



The Milton H. Erickson Foundation NEWSLETTER

Vol. 28, No. 3

WINTER 2008

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INTERVIEW

A. Steven Frankel

By Jeff Zeig,
Milton H. Erickson Foundation.

A. Steven Frankel is an ABPP certified clinical and forensic psychologist (PSY3354) and an attorney at law (SBN 192014). He received his Ph.D. in Clinical Psychology from Indiana University and completed an internship at Columbia University's Psychiatric Institute. Dr. Frankel has been on the faculty of the University of Southern California for over 35 years and is currently a Clinical Professor of Psychology. He served as an Adjunct Professor of Law at Loyola Law School (Los Angeles) and is now an Adjunct Professor at Golden Gate University School of Law. He has taught courses on healthcare policy, regulation of healthcare practice and mental disorder and the law. He has authored over 50 articles and book chapters. He has won the USC Award for Teaching Excellence early in his academic career and is nationally recognized for his expertise, sense of



humor and ability to bring his course material to life.

Zeig: You are a clinical psychologist who later entered into the legal field. Tell us about that.

Frankel: I had been teaching full

time at USC in the Psychology Department for 11+ years, I left to go into clinical practice full time, because I needed to make a living. I left USC full time in 1979. I remained an adjunct, and I'm still a clinical professor there. I practiced clinical psychology, and I practiced in ways that very much involved Ericksonian and hypnotic models and family-system models. And I supervised students at USC.

Then in 1990 or thereabouts, when my life changed, I shifted around in terms of things I wanted to do. I started law school in 1993. I went part time in the evenings for four years at Loyola of Los Angeles, from '93 to '97. I practiced psychology by day and then went to law school at night. Now I'm almost 12 years in law practice.

Z: You still practice psychotherapy and hypnotherapy one day a week, especially with traumatized patients.

F: Yes. My psychology practice has become exclusively devoted to adults who claim child abuse histories. I practice therapy on

See INTERVIEW on page 22

The Couples Conference: Love & Intimacy

San Diego — May 1-3, 2009

www.CouplesConference.com

The Couples Conference will be held May 1-3, 2009, at the Town & Country Resort and Convention Center in San Diego, California. A special 6-hour *Law & Ethics* Pre-Conference Workshop with Steven Frankel, Ph.D., J.D., will be held on Thursday, April 30, 2009. The Conference is sponsored by The Milton H. Erickson Foundation, Inc., with organizational assistance by The Couples Institute, Menlo Park, California.

The Couples Conferences are a vehicle for learning the latest research on facilitating treatment with couples. Topics for this year's meeting will include: Relational Life Therapy™, Attachment and Differentiation in Couples Therapy, Trauma and Reconnection, Gay Marriage, The Paradox of Sex and Intimacy, Rethinking Infidelity, How to Improve Relationships Without Talking, and much more.

The faculty include Ellyn Bader, Frank Dattilio, John Gottman, Pat Love, Cloe Madanes, Esther Perel, Terry Real, Marion Solomon, Janis Abrahms

See CONFERENCE on page 2

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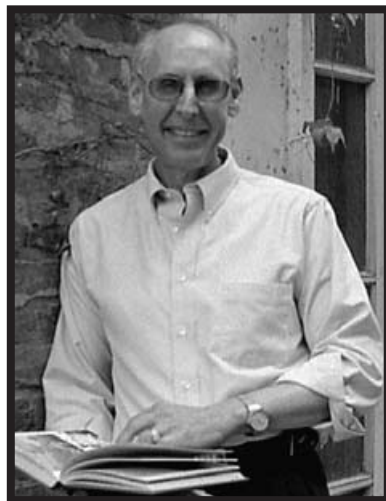
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EDITOR'S COMMENTS

The 7th Brief Therapy Conference is upon us. Of all the current definitions of "brief" (as in therapy), I really like the Jefferson County, Colorado Mental Health's (CMH) definition of *brief* as being "no more than necessary." It likens the therapist's role to that of the family doctor where the client only comes in when he or she has a problem. CMH follows the definition with a simple statement: "This is a style of therapy that requires the counselor to accurately assess what the individual client is needing in order to reach his/her goal." Easy to say but not always easy to do. There are many different ways to define what the client needs and what the goals are from both the client and therapist perspectives. In this issue, we are going to look at many of the different perspectives that can contribute to the understandings of the needs and goals in therapy. And, of course, with an Ericksonian twist.

We start with a special *Featured Interview* by Jeff Zeig of Steven Frankel. Frankel is a favorite at the Erickson conferences where he conducts the Law and Ethics Workshops with humor and precision. In the interview, he reminds us of the unique aspects we need to consider in conducting therapy from an Ericksonian perspective. His message is interesting: You can lighten up and still protect yourself. Great interview.

Our other regular columns enhance the basic elements of the brief therapy perspective. In the *Spirit of Therapy* column, John Lentz interviews Joan Borysenko, one of the conference's keynote speakers. Borysenko helps us understand the complex nature of defining the "need" and "goal" parts of brief therapy. In the *Case Reports* column, John Dykman elegantly assesses the needs, means and goals in his brief intervention with a suicidal adolescent. We again revisit Steve Frankel in our *Facets and Reflections* column. Here, Frankel describes what it was like being on the receiving end of a brief intervention from Erickson. Life altering. We top off the focus on brief therapy with our *Introducing the Institutes* section. Marilia Baker presents The Milton Hyland Erickson



Institute of Brasilia, which is known for its excellent training programs in Ericksonian brief therapy.

In the spirit of brief therapy's eclectic nature, we have included a potpourri of new and classic sources in this issue's resource reviews. Some things can be best appreciated by seeing them. We have some outstanding DVD reviews this issue. John Lentz presents two excellent reviews: *Negotiating Conflict: Leadership in Times of Crisis* with Anthony Robbins & Cloe Madanes and a demonstration by Danie Beaulieu with her *Impact Therapy and Ericksonian Hypnosis* from last year's The Tenth International Congress on Hypnosis and Psychotherapy. Ruben Battino reviews *The Gift of Therapy: A Conversation with Irvin Yalom, M.D.* from the most recent Evolution of Psychotherapy Conference and Maria Escalante de Smith presents *The Journey* by Zerka Moreno from the very first Evolution of Psychotherapy Conference.

As an interface between our book and DVD reviews, we have *The Neurobehavioral and Social-Emotional Development of Infants and Children With DVD* By Ed Tronick reviewed by Joanne Jao. We finish our book offerings with John Lentz's review of *My Father Before Me: How Fathers and Sons Influence Each Other Throughout Their Lives* By Michael J. Diamond and Alexander Simpkins' and Annellen M. Simpkins' fascinating reviews of *Genograms: Assessment and Intervention* by Monica McGoldrick,

COUPLES *continued from page 1*

Spring, and Jeffrey Zeig. Keynote addresses will be given by Terry Real, Janis Abrahms Spring, Esther Perel, Cloe Madanes, Jeffrey Zeig, John Gottman, and Pat Love.

A total of 20.0 CE hours are available for the Couples Conference with an additional 6.0 CE hours available for the complete *Law & Ethics* Pre-Conference Workshop, April 24, 2008.

Visit the Conference web site www.CouplesConference.com to view and download the complete brochure, review the faculty bios and handouts, register Online and reserve hotel accommodation. For more information or to receive a brochure by mail contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Fax, 602-956-0519; Tel, 602-956-6196; Email, office@erickson-foundation.org

Register Early for the Lowest Rates – Special Offer! Newsletter readers can use the registration form on page 3 to extend the December 15, 2008 deadline to January 15, 2009!

Randy Gerson, and Sueli Petry, and *Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders, Couples Therapy and Personal Growth* by David S. Shannahoff-Khalsa.

I am always fascinated how the Foundation is able to run such complicated and multifaceted conference so smoothly. To get a peek at some of the behind the scenes, visit our *Contributor of Note* column in this issue to meet Jeannine Elder, our Programs Manager, Faculty Coordinator and Institutes Coordinator. She is truly an amazing

person. The problem I have found with the previous Brief Therapy Conferences was that they were always far too brief. While I often left feeling a bit dizzy from the deep concentration of the content, new information and expanded perspectives, I wanted it to have lasted longer. There was just so much there to learn. I do not expect the 7th Brief Therapy Conference to be any different. Join us in San Diego. It will be fun.

Rick Landis
Orange, California

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Love & Intimacy The Couples Conference

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May 1-3, 2009 (Friday-Sunday)
20 CE Hours available

Law & Ethics Pre-Conference Workshop
April 30, 2009
4-6 CE hours
with Steven Frankel, PhD, JD

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③

I am registering for the following:

Full Conference Registration (Friday-Sunday, May 1-3, 2009)
 Full Conference Registration WITH Law & Ethics Workshop (Thursday-Sunday, April 30-May 3, 2009)
(please indicate your choice of Law & Ethics Workshop): Workshop I (4 hrs) or Workshops I & II (6 hrs)

Individual Day Tickets (for those NOT attending the full 4-day Conference):

Law & Ethics Workshop I (4 hrs) - Thursday, April 30
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 Friday - May 1 Saturday - May 2 Sunday - May 3

④

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For all other Couples Conference information, contact Milton H Erickson Foundation: 602-956-6196

¹ Town & Country Resort and Convention Center is ADA compliant. Please inform the hotel about any special needs. Any special concerns must be brought to the attention of the Milton H Erickson Foundation prior to February 15, 2009, by emailing office@erickson-foundation.org or telephoning 602-956-6196.

² *All non-sufficient funds checks will be charged a \$20.00 service fee payable by issuer.

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Cancellation Policy

Requests for refunds **MUST BE IN WRITING** and are subject to a \$45 administrative fee. Full refunds, less the service charge, will be made if the request is postmarked by March 16, 2009. Requests postmarked from March 17 to March 30, 2009, will receive a 50% refund of paid fees.

No refunds after March 30, 2009. No exceptions to this policy will be made.

Please allow 8-10 weeks for processing. Cancellations received March 30, 2009, will be processed in May 2009.

IN THE SPIRIT OF THERAPY

Interview with Joan Borysenko, Ph.D.

By John Lentz D. Min

Her website (www.joanborysenko.com) describes Joan Borysenko as a Harvard-trained medical scientist, licensed psychologist, and spiritual educator. Best-selling author of 13 books, numerous audio programs and guided meditations, she is a pioneer in integrative medicine, cofounder and director of the Claritas Institute's Spiritual Mentor Training Program, and host of a weekly show on Hay House radio.

JL: Joan, you are very successful person, and a sought after speaker around the country and the world. Your first book sold more than 400,000 copies and is now revised and re-released. There are people who have been reading your work for more than 20 years. How do you keep all that success from going to your head?

JB: I recognize that I am not "the doer." I'm more like the servant of a greater intelligence, so whatever may be accomplished through me is pretty humbling. What a privilege it has been to train as a scientist and psychologist, as well as studying and practicing the world's great spiritual traditions, and then to bring these three strands together in the service of healing.

JL: Your first book, *Minding the Body: Mending the Mind*, is filled with practical tips, clinical observations, case histories, and personal anecdotes. It comes across as an emotional message with a spiritual result. Do you write hoping to convey a spiritual attitude?

JB: The hope is to get my small self out of the way, so that something larger can express itself through me. That means being authentically present to the subject matter intellectually, emotionally, and from that right brain place beyond the duality of me and the material. When that happens, something fresh comes through...a kind of spiritual connection.

JL: You have been working at integrative medicine for more than 30 years. What excites you about

the work so that you stay interested in the spiritual aspects of integrative medicine today?

JB: Hospitals are progressively more interested in spirituality and healing, due to a large database of recent studies. Those studies indicate that compassion and faith can both help in recovery from illness as well as in maintaining wellness. My own interest is less in religiosity, and more in the common spiritual experience shared by all people regardless of their faith or lack thereof. I love engaging in inquiry about spirituality and healing with health-care providers. Training spiritual mentors through our Claritas Institute is also a great delight. The name Claritas is Latin for Clarity and Illumination. The co-founders of the training program are Gordon Dveirin EdD, my husband and co-author of *Your Soul's Compass: What is Spiritual Guidance?* and Janet Quinn PhD, RN. Janet was one of the first researchers in Therapeutic Touch. Her contribution is the recognition that we, as health-care practitioners, are the medicine through the quality of our presence and compassion.

JL: What do you teach at the Claritas Institute?

JB: We train people as spiritual mentors in an *interspiritual* format. Interspirituality is a term coined by the late Catholic monk and Hindu sannyasin, Brother Wayne Teasdale. It is the common ground where mystics of any tradition recognize that they share the same experience, beyond linguistic distinctions and doctrine. Our students commit to a daily spiritual practice of their choice, study the common ground inherent in Eastern and Western wisdom traditions, and learn to listen to others in a special way. Beneath the surface stories that we all tell, there is an inner current of presence, freedom, and love that is continuously unfolding. Spiritual mentors hold the mirror up to that inner movement. This requires the discipline of *not knowing*. That means maintaining a mindful, curious, open stance toward life. That's hard if we're sold on the idea that we have to know at all cost. Paradoxically, what we think we know most often blocks the mystery of life unfolding.

JL: A friend of mine says it isn't faith unless we are stepping into the unknown.

JB: Exactly. Faith is less about doctrine and more about experiencing presence and being open to guidance from a greater Source. Father Thomas Keating, one of the 27 Sages from different traditions that we interviewed for *Your Soul's Compass*, distinguishes the false or conditioned self from the true self, which in his theology is our inherent participation in the divine being. Spiritual mentoring involves helping the mentee to

recognize the difference between these two selves. Are we caught in what Buddhists call the three poisons of ignorance, anger, and desire or are we freely and spontaneously kind, open, creative, and happy? The Catholics talk about the same blocks to the true self as the seven deadly sins. Every religious system has words for whether we are free or whether we are bound. Judaism speaks of the Yetzer Hara, the limiting urge, and the Yetzer Hatov, the urge for good, which is ultimately liberating.

See SPIRIT on page 6

MARK YOUR CALENDARS...

Evolution of Psychotherapy is coming in 2009!

Due to popular demand, the sixth Evolution of Psychotherapy Conference, originally slated for 2010, has been scheduled for 2009!

The *Evolution of Psychotherapy Conference* will be held December 9-13, 2009, in Anaheim, California, and is sponsored by The Milton H. Erickson Foundation, Inc.

Primary faculty include Albert Bandura, David Barlow, Eugene Gendlin, William Glasser, John & Julie Gottman, Mary Goulding, Otto Kernberg, James Hillman, Jean Houston, Marsha Linehan, Cloé Madanes, James Masterson, Donald Meichenbaum, Salvador Minuchin, Ernest Rossi, Erving Polster, Martin Seligman, Francine Shapiro, Thomas Szasz, and Jeffrey Zeig.

Invited faculty will include Judith Beck, Claudia Black, David Burns, Nicholas & Janet Cummings, Robert Dilts, Steven Hayes, Harville Hendrix, Bessel van der Kolk, Harriet Lerner, Scott Miller, Christine Padesky, Mary Pipher, Daniel Siegel, Derald Wing Sue.

Keynote speakers include Philip Zimbardo, Aaron Beck (tentative), and Irvin Yalom. The Evolution Conference also is offering a featured presentation by Andrew Weil, and more faculty to be included!

Visit the Conference web site: www.evolutionofpsychotherapy.com for more information in the coming weeks, and sign up for the Evolution E-News and be the first to receive Evolution Conference announcements. To add your name to the list to receive the brochure by mail when it is available, contact The Milton H. Erickson Foundation, Inc., 3606 N 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org

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Steven Hayes	Daniel Siegel
Harville Hendrix	Derald Wing Sue

Keynote Speakers

Philip Zimbardo
Aaron Beck (tentative)
Irvin Yalom

Featured Presentation

Andrew Weil

and more to be included...

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Registration or Cancellation questions ONLY: ACEI – 1-651-789-3740

Cancellation Policy: All cancellations MUST be in writing and postmarked or faxed by October 25, 2009 to receive a full refund less the \$45 administrative fee.

CASE REPORT

Playing With Fire: Crisis Intervention With A Suicidal Adolescent

By John M. Dyckman, Ph.D.

Perhaps the most useful of Erickson's remarkable techniques is the concept of utilization. Utilization harnesses the language and experience of the client. . It allows clients to use their own knowledge, strengths and skills to explore useful solutions to their own problems. As such it is well suited to working with clients like the adolescent described below, who may not be particularly interested in "therapy" or in "self-examination."

"John" is a 17-year-old, male high school senior. He is on track to graduate in June and has enlisted in the service, promised that he will be trained as a damage control officer. He already has a year of experience as a volunteer fire fighter.

His mother brings him to the clinic after they have spent an unpleasant night in the emergency room having his stomach pumped after an impulsive suicide attempt. His girlfriend of about a year dumped him for one of his friends. John got furious, got drunk, and overdosed on pills. He is a handsome and athletic young man, but not particularly verbal or very happy to be in my office. He still had not ruled out suicide as a response to the rejection.

After eliciting his history, and a few false starts into being curious about his life, we struck up a conversation about fire fighting. This is something that he knew and cared about, so we conducted the entire rest of the session discussing some principles of Fire Science.":

First I asked him what he knew about "accelerants." He named a few of the common ones. I nodded and then offered, "How about alcohol?" He grinned, and we were off to the fire.

I acknowledged his expertise. Then I said that I had some friends who were firefighters and they had shown me that explosions were just very fast fires; were more damaging when they were contained in a small space,; and lost much of their power when they happened in a larger space. I told him that to qualify for the California Department of Forestry's fire-fighting program, one has to do 50 sit-ups in 60 seconds while holding a 30 pound weight on the chest. I wondered if doing sit-ups, or even taking a run, would be a good way to dissipate potentially explosive energies?

I also asked him to tell me something about the different types of fires he had seen, and the different techniques used to fight them. What would happen if you mis-diagnosed and used water on an oil fire? What could he remember about how he felt at the moment he discovered his girlfriend's cruel betrayal? He remembered a flash of sadness before he became furious. I asked what was the best way to extinguish sadness. I invited him to ask his mom how she dealt with similar situations. They had a nice conversation about expressing sadness in the form of tears, and the likelihood that the sadness once expressed would soon "burn out."

I then asked him about "search and rescue." We determined that when in a burning or damaged building, it was advisable to keep one hand on the wall, and one on the person ahead of or behind you. I said it sounded to me like his plans for his future were a kind of solid "wall" that he could lean on, but that when "visibility is low" it was crucial for him to keep to his plan, to "keep a hand on the wall." I suggested he ask himself whether a particular action would help or hinder his plan.

His other hand needed to be on the person in front or behind him. I asked him who would be his "buddy." He chose his mother, a few named friends, and me. I agreed that it was important to have several different people to trust, so that it was likely that someone would be available in time of need. His mother expressed her relief and gratitude to her son, who received it with more graciousness than I usually expect from 17-year-old males.

They left saying that they felt a lot better, and that they didn't think that they

They had a nice conversation about expressing sadness in the form of tears, and the likelihood that the sadness once expressed would soon "burn out."

needed to come back. I followed-up a week later by phone, and John was back at school and apparently back on course.

Impulsive suicide is a real risk in adolescents. John had the advantage of some previous experience of the importance of calm but decisive action in the face of real danger, and so was able to mobilize resources that he had not realized he had. Most everyone has resources of which they are not aware. Our job as therapists is to help them access and utilize these previously dormant resources in the most natural way possible.

SPIRIT *continued from page 4*

JL: Your knowledge is impressive and comes through both in your teachings and your writings.

JB: I hope to write and teach in a way that helps people to see themselves more clearly and lovingly, and to face their fears so that they can transcend them and taste the happiness, compassion and creativity that are their birthright as human beings. We're at a crossroads in human history, and to bring a better world into being requires that each of us connect more deeply to the potential good that lies within us and within others. Most deeply, I hope to get my own limitations out of the way so that a real transmission can come from that higher Source.

JL: Just talking with you I can feel your kindness and genuineness. You truly are an impressive person.

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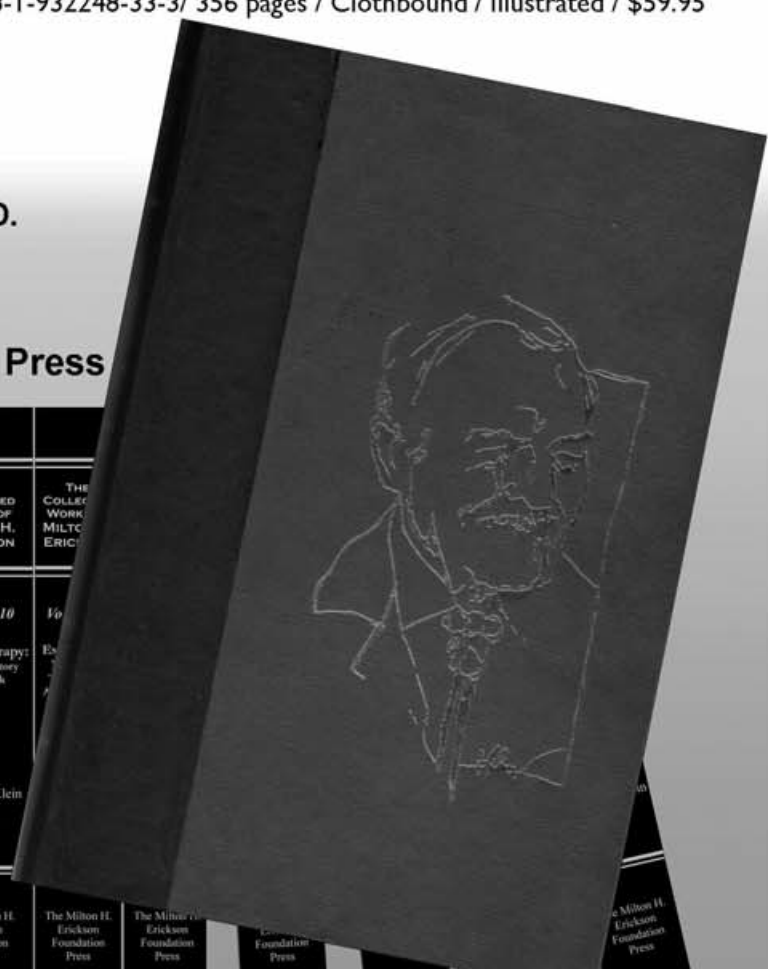
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FACETS & REFLECTIONS

A. Steven Frankel

Interviewed by Jeff Zeig

We have set aside a section from the Featured Interview with Steven Frankel to include in our Facets and Reflections column. Jeff Zeig has just asked Frankel to describe his first meeting with Erickson. – Ed.

Frankel (F): Well, I visited him in the early-to-mid '70's-- around '73 or thereabouts. I was the Director of Clinical Training in the Psychology Department at USC. I won a teaching award, and I was asked if I would be willing to go out on a recruitment trip, and travel to places where USC had alumni and relatives. They wanted to bring a faculty member to show off so that they could attract students to the university. They said they were going to Phoenix and asked if I would go there, and I said, "Of course. There is somebody I really wanted to meet there." And so I went.

I contacted Dr. Erickson and said, "I'm somebody who has read your stuff and would be very interested in meeting you." And he sent me back a letter saying, "I'd be happy to see you and this is how you find me. And when might I expect you?" So I told him, and then I showed up.

Zeig (Z): When you showed up, was it just you and Dr Erickson or were other students present?

F: No, his office was inside of his guest house and it was populated with about half-a-dozen students of one sort or another who were in varying stages of trance of one sort or another. And he said, "Since I never know whether or not someone is coming when they say they're coming, I have a contingency plan. So would everyone else please leave and you can stay." And so I stayed. And that was my introduction.

He told me about why so much of what he wore, and what the room had in it was purple, which was because it was a color he could see, and he might as well enjoy it.

At the time there was an issue I was struggling with, and it became the first big lesson I learned from him on that visit. I was a relatively young Director of Clinical Training. I think I became Director of Training at the

age of 29. I didn't get that position due to merit; I'm sure I got it out of political machinations that went through the universities at that time. At USC, there were several different programs that trained therapists besides the Clinical Psychology Program. I had become elitist and thought only the Psychology Department was the real thing, and everybody else was an amateur. I saw all these people there that Erickson was teaching. I asked, "Does it ever occur to you that there might be people here at your training who are not really going to be competent therapists? On what basis do you decide who to teach and who not to teach--who should learn from you and who should not? And without missing a beat, he said softly, "I'm a teacher. I have something to teach and I'll teach any professional who is interested in learning what I have to teach. It's not up to me to determine what they do with it. It's up to me to teach what I know."

I left a changed person. The elitism disappeared, and its absence served me well for the rest of my life. It was one of life's big lessons in

terms of not taking oneself too seriously.

Z: That was a reference experience.

F: Absolutely.

Z: Any other reflections or recollections?

F: Oh, yes. I can tell you one other thing. I was there with my then wife. I was sitting next to her at the time that he led her into trance, such

that her body bent over slightly, and at one point he turned to me and he said, "Can you look at yourself and how you're sitting"? It turned out that I was absolutely imitating the position that she was in. And I said, "Wow. I wonder how that happened." He said, "Well, I can see that you care about her and you're invested in her, and so you accompanied her on this journey." I said, "Wow."

Z: That's a reference experience about mirror neurons.

F: Absolutely

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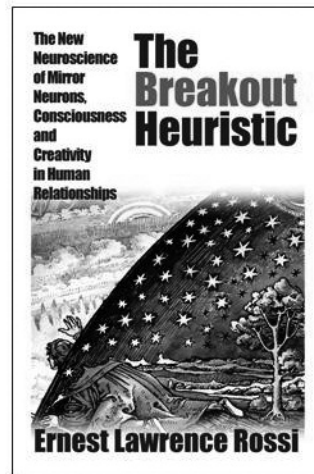
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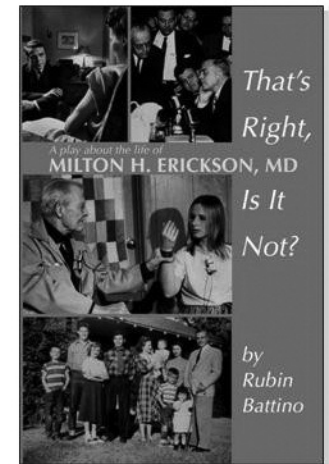
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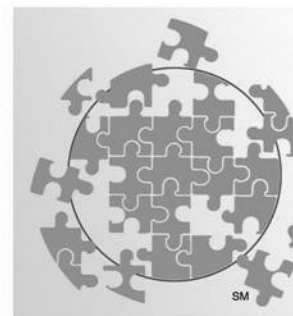
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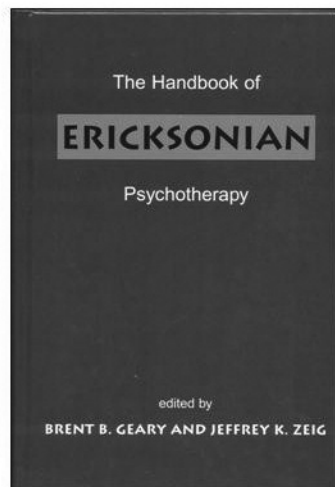
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INTRODUCING THE INSTITUTES

The Milton Hyland Erickson Institute of Brasilia

Interviewed by Marilia Baker, MSW

www.mericksonbsb.com.br

Email: mneubern@hotmail.com

The Milton Hyland Erickson Institute of Brasilia was established in 2005 by Mauricio Neubern, Ph.D., Lilian Borges Zeig, MA, and Eduardo Reis Penido, Lic. Psyc., Board of Directors. To attain their cherished dream of creating an Erickson Institute in the heartland capital of Brazil, its founders counted on the support, collaboration, applied knowledge, and approaches of like-minded colleagues, among them Angela Cota (MHEI Belo Horizonte); Joao Fachinetti (MHEI Maceio'); Teresa Robles (Centro Ericksoniano de Mexico), and most particularly that of Jeffrey Zeig (MHE Foundation). The Institute also acknowledges the inspiration and professional friendship of psychologists, Valeria Brito, Andre' Monteiro, Isabel Dalla Barba, and Andre' Braga. Director-president, Neubern, emphasizes, in addition, Cuban-born Professor, Fernando Gonzalez Rey, Centro Universitario de Brasilia (UniCeub), who has been especially helpful through his profound knowledge of complexity in clinical psychology, epistemology, and the concept of *systemic complexity*. These discussions eventually led Neubern to the thought and therapeutic practice of Milton Hyland Erickson, notably a most distinguished authority on *complexity concepts* in clinical psychology in the 20th Century and beyond.

The establishment of an Erickson Institute in the political, social, and economically vital Midwestern region of Brazil opened up innovative therapeutic ways and means to provide important clinical services to the region-- services that are therapeutically effective, efficient, and humane that profoundly respect the individuality and uniqueness of the human being just as Milton Erickson desired, according to Neubern. Since October 2005, the Institute has developed and implemented several programs and



Women's group training at the Brazil Institute

services: 1) Training, consisting of 220 hours in five semesters. There are five modules: basic, intermediate, advanced, and two separate modules in supervision for psychologists wishing to attain highest clinical skills in hypnosis and Ericksonian psychotherapy; 2) Optional, open courses for health professionals wishing to attain general knowledge of Ericksonian approaches; 3) Clinical services focusing on: individual, couple and family therapy, and 4) Research and publishing, with focus on two basic areas of inquiry: a) hypnosis – its history and epistemology; and b) pain management and control. Research and articles have been published in scientific journals both in Brazil and Europe (see Institute's website). Neubern also established close connection with academia to disseminate Ericksonian approaches, eliciting interest of graduate students to research those areas. Part of the research supervision is under the orientation of two Institute alumni, psychologists, Olavo Rignon and Denise Vilella Ribeiro.

Founding Director, Lilian Borges Zeig, MA, Lic. Psych., was originally trained as a hypnotherapist by the MHE Institute of Belo Horizonte and by international faculty associated with the Erickson Foundation. She is Hypnosis and Brief Therapy Instructor at the Foundation's Intensive Training in Phoenix, and Invited Faculty of its International meetings. She represents the Brasilia Institute abroad, as director of International Training and serves as liaison with the Erickson Foundation.

She conducts workshops and seminars in many countries, among them the U.S., Brazil, Mexico, Italy, Spain, Hong Kong, Singapore, Australia, Taiwan and Canada.

Mauricio Neubern, Professor at *Centro Universitario de Brasilia* (UniCeub), earned his doctorate in Psychology from the University of Brasilia (UnB). In Brasilia his field work/practicum was under the supervision of Drs. Fatima Sudbrack and Liana Costa working mostly with the chronically mentally ill, drug addicts,



Graduates of the first training program. From left to right (Standing): M. Ester Campos, Silvia Araujo, Denise Vilella Ribeiro, Mauricio Neubern, M. Lucia, M. Rosaria Canto, Veronica Caixeta. (Sitting): Olavo Rigo, Marcia Nelia, and Atevaldo Junior.

families, and victims of domestic violence. He completed his doctoral studies at *Universite' Paris VII* where he is Associate Researcher of the *Laboratoire de Changement Social*. Under the orientation of Dr. Vincent de Gaulejac he delved into deeper layers of his interests in complexity and clinical psychology, which had been initiated with his earlier work with Prof. Gonzalez Rey, who at the time was teaching at PUC - Catholic University of Campinas, Brazil. These studies led Neubern to the *Weltanschauung*, or, the worldview and perspectives of French philoso-

pher, Edgar Morin, whose work and transdisciplinary studies, reflections and publications on epistemology and complexity (drawing from cybernetics, information theory, systems theory, psychology, and other disciplines) highly intrigued Neubern, who ultimately led him to the highly interconnected and complex worldview and the therapeutic practice of Milton Hyland Erickson, as stated above.

During his studies in France, Neubern underwent training at the MHE Institute of Paris under Dr. Hubert D'Assignies. He also was trained and influenced by Christiane Kreitlow of the Paris Institute. Neubern concludes our interview by saying that France and its thinkers, including Edgar Morin and Isabelle Stengers, were quite influential in the shaping of his professional identity. He also credits some of its distinguished clinicians as T. Melchior and F. Roustang. Last, but not least, Mauricio Neubern is to be credited with a considerable body of work, with numerous published articles in scientific journals and the book: (2004) *Complexidade e Psicologia Clinica* (Complexity and Clinical Psychology). Plano Editora: Brasilia. He has been hard at work on another book, on hypnosis and subjectivity, *Hipnose e Subjetividade: Magnetizadores, Hipnotistas e Terapeutas*, Diamante Editorial: Belo Horizonte. He has been researching a third area of his interest, *Psychotherapy and Religion*, drawing from the pioneer work of Milton Erickson's distinguished students, Drs. David Akstein and Madeleine Richeport-Haley.

This Institute appears to be the only one among the current 135 institutes in the world to have included Erickson's full middle name: *Hyland*. According to Neubern the inclusion of Dr. Erickson's middle name was not intentional, but serendipitous. The cultural norm in Brazil is for individuals – men and women – to enumerate their full names and surnames. Thus, upon learning from colleague Cristina Cota, co-director of the MHEI Belo Horizonte of how much Dr. Erickson prized his middle name, most especially because of its ancestral meanings on his mother's side, Neubern was exceedingly pleased with his choice! For further information, please see the Institute's website: www.mericksonbsb.com.br

INTERNATIONAL COMMUNITY

The European Society of Hypnosis Congress

By Wilma Trasarti Sponti, *Societa' Italiana Milton Erickson (SIME)*

The 11th Congress of the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine (ESH) was held in Vienna, Austria, September 17 – 21, 2008 at the Medical University of Vienna. An EMDR pre-congress was held on Sept. 16. The Congress, under the auspices of ESH's 36 Constituent Societies from 17 European countries, had the patronage of the Lord Mayor of the City of Vienna; the Town Councillor of Health and Social Affairs; the Rector and Vice-Rector of the Vienna Medical University; the Director of the Vienna University Hospital (AKH); and the Vice-President of the Vienna Chamber of Physicians.

The support and interest of these many distinguished institutions, the proficient planning by ESH and its President, Mhairi McKenna, as well as the skillful professional organization by Drs. Henriette Walter and Marianne Martin of the Vienna committee, all of whom had been hard at work since the last ESH Congress in Gozo, Malta (2003, ensured its success. The excellent outcome of the meeting both from a scientific and social networking point of view, with exquisite Vienna culture and charm, was their reward.

Vienna represented a renewed occasion, which started in Malmo, Sweden in 1978, for a friendly exchange of knowledge, practice and science from Europe as well as from Israel, Turkey, USA, Mexico, Brazil, and Japan thus showing the increased interest of the international scientific and professional community towards hypnosis and its current evolutionary stage.

There were 200 presentations including Keynote, Invited Lectures, and Symposia. The themes of keynote presentations defined the main flow of the Congress. They ranged from "Demonstration Keynote" by Jeffrey Zeig emphasizing utilization of expressive arts, poetry, drama in hypnotherapy; to "Plasticity changes in the brain in hypnosis and meditation" by Ulrike Halsband; from "Resolving a family feud: The classical-modern controversy of hypnosis revisited" by Walter Bongartz to "Is it useful to induce a trance state? A hypnotherapist's view on recent neuroimaging data" by Burkhard Peter. There were 140 workshops ranging from two to eight hours in length, thus confirming the idea that knowledge and practice are synergistic, and that nothing that is worthwhile to learn can be taught, it must be experienced.

The flow of Congress and the shared feeling among the professionals attending was that Neurosciences, the utilization of brain imaging, such as PET, and the clinical applications of new mind-body paradigms reinforce consideration of hypnosis within the scientific world. It brings into evidence how hypnosis might be well utilized in the neurological medical field both in curative medicine and in wellness medicine. Also discussed were the applications of hypnosis in the fields of teaching, learning and communication. New initiatives and research in these fields might be the new frontier for hypnosis. The fact that the subject of the forthcoming ISH Congress in September 2009 in Rome, Italy will be devoted to Neurosciences and Hypnosis confirms the importance of this trend. (See: www.hypnosis.it).

A second theme emerging was that of connections between the quantum paradigm, hypnosis, and spiritual intelligence, which allow individuals to go on a new understanding of their world, a search so important in this period of uncertainty and new frontiers of the mind. The metaphor of the "unconscious" utilized in hypnosis within a systemic thinking transformed the dyad into a triad: the subject, the hypnotist and the "unconscious." The great importance of the unconscious metaphor is now being increased by neuroscientists' research on Mirror Neurons connecting hypnotic rapport and empathy. It is fascinating how future studies might enlarge knowledge of classic hypnotic phenomena and enable us to have lucid dreams! A third flow of the Congress was the revisited debate between classical and new hypnosis, which together with main flow of experiential hypnosis, allowed Faculty members and participants to take advantage of

The flow of Congress and the shared feeling among the professionals attending was that Neurosciences, the utilization of brain imaging, such as PET, and the clinical applications of new mind-body paradigms reinforce consideration of hypnosis within the scientific world.

the many clinical developments.

Topics at the conference included: Ericksonian hypnotherapy in depression; conversion disorders; eating disorders; pain control; alcohol addiction; smoking habits; research on interactional attunement of subject and hypnotherapist; issues in teaching hypnosis; training in sports with hypnotherapy; dental hypnosis; medical utilization of hypnosis for psychosomatic disorders; the birth process and hypnosis; women's empowerment and hypnotherapy; trauma and hypnosis conjoint with EMDR; hypnotherapy in ADHD for children and adults; and Ego State Therapy, biofeedback. The overall sentiment of the Congress themes was that of great excitement and innovation in our field.

World renowned, distinguished hypnotherapist, Peter Bloom, MD was honored by Mhairi McKenna with membership in ESH, and closing remarks were by Matthias Mende, new President of ESH on "Hypnosis: State-of-the-Art and Perspectives for the 21st Century."

The next ESH Congress will be held in Glasgow, Scotland in 2011. For further information: www.esh-hypnosis.eu

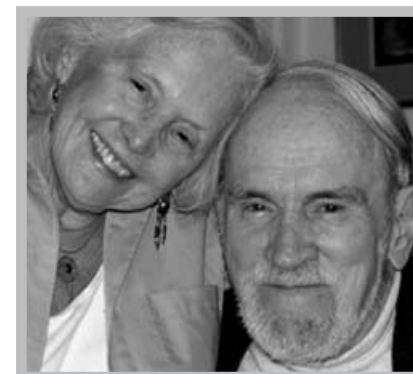
IN MEMORIAM

On September 17, 2008, with the passing of James Bugental, the field of psychotherapy lost the presence of a stellar contributor. A leader of the Humanistic-Existential approach, he championed the "I-Thou" relationship as a central context of change.

Dr. Bugental was co-faculty for a clinical presentation with Rollo May at the 1985 Evolution of Psychotherapy Conference, and served on the Evolution Conference primary faculty in 1990, 1995 and 2000. He was a great friend of the Erickson Foundation.

It was my privilege to publish Jim's last book, *Psychotherapy Isn't What You Think*, www.zeitucker.com. It is about engagement—how to attend to the living moment that makes psychotherapy meaningfully come alive.

Jim was an inviting, amiable person; his demeanor was inspiring and healing. Visiting with him in any context, you knew that the porch light was on, and someone was home. Few



Elizabeth and James Bugental

people could be as present as Jim Bugental

Born December 25, 1915, Jim is survived by his loving wife, Elizabeth. Our deepest condolences to Elizabeth and members of the Bugental family

Jeffrey K. Zeig, Ph.D.

Director

The Milton Erickson Foundation

C O N T R I B U T O R O F N O T E

**JEANNINE
ELDER**

By Sharon McLaughlin, MA

The Milton H. Erickson Foundation is renowned for its incomparable conferences in the field of psychotherapy. The Brief Therapy Conferences, International Congresses on Ericksonian Hypnosis and Psychotherapy, The Couples Conferences and the unparalleled Evolution of Psychotherapy Conferences, all of which provide attendees with unsurpassed learning experiences, and earn the Foundation unending accolades. Behind the scenes of these events are a surprisingly small number of dedicated and diligent employees. One goal of the Milton H. Erickson Foundation *Newsletter* has been to introduce these hard working people who collectively provide a seamless experience for thousands of professionals each year. In this issue, we are highlighting Jeannine Elder, Programs Manager, Faculty Coordinator and Institutes Coordinator.

Inarguably, a key component to any Erickson Foundation conference is the amazing faculty. Foundation Director, Jeffrey K. Zeig Ph.D., is always able to assemble. Charged with the coordination of invited faculty, Elder is responsible for gathering profile information on presenters, presentation topics, and organizing the information before setting the program with Dr. Zeig so brochures can be designed and marketing can begin.

Elder's first position at the Foundation was in 1990, as part-time temporary help during the Evolution of Psychotherapy Conference, which she describes as, "A stunning meeting; there were so many talented presenters, including the unforgettable keynote by Victor Frankl!" Elder was intrigued, and when offered a full-time position as Faculty Coordinator in 1992, she gladly accepted the challenge. The position was a perfect opportunity to use both her teaching degree in high school education and her post-graduate degree in business to help the Foundation. She describes



the experience as important to her growth as a professional and as a person.

Jeannine explained, "I've been exposed to so many outstanding people in the field of psychotherapy. My interest flourished as I began reading and experiencing their work. It has been important for me to gain new outlooks, as well as a growing awareness of the many ways of looking at things; it opens so many new worlds to me."

One world that has opened to Jeannine Elder is not simply metaphorical. It is her other hat at the Foundation as the Institutes Coordinator. There are now 135 Milton H. Erickson Institutes and Societies internationally. As part of this job, Jeannine communicates with people from nearly every continent. She describes her responsibilities as being the Institutes' "go-to" person at the Foundation. She reviews applications for licensure, ensuring all materials are assembled for presentation to the board of directors, and sends out agreements to the institutes when they are accepted. Her satisfaction comes from recognizing the institutes' importance in disseminating world wide the work of Dr. Erickson, and the development of Ericksonian psychotherapy.

Jeannine consistently cites the favorite part of her job is her contact with people. That includes her coworkers as well as the public. "What the public generally doesn't

One goal of the Milton H. Erickson Foundation Newsletter has been to introduce these hard working people who collectively provide a seamless experience for thousands of professionals each year.

know," describes Elder, "is that in addition to the many other activities of the Foundation, we are usually preparing for up to four conferences at a time, all in different phases of development. Susan Velasco, Business Manager (see Newsletter Vol. 25 Issue 1), and I are managing details years before a conference takes place. Inge Glee and Chuck Lakin, Marketing Department; Samuel Urcuyo, Webmaster; Karen Haviley, Newsletter Production, Volunteer Coordinator; Jennifer Simmons, Administrative Assistant, AV & Press Sales; with the able assis-

stance of Matthew Braman and Rachel Shipwash; all work synergistically to ensure that for any final product, every detail has been addressed."

"One of our biggest projects right now is the upcoming Evolution of Psychotherapy Conference in Anaheim, December 2009, which promises to be another monumental event, with classics in the field, and maybe some surprises."

If you get the opportunity, be sure to stop by the Erickson desk at the Brief Therapy Conference this December and say hello to Jeannine.

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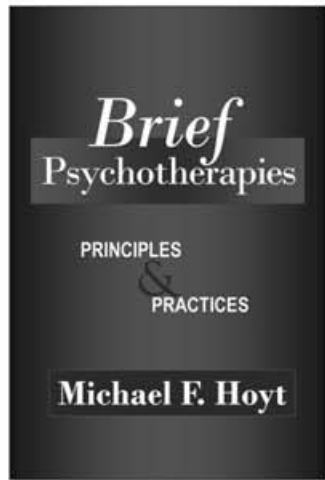
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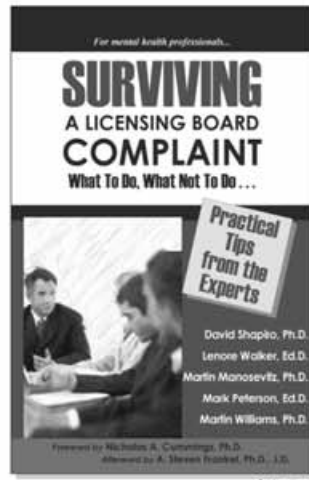
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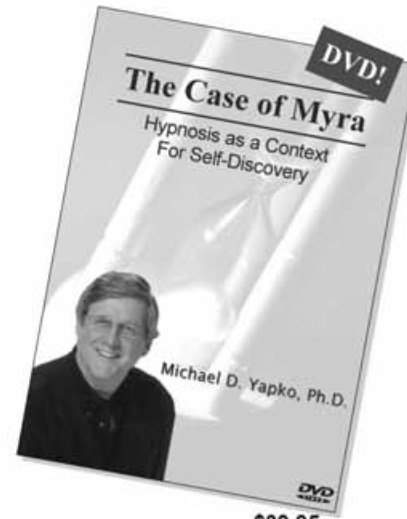
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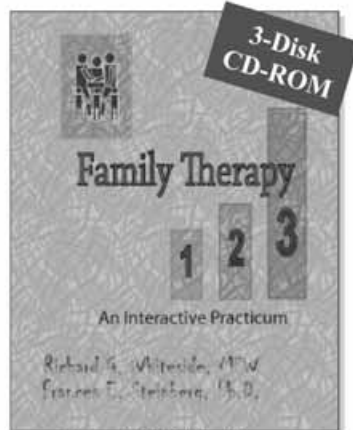
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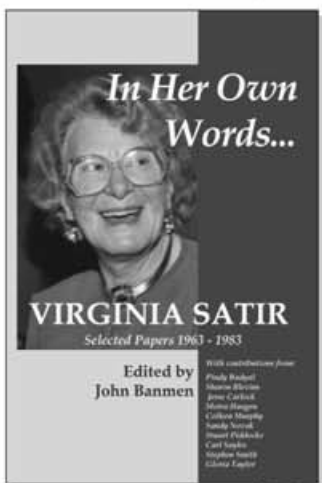


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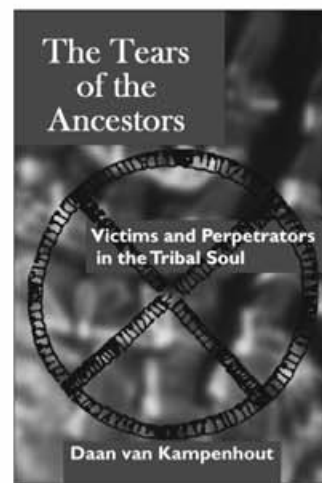
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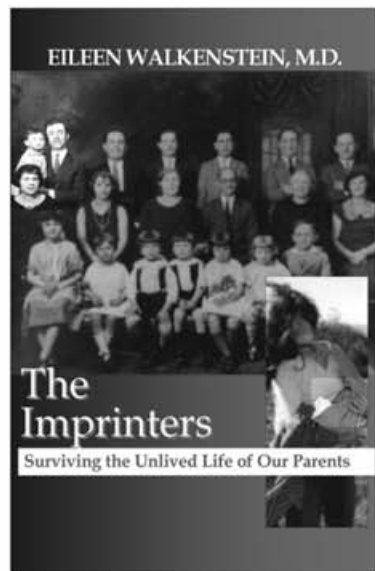
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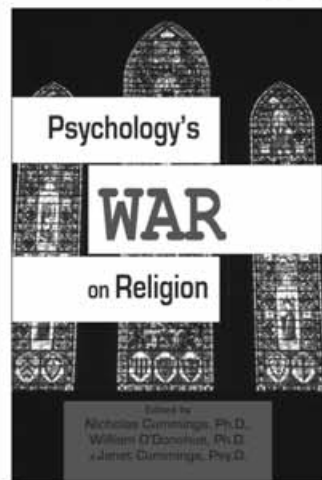


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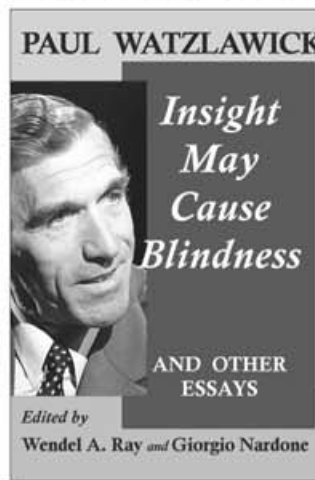


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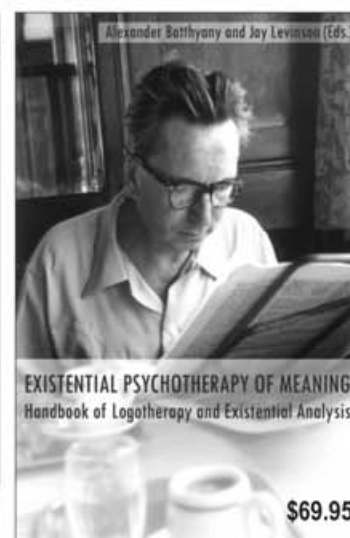
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THEORETICAL FRAMEWORKS

BACK TO THE FUTURE

Milton Erickson, MD started a revolution early in his career, emphasizing the strength of the unconscious, and potentiating each patient's own innate ability to overcome what may have seemed like insurmountable obstacles. His wisdom set the pace for what we now appreciate as integrative medicine. His insight preceded the development and use of CT, MRI, PET scans. Recent scientific studies have validated what Erickson knew intuitively, that with the added benefit of unconscious process through hypnosis and therapy, the body and mind have great capacity to heal when balanced and strengthened in the context of a healing relationship with others. Ericksonian therapy may very well be synonymous with integrative medicine.

It is important to safeguard our society and profession against the drift away from the fundamental premise that the body, mind and spirit are primary forces in healing and recovery. In this day of increased stress and toxic exposure, there may be a tendency to rely on medication for symptoms relief, taking us further away from natural healing to solve the root cause of our problems. Integrative medicine focuses on restoring the balance of the mind, body and spirit naturally (though not exclusively) by determining what may be lacking for the person. This includes increasing hope and trust as well as essential molecular elements such as nutrients, vitamins, anti-oxidants and hormones. Integrative medicine is not just about restoration; it is also about elimination of those elements that may be toxic to our body and soul. These elements can range from internal and environmental factors such as dysfunctional cognitions and relationships as well as molecular factor such as heavy metals including mercury, lead, cadmium, and aluminum, all of which can have harmful and detrimental effects on our vascular and neurological systems.

We have learned a great deal about neurotransmitters and the biological role the endocrine system

plays in brain. What we are learning now is a little like "Back to the Future." In short, we've come to understand that the development of neurotransmitters is a biological process driven by a gut-brain pathway; that essential nutrients help form an optimal balance of neurotransmitters; and that overproduction of one or more neurotransmitters causes an inhibitory effects on our endocrine system. We also are learning that the application of basic biological principles of fundamental care can restore health, vitality, and quality of life. When psychotherapy and medicine focus on basic principles such as improving cognitive function, nurturing relationships, developing of our spiritual life, and judicious use of nutrients, we can balance our neurotransmitters organically.

Doctors who practice integrative medicine are pioneers, in the same manner Erickson did when he began to develop what we now appreciate as Ericksonian psychotherapy and hypnosis. His foresight and dedication to the belief of the inherent potential power that lies within each individual is a driving force in Ericksonian integrative medicine. Integrative medi-

It is important to safeguard our society and profession against the drift away from the fundamental premise that the body, mind and spirit are primary forces in healing and recovery.

cine straddles the fence between traditional and natural approaches to healing, using medication when necessary, while remaining sensitive to the organic potency of the individual.

Gary Ruelas, D.O., Ph.D.
Medical Director
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UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2008		
12/11-14	The Brief Therapy Conference: Lasting Solutions / San Diego, Calif. / Invited Faculty (Pre-Conference 12/10 and Post-Conference 12/15)	1.
2009		
1/15-18	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Jeffrey K. Zeig, Ph.D.	2.
1/28-29	International NLP Congress – Communication Methods for Coaches / Rio de Janeiro, Brazil / Zeig, Invited Faculty	3.
2/16-20	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent B. Geary, Ph.D., Stephen Lankton, MSW, DAHB, Jeffrey K. Zeig, Ph.D., and Invited Presenters	1.
2/23-27	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	1.
2/19-22	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Minneapolis, MN / Zeig	4.
3/13-15	Supervision Training in Ericksonian Hypnosis / Guadalajara, Mexico / Zeig	5.
3/16 - 4/1	Trance Possession and Ritual / Bali, Indonesia / Betty Alice Erickson, LPC, MFT, Eric Greenleaf, PhD	6.
4/8-15	Comprehensive Training in Ericksonian Clinical Hypnotherapy - Master Class / Singapore / Zeig	7.
4/17-20	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Hong Kong, China / Zeig	8.
4/23-26	Fundamentals of Ericksonian Hypnotherapy – Level I / Dallas, Texas / Betty Alice Erickson, MS, LPC, LMFT, Deborah Beckman, MS, LPC, Will Handy, LCSW, and Special Guest Faculty	9.
5/1 – 5/3	Couples Conference: Love & Intimacy / San Diego, CA / Invited Presenters	1.
5/11-15	Ericksonian Therapy / Istanbul, Turkey / Zeig	10.
5/16-17	Experiential Methods for Ericksonian Therapy / Rome, Italy / Zeig	11.
5/23-24	Advanced Hypnotherapy / Madrid, Spain / Zeig	12.
6/12-14	Supervision Training in Ericksonian Hypnosis / Guadalajara, Mexico / Zeig	5.
7/30-8/3	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	2.
7/13-17	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	1.
7/20-24	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	1.
7/27-31	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	1.
7/23-26	Intermediate Skills in Ericksonian Hypnotherapy – Level II / Dallas, Texas / Erickson, Beckman, Handy, and Special Guest Faculty	9.
10/22-25*	Advanced Ericksonian Hypnotherapy – Level III / Dallas, Texas / Erickson, Beckman, Handy, and Special Guest Faculty *Dates Subject to Change	9.
12/9-13	The Evolution of Psychotherapy Conference / Anaheim, Calif. / Invited Faculty	1.

Contact Information:

1. The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016 6500; Tel, 602/956-6196; Fax, 602/956-0519; E-mail, office@erickson-foundation.org ; Web, www.erickson-foundation.org
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10. Email, tamerdvc@yahoo.com
11. Camillo Lorio, M.D. / Email, c.lorio@agora.it
12. Teresa Garcia Sanchez / Email, teresagarcia.chi@gmail.com

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 2009 Spring Issue (mailed April) is February 1, 2009. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact the Erickson Foundation at 602/956-6196; mhreg@aol.com



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CONFERENCE NOTES

Space is still available! The *Brief Therapy Conference: Lasting Solutions*, December 11-14, 2008, at the Town and Country Resort and Convention Center, San Diego, California. The Conference is sponsored by The Milton H. Erickson Foundation, Inc., and Co-sponsored by University of San Diego, Counseling Program, School of Leadership and Education Sciences. The Conference offers a Pre-Conference Law and Ethics Workshop on Wednesday, December 10, and a Post-Conference Brief Therapy Master Class Training on Monday, December 15. The Conference consists of workshops, interactive events, short courses, Fundamental Hypnosis Workshops, and keynote addresses.

Presenters at the 2008 meeting include: Andreas, Beck, Carlson, Dilts, Gilligan, Goulding, Hardy, Hayes, Karpman, Kaslow, Kottler, Lankton, Levine, Miller, Naranjo, Norcross, O'Hanlon, Padesky, Plster, Prochaska, Rossi, Selekman, Spring, Weiner-Davis, Wilson, Yapko, and Zeig. Keynotes will be given by Borysenko, Burns, Cummings, Houston, and Terr.

Visit the Conference web site to view the full program, list of presenters and presentations, download the complete brochure, make your hotel reservations, view onsite registration procedures (time and location)! www.BriefTherapyConference.com

For further information contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org

Satir's Legacy: 20 Years Later and Beyond, a two-week intensive training sponsored by The Virginia Satir Global Network (formerly Avanta) and Science and Behavior Books, will be held February 6-20, 2009, at The Haven Institute on Gabriola Island, B.C., Canada. All proceeds to benefit The Virginia Satir Global Network, Inc. The training is offered by three internationally acclaimed trainers and authors who trained extensively with Virginia Satir: John Banmen, Maria Gomori, and Jean McClendon. Space is limited to 90 participants. For complete information contact reginaragan@mac.com or visit their Web Site: <http://haven.ca/db/a.courseDetail/id.221> . Online registration also is available.

Psychotherapy Networker will hold the Symposium 2009, *Seizing the Day: Therapy and the Art of Engagement*, is being held March 26-29, 2009, at the Omni Shoreham Hotel in Washington, D.C. Information is forthcoming. Contact information: Psychotherapy Networker, 5135 MacArthur Boulevard N.W., Washington, D.C. 20016 ; Tel, (202) 537-8950 ; Toll Free: (888) 408-2452 ; Fax, (202) 537-6869; Email, info@psychnetworker.org ; Web, www.PsychotherapyNetworker.com

Love & Intimacy: The Couples Conference, sponsored by The Milton H. Erickson Foundation, Inc., with organizational assistance provided by The Couples Institute (Menlo Park, CA), will be held May 1-3, 2009, at the Town & Country Resort and Conference Center, San Diego, California. A Law and Ethics Pre-Conference with Steven Frankel will be offered. Faculty include Bader, Dattilio, Gottman, Love, Madanes, Perel, Real, Solomon, Abrahms Spring, and Zeig.

The complete brochure, Online registration, continuing education information, faculty bios and hotel accommodation is available on the Conference web site: www.CouplesConference.com . To receive a brochure by mail contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org

The International Society of Hypnosis (ISH) will hold the XVIII International Congress, *Hypnosis and Neuroscience: Clinical implications of the new mind-body paradigms*, September 22-27, 2009, in Rome, Italy. Pre-Congress workshops (September 22-23) includes practical work with the Congress faculty; the Scientific Program (September 24-27) includes Keynotes, Invited Lectures-Addresses-Seminars, Symposia, Dialogues, Panels and Papers. The Congress is sponsored by Societa' Italiana di Ipnosi and Societa' Italiana Milton Erickson. For complete information contact Societa' Italiana di Ipnosi

Via Tagliamento 25 - 00198 Roma, Italy; Tel and Fax, +39.06.8548205; E-Mail, ipnosii@tin.it ; Web, www.hypnosis.it

Call for Papers: To present a Paper in the Scientific Program please submit a 20-lines abstract together with your completed Registration Form by December 15, 2008.

The sixth *Evolution of Psychotherapy Conference* will be held December 9-13, 2009, in Anaheim, California. Due to popular demand the *Evolution of Psychotherapy Conference* has been moved from 2010 to 2009! The Conference is sponsored by The Milton H. Erickson Foundation, Inc. Primary Faculty include: Albert Bandura, David Barlow, Eugene Gendlin, William Glasser, John & Julie Gottman, Mary Goulding, Otto Kernberg, James Hillman, Jean Houston, Marsha Linehan, Cloé Madanes, James Masterson, Donald Meichenbaum, Salvador Minuchin, Ernest Rossi, Erving Polster, Martin Seligman, Francine Shapiro, Thomas Szasz, and Jeffrey Zeig. Invited Faculty include: Judith Beck, Claudia Black, David Burns, Nicholas & Janet Cummings, Robert Dilts, Steven Hayes, Harville Hendrix, Bessel van der Kolk, Harriet Lerner, Scott Miller, Christine Padesky, Mary Pipher, Daniel Siegel, Derald Wing Sue.

Keynote Speakers will include: Philip Zimbardo, Aaron Beck (tentative), and Irvin Yalom. The Evolution Conference offers a Featured Presentation by Andrew Weil. More faculty to be included!

Visit the Conference web site: www.evolutionofpsychotherapy.com for more information in the coming weeks. **Special Offer for Newsletter Readers** — register at the lowest rates that will be available for this meeting! Use the registration form on page 5 to register at the reduced rate before January 15, 2009.

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BOOK REVIEW

Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders, Couples Therapy and Personal Growth

By David S. Shannahoff-Khalsa

W. W. Norton & Company
2006

369 pages

ISBN 13: 978-00-303-70475-4

Kundalini Yoga Meditation presents an ancient meditational method and shows how to apply it to psychiatric problems and marriage therapy. The author has devoted many years to the scientific research of Kundalini Yoga as well as being a practitioner himself under his guru, Yogi Bhajan. Shannahoff-Khalsa offers a yoga-based approach that uses the breathing methods from Kundalini Yoga to alter the physiological correlates of mental illness.

This book has a twofold aim: to provide traditional methods that therapists can use with patients while also showing the scientific basis for this ancient method. Part I describes the rationale and assumptions. Ancient yoga concepts of nasal cycles that are due to states of activation of the ida and pingala channels are correlated with physiological states. Nadis are astral tubes carrying energy through the body, somewhat comparable to the qi meridians in Chinese healing. The ida and pingala are two of the most important yogic nadis. They activate or deactivate certain physiological states by how the airflow goes through the nostrils. As the yin-yang theory would predict, the nasal cycles are related to the body in opposites. One example is how the nasal cycles correlate with the opposite hemisphere during waking and sleeping. In this way, control of energy through breathing using these meditational methods can be directed to specific body mechanisms for healing particular disorders.

Part II covers psychiatric disorders. Included are anxiety syndromes, unipolar and bipolar disorders, addictions and impulse control problems, sleep disorders, chronic fatigue syndrome, attention deficit hyperactivity and co-morbid disorders, and abuse. Each chapter includes a discussion of the problem where the author gives a good overview of the components of each problem. References to real cases help bring the descriptions to life. Next, the author presents an overview of conventional therapies, mainly pharmacology and CBT. Throughout the book he argues cogently why he thinks traditional treatment methods often fall short and how his method can make a difference.

The treatment section of each chapter offers a systematic description of techniques. The author suggests that the detailed instructions should be taken as prescriptions to be followed exactly. The techniques are arranged in specific protocols that should be presented to the patient in the order they are given. The final sections offer numerous case histories that vividly portray the treatment in action.

Part III guides in using these techniques with individuals, groups, and couples. The suggestions for how to integrate the methods into practice are given as numbered "rules of thumb." For example, the author suggests that therapists perform the protocols along with the patient. The appendices list the treatment protocols, and present some further research.

Research has consistently shown that when the non-specific factors of faith, hope, and trust are combined with a specific therapeutic rationale, psychotherapy works better. The author clearly invokes these powerful forces. This book offers a well-described and carefully researched alternative technique for the open-minded professional and client who have personal involvement in yoga. We recommend this book as a welcome addition to the literature.

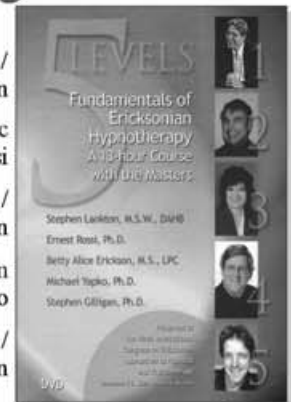
Reviewed by

C. Alexander Simpkins, Ph.D. & Annelen M. Simpkins, Ph.D.
San Diego, CA

Getting the fundamentals is as easy as

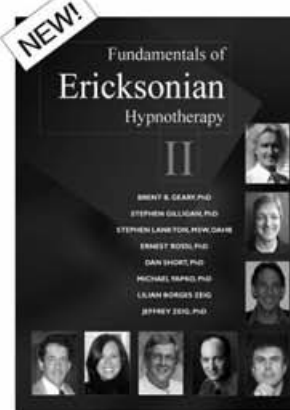
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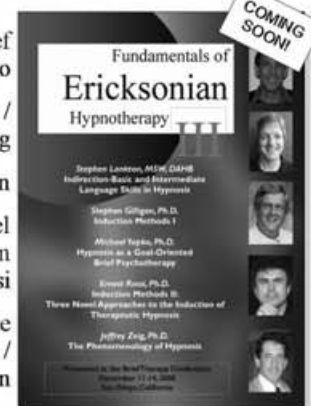
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B O O K R E V I E W

The Neurobehavioral and Social-Emotional Development of Infants and Children

With DVD

By Ed Tronick, Ph.D.

Published by W.W. Norton & Company

New York and London

Copyright 2007

ISBN: 13:978-0-393-70517-1

571 pages

The Neurobehavioral and Social-Emotional Development of Infants and Children is written by Ed Tronick, a prominent leader in child development and infant psychology. Tronick is a proponent of the idea that adults are self-regulating systems, and he extends the idea of self-regulation to infants. He presents his theory of the Mutual Regulation Model (MRM) of infant-adult interaction in an attempt to understand the socio-emotional and regulatory processes that generate relationships such as those between mothers and their infants, or therapists and their patients. Specifically, this model holds that infants and their caregivers are a part of a dyadic communicative system in which both the infant and the adult mutually regulate each other as well as their environment by communicating and responding to intentions. Tronick explains this theory using various contexts and perspectives, and he discusses its influence on the developmental process of infants into normal, social adults.

Thirty-six chapters are divided into five parts. Each part deals with an important aspect of infant and child development relating to the MRM. Part I, "Neurobehavior," introduces basic infant neural development, micro-regulation, and homeostasis. Slight deviations from normal conditions can drastically affect infant behavior and development. Part II, "Culture," analyzes both social and

non-social cultures (e.g. Gusii, Efe, and Kung) and how their practices affect social interactions and communication. Part III, "Infant Social-Emotional Interaction," describes normal mother-infant emotional communicatory interactions and infant capacities for coping with stressful situations based on the MRM. It also addresses the mutual interactions between mothers and their infants as well as the relationship between infant expressions and interactions. Part IV, "Perturbation: Natural and Experimental," discusses abnormal and problematic interactions that are no longer mutually regulated. Such types of interactions can occur on either side of the relationship and can include depression, lack of maternal sensitivity, or mismatched communication. Ultimately, a failure to interact normally leads to deficits in infant development and social behavior. Part V, "Dyadic Expansion of Consciousness and Meaning-Making," explores the main idea behind Tronick's model: each individual is a self-organizing system; when two individuals come together in an interaction, complex states of shared meanings and relationship qualities become co-created.

The accompanying DVD consists of two MPEG movie files: (1) "Neonatal Assessment of the Substance Exposed Infant" discusses the application of the behavioral assessment scale; (2) "Tronick's Still-face in Infants and Toddlers" presents his experiment in a laboratory setting. Like decorative flowers on a cake, the DVD supplement is not essential, but is a nice addition.

Overall, this book and DVD set is a great collection of Tronick's theoretical and applied implementations of the MRM. As a student researcher working with infant subjects in the Cognitive Development Laboratory at UCSD, this book is extremely insightful as to the inconspicuous complexities of infant behavior and neurobehavior as well as to the cultural, social, and emotional effects on infants in their daily interactions and development. I found Part III to be particularly interesting due to its relevance to my current studies that involve observing normal interactions between mothers and their infants. Tronick truly shows that babies are more complex than we think. Highly technical and well-organized, Tronick's influential writings come together to form a coherent, illuminating whole. I would recommend this book to anyone interested in infant development.

Reviewed by

R. Joanne Jao, Student/Researcher, UCSD
San Diego, CA

B O O K R E V I E W

My Father Before Me: How Fathers and Sons Influence Each Other Throughout Their Lives

By Michael J. Diamond

Published by W.W. Norton and Company

New York and London

ISBN -13:978-0-393-06060-7

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My Father before Me is fresh and new, containing insights that go beyond the territorial aspects of psychoanalytic theory. Michael Diamond, who is both a psychologist and psychoanalyst, writes so well that jargon doesn't get in the way of the wealth of insights he brings about how parents and children influence each other throughout their lives. Focusing especially on fathers and sons, he makes a compelling argument for the reciprocity of this process. Diamond has a writing style that invites making connections and just feels right. He makes it easy for you to identify with the stories he tells from his practice that are chosen to illustrate human points of contact that show mutual interplay between fathers and sons during different times of life. The stories he tells about himself, his father, and his son are so self-revealing that you both like him and simultaneously realize you are learning from him.

Diamond's self-revealing way of teaching is both engaging and confronting

in gentle ways that invite and encourage the reader to feel connected and realize timeless truths. Especially endearing are the stories of how his son taught him to be a parent. They allow the reader, to identify and yet not feel criticized for learning through the trials and tribulations of life, whether as a child or parent. I found the stories so powerful and engaging that not only did I connect with the stories personally, but they also caused me to see similar ones happening when I least expected it. Driving along in my neighborhood, I noticed a young father and son riding together on their bikes. The boy was on his tricycle, going up a small hill. The grade was a little too steep for the boy, and so he and the bike began a backward decent. His father anticipated the process. He stopped and quickly shot out a hand to grab the handlebars, helping his son up the grade. You could almost feel the pride and sense of safety the young boy must have felt as he and his father continued on their journey. Both were learning in that moment. Diamond's book encouraged me to notice such things, and I am grateful.

Diamond shows the reader how emerging into fatherhood changes men. The many life-stages of fatherhood can become either an adventure or a stumbling block. Diamond displays these stages in the life of both father and son in engaging examples. He describes how a father is "born" when his first child is born, and then moves through various stages of childhood and young parenthood. He shows how eventually father and son become man to man and then finally to a reversing of roles later in life. The book is one I will recommend not just for the insights but also for the engaging orientation to life.

Reviewed by

John D. Lentz D. Min.
Shepherdsville, KY

The Gift of Therapy
A Conversation with
Irvin Yalom, M.D.

DVD
 2006
 60 minutes

www.Psychotherapy.net

This DVD is an interview by R.C. Wyatt, Ph.D., with Irvin Yalom, M.D., and centers on the book entitled *The Gift of Therapy* published in 2003. It comes with an instructor's manual that contains a transcript of the interview.

The interview is in eight segments: Inspirations; Throw-ins; The Existential and Interpersonal Focus; Fellow Travellers; The Here-And-Now; Therapist Self-Disclosure; The Meaning of Life; and Keeping Therapy Alive. Early in the interview it was suggested that Yalom would be talking about the various "throw-ins" that he has found are significant in sessions. A "throw-in" is something

that the therapist says casually which has little significance to the therapist, but which the client carries away with him/her as being of great significance in their life. (This is reminiscent of follow-up studies where what the client and the therapist recall as being significant in a session are completely different! Does this mean you should not be so careful about what you say?)

Yalom has a preference for an interpersonal focus, and finds that groups are the perfect arena for this focus. He sees clients as fellow travellers, letting the patient know they matter, saying things like, "I was thinking about you during the week." He works in the here-and-now. With respect to interpersonal relations he likes the motto of "strike when the iron is cold" rather than when emotions are high.

Yalom characterizes three types of self-disclosure: about the mechanisms of therapy; about the here-and-now and his experiences of it; and

With respect to interpersonal relations he likes the motto of "strike when the iron is cold" rather than when emotions are high.

about personal life. He does a great deal of self-disclosure in all three categories.

Yalom believes that personal therapy is important because clinicians have to keep learning about themselves. He has avoided burnout by not seeing a great number of clients, and taking time out between sessions. In terms of keeping therapy alive he said, "... It's almost like there is some kind of systematic destruction of the field of psychotherapy that, of course, is being driven by this economically

based machine of managed care. ... The biggest concern I have of all is where the next generation of therapists are going to be trained because psychiatric residency programs have just about given up for the most part teaching psychotherapy."

I enjoyed "meeting" Irvin Yalom, M.D., and you will, too.

Reviewed by
 Rubin Battino, MS
 Yellow Springs, OH

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BOOK REVIEW

Genograms: Assessment and Intervention

Third Edition

By Monica McGoldrick, Randy Gerson,
& Sueli Petry

W. W. Norton & Company
2008

ISBN 13: 978-0-393-70509-6
380 pages

Genograms: Assessment and Intervention offers an informative and comprehensive guide for mapping family systems. A Genogram is a graphical method that maps onto a chart at least three generations of family interactions. It uses symbols to specify multiple details of the family system. Genograms go well beyond the obvious births, deaths, marriages and children seen in the usual generational tree. They also include ways to diagram subtle nuances of relationships, different types of marriages, and various forms of mental illness. These are just samplings of the many fine grain distinctions that can be charted then followed.

Genograms are based in the assumption that the family is the fundamental unit, organized within a biological, legal, cultural, and emotional structure that spans many generations. No one exists in a vacuum: An individual's problem reflects the family system's adaptations to its total context at a particular time. The diagram of the family context can reveal a great deal of helpful information for psychotherapy.

This book guides readers in the theory and assumptions of genograms, and instructs them in how to create one. It offers specific questions that clinicians can incorporate for performing a genogram interview. Using many famous families as examples, the book shows how to track family patterns through time.

Once the genogram has been created, it can be interpreted, and the book offers guidance in how to do so. Genograms may reveal intergenerational behaviors that are passed down from generation to generation. For

example, a mother who was angry with her older brother for telling her what to do, accused her son of being bossy with his sister, leading to accusations and problems that were actually family-system projections. Genograms are read for patterns of balance and imbalance in family structure, roles, functioning, and resources and can help therapist make accurate assessments and interpretations of symptoms.

The chapter on clinical uses presents many ways that genograms have been incorporated into therapy, such as to engage the family in the process and to aid in reframing. The chapter also offers advice on how to deal with resistance that sometimes arises when touching on some of the sensitive topics a genogram interview may elicit.

The family play genogram is a special exercise where family members use miniature people, animals, and objects to create new combined narratives based on what they have heard about each other. This exercise can introduce metaphor, humor, and creativity into the session. Genograms have recently been used as a research tool, and the book describes some work that has been done and points to the research potentials for the future.

Genograms: Assessment and Intervention is a well-written and helpful guide. An added bonus is the in-depth genograms of famous families including Clinton, Bush, Fonda/Turner, Gandhi, Einstein, and Kennedy, along with families of interest to therapists such as Freud, Adler, and Bateson. These genograms add a revealing peak into inner dynamics at work. They also serve as a helpful how-to guide. We highly recommend this book for all who would like to supplement their practice with this valuable therapeutic tool.

Reviewed by

C. Alexander Simpkins, Ph.D. &
Annellen M. Simpkins, Ph.D.
San Diego, California

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Impact Therapy and Ericksonian Hypnosis

By Danie Beaulieu, Ph.D.

1C07-DVD5

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The Tenth International Congress on
Hypnosis and Psychotherapy

2007

Available from The Milton H.
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Danie Beaulieu begins this DVD in her charming French Canadian accent with a story about Erickson that illustrates a powerful point and shows him using experiences to evoke a trance-like response in his clients. Throughout the DVD Beaulieu uses her charisma, personal stories, everyday objects, and her powerful way of connecting with clients to demonstrate Impact Therapy and its connections to Ericksonian Hypnosis. She makes a very plausible argument and demonstrates how to use Impact Therapy to create experiences that have a trance-like quality.

Beaulieu states that using a device like an object to represent the problem places the problem outside of the person, allows for an awareness of resources, and gives a personal experience of control of the problem. The message is the experience. "We want to talk to the experience," she says. She illustrates how any kind of experience, using any type of props can be the ticket to the unconscious. She demonstrates how to talk to the body.

Beaulieu points out three phases. The first is to introduce trance by utilizing some prop to symbolize the problem. Second, is to seed the experience and add some spice by implying positive associations, while noticing strengths along the way. Third is about the closing, with post-hypnotic induction through association. The person will see the problem again, and they will also see the common prop again, which serves as a conscious and unconscious reminder of what has worked in this demonstration.

*Getting to past problems
and future successes
simply by implication and
references to the book,
makes the process
easy and powerful.*

The first demonstration of this technique uses a book as a prop. The book symbolizes the woman's life. By asking the volunteer to open the book to illustrate where she is currently in her life, Beaulieu begins the process. She weaves thoughtful questions, personal comments, and guided suggestions into the interchange. Getting to past problems and future successes simply by implication and references to the book, makes the process easy and powerful. Using the book as a prop, Beaulieu expertly helps the volunteer to make a significant change that will be reinforced in the future with books. Yet, all the while she never invoked so much detail that the volunteer was anything but comfortable and encouraged. There were so many hypnotic devices used in this interchange that it would be fun to deconstruct them!

Beaulieu is so gifted that she makes the process seem easy. The impact of Impact Therapy is a lasting one. More than years ago, I remember Beaulieu demonstrating the effectiveness of this approach. I can still see her using paper plates and styrofoam cups effectively and with lasting impact. What I remember even more powerfully is how enthusiastic others were who saw the demonstration. Not only was it doable, it was something that sparked creativity. The current DVD does the same thing by showing how ordinary objects can be employed to engage the client's imagination and focus of attention. Clearly, Beaulieu has much expertise in hypnosis and uses it while she makes simple-looking experiences come alive with power to elicit lasting change.

Reviewed by
John D. Lentz D.Min
Shepherdsville, KY

Negotiating Conflict: Leadership in Times of Crisis

Anthony Robbins & Cloe Madanes

Robbins Madanes Center for Strategic Intervention

Lessons in Mastery
Inner Strength Series

Full color 113 min 2004

Available at www.tonyrobbins.com and www.amazon.com

Wow! Tony Robbins and Cloe Madanes created an excellent tool for teaching leadership skills, conflict resolution, and crisis management. This is a useful DVD for all sorts of reasons. Just from watching Robbins in action, therapists can learn from the techniques and the confidence he expresses so naturally. Supervisors will welcome how useful the teaching aspects are, while folks wanting to make a personal change can appreciate how easily it invites personal decisions and inner change.

This seminar was originally scheduled to be a regular leadership mastery experience with people from more than 39 countries who wanted to learn how to be better leaders. It became something else when the twin towers in New York were attacked, September 11, 2001. Some of the participants had lost loved ones and had businesses destroyed by the terrorist attacks. Their emotions were high. Several participants were Muslim and from countries that were not sympathetic to the tragedy. Instead of canceling the conference, Robbins offered participants a real way to deal with their conflicts. He guided folks who were there in dealing with the conflicts they felt: Both conflicts between them and conflicts within. In doing so, Robbins showed his mastery and willingness to be creative in the moment.

Madanes offered just the right amount of explanation of Robbins' choices. She anticipated the viewer's questions and answered them so that you feel as if she really considered the viewer. What is even more amazing is that she did this for the wide variety of reasons that people would watch the DVD.

At first, some people might think, "Oh, yuck, another anything about September 11." Wonderfully, this DVD isn't morbid at all. While the powerful emotions of people who lost loved ones in the attack are memorable and instructive, it isn't the focus of the program. Robbins demonstrated how to be a leader in times of crisis, as well as ways to manage and negotiate conflict for effective resolution. After initially getting everyone on the same page by learning about their own responses, he eventually selected a New York Jew with ties to Israel and a Palestinian Muslim, to represent the conflict for everyone. Taking them through steps of indirect negotiating to a resolution, he masterfully demonstrated how we can positively change by utilizing underused parts of ourselves and dealing with the internal conflicts that are already there.

Robbins believes that our response to conflict or crises is a customary one. Expanding how we view ourselves as well as the world can alter this response simply and easily. He demonstrated this in front of 2,000 participants, skillfully working with a young woman who lost her fiancée in the attack. Robbins compassionately and strategically helped her, not only with the grief, but also with an issue she previously had. It was masterfully done, and is an emotional experience for those watching.

Overall, the DVD is done well and was well received by my students who commented that they were impressed with Robbins and Madanes. I can easily recommend this DVD for clinicians and all those interested in learning about the process of change. .

Reviewed by
John D. Lentz, D. Min
Shepherdsville, KY

D V D R E V I E W

THE JOURNEY

By Zerka Moreno

Recorded at the 1985 Evolution of
Psychotherapy Conference

THE MILTON H. ERICKSON
FOUNDATION

December 13, 1985

Available from The Milton H.
Erickson Foundation, Inc.

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The Journey by Zerka Moreno can help therapists learn and understand the uses of psychodrama and the importance of role reversal. As Moreno states, in the past, counselors let the person describe a problem, using their life perceptions. The purpose of using psychodrama is to alter typical roles by taking the essence of the problem and making a scene out of it.

Most of the teaching occurs through demonstration with a volunteer named Lori, a 25-year-old woman who lives with her husband, Barron, age 24. She is asked to create a family structure using members from the audience.

Moreno begins by saying, "We are relationship therapists," and encourages Lori to act out the role of her husband. This technique is referred to as role reversal. The reversal of the self promotes distancing from the problem. Then the subject can represent the problem as well as experience sensory memories of others. As Moreno says, "During childhood, senses are very important; they tell you the story." This reminded me of Erickson's teaching about our first learning experiences.

People become stuck in their problem. Sometimes they need to step outside, and a good way to do this is by utilizing this technique of role reversal, which is helpful for getting deeper information about the client. By saying, "we are more alike than different," the therapist also normal-

izes behaviors that could be considered pathologic and emphasizes that things repeat themselves. We learn how these techniques can help people work with things that may happen, have happened, or may never occur. "We mingle 'as if' with reality," Moreno states. This juxtaposition makes therapy possible.

Lori decides to work with her relationship with her father. She is allowed to choose whether she wants to work using an empty chair or a member of the audience. She chooses a member of the audience. Now the therapy begins. Lori experiences catharsis and tells her father, "I am angry with you for teaching me to be such a good girl". To my view, this statement summarizes the root of her emotional pain. Here, Moreno immediately gives confirmation to her by getting closer to her and touching her head.

One thing that I found interesting was how Moreno invited other members of the audience to participate. For example, a woman helped to establish a new identity for Lori as the "bad girl."

This demonstration is full of drama and changes; for example Moreno asks Lori to modify her position several times. Once, the subject sits next to her father (a volunteer). She is encouraged to talk about her needs and comes to recognize how the role of father can be complicated. At the end, Moreno gives Lori (and the audience, I am sure) great advice, "Go home and do this." After reviewing this DVD, I followed Moreno's advice and found myself imagining saying thank you to Alberto Escalante, my father for the things he taught me, even though he passed away in 1989.

This DVD is both delightful and illustrative. I really recommend it.

Reviewed by
Maria Escalante de Smith, M.A.
Cedar Rapids, Iowa

INTERVIEW

continued from page 1

Wednesdays.

Z: We've relied on you heavily, and you've been a wonderful friend to the Erickson Foundation. You've been teaching the ethics courses for us for quite some time now – six or seven years. And I have attended those ethics courses repeatedly Every time I attend I learn more. Sometimes I have feelings of abject terror, but most of the time, fascination. What is the essential message that you're trying to teach students about professional ethics?

F: Well, the first message is directly about something that you just said which is to try to lower their anxiety level and lighten up, because mental health professionals are actually relatively blessed in the world of bad things that happen to professionals regarding misdeeds of one sort or another. Relative to the number of therapy professionals, the actual number of us who run into board actions and lawsuits is relatively low.

I can speak personally. I'll give you reference data. I carry as much malpractice as I can. As a psychologist, I've never had an action brought against me, thank the forces that be, and I pay about \$1,200.00 a year for my malpractice insurance. I carry as much malpractice insurance as a lawyer as I can. I've been practicing almost 12 yrs and I've never had an action against me, and I also pay \$1,200.00, except it's \$1,200.00 a month.

Z: Wow!

F: So, that tells you two things: It tells you that lawyers get sued a lot more than psychologists do. And it also tells you that the cost of damages that aggrieved clients receives in lawsuits against lawyers are much higher than against psychologists.

Z: So, you want to lessen anxiety, but you don't want people to be lax.

F: Correct. It's trying to let people know where the dangers are, where the risks are, how easy it is to manage risks. But the fact is that risks have to be managed.

Z: And the essential message for managing risks?

F: Pay attention to boundaries, is the first message. Therapists absolutely have to be aware of boundaries, because the major complaint against therapists in general concern

boundary issues. It's important to keep aware of boundaries, pretty much all the time.

Z: Second to boundaries, what's most important?

F: I think being too nice – being overly nice. We wind up promising things like, "I'll stay working with you forever" and "Don't worry, I'm not going to abandon you," and "I'm not going to dump you." We disclose things that we shouldn't disclose because we're nice, and we want to give people a sense that we're human, too. But, we need a no-good-deed-goes-unpunished mantra to keep beating in the background of our minds.

Z: So, stay clear about professional boundaries, and know how the boundaries are written into the ethical codes for your specific profession?

F: That's right.

Z: Okay. Now, being practitioners of hypnosis--and many of the readers of the newsletter are practitioners of hypnosis--what are the special ethical issues in regard to hypnosis, and also in regard to Ericksonian strategic practice?

F: There are three sets of issues that impact Ericksonian-oriented clinicians, a club of which I am proud to be a member.

The first set has to do with those who treat families with kids in them. The legal and regulatory system has generally moved in the direction of tightening regulation over the years to a point where we are safer if we refer to the children in a family or a child in a family as "the patient" and make the parents "collaterals." By doing that, parents can't sue us for themselves. We protect ourselves from what are called "third-party lawsuits."

Z: How does one do that? Is there something in the records that has to be indicated?

F: Yeah. There is. In fact, I can give you a free public website where you can go, and your readers can go, and evaluate and download and print out an informed consent form for collaterals in treatment. It's www.apait.org. It's the American Psychological Association Insurance Trust. You don't have to be a psychologist to go there. You don't have to be a member of APAIT to go there. It's free and public. Go to the website and click on "resources" and "downloads." You'll see a bunch of informed consent forms in terms of

See INTERVIEW on next page

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treatment; informed consent for child treatment; and to be a coach, among others. Among the downloadable consents is the informed consent to collaterals. It explains what collaterals are; what rights they have and don't have; and what expectations they have for confidentiality.

Z: That's very important for family therapists. What else? What are the second and third issues in regard to Ericksonian and hypnotic practice?

F: The second issue is the way that our informed consent documents look and read. One of the problems that we have – you actually personally know very well, because you wrote about it in a thoughtful and elegant way (See the Zeig chapter on informed consent in *Confluence*, www.zeigtucker.com) – is the whole issue of informed consent. Informed consent is supposed to have five elements:

The first is to tell people what you think is wrong--what's going on--what you perceive to be the problem.

The second is what you propose to do about it and the nature and purpose of what you propose to do.

The third is what other viable options there are besides the one you proposed. Fourth, You are supposed to include the upsides and downsides and the benefits and risks of what you propose; what the other options exist; and fifth, what the likelihood is of what would happen without any treatment at all.

Some of those things get in the way of working in the kind of indirect paradoxical ways that we work. We've been influenced by Dr. Erickson. Sometimes telling people what we're going to do and how we're going to do it may make it hard to actually accomplish those things. Any kind of indirect involvement, or misdirection, can be difficult to explain in an informed consent form. So I'll show you how I do it.

I will tell you what my informed consent form includes. This actually came from my wife, who observed me struggling with this issue for years. My wife is a child and adolescent psychiatrist and she very much appreciates these dilemmas. She said, "I know what you should do. You should put in your informed consent that there may be sometimes that I'll trick you, or I will try to trick you,

into doing better." I put exactly those words in my informed consent form. My friend and colleague at USC, Jerry Davison, who is a wise and experienced cognitive behavior therapy type, actually graced me with the knowledge that there is research that shows the paradoxical interventions are effective and empirically supported. So I say in my informed consent, in addition to whatever else I'm going to be doing, "There may be times where I will try to trick you into doing better. These are called 'indirect or paradoxical interventions' and they have empirical support within the field of mental health."

Z: Is that release available to people?

F: I would be more than happy to zap a copy to you.

Z: You bet. [We'll post it on the Erickson Foundation site.](#)

F: Okay.

Z: The third thing?

F: The third thing has to do with hypnosis. As you know, probably better than I do, hypnosis has a checkered career in the world of mental health because it has been bandied around by people with different political aspirations and different worldviews. There are complex issues that arise with people who do hypnosis. One issue is to always make sure that one gets an informed consent to hypnosis, if one is going to do formal hypnosis. If one is going to do an indirect talking-through kind of Ericksonian interventions, then the kind of informed consent I just described would work just fine.

If I was going to do formal hypnotic inductions, informed consent to hypnosis is really going to be important. A section of that has to include whatever the relevant jurisdiction concerns are about the implications for hypnotically derived testimony.

Now, speaking as both a psychologist and an attorney, in cases where people are treated with hypnosis, some States will not allow testimony that's emerged from hypnotically induced circumstance as admissible testimony in court. Some allow it and some won't. The rule varies State by State.

So, practitioners who do hypnosis in a formal way, with an induction and so on, need to not only have an informed consent, but the informed consent really has to have an admonition about possible legal complications if they get involved in any kind

of legal involvement. The fact that they've had hypnotic treatment is going to be a potential problem of one sort or another and patients need to know that going on.

Clinicians who do the kind of hypnosis that sometimes the police force uses to try and refresh memory--to try to access information--they need know that that will be dependent on the jurisdiction and it's potentially highly problematic.

Z: And where is a release like that available?

F: There are some available online. I think I have one or two or three versions of releases like that in my computer, which I can send to you for your review.

Z: That's great. Then we'll post those.

F: So, those are the three areas: Making the child the patient even though one is doing family therapy as a way of protecting against third-party lawsuits; issues of indirect or paradoxical interventions and informed consent; and the issue of formal hypnosis and its implications for the legal arena.

Z: And if a patient came and wanted hypnosis to stop smoking and that would have no relevance to any future testimony, you still would advise a signed release for doing formal hypnosis?

F: Absolutely, because what gets us into trouble are things that we didn't contemplate and could wind up coming back to bite us. For example, if somebody does an hypnotic session with somebody who wants to stop smoking or wants to be a better tennis player or something like that, and something untoward happens in that patient's life in some way and they say, "You know, it all started when I had this hypnotic session." The next thing you know, you've got a legal problem on your hands. It's always a good idea to get the informed consent signed.

Z: Anything else about note taking or record keeping that you would recommend that would be especially relevant to people practicing hypnosis and strategic therapy?

F: Well, I think you begin with the fact that notes have to be taken. It's very rare anymore that you can be in a jurisdiction where no notes are

allowed. Some records have to be done.

Both my psychological and legal mind say that notes need not be very detailed. They need to be terse. They need to be able to communicate what you did and why you did it. If you are thinking of new things, what kinds of things you think of.

But I think what we used to call "process notes" are legally risky. Those are the type of notes that are information about the dynamic forces involved and this is how they play out. I'd rather be on a witness stand and be accused of writing too little than writing too much, because attorneys are well-trained "borderlines" to the degree that if they don't bring that proclivity to law school, then they're trained to find some kernel of hideous truth and blow it up until there's no other room for anything else. So, it is best to write fewer words because each word that one writes is an opportunity for a borderline-trained attorney to do a twisting-and-turning number about it.

Z: Okay, now if we wanted more information, more reading or to access your website, what would you recommend for future home study?

F: Well, I have currently a six-hour law ethics course on my website. It's a video. It's not a downloadable paper. It is video, so you can get it either by streaming or you can get it on a CD or a DVD. I've just recorded a brand new one that includes some of the issues that we've just talked about today, and some related issues about making physical contact with patients. That will be up and posted by the end of October of 2008. So, there will be a full 12-hrs worth of video training available, all approved by the American Psychological Association and in the various States for continuing education credits.

Z: Fantastic.

I really appreciate what a great friend you've been to the Erickson Foundation and we're looking forward to seeing you in December at the Brief Therapy Conference. We look forward to learning more about professional ethics from you. Thank you so much.

F: Thank you, Jeff.



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