychosocial and Cultural Genomics of Therapeutic Hypnosis and Psychotherapy*, and a DVD review of his *Utilizing Dreams to Facilitate Gene Expression and Brain Plasticity*.

In addition to the emerging clinical interest in the applications of scientific theories, there is a rise in the number of clinical publication and trainings utilizing the spiritual nature of humans in the service of psychotherapy. An excellent example of

this trend can be found in Will Handy's review of John Lentz's book *Spiritual Solutions to Anxiety and Panic: An Ericksonian Approach*. In the true Ericksonian tradition, Lentz reframes symptoms as "a hidden wisdom to be utilized, rather than as an evil to be eliminated."

To keep with the theme of the evolving nature of our field, we have presented the concept of hypnosis and Ericksonian psychotherapy from several different perspectives. Sharon McLaughlin, our managing editor and the one who makes me look good, reviewed Alexander and Annellen Simpkins' new book, *Self-Hypnosis for Women*. The book respects both the unique women's perspective and those experiences common to us all. Deborah Beckman insightfully reviews two books by George Gafner and Sonja Benson, *Handbook of Hypnotic Inductions* and *Hypnotic Techniques for Standard Psychotherapy and Formal Hypnosis*. These are useful books for those looking for practical ideas.

For those more interested in theoretical underpinnings, Kathleen Donaghy deftly reviews Hugh Gunnison's, *Hypnocounseling: An Eclectic Bridge between Milton Erickson and Carl Rogers*. In this fascinating volume, Gunnison covers a world of possibilities and pragmat-

ic applications from many perspectives.

I had the honor to review the long-awaited, *Hope and Resiliency, Understanding the Psychotherapeutic Strategies of Milton H. Erickson, MD* by Dan Short, Betty Alice Erickson and Roxanna Erickson-Klein. Two distinct models of psychotherapy are emerging in the 21st Century: the empirically based programmed models and the strategic/humanistic models. *Hope and Resiliency* is destined to emerge as one of the texts that will epitomize the emerging strategic/humanistic movement.

On the home front, we are celebrating Michael Yapko's receiving the Lifetime Achievement Award from the International Society of Hypnosis. Yapko was an early editor of the *Milton H. Erickson Foundation Newsletter* and highly deserving of this recognition. Congratulations.

These last two issues of the Newsletter have featured many of the faculty from *The Fifth Evolution of Psychotherapy Conference*. Please join me in Anaheim and meet these and other notable shakers and movers who have, and continue to define, the dynamic state of psychotherapy.

Rick Landis, Ph.D.
Laguna Niguel, CA

The Milton H. Erickson Foundation NEWSLETTER

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INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute of Xalapa, Mexico

Interviewed by Marilia Baker, MSW

The *Instituto Milton H. Erickson de la Ciudad de Xalapa*, Veracruz, Mexico, was established in 2003. The founding directors are Marta Campillo, MA, Consuelo Caraza Oyarzabal, MD and Carmen Milan, MD. These three professionals have a long, respectable list of accomplishments in their respective fields and in Ericksonian approaches to hypnosis and psychotherapy.

Marta Campillo, MA, Executive Director, is a psychotherapist with specialties both in brief therapy and marriage and family therapy. She was an intern at the Mental Research Institute in Palo Alto where she studied with John Weakland. From that experience she developed and implemented in 1990, a graduate training program in both fields, through her brainchild, the *Centro de Atencion Psicologica a la Familia*, which is fully credentialed by the Mexican Board of Education.

Consuelo Caraza Oyarzabal, MD received her medical degree from the College of Medicine at the University of Veracruz in 1979. She also has a master's degree in public administration from the *Instituto de Investigaciones y Ciencias Administrativas, Universidad Veracruzana*. Oyarzabal also has her masters in NLP from the *Centro Internacional de Programacion Neuro-Linguistica y de Inteligencia Emocional* in Puebla. She was part of the original group of professionals whom, along with Campillo, received training in Ericksonian Hypnosis and Psychotherapy from Teresa Robles, Ph.D. and Jorge Abia, MD in the early 90's. Since then Ericksonian approaches have been an intricate part of their private clinical practice and teaching. Both Campillo and Oyarzabal are founding members of the Mexican Society of Hypnosis and Campillo has been a member of the International Society of Hypnosis (ISH) since 1998.

Carmen Milan, MD, has been one of the early proponents of



Ericksonian Hypnosis in Argentina. She received her medical degree from the University of Buenos Aires, with residency in Pediatrics. Later, she specialized in psychiatry and underwent training in psychoanalysis at the Argentine Psychoanalytic Association. As she has mentioned to Sharon McLaughlin, she felt uncomfortable applying Freudian psychoanalytic techniques with children, and limited her practice to adults only (Newsletter Vol. 20.3). However, when she discovered, Ericksonian methods in 1987, it opened up immense new therapeutic doors to her perception and effectiveness in practice, particularly with children. She is founding director of the *Centro Milton H. Erickson de la Ciudad de Buenos Aires* (1997) and co-director of the *Centro Milton H. Erickson de Montevideo*, Uruguay (1999). Milan credits Erickson's worldview and the way he conducted his life with many important changes in her own worldview and impact in her professional life. She brings to the new institute in Xalapa many years of experience and enthusiasm with Ericksonian approaches.

Campillo describes her first awareness of Milton Erickson's work through the catalogues she used to receive from Brunner/Mazel (now Taylor and Francis) and her curiosity about such well-known authors. "Prior to 1990 I found out about the *Evolution of Psychotherapy Conference* and I wrote to the Foundation asking for a scholarship so I could attend it. Jeffrey Zeig answered promptly, granting me the scholarship, which really impressed me." It was then that she had the opportunity to meet Teresa Robles and Jorge Abia, then directors of the Instituto Milton H. Erickson de Mexico, the first in the country. She

said, "The first seeds had been planted to slowly grow to develop into the Instituto Milton H. Erickson de la Ciudad de Xalapa, Veracruz."

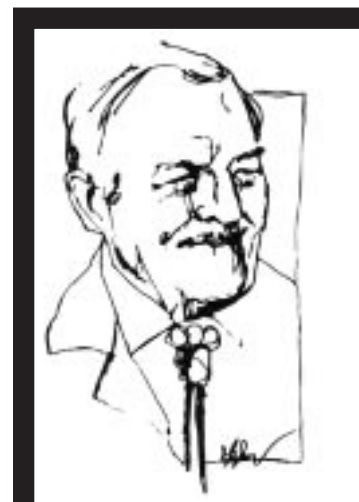
"The training we received from the Instituto M.H.E. de Mexico in 1994 included basic readings of Jeffrey Zeig's books as well as the analysis of Erickson's video tapes from the Foundation. Fortunately for many psychologists in Mexico, Dr. Zeig has come to do training in many institutions here, so we traveled to Puebla to attend his workshops. Jeff's teaching has been a great model for the development of workshops in which the 'doing' of activities come first, then the analysis and reflecting on them." In addition to the workshops and written works of Robles and Abia in Mexico, as well as Jeff Zeig's, Campillo, who has attended most of the Foundation's congresses and conferences, feels influenced by Stephen Lankton, Carol Lankton, and Stephen Gilligan. "Another Ericksonian Master, Joyce Mills, has largely influenced not only our clinical practice with children, but also the way in which we look at life's vital force within the person," Campillo continues.

The activities of the *Centro de Atencion Psicologica a la Familia* and of the new Institute are many. At the Institute level there is the creation of graduate and postgraduate programs in Ericksonian Hypnosis and Psychotherapy. Says Campillo, "At

the masters level we will promote research in the field of Ericksonian Hypnosis, to contribute to the publication of articles and participation in academic forums, and make widely available knowledge of Ericksonian Hypnosis." They will also offer short courses with invited professors to disseminate knowledge and skills in Ericksonian hypnosis to different groups of professionals, such as MSWs, Dentists, Nurses and MDs., all in their different specialties.

Marta Campillo is certainly proud of their achievements and contributions, working as a team in the development of teaching projects and in their clinical practice. She concludes, "We are very fortunate that the Milton H. Erickson Institute of Xalapa now has its own building. Many projects are in the works: 1) Our dream of having the masters program and of graduating professionals trained in Ericksonian methods will be fulfilled soon, 2) Likewise, we will soon be attaining our goal of developing a unique Supervision Program to increase clinical efficacy and ensure excellent results, and 3) By inviting international experts in the field of supervisory methodologies we are aiming at deepening a clinicians' therapeutic skills in different areas of Ericksonian hypnosis and psychotherapy." The Ericksonian community extends its warmest welcome to the MHE Institute of Xalapa, Veracruz, Mexico!

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CONTRIBUTOR OF NOTE

Cloé Madanes

By Roxanna Erickson Klein RN, PhD

Dallas, Texas

Cloé Madanes exudes a sophisticated, charismatic style. She energetically offers her definitive positions and her strong postures, especially on the rights of children. Seeing and listening to her becomes an experience of motivation and learning wrapped with appreciation for professional development. She knows how to take ideas and expand them, exploring the limits of professional understandings.

Well-known in the Ericksonian arena, Madanes has presented dynamic keynote speeches at many of our Congresses. Her professional endeavors are diverse: She is Director of the Program for the Prevention of School and Family Violence at the University of San Francisco Center for Child and Family Development. She is known for her work on the Council for Human Rights of Children. Nationally and internationally, she has spoken in a large number of professional forums and is now a speaker for Global Issues and Communications with the U.S. Department of State International Information Programs. She is also Director of The Robbins-Madanes Center for Strategic Intervention.

Madanes received her License in Psychotherapy from the University of Buenos Aires and later was granted an Honorary Doctorate of Letters from the University of San Francisco. Her ideas and approaches to strategic therapy have been built upon an array of approaches including strategic family therapy, which has its foundations in Erickson's work. Her tenacity for investigation and her clarity of expression have earned her the reputation as one of the seminal figures in family therapy. Author or co-author of five books that have been translated into more than ten languages, her works: *Strategic Family Therapy*; *Behind the One-Way Mirror*; *Sex, Love, and Violence*; *The Secret Meaning of Money*; and *The Violence of Men* are all considered to be classics in the field of psychotherapy.

CONFERENCE *continued from page 1*

James Masterson, Donald Meichenbaum, Salvador Minuchin, Erving Polster, Ernest Rossi, Martin Seligman, Francine Shapiro, Thomas Szasz, 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, Yvonne Dolan, Harville Hendrix, Harriet Lerner, Monica McGoldrick, Scott Miller, Christine Padesky, Daniel Siegel, Bessel van der Kolk, Michele Weiner-Davis, and Marion Woodman.

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

Space is still available for the Evolution Conference. All registration must be done onsite at the Anaheim Convention Center beginning Tuesday evening from 7:00-9:00PM.

Visit the *Evolution Conference web page for complete information and Conference program*: www.evolutionofpsychotherapy.com

Included on the Evolution web page is the new *Registrants Corner*, offering FREE audio streams of past *Evolution of Psychotherapy Conference* speakers – currently featured is the *Keynote Address* with Victor Frankl, from the 1990 *Evolution of Psychotherapy Conference*. Also available is the *Conversation Hour* with Carl Rogers from the 1985 *Evolution of Psychotherapy Conference*. Don't miss the web log, registrants' guestbook, Online store, workshop handouts, and more!

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.

Built upon solid rationale and well-defined core values, Madanes integrates humor into her work. Audiences are captivated as they listen to her presentations and inspired by her teaching. Though the lectures are serious and sometimes involve sad stories, they are punctuated by Madanes' ability to find joy in the little moments of life, and to share those moments with those around her. In so doing she generates an uplifting of spirit and adeptly uses positive energy as a powerful therapeutic tool. This integration serves as a model for both clients and professional audiences.

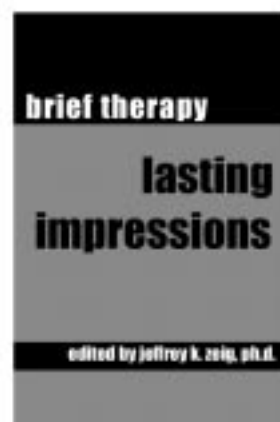
Cloé Madanes is committed to both her ideas and her work. A creative thinker, bounding with energy, she radiates the promise of enhancing the world we live in by fortifying the individuals and the groups with whom she works. Her style of blending professionalism with outreach, commitment to community, and to individual growth is evident with her websites, which include well thought out teaching and clearly delineated explanations of her ideas. She explains, and encourages and leads others with her understandings of the capacity of human potential, the nature of the change process, and the centrality of love in the human experience.

You are invited to learn more about her at her website or to communicate with her at www.robbsinmadanes.com and CloeM@aol.com Cloe is a featured presenter at the December 2005 *Evolution of Psychotherapy Conference*.

Editors note: See CASE REPORT (page 10) for an example of Madanes' strategic interventions

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New from the Milton H. Erickson Foundation Press



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Edited by Jeffrey K. Zeig, Ph.D.

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Cloe Madanes

Executive Director, The Robbins-Madanes Center for Strategic Intervention

INTERNATIONAL COMMUNITY

IV European Congress of Ericksonian Hypnosis and Psychotherapy

"It's easier to learn when you're happy"

Agnieszka Glusinska, Psychology student, Milton H. Erickson Institute, Poland

For six days Krakow became a capital for hundreds of Ericksonians from all over the world, providing the unforgettable setting for the IV. European Congress of Ericksonian Hypnosis and Psychotherapy that took place June 22-26, 2005 in Poland. It was a great privilege and immense gratification for the Polish Institute that sponsored the Congress, to be the organizer of that wonderful and significant event. Due to two-years of hard, methodical work, extreme devotion and commitment, the greatest dreams of Krzysztof Klajs, Founder and Director of Milton H. Erickson Institute of Poland, Andrea Krzak, the Congress coordinator, Iwona Wozniakowska, faculty and one of the main Congress organizers, and many others involved, turned into a huge success.

Four hundred participants and 50 faculty from 14 countries came to this important gathering. International speakers included Jeffrey Zeig, Betty Alice Erickson, Brent Geary, Eric Greenleaf, Lori Greenleaf, Albina Tamalonis, from the USA, Karl-Ludwig Holtz, Elizabeth von Mezynski, Gunter Schmidt, Bernhard Trenkle, Claudia Wienschpach, from Germany, Stefanie Badenhorst, Woldemate Hartman, Bogdan Latecki, from South Africa, Volter Tschugguel Austria, Marilia Baker from Brazil, Danie Beaulieu from Canada, Camillo Loredio from Italy, Claude Virot from France, Teresa Robles from Mexico, Teresa Garcia Sanchez from Spain, and Susy Singer-Fischer from Switzerland.

The Polish Institute was widely represented by professionals such as Katarzyna Szymanska, Founder and Training Coordinator of the Milton

H. Erickson Institut of Poland, Violetta Ambroziak child psychiatrist, Rafal Antkowiak Dr med., child psychiatrist, Agnieszka Bleja Dipl.psych., Roman Ciesielski child psychiatrist, Elzbieta Czapiewska-Zejden, clinical psychologist, Teresa Dobiiala clinical psychologist, Anna Janik Dipl.psych., Iwona Jara Dipl.psych., Lucyna Lipman Dipl. Psych., Maria Marquardt Dipl. Psych., Malogorzata Skubacz Dipl. Psych., Iwona Wozniakowska Dipl.psych., Aleksandra Zawrzal Dipl.psych. and many others.

Special guests were Jerzy Aleksandrowicz Prof.dr hab. med., Psychoterapy Dept., University of Krakow, Jolanta Berezowska, psychiatrist, University of Warsaw and Lidia Grzesiuk Prof., University of Warsaw.

The purpose of this Congress was to provide an opportunity for attendants to create multicultural and international field of professional exchange.

Jeffrey Zeig delivered the opening keynote and clinical demonstration. The theme was "Using Hypnosis as a Lens: A "States" Model of Hypnosis, Problems. Solutions and Being a Therapist."

Outstanding richness of programs allowed the attendants to juggle different options, among which were clinical demonstrations, supervisions, workshops, case studies, short courses and topical panels. There were 32 continuing education hours available, and sometimes there were eight workshops presented at one time. A vast range of subjects included work with children, adolescents, families and couples, pain management, the use of hypnosis in dentistry and fertility treatment, chemical dependency, affective disorders, eating disorders, psychosomatic problems, and working with OCD.

Participants were eager to learn, share their thoughts and experiences with others, and they embraced what was presented with great passion. We all gained invaluable knowledge, immense inspiration, a priceless opportunity for international exchange, and we opened ourselves to new perspectives.

The inspiring atmosphere of the

Congress was facilitated by the unique beauty of Krakow, a city wrapped in legend and 700 years of history. Time flows differently and every moment becomes a moment of history. Our Ericksonian history was being created in the Old Town: Congress Centrum on Wawel Hill and the Renaissance Market Square (the second largest in Europe). To accelerate learning processes and provide the opportunity for participants to learn more about each other as well as about Polish culture and famous hospitality traditions of our country, the Institute prepared a special evening in Kazimierz, the old Jewish district.

The closing ceremony was another eventful and absolutely remarkable experience. Two important papers

were delivered: Bernhard Trenkle presented, "Utilization: a key concept of in Ericksonian psychotherapy and hypnosis," ornate with anecdotes. And Krzysztof Klajs's, "Individual and system in Ericksonian psychotherapy," peppered with word play and confusion techniques.

A panel discussion conducted by Katarzyna Szymanska brought an aspect of novelty and attracted everybody's attention. Group trance skillfully delivered by Betty Alice Erickson in English simultaneously with Krzysztof Klajs in Polish guided us toward a comforting ending. As the closing moment arrived, all faculty were invited to gather on stage. It was a spectacular view, an unforgettable moment, a moment of history, which will shape our future.

SAVE THE DATE!

THE BRIEF THERAPY CONFERENCE: *Lasting Impressions*

December 7-10, 2006

The Milton H. Erickson Foundation announces the 2006 *Brief Therapy Conference: Lasting Impressions*, December 7-10, 2006, at the Hyatt Regency Orange County near Disneyland Resort, in Garden Grove (Anaheim), California. The Conference will include Solicited Short Courses, Invited Workshops, Interactive Events, and Keynote Addresses.

Faculty for this event include: Steve Andreas, Ellyn Bader, Judith Beck (provisional), Jon Carlson, Frank Datillio, Betty Alice Erickson, Steve Gilligan, Mary Goulding, Ken Hardy, Jeffrey Kottler, Stephen Lankton, Pat Love, Scott Miller, John Norcross, Christine Padesky (provisional), Peggy Papp, Erv Polster, Ernest Rossi, Matthew Selekman, Frances Vaughn, Michele Weiner-Davis (provisional), R.Reid Wilson, Michael Yapko, and Jeffrey Zeig. Additional faculty and Keynote Addresses will be announced in the coming weeks.

The preliminary brochure will be available April 2006 and automatically sent to all *Newsletter* readers. Visit the *Brief Therapy Conference* web site for updated Conference information, including Online registration, hotel and travel information, and the complete program available in May 2006: www.brieftherapyconference.com

Call for Proposals! Twenty Solicited Short Courses will be presented at *The Brief Therapy Conference* on Thursday, December 7, 2006. Those interested in presenting a Solicited Short Course on the topic of brief therapy (or closely related area) should use the submission form on page 7 of this issue of the *Newsletter*. Deadline for submission is March 6, 2006.

Look for the Spring issue of *The Milton H. Erickson Foundation Newsletter* for special registration fees for subscribers. Save the date and meet us in Anaheim in 2006!



BRIEF THERAPY CONFERENCE: *Lasting Impressions*

Hyatt Regency Orange County near Disneyland Resort

Garden Grove (Anaheim), California December 7-10, 2006

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invited workshops

interactive events
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Judith Beck*
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Frank Datillio
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Steve Gilligan
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John Norcross
Christine Padesky*

Peggy Papp
Erving Polster
Ernest Rossi
Matthew Selekman
Michele Weiner-Davis*
Frances Vaughn
R Reid Wilson
Michael Yapko
Jeff Zeig *provisional

www.brieftherapyconference.com

BOOK REVIEW

Reality Therapy for the 21st Century

By Robert E. Wubbolding, Ed.D.

Edited by BRUNNER - ROUTLEDGE,
Taylor & Francis Group.

Philadelphia, Pa, 2000, 264 pp.

ISBN 1-56032-886-X

Reality Therapy for the 21st Century is a comprehensive, practical, and well-written book that presents concepts underlying Reality Therapy. The author, Robert E. Wubbolding, describes the essential theory of Reality Therapy and Choice Theory.

The book includes twelve chapters. The second chapter describes "Choice Theory," in which the author explains the five internal forces or needs that motivate human beings. These human needs are innate, not learned; general, not specific; and universal, not limited to any specific race or culture. The author refers to them as human instructions. It is important to realize that in all of our actions as human beings we seek to maintain or add to a need for belong-

ing, power, achievement, fun, enjoyment, freedom, independence, and survival. Human needs are not seen as a hierarchy. They are analogous to the legs of a chair, that function most effectively when they are all in balanced contact with the ground.

Survival, or the need to stay alive, is the basic human condition. The working of the autonomic nervous system attempts to maintain life as it controls the motor functions of the heart and other organs. Simultaneously, our cerebral cortex or "new brain" houses the psychological needs and regulates our voluntary behaviors and routine behaviors such as walking.

While survival is seen as a genetic instruction of all living creatures, the need for belonging and congregating is seen as a basic need among creatures high on the evolutionary scale. To my view, belonging should be seen as fundamental when we as therapists work with families. I have often worked with adolescents and seen that many times their urge to belong to a group leads them to join gangs that oftentimes constitute a new family for these lonely and alien-

ated youth (Lawson and Lawson, 1994). The book includes comments and bibliography about this topic.

The need for freedom, independence and autonomy also is seen as fundamental because as humans we must have the opportunity to choose among various possibilities and to act on our own without unreasonable restraints. There is always a choice.

Fun and enjoyment are also basic needs, and here William Glasser, the founder of Reality Therapy, states, "The day we stop playing is the day we stop learning." Fun is part of relationship building. In "Quality World," there is emphasis on how we interact with the environment and realize that some parts of the world don't fulfill our psychological needs.

Chapter Nine describes procedures therapists can use in order to help clients formulate, clarify, and prioritize the elements contained in their Quality World. By exploring their "wants," people can describe what they want from themselves, the world around them, therapy, partners, job, etc.

The art of practicing Reality Therapy is making questions specific to individual clients, students or

employees. These questions are related to their "wants" regarding family, career, financial status, intellectual life, recreational time and spiritual development. Chapter Nine shows ways therapists can make useful questions in order to use the right interventions. Chapter Ten focuses on language, communication and therapist's characteristics.

Last but not least, Wubbolding invites readers to use Reality Therapy cross-culturally. As a Mexican I found this section particularly outstanding because it made me realize that I can utilize these techniques in my own country (and practice), too. I highly recommend this book.

BIBLIOGRAPHY

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Reviewed by

Maria Escalante Cortina MA
Mexico City

CALL FOR PROPOSALS

for The Brief Therapy Conference

December 7-10, 2006 Anaheim, CA

www.brieftherapyconference.com

PRESENTATION COVER SHEET

The Erickson Foundation is calling for proposals for the 2006 Brief Therapy Conference. Those interested in presenting a Solicited Short Course on the topic of brief therapy (or closely related area) should submit (1) a 200-word presentation summary, (2) a 50-word abstract, (3) two educational objectives, (4) two true/false questions to be used for continuing education purposes and (5) curriculum vitae of all presenters in your program. **Four** copies of each submission, except CVs, should be included in your packet. Send only **one** CV for each presenter.

Ten concurrent Short Courses will be held on Thursday, December 7, 2006 with one and a half hours allotted for each course. Two sessions of Short Courses will be held. A total of 20 proposals will be accepted. Short Course faculty receive complementary registration to the conference, but pay their own expenses for food and lodging.

Note: Only ONE proposal per presenter will be accepted

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

Name _____ Degree _____
 University where highest degree was earned _____ Major _____
 Professional License # _____ State _____
 Address _____
 City/State/Zip/Country _____
 Daytime Telephone _____ e-mail address _____

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

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

3) Title of Presentation:

4) Audiovisual equipment required: VHS DVD overhead projector flip chart

A limited number of LCD projectors for PowerPoint presentations will be available. Indicate if you can bring your own projector:

Please provide projector I will bring my own projector **Note:** No other AV equipment, including laptops/computers, can be provided.

Enclosure Checklist: (SEND AN ORIGINAL AND FOUR COPIES) Attach this cover sheet to the original. The four copies should contain ONLY THE TITLE because the review process will be blind. **DO NOT INCLUDE NAMES ON THE FOUR COPIES.**

- 200 word presentation summary
- 50-75 word abstract (for publication in the program and syllabus)
- Educational Objectives (minimum of two objectives). In your objectives, indicate what participants will have learned at the end of the presentation. Be specific, e.g. 1) To list three principles of increasing patient compliance; 2) To describe three techniques of assessment for patients with depression; 3) Given an anxious patient, indicate how to apply reframing.
- Two true/false questions to be used for continuing education purposes.
- Curriculum vitae of all presenters. (One copy only)

If my proposal is accepted and placed on the program, I will present at the conference.

Signature _____ Date _____

DEADLINE:

Proposals must be postmarked by March 6, 2006. Acceptance or rejection will be sent by April 14, 2006.

Mail proposals to: The Milton H. Erickson Foundation, Inc.
 The Brief Therapy Conference Committee
 3606 N. 24th Street, Phoenix, AZ 85016-6500 USA

Only 20 proposals can be accepted. Please submit early.

INTERNATIONAL COMMUNITY

The workshop *Voci di donne: L'arte di generare se stesse* (Women's Voices: the Art of Restoring and Regenerating Ourselves through Self-Knowledge and Self-Hypnosis) took place in Milano, Italy on July 2-3/2005. Marilia Baker, *Phoenix Institute of Ericksonian Therapy*; Consuelo Casula, *Scuola Italiana di Ipnosi e Psicoterapia Ericksoniana* and Teresa Robles, *Centro Ericksoniano de Mexico*, assisted by *Societa' Italiana Milton Erickson* (SIME) presented their models and strategies. The workshop addressed issues of interest to women from ages 25 to 75 and beyond, who want to fully know themselves in order to change, grow, renew and reinvent themselves. Specific themes included, "The Many Seasons of a Woman's Life: from Early Adulthood to the Wisdom Years," "Identity, Self-Esteem and Assertiveness," "Archetypes, Ceremonies and Metaphors for Change," "Meeting the Challenges," and "The Fully

Conscious New Woman: Productive, Risk-Taking and Creative."

For further information on the March/2006 workshop in Phoenix, Arizona please email: baker@mariliabaker.com.

A second workshop of the series, *Voci di donne: L'arte di armonizzare i ruoli* (Women's Voices: the Art of Harmonizing a Woman's Many Roles) was on September 24-25/2005, again in Milano, Italy. Consuelo Casula, *Scuola Italiana di Ipnosi e Psicoterapia Ericksoniana*; Julie Linden, president, *American Society of Clinical Hypnosis* (ASCH) and Lilian Borges Zeig, *Milton H. Erickson Institute of Brasilia* presented. Issues addressed were a woman's simultaneous roles as wife, mother, daughter, worker or professional, which might engender internal and relational conflicts. The workshop provided therapeutic strategies to integrate and harmonize these roles by eliciting internal resources and emotional competencies. Examples

of themes included, "From the Heart: Emotional Intelligence for Creative Solutions in the Role of Wife," "From the Gut: Intuitive Intelligence for Creative Solutions in the Role of

Mother," "From the Head: Cognitive Intelligence for Creative Solutions in the Role of Professional."

For further information please email: consuelocasula@tiscali.it

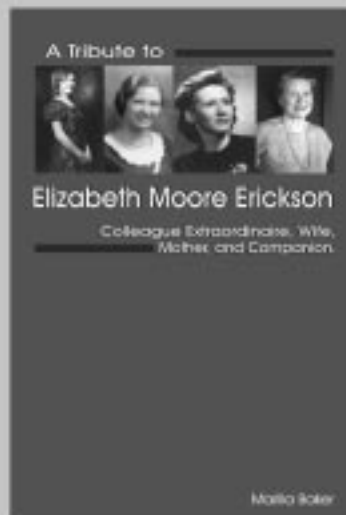
Yapko Recipient of ISH Lifetime Achievement Award

Michael D. Yapko, Ph.D. has received one of the highest awards offered by The International Society of Hypnosis (an international network of professional associations of which the American Society of Clinical Hypnosis, and the Society for Clinical and Experimental Hypnosis are the domestic components). It is a Lifetime Achievement Award called the *Pierre Janet Award for Clinical Excellence*, and was awarded to Yapko for his many contributions to the advancement of clinical applications of hypnosis.

Dr. Yapko is the author of numerous books, including *Trancework*, one of the leading textbooks in the field, and the award winning *Treating Depression with Hypnosis*. He has been on the forefront in advancing the effective treatment of depression, and has been asked to present his ideas and methods in more than two dozen countries.

Previous American recipients have included Erika Fromm, Herbert Spiegel, Helen and John Watkins, and Peter Bloom.

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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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Interview with Patch Adams

By Steve Lankton

Hunter "Patch" Adams, MD is the Founder and Director of the Gesundheit! Institute, a unique holistic medical community in West Virginia that has provided free medical care to thousands of patients



since its inception 1971. A renowned medical doctor, social activist, professional clown, as well as the subject of the block-buster film, Patch Adams, Dr. Adams is author of Gesundheit!, which chronicles his ideas about the U.S. Health Care System. Having devoted his life to the study of what makes people happy, Patch Adams believes that laughter, joy and creativity are an integral part of the healing process.

Stephen Lankton, MSW, DAHB, practices in Phoenix, Arizona. He is the Editor of the American Journal of Clinical Hypnosis, and Executive Director of the Phoenix Institute of Ericksonian Hypnosis and Psychotherapy. He is the recipient of the Lifetime Achievement Award for Outstanding Contribution to the field of Psychotherapy from the Milton H. Erickson Foundation. He has edited or authored 16 books and monographs and is a volunteer as a clinician for Doctors of the World. -Ed.

Steve Lankton (SL): What would you say Patch Adams is all about?

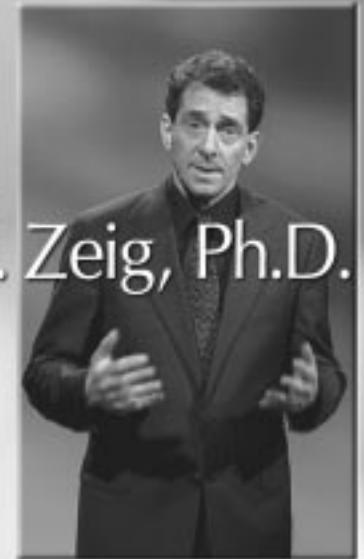
Patch Adams (PA): I'm 60-years old and I've been a crazed person for all my adult life. I grew up in a military family overseas. My father died from war when I was 16. We moved back to America in 1961, to the

South. I immediately got involved in the civil rights movement and was often beaten up at school. I've been a political activist, Steve, for 40 years. As a really happy kid, I did not understand that there were people who promoted violence and injustice and didn't care. I first had to go through the crisis of ending up in having three mental hospitalizations in one year, at 17 and 18. During the last hospitalization I made two decisions: One was to serve humanity in medicine and the other was to never have another bad day, to live a life of joy. I'm 42 years into not having a bad day.

Also, I've been a physician for 35 years and have never charged a cent for anything that I've done, either as a clown or as a doctor. When I entered medical school I knew I would not have to study very much and I spent my medical school life studying healthcare delivery. Coming from a cybernetic interest in the '50s, I studied healthcare delivery with the idea that when I graduated I wanted to create a comprehensive model that would address every single problem of the way care is delivered.

So when I graduated in '71 I started the Gesundheit! Institute, which is a hospital that's never charged money, never carried malpractice insurance, never accepted third-party reimbursement. We're now active in over 40 countries and have our fingers in a lot of pies. The initial interview with patients was three or four hours long. I insisted on making a house call. We were the first hospital to integrate all the healing arts in the U.S. In order to address the issue of being healthy and each person finding the delight of their life, the hospital integrated medicine with the performing arts, arts and crafts, agriculture, nature, education, recreations, and social service. We started the only silly hospital in history. We insisted on an extended connection in patient care-- not just with the patient and their family but with the community and society. We helped people who lost their jobs find jobs. We took care of single mothers and their children. Whenever they needed a break from their children, they could leave them

See PATCH on page 13



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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CASE REPORT

REVISITING THE PAST

By Cloé Madanes

The voice of the man on the phone was cracked and old. He and his wife were in their seventies and for 20 years the family had not been able to have a Christmas, a birthday or any celebration together. There were four children and it was the enmity and resentment from Melissa, now 40-years old, to Michael, now 45, that precluded any type of family gathering. Melissa had announced, at age 20, that Michael had sexually molested her from the time she was ten until she was fourteen. Ever since then the family had been torn apart.

Melissa led an isolated life. She had never been in a relationship with a man and she had never even had a roommate. She was a lawyer but had never practiced and worked sporadically at jobs that were beneath her education. She attributed all this to her abuse by Michael.

I first interviewed each family member separately starting with the parents. It was obvious that they felt guilty for what happened to Melissa and shocked that this had actually happened in their home for four years without their knowledge. Then I saw Melissa. She told me that Michael had raped her and had sexual intercourse with her for four years. She had been frightened to tell the parents but she also admired him and feared his rejection. To add insult to injury the sexual relationship had stopped when Michael found a girlfriend. When Michael talked to me he expressed how tormented he had been all his life for what he had done to Melissa and how he could never stop thinking about it.

I gathered everyone in the living room and started by asking each person, one by one, what they knew about Michael's abuse of Melissa. Then I asked Michael to explain why what he had done was wrong. He cried as he talked about how he had hurt Melissa, used her, and harmed her deeply. Then I asked the parents to help him understand better why what he had done was wrong. They talked about a little girl looking up to

her big brother, the fears she developed, and the loss of innocence. I said that what Michael had done was wrong for one most important reason and that is that he had caused a spiritual pain in Melissa, a pain in her soul. I said that what Michael had done had also caused a spiritual pain in the mother, in the father, and in every family member.

Then I asked Michael to get down on the floor on his knees in front of Melissa and express his sorrow and repentance for what he did, taking full responsibility for the abuse. I told Melissa that I wasn't asking her to say anything or to respond in any way. The family was to observe and decide if Michael was sincere. If not, he would have to do this over and over again until everyone agreed that he was sincere. Michael did as I said and stayed on his knees for a long time crying. Everyone agreed he was sincere. Then I asked the other family members, one by one, to get on their knees and express their sorrow and repentance to Melissa for not having protected her from Michael. After the apologies I continued with a discussion of reparation and it was agreed that Michael would do many hours of community service.

I met briefly with the family the next day and they agreed that all would have an ongoing relationship and meet from time to time at the parents' home. On follow up months later, Melissa had found a job as an attorney and was living with a man she loved. She told me she was having the best time of her life.

My approach derives from the work of Milton Erickson in that it takes into account the entire social system of the individual; the therapy is directive; and the main intervention is a ritual. Erickson was a master of focus, meaning and physiology. In my approach the apology includes a precise choice of words – I asked Michael specifically to express his sorrow and repentance and to say that he took full responsibility for the abuse. The focus is on responsibility and repentance – when one person has harmed someone the healing of both the victimizer and the victim must begin with the offender taking responsibility for his actions and expressing repentance. This is partic-

ularly important in ongoing incest because the offender typically uses an almost hypnotic procedure to confuse the victim to the point that the child might feel that she provoked the sexual abuse. When the offender takes responsibility in front of the whole family this is a strong message to the victim that she didn't bring this upon herself. The physiology of humility and repentance comes from the posture of being on the floor on one's

knees and is a universal ritual that gives credibility and anchors the emotion of sorrow and repentance. This is a powerful tool for preventing repeat offenses. The family needed to formally (in the presence of a therapist) recognize how Michael had harmed Melissa; Michael needed to take responsibility for his actions and express repentance; and then Melissa would be able to set aside the past and move forward with her life.

Progress in the Archives

By Roxanna Erickson Klein RN, Ph.D.

This year I accepted the role of Director of the Milton H. Erickson Archives.

I set two major goals for the year 2005: Digitize the video footage of Milton Erickson, and initiate a pilot project to produce income so that the Archives will be self-sustaining.

What has actually taken place to date has far exceeded my initial goals. With the generous contributions of a number of donors we set up a dedicated Archives account. With those resources we began digitizing the footage one batch at a time.

To provide a broader vision for this important project, a Board for the Archives was appointed consisting of myself, Roxanna Klein RN, Ph.D., Jeffrey Zeig, Ph.D., Ernest Rossi, Ph.D., Kathryn Rossi, Ph.D., and Kristina Erickson, M.D. As a decision-making body we will set annual goals regarding the priorities of the Archives, and make the determinations about how resources will be used.

A related important project is now underway. After long effort we obtained the rights to publish many volumes of historical works authored by Milton H. Erickson, M.D. The Erickson Foundation Press is preparing to release a series of volumes that includes both Erickson's original work, as well as an update of the meaning of this work in the context of contemporary neuro-science. Dr. Rossi, who collaborated with Dr. Erickson in the 1970s, has re-edited and updated his commentary. This expanded material will be released as a series, and will be available first in CD, and eventually in print.

We will cull the Archives for original materials of Milton Erickson that have not previously been published and include them in new releases. If any readers have in their possession any materials of this nature, we would deeply appreciate speaking with you about this. Please contact me at my home – Roxanna Erickson Klein 214.526.9634.

We look forward to a very productive year in 2006, and appreciate the invaluable support that our readers have provided.

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Tools for Trance: A Technique for Teaching Utilization

By Penny Kostka, M.A. and
Marion P. Kostka, Ed.D.

Kay F. Thompson was a masterful teacher. While well known for her use of language she also stressed confidence in trusting the unconscious in clinical situations. It is not surprising that as a student of Erickson, she valued utilization and taught it to her students. This meant both the utilization of the trance state as well as the utilization of everything that a client presents to the therapist. She taught us to listen; she felt the client would reveal all that was needed for us to assist in their therapy.

As a faculty member of the workshops sponsored by the West Virginia University Hypnosis Study Group, she encouraged us to develop training techniques that would enable therapists to both discover and refine their abilities. One such technique that she

encouraged us to develop has become known as the Tools for Trance Technique. In this technique, intermediate track participants with prior experience in the use of hypnosis, role-play either a client or a therapist. The practice group facilitator presents students with a collection of objects to be used in the exercise. Usually these objects have been prepared in advance but on occasion have been gathered from the participants' belongings or items from the workshop setting. Examples have included a seashell, a room key, a compass, and objects garnered from the workshop setting, i.e. a salt shaker, a coffee filter or a desk calendar. The exercise consists of two situations intended to stretch the abilities of the participants and to enhance confidence in their own abilities to utilize information presented to them by their clients or patients. In the first step, the role-played therapist selects an object that represents something to them and uses the object to induce

and facilitate the trance experience. This exercise has proven a vital step in decreasing the student's dependence on written scripts. In the second step, the person role-playing the client/patient selects an object from

all interactions occur between students to maximize available time and independent action of the students. No emphasis is placed on evaluating or grading performances or correcting the participants' approaches.

In the eight years of our using this technique with participants in more than a dozen workshops, we have received unanimously positive response to the experience. While acknowledging performance anxiety and fear in beginning the exercise, students state that they feel liberated and find the experience reinforcing of their abilities of inducing trance but more importantly in more finely developing their skill in utilizing the information presented to them in both verbal and nonverbal ways.

Additional details regarding this technique can be obtained from the authors at Marion.Kostka@mail.wvu.edu or in writing to the Milton H. Erickson Institute of West Virginia, West Virginia University, PO Box 6422, Morgantown, WV 26506-6422.

Virtually all interactions occur between students to maximize available time and independent action of the students.

the same group of objects and the student acting as therapist then must utilize the "client's" object to facilitate trance. This level of the exercise pragmatically illustrates the importance and ease with which a therapist must recognize and utilize what is brought into the clinical setting. By "doing," students learn what Erickson meant by "utilization" from both sides. Little time is spent introducing the structure of the exercise or in defining the expectations of either "clients" or "therapists." No time is spent analyzing the content or meaning of the objects available. Virtually

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UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
12/7-11	Evolution of Psychotherapy Conference / Anaheim, Calif. / Invited Faculty	1.
2006		
1/19-25	Ericksonian Therapy / Istanbul, Turkey / Jeffrey K. Zeig, Ph.D.	2.
2/2-5	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	3.
3/13-17	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy – Fundamental / Phoenix, Ariz. / Brent B. Geary, Ph.D., Stephen Lankton, MSW, DAHB, Zeig	1.
3/18-19	Therapist Sculpting / Los Angeles, Calif. / Lilian Zeig, MA, Zeig	4.
3/20-24	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy – Intermediate / Phoenix, Ariz. / Geary, Lankton, Zeig	1.
3/30-4/2	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Los Angeles, Calif. / Zeig, Zeig	4.
4/15-24	Comprehensive Training Program in Ericksonian Therapy / Singapore / Zeig	5.
5/6-7	Anxiety and Depression – CAMFT / Palm Springs, CA / Zeig	6.

Contact Information:

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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 2006 Spring (April) is January 30, 2006. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact the Erickson Foundation at 602/956-6196; marketing@erickson-foundation.org

O B I T U A R Y

Steve de Shazer

(June 25, 1940 –
September 11, 2005)

Steve de Shazer passed away September 11, 2005, in Vienna, Austria several hours after being admitted to the hospital. His wife, Insoo Kim Berg, was by his side.

Widely recognized as the author of the first book on Solution-focused Brief Therapy (SFBT), as a pioneer in the field of Family Therapy, and as a primary developer of what subsequently became the internationally recognized SFBT approach, de Shazer was sometimes addressed as "the grand old man of family therapy," when lecturing at conferences in his later years.

In addition to countless chapters and articles, de Shazer published five ground-breaking books: *Patterns of Brief Therapy*, *Keys to Solutions in Brief Therapy*, *Clues: Investigating Solutions in Brief Therapy*, *Putting Difference to Work*, and *Were Originally Magic* (W.W. Norton). He had recently completed a new book intended to update the Solution-focused therapy approach. Entitled *More than Miracles: the State of the Art of Solution-focused Therapy*, it will be published posthumously by The Haworth Press. Co-founder of the Milwaukee Brief Family Therapy Center, he lectured widely throughout Europe, Scandinavia, North America, and Asia, while serving on the editorial boards of several international journals. His books have been translated into 14 languages.

An iconoclast and creative genius known for his minimalist philosophy and view of the process of change as an inevitable and dynamic part of everyday life, de Shazer reversed the traditional psychotherapy interview process by asking clients to describe a detailed resolution to the problem that brought them into therapy, thereby shifting the focus of treatment from problems to solutions.

Born and raised in Milwaukee, Wisconsin, de Shazer was the son of an electrical engineer father and an opera singer mother. A classically trained musician, he played several instruments at a professional level, and as a young man earned his living as a saxophonist on the jazz circuit. A talented visual artist as well, he earned a B.F.A. prior to receiving a M.S.S.W. from the University of Wisconsin, Milwaukee. He also studied at the Mental Research Institute in Palo Alto, CA where he was mentored by the late John Weakland. They shared a lifelong friendship.

Steve de Shazer is survived by his wife, Insoo Kim Berg, his step-daughter, Sara Berg, and his brother.

By Yvonne Dolan, M.A.

ANNOUNCEMENT

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with us.

In my entire years of medicine, I claimed I never disliked a patient enough to give him a psychotropic medication. We were interested in mental health and did some extremely experimental directions in that way. We welcomed patients into our home. For twelve years we had 500 to 1,000 in our home each month with five to 50 overnight guests at night.

SL: This degree of humanity and egalitarian relationship with patients is familiar to those of us that studied under Erickson and Erickson's work. He would frequently see people without charging them, and they would often be integrated right into part of his family for years.

PA: It's normal female behavior. It's just rare in a male.

SL: What would you desire mental health professionals to know or do?

PA: It would be nice if they knew something about mental health. I haven't found a psychiatric text on the planet that has a single sentence on mental health. I can describe mental health as a happy, vibrant, exuberant life on an average day. And so most of our society is mentally unhealthy, very well recorded in our poetry, drama, and fiction of the last 100 years. I do workshops on joy and on loving. Audiences all over the world agree that loving is the most important thing in life and yet I find it fascinating that I haven't found a single school, K through 12, on the planet that has a single hour lecture on loving in those 13 years.

SL: Yes, that's true.

PA: There is five hours a week of math and science and language and history, but not one class on loving in 13 years. When I had four-hour interviews with my patients, since I do feel that the verbing of love is the most important thing in life, I found it essential that I ask a patient to describe their philosophy of living was and how they carried it out. I never once in 37 years, rich or poor or educated or uneducated, found anyone prepared on the spot to give an articulate philosophy of loving. I just find it fascinating that most of them could be articulate about sports or about programs on TV or opinions about hairdos, but to actually have a philosophy of loving wasn't present.

And the same was true for joy. It was nothing to get people to spend four hours complaining and talking about the difficulties in their life. I would then say, tell me about the joys in your life. Almost never was someone able to talk articulately for ten minutes.

SL: And it's quite striking that there are no social institutions where this is picked up.

PA: I think politically the interpretation is that it's not really possible to promote joy or love in the context of the capitalist system since the capitalist system does not benefit from either of them.

SL: Yes, it would be a blow to Madison Avenue if we were happy because then we wouldn't have to buy the new tie or the new blue jeans that would "make us happy." I know there are few, if any, remaining cultures where the norm of happiness and joy has really been obvious. Why would you suppose that is so?

PA: Well, I don't even think they're offered up as an option. You know, "Life's a bitch and then you die" is what the bumper sticker says. Life is a struggle. The religions say that life is a struggle and that somehow you must cope. When Patch gets up there he says life is an ecstatic experience.

See, I think depression is a pharmaceutical diagnosis. I think if we were honest the diagnosis would mostly be loneliness, but no one would ever admit that you want to take a pill for loneliness and so it's much easier to call it depression. Then you don't have to address the fact that most people are lonely and they don't have deeply meaningful, sweet, loving relationships with friends. I don't think you can have a coexistent feeling of depression and think of a friend at the same time. I think you have to negate them, not have them, doubt them, mistrust them in order to make a bed with depression, or as I said more accurately, loneliness probably peppered with boredom and fear.

Part of my presentation in December [at The Evolution of Psychotherapy conference in Anaheim] is called, "The Emperor's New Clothes." That's going to be one of the things that I point out, that depression is a pharmaceutical company diagnosis.

SL: It's quite well researched

See PATCH on page 14



COMMENTARY BY
Jeffrey K. Zeig, Ph.D.



Advanced Techniques of Hypnosis and Therapy:

Milton H. Erickson, M.D.

Therapy within a Marital System
(1978)



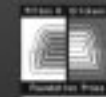
Can you imagine how interesting it would be to sit in on an actual therapy session with Milton H. Erickson, M.D.? Well, this rare teaching video, presented by Jeffrey K. Zeig, Ph.D., affords viewers the opportunity to do just that – to step into Erickson's small office to witness Erickson, physically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

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PATCH *continued from page 13*

that as people lose their ability to regulate membership in their primary groups and secondary groups as well, the result is low self-esteem and depression. Certainly, they haven't removed themselves from these groups or been removed due to a chemical imbalance. This really highly supports your supposition that what's going on here is some kind of shunning, some kind of perceived or real rejection, some kind of lack of intimacy and love and, hence, loneliness.

PA: Well, I've challenged audiences for 23 years on the road to name five poets, dramatists, or fiction writers in the world whose body of work is about the celebration of life and actually most everyone has never even come up with one. We can imagine that there are at least one million in the last 100 years.

SL: How about Walt Whitman?

PA: Walt Whitman is. And I can name some others because my house has 14,000 books and I'm a reader. But there are not many. The truth is writers write about what they are seeing and what they are experiencing. The 20th Century themes are alienation and meaninglessness. You can only get meaning by giving love, by serving love in some way. And you only eliminate alienation by having meaningful sweet friendships.

SL: What are your spiritual feelings?

PA: Spirituality for me is love in action. Some force, I'll call it love, motivates a person to love and to serve love by caring for others. It is what the East would call Karma Yoga. To me spirituality doesn't mean a hill of beans, unless it motivates a person to care for others. For me, spiritual means serving love.

SL: And as a result we don't see love coming out of our current formal institutions.

PA: Life is an ecstatic experience. The mayfly lives 12 hrs. Now, if they were human they'd be going, "11:59, 11:58 ..." What an idiot. I mean, we have the ability with our minds to imagine, even if we're in prison, imprisoned in our body as a quadriplegic or imprisoned as Nelson Mandela was, we can be ecstatic or we can be miserable.

SL: I asked Doctor Erickson –

he had polio that left him finally in a wheelchair until he died. I'm sure you've heard this story. He was told that, first of all, he wouldn't live. He overheard that, said by a doctor, and it aggravated him enough that he forced himself to see another sunrise to make the doctor wrong. And then, he was in a coma and was so close to not recovering, which he did. He wasn't supposed to walk again, which he also claimed he was going to do. He was a tenacious person that didn't buy the negativity that was being handed out by his family physicians. His opinion about getting old was he looked forward to the joys of being 70 and 80 and the joys of being 90.

PA: Which could be normal humanity and not a special thing.

SL: Yeah, Erickson didn't consider himself any more than just a person who planned on making the best of things.

PA: I did not know him. I only know of him, but my perception is that he felt, as I do, that it's all a choice. That all this about biochemical imbalance and not having choice and all of that stuff, to me is mumbo-jumbo. The only happy people I've ever met made their happiness and I know in my own work with people that the people that chose to make their happiness have mental health. The others suffer.

SL: When I sat in front of Doctor Erickson, I couldn't bring myself to make any excuses about anything. He was simply happy with what he accomplished and had overcome. I knew from my juxtaposition that I would never go through what he went through and never accomplish what he accomplished. Therefore, how can I sit here and make any excuses that mom didn't love me enough or I didn't get promoted in school and I could have, or anything. It was pointless. That was not what it was about. It was about this opportunity to live and truly be happy about it.

PA: It sounds like we were in the same boat.

SL: Do you get a sense that people also get the same hit off of you when they interact?

PA: Well, I'm very different. I'm a person with thousands of friends. I'm an extreme extrovert who is up all

the time. I'm always happy and having fun and engaging people and serving my butt off for peace and justice and care.

Not everybody likes me. I'm publicly well known, and I have strong political opinions. And to top it all off, I give mentally ill people grief for leaning on their mental illnesses and deciding not to make their lives. Being outspoken I do irritate people, but by and large if I'm not asked an opinion or not in a context where it's important for me to give my opinions, then I'm really fun to be with.

SL: You had a couple of things in your book about how to train oneself to enjoy and embrace more humor. Could you say what are some of the major mechanisms or the best way to educate oneself about living a life in this manner?

PA: My formula for how everyone wants to be is based on three words: intention, performance, and consequences.

I perceive using thought, that a person can have intentions. When I was 18 I said I'll never have another bad day. So it wasn't that I was going to *try* not to or that I *should* not to or that I *hope* not to. Instead, it was an intention. I *will* not have another bad day. I will love life. I will be friendly. I will enjoy. I will enjoy whether I just got a cancer diagnosis or whatever problem I encounter. I'm going to love life. So once you have an intention, then you admit – as I feel is true in my world – that from the moment you wake up to the moment you go to bed that you are a performer. Whether or not you chose to control or create your performance is another thing entirely. I believe, having read my

Nietzsche and Walt Whitman at a very young age that I can make me. You wake up and your intention is to love life, so you look at the infinite number of performances that you can do to put your intention forward. You move away from the syntax that most of Americans live by, a syntax of *because*. *Because* of what my father did to me, *because* of my weight, *because* of my cancer, *because* of my parents or government, *because*, *because*, *because* this is poor little me. With this formula your syntax dictates that you perform this so that your intentions are put forward. You have the feedback loop of looking at your consequences to see if indeed your performance put your intention forward. If it didn't, you immediately change your performance to something else. Putting yourself in really a state of a constant, focused *hereness* so that you're always going, "What is my intention?" "What is my performance?" "How did I do?" So there's no actual time to suffer or to feel miserable or that sort of thing because in that moment you're wondering what your intentions are and what is your best performance to put forward, and then watching how you did. Then the next moment comes along. So you become a composer, a creator, an artist and you make life because you will be peace. If you want peace on earth, you will be that.

SL: We are going to have to stop enjoying this and say goodbye. I really appreciate the time you have given and opened up your evening to me with this. Thank you so much and I'll see you in Anaheim in December.

PA: Thank you and have a lovely night.

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FACETS AND REFLECTIONS

My First Meeting with Milton Erickson

Robert Dilts

I was 20 years old when I first met Milton Erickson. Even though I had no degree or professional experience, Erickson kindly agreed to let me visit at the request of John Grinder, who was a professor of mine at U. C. Santa Cruz. Grinder and Richard Bandler had just finished the second volume of *Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D.* and gave me a copy of the manuscript to bring to Dr. Erickson.

I was a college student with little money and Dr. and Mrs. Erickson kindly offered to let me stay in their guest house. I roomed there with a young professional--Jeff Zeig. The friendship we began there has continued for the past 30 years.

I had heard all about Erickson from Grinder and Bandler and had read everything by him and about him that I could get my hands on. Of course, I was in absolute awe of him. I was immediately struck, however, by the deep humanity, humility and generosity that he and Mrs. Erickson showed to me and the others around them.

Erickson also exhibited his famous sense of humor. When I was first introduced to him, I handed him a portrait that I had drawn of him and brought him as a gift. He looked at it, handed it to Mrs. Erickson and said, "Betty, why don't you file this in the circular filing cabinet." Then he glanced at me with a sly grin

to see how I would respond. I laughed and said it was his and he was free to do whatever he wanted with it. I saw later that it was displayed prominently along with other gifts that Erickson had received.

At the end of the first day, he turned to me with that same knowing smile and said, "And now do you know that I am nothing like what Grinder and Bandler said I was?" I laughed again and said that I had already known that and this was why I had wanted to come down and see what he was really like for myself.

On this first visit, I was there for three days. Most of the time Zeig and I were the only people with Erickson most of the day. I think Erickson must have taken a liking to us because he seemed to be in rare form. He treated us more like we were his sons than visitors.

Toward the end of the stay, Erickson showed us a card that his daughter had sent him. On the front of the card was a cartoon of a little man standing on an asteroid out in the middle of the universe. He was looking around in wonder at all of the stars and planets surrounding him. The caption read, "When you think about how vast and mysterious the universe is, doesn't it make you feel kind of small and insignificant?" When you opened the card, the inside quipped, "Me neither."

To me, this characterized so much of what Erickson stood for. He had the ability to face the unknown and the uncertain, embrace the awe and mystery of life, and remain confident and fully present because he knew he was part of that awe and mystery. As he put it:

See FACETS on next page

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CONFERENCE NOTES

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 (video presentation), James Hillman, Jean Houston, Otto Kernberg, Arnold Lazarus, Marsha Linehan, Cloé Madanes, James Masterson, Donald Meichenbaum, Salvador Minuchin, Erving Polster, Ernest Rossi, Martin Seligman, Francine Shapiro, Thomas Szasz, Michael White, Irvin Yalom, and Jeffrey Zeig. **State of the Art Faculty:** David Barlow, Judith Beck, Claudia Black, Nicholas Cummings, Robert Dilts, Yvonne Dolan, Harville Hendrix, Harriet Lerner, Monica McGoldrick, Scott Miller, Christine Padesky, Daniel Siegel, Bessel van der Kolk, Michele Weiner-Davis, and Marion Woodman. **Keynote Addresses** by Patch Adams and Mary Catherine Bateson, Aaron Beck.

Complete information and program available through the Evolution Conference Web Site: www.evolutionofpsychotherapy.com. The Conference is sponsored by The Milton H. Erickson Foundation, Inc., and California State University, Fullerton, Department of Counseling Psychology.

The Psychotherapy Networker announces their 2006 Symposium, "The Creative Leap: *Practice and Imagination in the Process of Change*." The Conference will be held March 16-19, 2006, in Washington, D.C. For information contact Psychotherapy Networker, 5135 MacArthur Boulevard N.W., Washington, D.C. 20016; Tel, 202- 537-8950 (Toll Free: 1-888- 408-2452); Fax, 202- 537-6869; Email, info@psychnetworker.org ; Web, www.psychotherapynetworker.com

The 48th Annual Scientific Meeting and Workshops on Clinical Hypnosis, sponsored by the American Society of Clinical Hypnosis (A.S.C.H.), will be held March 24-28, 2006, at the Orlando Airport Marriott, Orlando, Fla. Featured speakers include: Lynne Hornyak, Leora Kuttner, Olafur Palsson, Bruce Perry, Maggie Phillips, and Amir Raz. For information contact the American Society for Clinical Hypnosis, 140 N. Bloomingdale Rd., Bloomingdale, IL 60108-1017; Tel, 630/980-4740; Fax, 630/351-8490; Email: info@asch.net ; Web, www.asch.net/annualmeeting.htm

The American Counseling Association and Canadian Counselling Association will hold the *2006 Annual Convention*, March 30-April 3, in Montreal, Quebec, Canada. The Conference theme is, "Culture-Centered and Diversity Counseling Empowers All Families." For information contact the American Counseling Association, 5999 Stevenson Avenue, Alexandria, VA 22304; Tel, 800-347-6647; Fax, 800-473-2329; Web, www.counseling.org

The 5th Annual Hawaii International Conference on Social Sciences, will be held May 31-June 3, 2006, at the Waikiki Beach Marriott Hotel, Honolulu, Hawaii. The Conference is sponsored by the East-West Council for Education, Asia-Pacific Research Institute of Peking University, and the University of Louisville – Center for Sustainable Urban Neighborhoods. **A Call for Papers/Abstracts/Submissions has been announced: Submission Deadline is January 24, 2006. All areas of Social Sciences are invited.** For information contact the Hawaii International Conference on Social Sciences, P.O. Box 75023, Honolulu, HI 96836; Tel, 808-946-9932; Fax, 808-947-2420; Email, social@hicsocial.org; Web, www.hicsocial.org. Instructions for Proposal Submissions: www.hicsocial.org/cfp_ss.htm

The XVII International Congress of Hypnosis, sponsored by the International Society of Hypnosis (ISH), and Centro Ericksoniano De Mexico, A.C., will be held in Acapulco, Mexico, August 21-26, 2006. For more information contact Centro Ericksoniano de México, Av. Colonia del Valle 618, Col del Valle, Mexico D.F., 03100; Web, www.hipnosis.com.mx ; Email, congresos@hipnosis.com.mx or hipnosis@convention-center.net

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

FACETS *continued from page 15*

"It is important to have a sense of security; a sense of readiness; a full knowledge that, come what may, you can meet it and handle it—and enjoy doing it.

"It's also nice learning to come up against the situation that you can't handle—and then later think it over and realize that, too, was a learning that is useful in many, many different ways. It allows you to assess your strength. It also allows you to discover the areas in which you need to use some more of your own security, which rests within yourself. . .

"Reacting to the good and the bad, and dealing with it adequately—that's the real joy in life."

(Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D. Volume II, pp. 210-212)

Like all great teachers, what I learned from Erickson came mostly from his way of being. The acceptance, affection, generosity and sponsorship Erickson showed me is something that I deeply appreciated and have attempted to share with my own clients as a part of the legacy I received from him.

B O O K R E V I E W

Self Hypnosis for Women

By C.Alexander Simpkins Ph.D.

Annellen M. Simpkins Ph.D.

Radiant Dolphin Press, 2005

In *Self-Hypnosis for Women*, Alex and Annellen Simpkins have created an instrument - a book and CD combination tailored to both the novice and the familiar practitioner of hypnosis. The Simpkins have masterfully crafted this guide to self-guidance weaving explanation and experience throughout the written and spoken words. Provided are tools useful in addressing a wide array of events common to most on the journey of being human.

While true to its title, offering examples of utilization directly fashioned to experiences idiosyncratic to women: menstruation, pregnancy, menopause, labor and delivery, the title of this work belies its more universal applicability to components of life shared by women *and* men: self-image; pain management; overcoming fear and anxiety; and finding personal balance.

The book is prefaced with instructions for gaining the most benefit for individual readers. Those who wish to skip over the more basic instructions can begin their journey in later chapters. Those who are new to the practice of hypnosis, or enjoy viewing its history and techniques from others' perspectives, can find that in earlier chapters.

The story of hypnosis, and the modern history and research of hypnosis take the readers back to the early stages of identified systematic trancework, from Mesmer, Charcot and Freud, to the contributions of Hilgard, Hull, and Milton H. Erickson. The authors proceed to accompany the participant on the journey through current and future directions, including their own emerging paths.

The Simpkins define suggestion as "a process by which a stimulus is accepted and then transformed through unconscious processing into an action, experience, attitude or concept (p.45)." This description of suggestion creates an environment

conducive to the development of an ability to self-guide. Together, the book and CD promote the utilization of both conscious and unconscious processes as learning tools, assisting in the transformation of less comfortable emotions such as fear or sadness, into components of life that offer guidance and assistance.

Specific applications, such as *Facilitating Personal Development* are built upon sequential components. It begins by examining *Mind Sets About Change*, then working with *Negative Self-Suggestions*, and eventually *Making Alterations*.

In Chapter Eight, the readers are invited to explore each aspect of their existing processes. It then suggests exercises that give the audience an immediate opportunity to begin experiencing and tailoring their personal process of change. The framework for these exercises is the suggestion of an "experiment" with a particular technique, creating an environment for the learner to safely attempt each new activity with *no* possibility of failure. The only opportunity not offered is the experience of incompetence. There is only a place to try, adjust, and retry each experiment until readers fashion their own skill sets based on personal significance and comfort.

More than a "bonus" the accompanying CD is a work of art on its own. Again, mixing explanation with experiential learning, this auditory tool incorporates fractionation as a teaching method, assisting the listener in learning to enter and return from graduated levels of trance exploration. A vast canvas is provided upon which the hypnotic partner can create motor, auditory and visual experiences with encouragement and assistance, rather than direction or interference, a respectful approach not always found in "self-hypnosis" recordings.

Together, the book and CD contained in *Self-Hypnosis for Women* create an effective, useful, and user-friendly self-development tool, one which can serve as a guide for men as well as women traveling on their own journey of transformation.

Reviewed bySharon McLaughlin, M.A.
Rohnert Park, CA

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FEATURE REVIEW

Hope and Resiliency

Understanding the Psychotherapeutic Strategies of Milton H. Erickson, MD

By Dan Short, Ph.D.,

Betty Alice Erickson, M.S.,

Roxanna Erickson-Klein, RN, Ph.D.

Crown House 2005:

www.HopeAndResiliency.org

"We stand on the shoulders of those who came before us not by working from the mold that they cast but by recognizing the function of their design." –from the preface of *Hope and Resiliency* (p.V).

"If after reading this book the reader is mostly excited about the new techniques that have been discovered, then the book should be read again in order to arrive at the main point." – *Hope and Resiliency*(p.3).

Two distinct models of psychotherapy are emerging in the 21st century: the empirically based, programmed models and the strategic, humanistic models. *Hope and Resiliency* will emerge as one of the texts that epitomize the emerging strategic humanistic movements.

In the *Newsletter* interview with Scott Miller in the Winter 2005 issue (Vol. 25, Issue 2), Miller pointed out that techniques and procedures represent only a small percentage of the therapeutic impact in psychotherapy. Instead, it is the therapist's underlying rapport and conviction that makes the difference. Consistent with this strategic humanistic *zeitgeist*, *Hope and Resiliency* is more than a mere analysis of Erickson's strategies and techniques. It is a guide in understanding Erickson's perspective on what it means to be human and on what humans can become. Each chapter is a window into the complexity and miracle of what Erickson saw when he watched people interact with their environment and make

conscious and unconscious decisions.

An implied assumption in *Hope and Resiliency* is that if a therapist's internal conviction is that the patient needs fixing, the patient views himself as being broken. If a therapist's internal conviction is that the patient needs curing, the patient views himself as being sick. If a therapist's internal conviction is that the patient already has everything inside that he needs with which to solve his own problem, the patient views himself as being a seeker.

While the Clinical Strategies section can be seen as an introduction to Ericksonian techniques, it is more a set of operational examples of Ericksonian philosophy-- behavioral metaphors that help us look through the eyes of Erickson. In the following six core strategies, the authors present some of the most important understandings taught by Milton Erickson:

Distraction: Unintentional progress impedes self-sabotage.

Partitioning: When everything cannot be made right, it is good to have something that is rectified.

Progression: It is not possible to cure every sickness but there is always some good that can be done for those who suffer.

Suggestion: All problem solving begins with the idea that change is possible.

Reorientation: The greater the complexity of a person's psychological problem, the greater opportunity to discover a simple solution.

Utilization: Whenever you try to *make* a person change, you encourage animosity, but, if you offer an opportunity, your energy is not wasted.

This core section of the book presents strategies for clinical problem-solving. It builds on the core strategies using delightful case examples followed by explanations and elaborations. As one who has read everything about Erickson I can get my hands on, I was happy to discover many previously unpublished examples. As with the first part of the book, the second section is more than a set of *how-to* techniques. It is an exploration of the roots and branches

of Erickson's philosophical tree as seen through concrete applications.

Each subsequent element is presented as though one were looking through a single multi-faceted window into the dynamic maelstrom of humanity. In this way, the authors have avoided having to choose between tactics or strategy by simultaneously presenting each element as both discrete and as an aspect of a larger whole.

I appreciate how the authors elegantly combined the easily readable philosophic elements with practical technique and strategy explanations. At the end of the book there is a summary of pragmatic guidelines that describe contraindications and caveats when applying the strategies with different populations or specific cases. Subsequently, there are concrete exercises that help the practitioner to internalize each of the six strategies.

In the introduction, the authors

affirm that, "the content in these chapters is not meant to be memorized as a sort of stale doctrine but rather to serve as a spark for imagination and continued discovery." They are extremely successful in accomplishing their stated goal. It is impossible to read this book without one's mind immediately thinking of how to apply the learnings to one's own patients.

Most importantly, *Hope and Resiliency* helped me organize many of the learnings I previously internalized from Erickson but did not have pegs upon which to hang the concepts. This is a book I wish I had when I was just starting out. With it I would not have been as intimidated by the immense complexity of Erickson's worldview. To that end, I highly recommend *Hope and Resiliency* to anyone at any level who values both clarity and the joy of discovery.

Rick Landis, Ph.D.

Milton H. Erickson Institute for Integrative Medicine
Orange, California

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Spiritual Solutions to Anxiety and Panic: An Ericksonian Approach

by John D. Lentz, D. Min.

Healing Words Press, 2004

Jefferson, Indiana

73 pp

ISBN: 0-9740978-4-5

In *Spiritual Solutions to Anxiety and Panic*, John D. Lentz reframes these troubling symptoms within a Christian context. His approach is Ericksonian because it sees the symptom as a hidden wisdom to be utilized, rather than as an evil to be eliminated.

To Lentz, anxiety is a natural, useful response that arises when we block our intuitive understanding of real danger. The problematic blockage arises out of often-unrecognized loyalty to a belief, institution, or family tradition. Thus, paradoxically anxiety is built entirely of strengths such as intuition and loyalty. Solution comes when we understand these workings and apply adult perspectives and values.

Lentz gives the example of a man (the main shopper and cook in his household) who was overcome by panic in grocery stores. His panic subsided when he made the unpleasant discovery that his wife was having an affair and planned to leave him. He had intuited the infidelity but suppressed his knowledge, not wanting to think badly of his wife. The domestic chore of shopping reminded him of how hard he worked to support a doomed marriage. Panic, forged in the battle between his intuitive knowledge and his loyalty to his wife, was resolved through insight.

Lentz likens anxiety to physical pain: a healthy, helpful signal that calls our

attention to a genuine need. Thus, merely treating the symptom is pointless, even dangerous - like taking a narcotic to mask pain, in order to walk on a broken leg. Instead, readers are invited to welcome anxiety as a guide to their own ability to know things deeply - especially things that are not superficially obvious - and to protect themselves from danger.

Anxiety invites us to continually evaluate our values, loyalties, and even our relationship to God. Lentz notes that many anxious people assume that they are being punished - coming to believe in a hard, cruel God. But Lentz takes a softer view: A loving God has given us gifts of perception and a warning system that alerts us to danger. Much of the book is given over to theological and scriptural support for this loving, kind God who is very much "on our side" - helpful for people trapped in punitive religious patterns.

Much of Lentz's approach is more cognitive-behavioral or psychodynamic than Ericksonian. Indirect intervention and strategic thinking are rare. In the tradition of direct explanation and interpretation, he relies on the curative power of bringing unconscious motivation into conscious awareness, rather than inviting the unconscious to find its own solutions.

That said, skillful application of Lentz's ideas could radically reorient the typical anxious client. With palpable kindness, he walks the sufferer from peril to safety. A dangerous world devoid of trust - of self, of one's own feelings, even of God - is transformed into a world of warmth and love in which any feeling is a gift from the divine, ready to reveal the safety inherent in a clear-headed, compassionate awareness of self and other. For pastoral counselors and others who treat anxious Christian clients, *Spiritual Solutions to Anxiety and Panic* will be a helpful resource.

Reviewed by

Will Handy, MSSW
Dallas, TX.

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Dan Short PhD
Betty Alice Erickson MS
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Milton H. Erickson, one of the most innovative clinicians of our time, is known as the father of modern hypnosis as well as the source for many modern forms of family therapy and brief therapy. This volume examines Erickson's clinical strategies and systematically organizes them for better understanding.

Each principle is broken down into several techniques that share a common function. In addition, the overarching concepts have been paired with simple analogies, folk wisdom, and illustrations from other schools of psychotherapy as well as clinical examples from Erickson's own work as well as others.

By seeking to learn something from his physical disabilities, Erickson understood how to provide hope to those who no longer felt they could help themselves. Milton H. Erickson will continue to be remembered for his determination, patient perseverance, humanity, and unending love of learning. This book will help others follow in his footsteps.

"The keys to the kingdom! A leading Erickson scholar plus two of the master's daughters describe the core strategies and techniques that underlie his legacy of healing and therapeutic utilization of clients' resources. This brilliant book is a 'must-read' for anyone interested in understanding and applying Erickson's work. Highly recommended!"—Michael F. Hoyt, Ph.D., author of *Some Stories are Better than Others*, and *Interviews with Brief Therapy Experts*

"A delightful and deeply moving reading experience. I will keep it by my bedside as a daily refresher in the healing legacy Milton H. Erickson has passed on to all of us."—Ernest Rossi, MD

"This is a wonderful book. I had the sense while reading it that I was in Erickson's office and just listening to him talk. This book is highly recommended as it provides the reader with some unique perspectives on Erickson's work, his way of working, and many practical ideas."—Rubin Battino, MS, author of *Ericksonian Approaches, A Comprehensive Guide*

About the Authors: Dan Short, PhD is the former Associate Director and Chief Archivist for the Milton H. Erickson Foundation in the US. Betty Alice Erickson, MS is a licensed professional counselor, marriage and family therapist and an international teacher of Ericksonian psychotherapy and hypnosis. Rosanna Erickson Klein, RN, PhD, is a member of the Board of Directors of the Milton H. Erickson Foundation.

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D V D R E V I E W

Utilizing Dreams to Facilitate Gene Expression and Brain Plasticity

By Ernest Rossi, Ph.D.

The Ninth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

Phoenix, Arizona, December 2004

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In *Utilizing Dreams to Facilitate Gene Expression and Brain Plasticity*, Ernest Rossi shows how our dreams lead to biological and physical neuronal processes.

As Rossi explains, whenever we have a shocking dream, stressful situation, or peak creative experience our neurons turn on certain genes. Shock for instance leads to the creation of new neural connections in our brain. This is called brain plasticity. In order to exemplify and demonstrate how this occurs, Rossi asks for a volunteer who had a surprising, shocking, or meaningful, perhaps wonderful, recent dream.

The subject, a woman named Dorothy, talks about a dream that was "so shockingly awful" that she had not yet been able to forget it. One thing I liked about Rossi's presentation was that he let Dorothy decide whether or not she wanted to talk about the dream before the audience. Dorothy opted to give a description.

During the experience, she saw a woman who was in her late teens or early twenties who worked as a waitress. This person was attracted to an African-American man who took care of an old person at the hospital. As Dorothy describes the dream, Rossi paraphrases her statements and talks to the audience from time-to-time so that they may notice changes as she proceeds through the process. One thing I found to be especially useful was how Rossi helped learners notice minimal cues, spontaneous trance signs, and hand movements without losing track of the subject's inner process. Utilization is paramount in Ericksonian psychotherapy, and this demonstration is a good example of how during psychotherapy, therapists can use clients' reactions as cues in the "Four Stages of the Creative Process."

By dividing the creative process into steps, learners can realize more easily what their clients are experiencing during stage one, where preparation and data gathering occur. As professionals, if we observe our clients' behaviors, we can also discover if they are kinesthetic, visual or auditory. While showing Dorothy's kinesthetic patterns, Rossi discovers how she moves her hands. He utilizes these movements as a means to facilitate her own process. He lets her choose which hand represents "that which was most shocking in her dream" and which hand represents "just the opposite of that shock."

During this demonstration, it is possible to know when the subject is experiencing Incubation, the second stage of the creative process, when Activity Dependent and Behavior State-Related Gene Expression may take place during problem solving. Dr. Rossi promotes learners' observations frequently during the session.

As a therapist I believe that the relationship between the professional and the client is fundamental. A good example of relationship building is shown when Rossi acknowledges the client's achievements by saying "wonderful" as they go from one stage to the next, during Illumination (Stage Three) and Verification, the fourth stage.

This DVD is also a reminder of the wonders that can take place when we use hypnosis in psychotherapy. I highly recommend it.

Reviewed by

Maria Escalante Cortina M.A., DDS
Mexico City

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Fundamental Hypnosis Track 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 Track 2

Fundamental and Easy to Learn Ideodynamic 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 Track 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 Track 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 Track 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.



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Approaches to Hypnosis
and Psychotherapy
December 2-5, 2004 • Phoenix, Arizona

***Hypnocounseling:
An Eclectic Bridge
between Milton
Erickson and Carl
Rogers***

By Hugh Gunnison, Ph.D.

Crown House, 2004
Norwalk, CN.

ISBN: 190442449X

In this intriguing book, Gunnison has dared to compare the therapy approaches of two prominent and respected therapists-Erickson and Rogers. It is obvious from reading this book that Gunnison has a huge respect for both of these men, which makes the book an upbeat and passionate celebration of the genius of both.

Comparisons Gunnison makes include the observation that neither wished for others to form schools to institutionalize their approaches. Both conducted non-formulaic and non-directive therapies in which their responses to clients depended on what clients brought to therapy--in other words, utilization. Both provided fresh ways of approaching therapy that flew in the face of traditional psychiatry and psychotherapy. Both also took a non-pathological stance in their approach. Despite their similarities, both developed their theories de novo--without knowledge of the other's work.

Gunnison drew similarities across their life experiences, noting that both suffered serious childhood illnesses. Erickson was told he would die of polio at age 17, and Rogers who was sickly as a child was told he was expected to die young. Fortunately, neither did, and both developed other aspects of themselves to overcome their physical problems. Likewise, the process of striving (and introspection) led each to develop personal theories of positive human worth, and each approached clients with high regard for their inner resources.

Gunnison's coverage of the topic is appropriate--neither therapist is exhaustively reviewed, but both are given adequate discussion to provide the reader with a taste of each. The two are compared, contrasted, and celebrated for their insights.

From here on, the book veers off to other topics. In the first section, Gunnison bravely delves into a discussion of how new discoveries in systems, quantum physics, and chaos theory will eventually work their way into the world of psychotherapy.

Next, Gunnison defines hypnocounseling as "the interspersing of Ericksonian hypnosis language patterns within the person-centered therapeutic climate" (p. 90). It is a means of incorporating the language of hypnosis into the counseling session "without the necessity of...having to be concerned about trance and levels of trance" (p. 90). Then he goes on to introduction of Ericksonian trance techniques followed by discussion of

Rogerian techniques. This is followed with a discussion of some techniques popularized by NLP.

Gunnison's chapter on hypnocounseling strategies appears to be uniquely derived from his own clinical experiences and experiments, and illustrates the pragmatic implementation of his theory. For example, he introduces the concept of "dials, meters and gauges" (DMG) as imagery that can be used in assessment, and a Fantasy Door Approach used to concretize the presenting concern and locate visceral aspects of it within the patient's body.

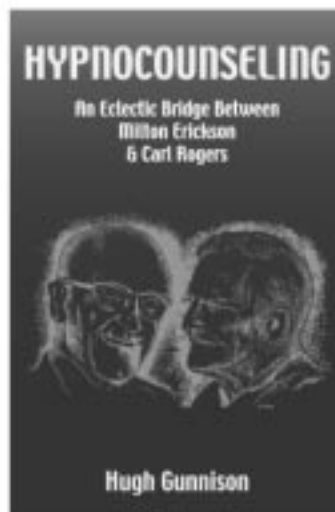
Overall, this was an interesting and thought-provoking book that I thoroughly enjoyed. It is an ambi-

tious book that attempts to embrace a wide range of material; in so doing, it stimulated my interest more than it wove a coherent theory. The book covers both the forest and the trees, leaving the reader enticed to pursue more in-depth information on topics of interest within. It contains some pearls of wisdom for both beginner and advanced therapists, and will also entice readers with ideas from the emerging paradigm of change which is taken from modern physics.

Reviewed by
Kathleen Donaghy, Ph.D.
Phoenix, AZ

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COMBINED BOOK REVIEW

Handbook of Hypnotic Inductions

George Gafner, CISW
& Sonja Benson, PhD

W. W. Norton & Company, 2000

\$29

ISBN: 039370324X

Hypnotic Techniques for Standard Psychotherapy and Formal Hypnosis

George Gafner, CISW
& Sonja Benson, PhD

W. W. Norton & Company, 2003

\$40 US

ISBN: 0393703991

Gafner and Benson offer a pair of lovely books that each provide something distinct for clinicians relatively new to the application of hypnotic techniques, especially inductions. Their expertise as clinicians, and more significantly for the reader, as long-time teachers of hypnosis, comes through in clear, edifying, and encouraging language.

"Handbook" is such a pleasant, descriptive word in a title - promising something practical and imminently useful. Like any good handbook this one offers a consistent and explicit format including a brief case history orientation or discussion, the featured induction, means to deepen the trance and therapy work, suggestions for reorienting, how to debrief the client, and additional notes for practice and possible follow-up sessions. Many of the inductions are set in columns with hypnotic elements identified (such as metaphor, dissociation, suggestion, seeding, reframing, truisms, pacing, time distortion, ego-strengthening, apposition of opposites, embedded meaning, and other elements).

Handbook offers five types of inductions, each with its own chapter - General Conversational, Embedded-meaning, Confusion, Directive, and

Two for children. The authors emphasize their attention to deepening trance as a bridge between induction and therapy; "the deepening should both enhance the induction and *set up*

In well under 200 pages, the authors present a readily useful handbook that offers "training wheels for trances" or novice hypnotherapists.

the therapy" (p. ix). Therapists can begin with the fully scripted inductions as they build their own comfort with hypnosis. They can then apply the concepts of utilization to individualize for each client the trance and therapeutic work. Chapters on *Embedded-Meaning Inductions* and *Confusional Inductions* offer clear examples of complex trance construction. The authors start with a reminder of the basics and orient the reader to the authors' experience and Ericksonian-based approaches. There is also a helpful glossary of terms unique to hypnosis. In well under 200 pages, the authors present a readily useful handbook that offers "training wheels for trances" or novice hypnotherapists.

In *Hypnotic Techniques*, the authors offer a more complete exploration and explanation of formal uses of hypnosis in psychotherapy. The authors consistently describe how they inform clients of the possibilities of hypnosis via purposefully getting "in underneath the radar" of the conscious mind. They also continue their references to the work of Erickson; how their suggested hypnotic techniques need to be tailored to fit the individual. There are frequent citations to other respected sources, as well. Throughout the book, there is an abundance of case studies using trance language, although elements of trance construction are less frequently identified than in the *Handbook*.

Chapter 13, "The Treatment of Pain," offers an important caveat: not to waste time trying to substitute a pleasant feeling for a painful one. Instead aim for moving the pain and/or changing it to a more annoying

or bearable sensation. Chapter 14, "Habit Control," works from Prochaska's transtheoretical model of change and how the five stages of change need to be considered when

working with problem behaviors. Ego Strengthening is covered in two separate chapters. In Chapter 5 it is addressed through a single case study after offering Erickson's comments

on the use of manipulation. Chapter 18 expresses greater depth and provides a wide range of scripts.

If you are looking to strengthen and deepen your skills in shaping inductions then *Handbook* is a helpful resource. If you are desirous of rooting hypnosis more firmly into your clinical practice, then *Hypnotic Techniques* could go a long way in helping you achieve professional growth. Overall, these are welcome companion books for the experienced clinician who has had some beginning training in hypnotherapy and is looking to build and expand skills.

Reviewed by
Deborah Beckman, M.S.
Dallas, TX

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Edited by Jay Haley
W. W. Norton & Co., 1985

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Milton H. Erickson, MD.: Explorer in Hypnosis and Therapy

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By Jay Haley & Madeline Richeport-Haley

Triangle Press, 2005
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—
The Art of Strategic Therapy

By Jay Haley & Madeline Richeport-Haley

Taylor & Francis Books, Inc. 2003

DVD's 2005

Jay Haley was one of the first to introduce Erickson's work to the world, and one of the most prolific contributors to our understandings of Erickson's innovative approaches. He is also an architect of strategic family therapy. His many works include twenty books and more than one hundred papers.

Conversations with Milton H. Erickson, MD, a three-volume series edited by Haley, is a valuable classic that skillfully communicates the Ericksonian approach. These books cover verbatim conversations edited and arranged by Haley that Erickson had with the Palo Alto group known as MRI, Mental Research Institute. The research group believed that an understanding of communication would come out of understanding the processes of changing communications.

Erickson became their exemplar and teacher of the hypnotic approach to change. With his subtle and complex use of communication, Erickson showed in many ways how careful use of communication could indeed influence healthy change. Change was his central focus: how and what to say, and what to do to bring about change in the patient.

The conversations these volumes include were the basis for Haley's famous book *Uncommon Therapy* (1973), which inspired many people to visit Erickson to learn his innovative methods. Volume I, *Changing Individuals*, deals with themes such as unconscious conversations, difficult cases, how to use ordeals for learning, and hidden meanings of symptoms. Erickson shows how to use symptoms to help a person change rather than uncovering meanings as insight therapy does. Volume Two, *Changing Couples*, describes issues through the life cycle of a couple. This volume illustrates how to bring about change through use of directives and strategic interventions. The third volume, *Changing Children and Families*, describes how to manage difficult family members and alter problematic family systems, such as when the parents need just as much help as the child. The last section of this volume offers a careful biographical description of how Erickson developed his ideas. We have mentioned just a few themes drawn from multiple levels of meanings and possibilities that these valuable volumes offer to anyone interested in learning the Ericksonian approach.

Jay Haley collaborated with anthropologist Madeleine Richeport-Haley, his wife of many years, who was also a student of Erickson for ten years. As an effective and dynamic team, the Haleys have produced a number of books, tapes, and DVD's on Erickson and strategic therapy. One of their most well known tapes on Erickson, *Milton H. Erickson, MD: Explorer in Hypnosis and Therapy* is now released as a DVD. Inspirational and intimate, this professionally produced DVD beautifully portrays Erickson's powerful presence as a husband, father, friend, hypnotist, and doctor. In addition to a wealth of information about

Erickson and his work, the Haleys have captured the inspirational courage and optimism Erickson radiated, leaving the viewer with the experience of having been in the presence of the master. Supplemented by interviews with students, colleagues, family, and friends, this DVD gives viewers an insider view of the Erickson years.


The Haleys have pooled their talents in *The Art of Strategic Therapy*, a book with videotapes (now available as DVD's) for eight of the ten chapters, to create a cross-cultural, strategic form of therapy that can realistically address even the most intractable problems. The reader/viewer steps behind the one-way mirror for in-depth training sessions in strategic therapy with Jay Haley. Each chapter covers verbatim work with difficult cases. The videotape (DVD) of the training sessions gives an experience of an actual supervision session. Filled with Haley's expert advice and guidance,

the book lays out the method of strategic therapy clearly. Some of the topics covered include ethnicity, couples therapy, depression, violence, children, incest, cultural confusions and psychosis. Therapists in training will find clear, helpful instructions to set them on the path. Experienced practitioners and supervisors will gain from the subtle nuances sensitively communicated by Haley's insightful facilitation.

The Haleys' work is an impressive contribution that is a valuable addition to therapeutic and social/psychological literature. Today and well into the future, practitioners will find these works greatly facilitate the effectiveness of their application of Erickson's work to psychotherapy.

Reviewed by
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BOOK REVIEW

A DISCOURSE WITH OUR GENES

The Psychosocial and Cultural Genomics Of Therapeutic Hypnosis and Psychotherapy

By Ernest Lawrence Rossi, Ph.D.
Editris s.a.s.

2004, Italy

Distributed by www.ZeigTucker.com

A Discourse with our Genes seeks to create the basis for a long, futuristic path of original scientific projects. In this book, Ernest Lawrence Rossi, PhD writes about themes concerning recovery through the integration of mind, body and spirit, gathering the fundamental concepts of Biology, Medicine, Neuroscience and Psychology in a new and amazing way.

The book starts with a heart-warming and brilliant introduction written by Salvatore Iannotti, M.D., who, by recalling his own personal experience after having been acutely ill of Guillain - Barré Syndrome (a stress-related acute autoimmune polyradiculo-neuropathy with damage of peripheral nerves), introduces readers to Rossi's innovative approach.

In Chapter One, "My Story: Gene Expression and Brain Plasticity in Stroke Rehabilitation" Rossi narrates his own experience during and after a stroke. He recalls how he underwent this ordeal by utilizing, just as Erickson would have done, his own dreams for rehabilitation. This first chapter is especially valuable because Rossi includes a full record of a series of dreams of recovery he had dur-

Rossi also highlights the importance of novelty and enriched environments that are encoded in new memory and learning in the organic structure of the brain on a molecular level.

ing that period. As he explains, "These dreams seem to reflect Erickson's utilization or activity-dependent approach to healing and rehabilitation." A good example of this can be found in "The Body Out of Control" where during a dream he saw himself driving on a freeway where there was an accident. During this dream he feared he would not be able to stop the car, and he relates this experience to the real weakness he felt throughout his body on the right side.

Chapter Two, The Deep Psychobiology of Psychotherapy, focuses on the exploration of mind-body experience, communication and healing at all levels, from the cultural and psychosocial to the cellular-genetic-molecular and the quantum. One of the things I liked in this chapter was Rossi's interest in going beyond the Cartesian dualism between mind and body by exploring questions such as: How is it possible for thoughts, emotions, imagination and personal experience to influence physical health and vice versa? As a health professional, after seeing the dramatic influence of hypnosis on my clients' physical health and healing, I have asked myself these sorts of questions more than once. Rossi provides simple and yet profound responses to these topics by including diagrams that illustrate "the mind-body communication loop" (Fig. 2.3, page 45). I sometimes show students these diagrams to help them understand what actually happens when we use visualization techniques. This picture takes the reader on a

See DISCOURSE on page 28


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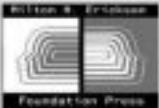
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Taking a new look at a classic...

Sex, Love and Violence: Strategies for Transformation

By Cloé Madanes

W.W. Norton and Company, 1990

ISBN: 0393700968

In this creative, humorous and profound work, Cloé Madanes demonstrates an effective and motivating directive form of family therapy. Whether Madanes is the therapist or the supervisor of a clinician in

offered a humbling opportunity to reenter the family as someone who is ashamed of himself and responsible for his actions. He/she is then permitted to cross over into real penitence and compensation for the victim.

Madanes' last two chapters depict therapy as an entertaining drama in which the therapy room is a stage set that remains constant while therapist, family members, professionals and students are the characters engaged in a plot thick with a kind of morality. The therapist is the director of the drama. Like the metaphors and conflicts in movies and plays, metaphors and conflict in family life offer fami-

...The therapist is immersed in a world of derangements, of wounds, of the failures that most people try to avoid through their entire activity.

training with her, she is willing to wield a machete to cut a path through the jungle of the most challenging family troubles, from suicide to incest and violence. Once Madanes has made a clear path visible, it is obvious to all that this way was always there, just not so clearly seen. This is the essential magic of Madanes therapy: the prescription once made seems obvious! The therapist looks for the love that is missing, "transforming violence into love, (chapter two)" Therein lies the artistry of this approach.

While I was reviewing this book, a cover article in the *New York Times* described a special process of reconciliation between perpetrators of disfiguring brutality and their victims, in Uganda. The first steps involve a kind of ritual purification of the perpetrator who must be cleansed with an egg, which represents new life, and a second step enables the perpetrator to cross over a pole which symbolically enables him to reenter into the culture, and then begin a step-wise, legal process to compensate the victim. Perhaps the hallmark of Sex, Love and Violence, is the third chapter: "Repentance and Reparation in Cases of Sexual Abuse." Madanes outlines the steps that can be used with a variety of cases of sexual abuse. This is Madanes sixteen-step model for reconciliation and forgiveness for the American family. The victimizer is

lies, as an audience to their own lives, an opportunity for existential elevation-- sometimes even salvation. The healer/director of these strategic therapy-dramas does not encourage anger and violence. Madanes does not recognize such cathartic methods as therapeutic. After all, since the drama of the client is a mirror to the larger society, the therapist may one day find herself in the same situation as the client. So she must tread carefully. No cruelty allowed in her plays: The tables could turn!

In her last chapter, Strategies for Changing the Past, she ends the book with her theory of personality, "If a therapist must have a theory of personality, then the most helpful one is that of an identity as a mental, abridged anthology of stories...The therapist is immersed in a world of derangements, of wounds, of the failures that most people try to avoid through their entire activity. Like the comedian, the smiling, optimistic therapist rises above the horror but never forgets it.(p.247)." Madanes offers the model of a very human being healing others and remaining true to herself. What greater dignity can there be in today's world than to be such a clinician.

Reviewed By
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B O O K R E V I E W

Healing Trauma: Attachment, Mind, Body, and Brain

Edited by Marion F. Solomon
and Daniel J. Siegel

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Healing Trauma explores recent advances in the treatment of trauma, informed by attachment theory and neurobiology. Theorists are returning to the idea that trauma plays a crucial part in the development of much psychopathology. Modern methods of brain imaging show the effects of trauma on the brain - especially in the earliest years.

Contributions from the likes of Siegel, Erik Hesse, and Mary Main bring those unfamiliar with attachment theory up to speed. Allan N. Schore's stunning article (19 pages of references!) convincingly demonstrates that the infant/caretaker relationship has profound, observable impacts on brain development. The behavioral effects of these neurological changes are admittedly speculative, yet his solid evidence backs up his ideas: brain centers regulating emotion and empathy develop abnormally under the influence of abuse and neglect; the damage predisposes the child to violence and other antisocial behavior.

Many authors use Shapiro's distinction between "small-T traumas" and "large-T traumas." Children who suffer family violence, emotional abuse, or neglect demonstrate brain and behavior dysfunction even in the absence of massive traumatic events like life-threatening experience or violent rape. Bessel A. van der Kolk contributes a fine overview of "Posttraumatic Stress Disorder and the Nature of Trauma."

Inevitably, the clinical articles have less research support than those on development. Francine Shapiro and Louise Maxfield describe EMDR's impressive outcome research, even including a few brain-imaging studies suggesting neurological changes from the procedure. Other methods seem as yet to have lit-

tle research to back them up.

Healing Trauma gave me the sense that psychoanalysis is alive and well - radically streamlined and turned into a brief therapy. Diane Fosha and Robert J. Naborsky describe and provide transcripts of their respective methods, both of which are based on similar principles: Faulty attachment to parents in infancy is traumatic and leads to ineffective defense mechanisms. When the person encounters difficult situations and when the emotionally-stunted adult seeks help. Therapy must create a stable attachment relationship in which the patient can (and must) *deeply experience* the negative emotions that have been avoided through defense. Therapist confrontation and interpretations of defenses simultaneously stimulate those emotions and provide support. By negotiating the planned or inadvertent disruption and reestablishment ("repair") of the therapist/client relationship, the client can learn healthy attachment, discard the limiting defenses, and reconnect with her/his innate adaptive flow.

This is where an Ericksonian perspective - especially if it had research to back it up - would be welcome. Ericksonians tend to skip re-experiencing the pain, as well as confrontation and interpretation from the therapist. The new trauma therapists - who also claim rapid amelioration - see these as vital. Exciting dialogue and cross-fertilization could flow between these groups.

Fosha sums up the scientific issue well: "Our understanding of the neurobiology of attachment and trauma is unfolding with increasing pace. Now, our understanding of the neurobiology of healing has to catch up so that the therapeutic interventions by which the suffering of trauma ... [is] relieved can continue to grow in precision and effectiveness." *Healing Trauma* provides fresh information and stimulating perspectives. It's an intellectual work-out that set me thinking.

Reviewed by
Will Handy, MSSW
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INTERVIEW

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tell us a little about your reflections on your life with your parents?

Mary Catherine Bateson: Gregory was primarily interested in people interested in his work. He wasn't interested in the range of things I did myself. But he was interested in the small number of people who were able to dialogue with him. It's not accurate to say he fostered my work, but rather that more indirectly through the dialogue with him, I was fostered.

The pattern of my relationship with Gregory was in short periods of intense conversation when he was working on some idea.

Gregory used the freedom of the metalogues to focus on apparently simple questions. This genre was different from a scholarly work. The Metalogues were fictional, and became more fictional as time went on. But he needed me to help make his work intelligible to the greater world.

Intellectually I feel closer to Gregory because of wrestling with his conceptual frameworks, and communicating his works to the world.

My mother on the other hand, wanted to hear what everyone was doing. She seemed more facilitative of my work. He also read and critiqued my work. I felt empowered by her to think the way I do and do the work I do. In contrast to Gregory, if I

don't know if you've been to the Institute for Intercultural Studies web site, www.interculturalstudies.org. We created the website in about 1999 in preparation for my mother's centennial. It is devoted to the Mead and Bateson centennials.

There's an interesting tension because there is no question but that the thought of both of my parents is very influential on my thinking. But I do have to make a distinction between when I am moving ahead with my own thought or conveying their thoughts to other people.

A and A: You have written quite a bit about form and formlessness, emptiness and pattern. Could you comment on these ideas?

MCB: Well, I use a somewhat different vocabulary. I write about openness, for instance, and ambiguity. There is a difference between being open and emptying oneself, open to learn, learning new things. Don't think of ambiguity as synonymous with formlessness. Very often you look at a piece of communication, and it can be interpreted in various ways, but not just as a mishmash. It's fairly important that people can be able to focus their intellect and learning capacities on material that remains mysterious. This leaves the opportunity for finding new patterns. It's happening around us all the time, response to new patterns.

A and A: Grasping them or interacting with them?

MCB: All of the above.

We may have illusions of fully knowing each other. But I think there is a degree of mystery and fluidity in all relationships that is important to acknowledge.

wanted to study Arabic poetry, she wanted to hear about it. Gregory didn't want to hear about Arabic poetry, but he was very interested in schizophrenia, so that's what we talked about! My mother's work speaks for itself, so I didn't need to take on the role of explaining it to the world. I

A and A: Patterns that are all around?

MCB: Let me back off from the whole world for a minute and take a homely example that we can look at in this way, which is the example of a mother and an infant. As you probably know, I did some research on the

communication between mothers and infants. The interesting thing is the infant is changing very rapidly in the weeks after birth; often, the state of the infant is ambiguous to the mother, for example, crying. She has to learn what it means, and she has to relearn

become outdated as the world changes around them.

A and A: Yes! Sounds like therapists could apply this themselves! They get training going through many years and come out with certain patterns of ways of interacting,

It turns out that having a theory of psychotherapy is very helpful, but you have to hold that theory lightly and flexibly.

it from week to week in order to be effectively responsive. That to me is a paradigm for other relationships which may not change as obviously or as rapidly. We may have illusions of fully knowing each other. But I think there is a degree of mystery and fluidity in all relationships that is important to acknowledge.

Today, we live in a society where various kinds of change are going on more rapidly than was true of societies of the past. And it happens very often that even though you don't really know the other person you interact according to established social expectations. But social expectations are also changing. It's not just technological changes, there are also deep ethical changes taking place in our society. Changes are taking place in the shape of the lifestyle that means that familiar concepts like mother, teenager, sweetheart, marriage, home are all being reshaped in subtle ways. So it's nice, I think, to look at the example of a mother and child where rapid change and ambiguity have always been present. And the thing that is so powerful about this example is that the mother can be fully committed to that child even given the ambiguity in their communication.

A and A: And this could be helpful to therapists who are in a sense in the same situation with this person who is in some ways ambiguous and in process of change. The therapists sometimes think they know but they should open themselves to that process you're talking about to be more effective.

MCB: Yes, the theme of my lecture at the Evolution conference will be looking at therapy as what you might call consciousness adjustment." I think quite often people get trapped in patterns of behavior that were perfectly appropriate and have

And then when they are thrown into the therapeutic situation, they need to retain that fluidity and openness. Erickson was able to do that. He was able to remain open to the situation so that each reaction was fresh and to the person.

MCB: My sense is that Erickson was highly improvisational. One of the things that sometimes concerns me about therapists is that they would like to have formulas to deal with the great ambiguity of the relationship.

A and A: There's always that tension between, on the one hand, we should have a formula that makes the work repeatable and scientific, but then you risk losing that quality of reaching the unique person.

MCB: I do think that it's important to look at psychotherapy not only in terms of addressing pathology, but as one element in the process of learning and development especially when you get a bit off the track. One of the concepts in psychotherapy, as in other things involves a willingness to learn.

A and A: That's a good paradigm, because it is a time for focusing the person on the process when they are motivated to do it.

MCB: My sense is that it is important to have a theory, and there are a lot of theories about what is happening in psychotherapy. It turns out that having a theory of psychotherapy is very helpful, but you have to hold that theory lightly and flexibly.

A and A: Yes, we studied with Jerome Frank and his research on the nonspecific factors. And one of the nonspecific factors was having a theory. It didn't matter which theory, just that you had one, kind of like guiding the boat.

MCB: Exactly. I kind of wish

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people felt that way about religion! But then again, it has happened in the history of psychiatry that people have held to their theories as if they were a religion!

A and A: Reminds us of another wondering we had, when you spoke of learning, How do you learn how to learn and remain open, to understand patterns and go beyond them? To grow beyond the pattern you are living out?

MCB: I think that often the reverse happens - that we learn not to learn. I do a good deal of writing about how education subverts learning. Curiosity is innate in children and could continue through the life-cycle. But it's often transgressive or interferes with adults' schedules and agendas. At one time it was entirely reasonable for educators to specify what children had to know in order to be competent adult members of the society because society was very predictable. What this means is that they could coerce children to learn. It didn't matter if children ended up with a dislike for the process of learning.

But things have changed. We don't know what society will be like. We don't know what problems children are going to face or what chal-

of that kind of work. Does that sound right?

MCB: Yes, I think that's the intellectual end of it. But it's true of relationships in general, I think, that when people have a static idea of who they are and what they want to be, it becomes fixed. If you have a more fluid sense of all these relationships and a more flexible sense of self, you can change and grow.

A and A: Which brings us to our other question that we wanted to talk about, of creating a life, what you spoke so beautifully about in *Composing a Life*, and how you would encourage people with that.

MCB: Well, I guess I encourage them by writing a book! But it's not a self-help book. It's not a book that gives people a set of prescriptions. It's a book that gives some very diverse examples and a chance to muse on these examples. What I'm trying to get people to do is a fairly Batesonian thing to do, although my father would never put it this way. I don't want to specify what they should learn, but to help them develop an orientation to the world that is open to learning. I don't want to specify what makes a good life or what to do, because creativity in a life is what you do with what you have and how you integrate it. It's artistic.

If you have a more fluid sense of all these relationships and a more flexible sense of self, you can change and grow.

lenges they will have. So we can't specify curriculum. And in order to deal with the unpredictable future, they have to have a habit of ongoing learning.

A and A: Which would require a different educational system.

MCB: Yes. The premise of high stakes testing is the capacity to specify what children need to know no matter how distasteful. I think it is a bad system, but I have to have a degree of tolerance for it because a hundred years ago it was a good system. It's just no longer appropriate.

A and A: So translating that into a therapeutic idea, you are talking about trying to re-inspire the client to be more creative and open. Therapy should involve more

A and A: And a lot of your books are that way. You see reflections and inspirations within yourself and then you grow from that interaction with the work . . .

MCB: That's what I hope happens.

A and A: Yes, the books are very evocative that way.

MCB: When you say something is "evocative," it implies that you already have the knowledge or the experience within you, waiting to be called forth. I think that whether we talk about education or any other situation, half the battle is evoking the knowledge that is already there.

A and A: Yes, Erickson did that all the time. Like the patient who didn't know how to write. Erickson

said, "Can you draw a line?" Well yes. And can you draw a circle? Yes. Then you know how to write. He opened possibilities, as you do in your books. Musing gets you in touch with the inner muse. I think you wrote about cooking a Middle Eastern dinner without having a recipe. But you were willing to not-know and then you were able to do it.

MCB: Yes, I do talk about cooking as an improvisational art, where you don't have a recipe, you don't have a script. And I think that psychotherapy should be an improvisational art. That doesn't mean that you don't have a lot of equipment! You have to have a background, you have to have theoretical ideas, and have previous experience. The life that you bring to, quote unquote, "making it up as you go along." Improvisation is actually a learned activity, a skill you can practice.

A and A: A shifting between not-knowing and knowing, and being fluid and being able to go back and forth between old patterns and new, relying on old things at times, is that what you are talking about?

MCB: The old things are valuable. Never throw them away.

I trained in linguistics and anthropology. Linguistics and cultural anthropology are almost entirely concerned with learned material that can be used in different ways. Biology makes us able to learn and then what we learn has a great deal of variation to it. But linguists and anthropologists, are concerned with what we learn: a language, a culture. And because of my interest in change, I

away. If you go back and read a book that was important to you twenty years ago, it reads as if it's different. You can't step into the same river twice. But the new experience doesn't replace the old one. Both gain depth from having been experienced in a different way. Sometimes I use relearning as a term for that, but I'm not altogether comfortable with the term because people think that the old learning is somehow inadequate or falsified.

A and A: So there's a sense of acceptance of the early learning that needs adjustment now, and then you can use it well in a new and creative way, without throwing it out.

MCB: I think people making a transition in their lives who feel they have to start from scratch are making a mistake. You don't have to start from scratch.

A and A: That's a useful paradigm for therapy where people feel that way. They hate how they were and want to be different now. But they are themselves, as one person.

MCB: Yes.

A and A: So in a sense would you say it's as if you are always in the stream but you never step in the same spot twice? There are always new streams around you, but you are always in the stream flowing. You never step out of the water and step into a new stream, but there are so many possibilities there.

MCB: What Heraclites is saying, is that it may be quote unquote the "same" river, but the water that is touching you is different water. That water went downstream already. But where I would go with what you are

Improvisation is actually a learned activity, a skill you can practice.

have shifted to the lifelong learning that is needed.

A and A: So are you saying learning is a process of relearning as you go through life/

MCB: As long as "relearning" doesn't sound like throwing things

saying is: The water is always moving and you are always moving. You can't step into the "same" river twice. Maybe it's the "same squared." And in your metaphor, I think the fact that your feet rest on the bottom of the

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river is a way of saying you're in a different place as you encounter the new learning.

A and A: But you are still in the stream as well.

mind be grounded in some sort of comfort. But that isn't the only rationale. And your books do a lot to assure people that fluidity and openness are not chaos, but rather another kind of stability.

MCB: I think in terms of the rela-

I just want to emphasize that these metaphors of fluidity and openness are frightening to a lot of people, and we are seeing a lot of reactions to that kind of fear.

MCB: I just want to emphasize that these metaphors of fluidity and openness are frightening to a lot of people, and we are seeing a lot of reactions to that kind of fear.

A and A: Unfortunately. We have the law of non-contradiction that seems to help the Western

tionships between grammar and speech. A grammar allows you to say just about anything, but you have to have a grammar if you are going to communicate at all!

A and A: And you have given us a useful one today! Thank you for this wonderful interview.

DISCOURSE

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journey where mind/body, brain/body and cell/gene relationships are illustrated.

Rossi also highlights the importance of novelty and enriched environments that are encoded in new memory and learning in the organic structure of the brain on a molecular level. Rossi's latest hypothesis states that "dreaming is a process of psycho physiological growth that involves the synthesis and modification of protein structures in the brain that serves as the organic basis for new developments in personality."

The book also includes a section on Memory Consolidation and another about Psychoimmunology; the Mind-body Connection and references of researches of the effects of psychological stress on the transcription of gene receptors. This section is useful for people who wonder how stress can undermine their health.

The book covers other topics such as Hypnosis and Ultradian Cycles: A New State(s) Theory of Hypnosis, as well as 64 Research Projects in Search of a Graduate Student, in Appendix Two. Professionals can take advantage of these ideas in order to develop their own investigations.

A Discourse with our Genes is an excellent source of information and resource for research. I highly recommend this book.

Reviewed by

Maria Escalante Cortina, M.A., DDS

Mexico City

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