



The Milton H. Erickson Foundation NEWSLETTER

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SUMMER 2010

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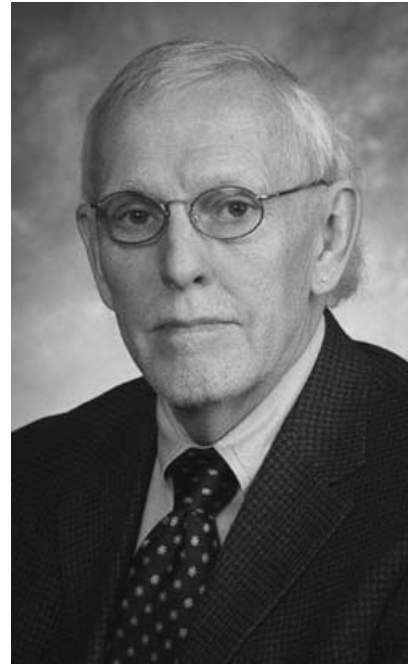
INTERVIEW

Jon Carlson, Psy.D., Ed.D

By Dan Short, Ph.D.

Jon Carlson, Psy.D., Ed.D is Distinguished Professor of Psychology and Counseling at Governors State University, University Park, Illinois and a Psychologist with the Lake Geneva Wellness Clinic in Lake Geneva, Wisconsin. Jon is the author of nearly 50 books and 150 journal articles. He is the developer of 250 training videos featuring leading experts in the fields of psychotherapy, family therapy, brief therapy, substance abuse, parenting, and couples education. Dr. Carlson has received distinguished services awards from the American Psychological Association, the American Counseling Association, the International Association of Marriage and Family Counselors, and the North American Society of Adlerian Psychology.

(Dan Short) You were named one of five living legends in counseling at



the American Counseling Association (ACA) 2004 Conference. Other recipients included Albert Ellis, William Glasser, John Krumboltz and Patricia Arredondo. How were these five names picked? On what was the final determination based?

(Jon Carlson) This award and program was initiated by ACA president, Mark Pope. He was interested in recognizing the living spokespeople of the major theories in the counseling profession. Each of the recipients has left a legacy to the counseling profession. My contributions were in the areas of Adlerian psychology as well as family therapy. I had served as the Founding Editor of *The Family Journal* for thirteen years and the editor of the *Journal of Individual Psychology* for seventeen years. I also believe I was being honored for the creation of 250 professional training videos that are being used around the world in psychology, counseling, and social work training programs.

(DS) As a Professor of Psychology and Counseling do you find that these are two distinct fields of study and application? If so, what is the main difference between counseling and clinical psychology?

(JC) I once believed they were two distinct fields. Clinical psychology focused more on working with people whom had mental illness and psy-

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BRIEF THERAPY CONFERENCE: LASTING SOLUTIONS

December 9-12, 2010 – Orlando, Florida

www.BriefTherapyConference.com

The *Brief Therapy Conference: Lasting Solutions* will be held December 9-12, 2010 (Thurs-Sun), at the Hilton Walt Disney World® Resort in Orlando, Fla. The Conference is sponsored by The Milton H. Erickson Foundation, Inc. A Pre-Conference *Law and Ethics Workshop* will be held on Wednesday, December 8, with a Post-Conference *Brief Therapy Master Class* on Monday, December 13, 2010. The Conference consists of workshops, interactive events, short courses and keynote addresses.

Presenters for the 2010 meeting include: Steve Andreas, Ellyn Bader, Jon Carlson, Robert Dilts, Stephen Gilligan, Kenneth Hardy, Jeffrey Kottler, Pat Love, Lynn Lyons, Scott Miller, John Norcross, Bill O'Hanlon, Esther Perel, Maggie Phillips, James Prochaska, Wendel Ray, Ernest Rossi, Casey Truffo, Michele Weiner-Davis, Reid Wilson, Michael Yapko, and Jeffrey Zeig. Keynotes will be given by Judith

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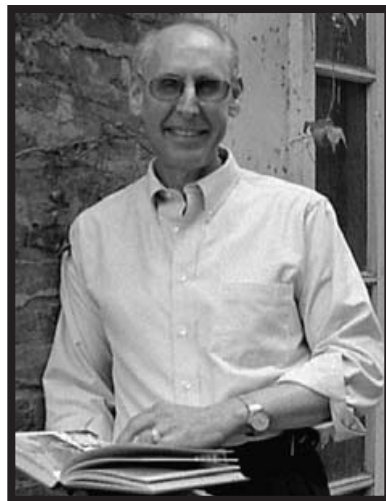
Scott Miller, one of the many experts presenting at this year's *Brief Therapy: Lasting Solutions* Conference in December, is fond of pointing out that the greatest impact in therapy comes from the nature of the connections within and between the therapist and the client. To that end, this issue is dedicated to the many forms of connections including those of our amazing family of contributors.

It is good to have Dan Short, my predecessor as editor, back in the Newsletter. His *Featured Interview* of Jon Carlson, another signature presenter at the Brief Therapy Conference, is an excellent example of a lifetime of making connections among, and within, some of the great practitioners and their concepts in psychology. There are very few clinicians who have packed as much achievement and contributions in the four decades that Carlson has.

Our *Case Reports* editor, Eric Greenleaf presents us with an excellent case study by Ron Soderquist; *OCD, Chopin, and Hypnosis*. I love single-session interventions-- clean and a wonderful example of utilization. Greenleaf's commentary at the end is concise and insightful as always.

Kudos to Marilia Baker for an excellent presentation for the *Introducing the Institutes*: The Japan Erickson Club. Baker approaches her international colleagues with an awe-inspiring combination of sensitivity and respect that allows her to bridge cultural borders. This is an amazing article. I highly recommend that you take your time when reading it.

John Lentz is one of our constant beacons at the Newsletter. In his *In the Spirit of Therapy* column, he asks Cloé Madanes to give a highly personal expansion on the workshop she gave at the Evolution of Psychotherapy Conference about spirituality. The interview brings out the multifaceted and deeply human nature of Madanes. Later, he brings his warm and personal perspective in his book reviews of Joseph Tramontana's *Hypnotically Enhanced Treatment for Addiction*, and Alexander and Annellen Simpkins' brilliant *The Dao of Neuroscience*, and a DVD review of Steve Andreas' *Limiting Beliefs about Money and Utilizing Positive Motivation*. Finally, he gets a bit of a rest in his review of *The*



Ultimate Power Nap for Rapid Rest and Renewal by Carol Ginandes. Lentz's enthusiasm is highly contagious. His presentation at the Brief Therapy Conference should be equally compelling.

In addition to their being the review editors for the Newsletter, writing books, conducting therapy, teaching meditation, hypnosis, and martial arts, Alexander and Annellen Simpkins have provided an excellent review of Sue Johnson's *The Hold Me Tight Training Program*, a real *tour d'force*.

Another supporting pillar of the Newsletter is Ruben Battino. As a nationally recognized chemist, playwright, and psychotherapist, his contributions to the Newsletter bring a unique perspective to his reviews. In this issue, Battino poignantly reviews Irving Yalom's book, *Staring at the Sun / Overcoming the Terror of Death*. He further demonstrates his versatility in his review of The Zerka T. Moreno Series *Psychodrama, Sociometry* and Ruth Cohn Bolletino's book *Beyond and How to Talk with Family Caregivers About Cancer*. Battino then revisits the VHS/DVD of *Milton H. Erickson, M.D. Explorer in Hypnosis and Therapy* created by Jay Haley and Madeleine Richeport-Haley. Truly a milestone in the genre.

I have enjoyed working with Maria Escalante de Smith for as long as I have been the executive editor. Because she has such a wide and varied background of knowledge, we have been able to count on her no matter what the topic. In this issue she reviews *Expanding Your World: Modeling the Structure of Experience* by David Gordon and Graham Dawes. It is a fasci-

nating approach to brief therapies and the process fits exceptionally well with the presentation that Escalante de Smith will be offering at the Brief Therapy Conference. In her second review, Escalante de Smith presents Diane Marsh's and Melissa Mark's important book *How to Talk to Families About Child and Adolescent Mental Illness*.

Michael J. Grusenmeyer, M.D. brings his expertise as an emergency physician and a family physician to the Newsletter. His extensive training in hypnosis makes him the perfect person to have reviewed Bill O'Hanlon's CD, *Beside Yourself with Comfort: Hypnotic Help for Chronic or Acute Pain Relief*. Grusenmeyer's clinical background is demonstrated in his review of *Clinical Pearls of Wisdom: 21 Leading Therapists Offer Their Key Insights* (Michael Kerman, editor). A fascinating read.

And finally, it is always a pleasure when Betty Alice Erickson revisits the Newsletter. She has a delightful way of seeing things from her unique perspective. This is evident in her review of *Michael D. Yapko's book, Depression is Contagious*.

And these are just some of the most visible of our Newsletter family. It would take too long to describe all of the other contributors from around the globe and wonderful people that operate behind the scenes to make it all happen. And, I am hoping that we all get to connect in person with you at the *Brief Therapy: Lasting Solutions Conference* in December in Orlando, Florida. Your feedback is important and the connection with you keeps the tradition alive.

Rick Landis
Orange, California

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Correction: The article titled, "Ericksonian Attendance Was High at 18th International Society of Hypnosis Conference" was written by Albina Tomalonis, Ph.D. You can find this informative article in the spring 2010 issue.

The Milton H. Erickson Foundation NEWSLETTER

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REGISTRATION FORM ON PAGE 5

INTRODUCING THE INSTITUTES

The Japan Erickson Club

By Marilia Baker

The Japan Erickson Club was officially established in 1993. Its foundational history goes back many years before that date, through the pioneer work of many interested and dedicated Japanese professionals. Originally, the honorable psychologist, Gosaku Naruse, Ph.D., who is still an active professor at 86 years of age, visited Milton H. Erickson in Arizona. Coming back to Japan, he began teaching about Dr. Erickson to his students. Dr. Naruse's ideas and activities also had long been influential and innovative – thus, the two great minds found each other, having had considerable influence upon many generations of Japanese physicians and psychologists. Two other influential professionals at the time: Drs. Noboru Takaishi and Izuru Shibata also met with Erickson, and likewise enthusiastically disseminated Ericksonian approaches throughout Japan.

An earlier organization, *The Japanese Association of Brief Psychotherapy* was established in 1991 by young psychologists, mostly in their early 30s, with the mission of disseminating the different methodologies and approaches under the umbrella of Brief Psychotherapy. These professionals also were familiar with Erickson's work as well with the work of Jay Haley, Jeffrey Zeig, Bill O'Hanlon and others.

Clinical psychologist Masako Kitamura, founding member of the Board of Directors and previous president of the Japan Erickson Club, described how one of Dr. Naruse's students, Keiichi Miyata, translated Jeffrey Zeig's *A Teaching Seminar with Milton H. Erickson*, which was then published in 1984. The Japanese translation of Jay Haley's *Ordeal Therapy: Unusual Ways to Change Behavior* was published in 1988.

These books, and others, exerted great influence upon several members of the Japan Erickson Club: Toshio Mori, one of its founders, learned of Erickson through those books and directly from Keiichi Miyata, who had studied Strategic Therapy with Jay



Naomichi MORIBAYASHI (Med. Dr.), Jiro OTAWA (Clinical Psychologist), Masako KITAMURA (Clinical Psychologist), Brent Geary (Foundation Chief Trainer), Yoshiyuki NAKANO (President, Med. Dr.), Hisashi NAKASHIMA (Med. Dr.), Hideo TSUGAWA (Clinical Psychologist, University)

Haley and Cloé Madanes at the *Family Therapy Institute* in Washington, D.C. in the 1980s.

The current president, Yoshiyuki Nakano, MD also first learned of Erickson through those seminal books. In addition, Dr. Nakano and Hideo Tsugawa attended the Intensives Training in Phoenix with Jeff Zeig and Brent Geary in the early 1990s. Five of the current Board members: Masako Kitamura, Clinical Psychologist; Hisashi Nakashima, MD; Hideo Tsugawa, Clinical Psychologist, University Professor; Naomichi Moribayashi, MD, General Manager, and Jiro Otawa, Clinical Psychologist also first learned of Milton Erickson's approaches through the above mentioned books. They all were equally enthusiastic and greatly captivated by its ideas. As Kitamura describes:

"Unanimously, we were astonished with Erickson's innovative and surprisingly free-thinking ideas and techniques. Nakano believed Milton's thoughts to be innovative, original, and unique. We became so enthusiastic to learn the efficient therapy theories and methods that offer effective clinical services, and yet which were so free from the traditional bounds of psychotherapy". Thus, in their circles in Japan, "the brief psychotherapies

which Milton H. Erickson started are welcomed, and understood by all that they must be learned, and must be disseminated widely."

Current president Nakano says "The best, to me, is the concept of *Utilization*. This idea – utilization – is wonderful. It is so freeing. It invites us to make our observational skills so sharp and so sure; we are moved by Erickson's deep trust and confidence in man's unconscious mind and its power to make things right. The goal is not to change something into something else, but *utilize* things - trusting the unconscious so positively".

Ms. Kitamura continues, describing the history of brief psychotherapy and Ericksonian hypnosis in Japan. She informs me that in 1992 Bill O'Hanlon and Mateo Selvini came to Japan to give their first workshops in Tokyo. Jeff Zeig also came in September 1993 to present his first workshop at Tokyo University. Shortly after, the Japan Erickson Club was officially founded. "Our first four-day long Training Intensive was presented by Brent Geary, Ph.D. in 1994 at Hakone National Gardens, a resort area famous for its hot springs. These Intensives mark the true beginning of the enduring relationship between the Milton H. Erickson Foundation and the Japan Er-

ickson Club" explains Masako Kitamura, who is representing in this interview the unanimous voice of their Board of Directors.

A vignette about the origins of the Japan Erickson Club is charmingly described by our interviewee, Ms. Kitamura, who, according to Brent Geary, has had a pivotal and enduring role in its success as an organization, Intensives Coordinator at the Erickson Foundation in Phoenix. Geary also emphasizes the important role performed by "translators Akiko Kikuchi and Tomoko Osawa, both psychologists, who are superb with English, which makes the workshops much more understandable for participants". Kitamura continues: "Our senior colleagues, Keiichi Miyata, Toshio Mori and Yoshiyuki Nakano, wanted to start official study circles to make Erickson's superb lifework widely known in Japan. Miyata and Mori were pondering about starting one in Niigata and Tokyo, which are considered East Japan, while Nakano was thinking of Okayama, in West Japan. Soon, Nakano started translating Jeff Zeig's *Experiencing Erickson: An Introduction to the Man and his Work* while Mori was translating O'Hanlon's *Taproots*.

Consequently, Kitamura was "pleasantly shocked with all these good readings, deeply convinced that these precious educational opportunities should be offered to other professionals and students immediately." She also proposed to carry out herself all the office business works, including designing the Club's brochure. Simultaneously, she wrote to Jay Haley back in the United States and asked permission to translate and publish his works on the *Contributions to Therapy by Milton H. Erickson, MD*. "Haley generously gave such permission to the Club, so the Japanese publication came off press in July 1992," continued Kitamura.

During its first ten years, the Japan Erickson Club offered training in all modalities of Brief Therapy, not only Hypnosis, including the MRI approaches, solution-focused therapies, systemic therapies, and family therapies. However, since *The Japanese Association of Brief Psychotherapy* has

See JAPAN on page 10

OCD, Chopin, and Hypnosis

By Ron Soderquist, MFT,
Family Therapist and Medical Hypnotist
Los Angeles, California

Anxious parents called, each in turn, about their 17 year-old daughter Bev, who for the past six months had obsessively washed her hands three to four hours a day. Both parents reported they had “tried everything,” including counseling and drugs. They were so desperate they were now exploring hypnosis, about which they were skeptical. Somewhat worn down by their forceful skepticism, I said to the anxious mother, “Look, because you are desperate and because you worry that once again you will be throwing money away, I will offer you a complimentary consultation. I will evaluate your daughter’s symptoms and only schedule a therapy session if I believe I can help her.” With this assurance, she made an appointment.

As the family members settled into their chairs at our first meeting, they all appeared relaxed. They communicated with ease, and there were no overtones of hostility. Turning to the girl, I asked about her school and extracurricular activities. She immediately replied, “I have studied piano for many years and enjoy it very much.” I myself play both classical and ragtime piano, so this was a natural opening for building rapport between us.

When I asked about her favorite composer, she quickly said, “Chopin.” Because Chopin is also my favorite, we were now in perfect sync. We agreed we both loved Chopin’s Nocturnes and we both had played most of them. I asked about her favorite and she hummed the melody. I said, “When I practice a nocturne in the evening I often can hear that melody in my head all next day,” and she nodded in agreement. “You can hear that melody right now, can’t you?” I said. She smiled and slipped into a nice little trance. As she did so, I ventured, “Perhaps, when you get the urge to wash your hands, you might enjoy turning on that nocturne instead.” I observed her trance deepen as she considered this, and then she nodded her head and said quietly and confidently, “I can do that.”

After some further rehearsal, and talk about other matters, I concluded

When the patient is the expert and the therapist is himself, lasting hypnotic therapy can be both brief and effective.

the session. I didn’t suggest another session. The mother wondered, “Do we need to make an appointment for Bev?” I looked at Bev as I said, “Perhaps she has already found a solution,” and Bev nodded her head.

A week later the mother called to say Bev was doing fine. I might have held back and scheduled a regular appointment with a fee. But I just couldn’t help myself. It was too much fun just to do it. And while there was no fee, I did get a good story, and the mother soon referred a friend.”

Commentary

By Eric Greenleaf, PhD

I immediately liked several aspects of this case and of Ron’s manner with the family and with his young patient. The family’s desperation motivated both Ron to take the case pro bono and the family to agree to let him try therapy with their daughter. Ron bypassed the problem [what Erickson called “drifting rapidly away”] and landed on the keyboard, where his patient could shine as a person and had the resources to address her own solution. Then, as an advanced therapist, he spoke as and of himself: “When I practice a nocturne in the evening I often can hear that melody in my head all next day,” before noting that his patient “can hear that melody right now, can’t you?” Mutual, trance experience can be both more natural and more direct than other hypnotic inductions.

Ron aptly and gently held the mother back from re-establishing the symptom, saying, “Perhaps she has already found a solution,” as indeed, with his help, she had. When the patient is the expert and the therapist is himself, lasting hypnotic therapy can be both brief and effective. I think Dr. Erickson would have been pleased with this case, would he not?”

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IN THE SPIRIT OF THERAPY

Cloé Madanes

By John D. Lentz, D.Min.

Cloé Madanes is a world renowned author, speaker and provocateur of social justice and other powerful approaches that help people better themselves. She has indelibly influenced the field of marriage and family therapy, and she has brought about many changes in attitudes in the general public that promote health. She has been featured in Newsweek, Vogue, The Washington Post, The Boston Globe, and The Washington Jewish Weekly. Her books have been translated into ten languages, and her grandson who doesn't know how she gets so much energy says with a smile, "She isn't slowing down" Madanes is also the president of The Robbins-Madanes Center for Strategic Intervention. An avid filmmaker, a free Robbins-Madanes film can be viewed at www.RMTFilms.com.

JL: In a workshop at the Evolution Conference about spirituality you were so genuine and sincere that your words brought tears to my eyes. You were talking about how a concept you developed for perpetrators was helpful for the family to promote forgiveness the family and self-forgiveness in the perpetrator.

CM: At my Institute in Maryland, we treated 72 juvenile sex offenders over a period of 15 years. We had 98% success in terms of no repeat offense with several years of follow up. This was a family therapy approach where the victim participated in the therapy together with the offender and the whole family. The method consists of 15 steps and the core concept is that certain kinds of harm that people commit against another person cause more than physical and emotional pain. A sexual attack is an attack on the spirit, on the soul of the person, and the pain is in the soul. The offender is told to get on his knees in front of the victim, in the presence of the entire family, and express his sorrow and repentance for what he did. The family must decide whether he is sincere or hypocritical. If anyone thinks he's not sincere, he has to do this over and over again. Nothing is asked of the victim. This is not about forgiveness. It's about repentance. Of course, if the victim wants to forgive, she or he can, but what is

important is the repentance of the offender. The therapist also talks about the pain in the soul of the offender himself for having committed such an act. Acts of reparation from the offender to the victim are agreed upon by the family.

JL: After you told about the method, which makes so much sense, you told about an experience you had in Israel teaching. Would you tell that story?

CM: I was lecturing in Israel about working with sex offenders. A man in the front of the room raised his hand and said that it was not applicable in Israel because Jews never kneel, not even in the temple. Then an orthodox man, dressed in black with the hat and the curls, stood up from the back of the room and, pointing to the first man said: "You are ignorant. Of course Jews kneel on the Day of Atonement. And you, he said, pointing to me, you are a plagiarist. All this is in Maimonides." "Maimo whhat?" I said. I had never heard of Maimonides. Later on he told me about Maimonides the 12th century Jewish philosopher and physician said that there is one circumstance when a man must kneel in front of another human being and that is when he has offended a woman sexually. Actually my family comes on both sides from the same area where Maimonides lived in Spain.

JL : You are known for your talks on spirituality and are often teamed up with Jean Houston what do you see as the spiritual part of the counseling session? Would you give an example?

CM: What do I see as the spiritual part of counseling? I believe that we want to promote happiness and the ultimate happiness comes from contributing to others. Counseling is not complete unless people are directed towards contribution. I am not religious and I don't have mystical beliefs. My spirituality is based on the importance of social justice and social contribution. For example, often adults come to therapy and are tormented by thoughts and memories of having been neglected or abused as a child. Ultimately the best therapy is to help them to contribute to the prevention of childhood abuse, to help those that are even more unfortunate. In so doing their own suffering will result in the healing of oth-

My writing is a spiritual act in the sense that I know how to help people and I am compelled to teach others how to do it.

ers and they will be able to come out of themselves. I believe that for life to have meaning, when something bad happens, something good must come from it.

JL: Cloé, your books are so practical and useful they become tools for other therapists to use with their clients. Do you think of your writing as a spiritual act? If so what are some of the ways it is true for you?

CM: I haven't thought of my writing as a spiritual act, but thank you for the suggestion. From now on I will. My writing is a spiritual act in the sense that I know how to help people and I am compelled to teach others how to do it.

JL: You grew up with a very unique background as far as spirituality is concerned yet you have a profound sense of it in your work and in how you treat others. Would you be willing to comment on how that is true?

CM: I am Jewish, born in Argentina during World War II, and the horrors of the Holocaust are imprinted in my mind. I lived through military dictatorships and persecution. I want to contribute to make this world a better place.

JL: Cloé, you have a sense about you that is so respectful of others that at times you seem to exude a caring compassion. Sometimes people with the amount of compassion you have get hurt. I bet you have been able to utilize those hurts so that you have become even more committed and more compassionate. Would you share your secret for doing that?

CM: Whenever I'm hurt or when memories of being hurt come up, I immediately think of how those hurts have given me insight, compassion, and the ability to develop the tools to help others.

BRIEF THERAPY *continued from page 1*

Beck, Sue Johnson, Bessel van der Kolk, Donald Meichenbaum, Robert Sapolsky, Thomas Szasz.

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Jeannine Elder

By Karen Haviley

The Milton H. Erickson Foundation lost one of its most devoted staff members in April, Jeannine Elder. Jeannine commenced working at the Erickson Foundation in 1990. For the first couple of years Jeannine was a part-time, temporary employee; however, her passion for the psychotherapy field, and specifically the work of Milton Erickson, led the Foundation to offer her a full time position as Faculty Coordinator. In the last few years, Jeannine also became the coordinator for the world-wide Milton H. Erickson Institutes. Jeannine continued working full time at the Foundation until her passing—nearly 20 years of dedication and service.

Jeannine loved her work. She enjoyed meeting with, organizing, and spending time talking with the faculty from each meeting—and not just about the Conferences. She was extremely knowledgeable and genuinely interested in each faculty member's professional work and family. Even during the stressful moments of the first days of a conference, Jeannine was calm and ready to greet the faculty with her warm smile. It also was a rare occasion if Jeannine didn't participate in the evening activities, dance parties, or authors' hour—often having more energy than the younger volunteers assigned to assist her with the evening's events.



Outside of the Foundation, Jeannine was an avid skier, hiker, and camper. It was well known among the Foundation staff that she was excited to turn 70 years old because in Pine Top, Arizona, near her vacation home, she would no longer need to pay for ski lift tickets and could stay on the slopes as long as she liked. Her love for travel and outdoor activities also helped her develop a deep love and respect for the environment and its preservation. She loved a good glass of wine shared over a nice dinner with friends, all things Irish and French, botany, and walking her dog. But her favorite and most loved activity was time spent with her family, and especially her grandchildren.

Jeannine was a hard working team member, but much more than this, she was an incredible friend to all of us at the Foundation. She always encouraged us, with both words and actions, to enjoy each day and to live life to the fullest. No excuses. To say she will be greatly missed does not fully capture the true emotion of the Foundation staff.

Jeannine's only request in her passing was for those who knew her and shared a part of her life to plant a tree in her memory. She is survived by her four children and two grandchildren.

Kay F. Thompson Scholarships Awarded

The 26th Annual West Virginia University Hypnosis Training Workshop was held on October 9 – 11, 2009 in Morgantown, WV. It is co-sponsored by the Milton H. Erickson Institute of West Virginia, the West Virginia University Hypnosis Study Group and the Western Pennsylvania Society of Clinical Hypnosis (both component societies of the American Society of Clinical Hypnosis). The volunteer faculty reflects a wide range of health related professionals and includes Betty Alice Erickson. A portion of the proceeds from the workshop are invested in the Kay F. Thompson Memorial Fund administered by The Pittsburgh Foundation. This fund was established in memory of Dr. Thompson who was a mentor to many of the faculty and awards scholarships to students in the health fields. Information on these scholarships and the workshop can be found at <http://well.wvu.edu/ccpps/groups> or marion.kostka@mail.wvu.edu The 27th Annual Workshop is scheduled for November 5-7, 2010.



Pictured left to right. Front row: Sara McWilliams (scholar), Betty Alice Erickson and Kara O'Dell (scholar) Back row: Penny Kostka (faculty), Janice DiLuzio (scholar), Christopher Ruth (scholar), Yi-An Lo (scholar) and Marion Kostka (course coordinator)

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Erickson Foundation and Southwest Behavioral Health Services Open International Training and Research Facility in Phoenix

Dr. Jeffrey Zeig, Founder and Director of The Milton H. Erickson Foundation, and Dr. Robert T. Bohanske, Chief of Clinical Services and Clinical Training of Southwest Behavioral Health Services, have collaborated to form an international psychotherapy training and research facility to be located at 2632 E. Thomas Rd., Phoenix, Arizona. Zeig and Bohanske envisioned a licensed clinic with real cases that provided comprehensive training for students and professionals; advancement of contemporary schools of thought; and industry-leading research. After months of discussions and planning, the site will open in June 2010 as "The Institute for Applied Therapeutic Change."

"There are four fundamental goals for the Institute," explains Zeig. "These follow the missions of both the Erickson Foundation and Southwest Behavioral Health: "

1. The first goal is our dedication to training health and behavioral health professionals through the treatment of live cases, demonstrations by experts, and hands on supervision. The model will integrate the best of behavioral healthcare.
2. We will invite leading experts in the field who will provide first-hand knowledge on diverse methods and applications. Two training tracks are being developed: one for Masters and Doctoral level students, and the other for professionals in the community. It is hoped that in the near future both students and professionals will travel to the Institute to train and study with the world's psychotherapy greats. Both Zeig and Bohanske will provide the foundation for training, working within the Institute on a regular basis.



Training has always been of great importance to Dr. Zeig. Inspired by his mentor, Milton H. Erickson, he lectures internationally and is the architect of internationally renowned psychotherapy conferences. He brings a wealth of knowledge in the field through his professional connections. Dr. Zeig has started an invitation list, and is booking some of the presenters from the 2009 Evolution of Psychotherapy Conference to lecture and teach at the Institute.

Dr. Bohanske explains that the training tracks "will include everything from one-day conferences to week-long workshops to live video production, demonstrations, and professional critique." Bohanske serves as the Chief Psychologist of Southwest Behavioral Health's APPIC approved Doctoral residency program and oversees the companies APA and NBCC approved Continuing Education Sponsor program. He will transfer his current Doctoral residents to the Institute for the opening. These students will help to pioneer the training program for future students in all areas of health and behavioral health.

3. The third goal is a specialization in Ericksonian techniques and principles, Brief Therapies, Client Directed/ Outcome Informed, and Recovery-Based practices. Dr. Erickson's approach to psychotherapy inspired many professionals and became the basis of many new schools of brief therapy, including strategic therapy, interactional therapy, Rossi's mind/body approach, solution-focused therapy, outcome oriented therapy, and the self-relations approach.

Coupled with these methods, the Institute will apply the Client Directed Outcome Informed (CDOI) approach of Drs. Scott Miller and Barry Duncan. Dr. Bohanske has been studying the viability of CDOI within Southwest Behavioral Health with extremely favorable results. So far Bohanske's approach has demonstrated a sharp increase of positive outcomes for service recipients, reduced dropout rates, and shorter lengths of stay.



Southwest Behavioral Health Services

Institute for Applied
Therapeutic Change



MILTON H. ERICKSON FOUNDATION, INC.



4. The fourth goal of the Institute is to focus on producing leading research. Zeig and Bohanske hope the Institute will advance the practices of psychotherapy, and become a place where scholars bring ideas together, and publish works.

The idea for the Institute came about several years ago. Dr. Zeig had been looking for an opportunity to locate more of his training efforts in Phoenix, and Dr. Bohanske had been working on innovative ideas to expand his training program. Both agreed that collaboration would be synergistic.

The Milton H Erickson Foundation and Southwest Behavioral Health Services are based in the Phoenix area. The Institute will open with full support of current Southwest Behavioral Health staff and Doctorate level Psychology residents and serve the general mental health population in the public sector.

CONFERENCE NOTES

Marriage: Relational and Societal Perspectives, the Annual Conference of The American Association of Marriage and Family Therapists (AAMFT), will be held September 23-26, 2010, in Atlanta, Ga. For complete information contact AAMFT, 112 South Alfred Street, Alexandria, VA 22314, Tel, 703-838-9808; Fax, 703-838-9805; Email & Web site: www.aamft.org

The 3rd U.S. Conference in Systemic Constellations will be held September 30 – October 3, 2010 in Phoenix, Ariz., and features leading Constellation facilitators and trainers from around the U.S. and abroad. The Main Conference theme is *Emerging Trends - Enduring Truths* and includes participatory and experiential workshops on various topics of interest. The Pre-Conference (Sept. 29) theme *Healing the Wounds of the Nation* focuses on issues of special relevance to the United States, including the enduring legacy of victim and perpetrator identities. The Post-Conference (Oct. 3 and 4) theme *Deepening the Experience* includes all-day seminars by some of the world's most renowned facilitators. The conference will consist of plenary sessions, workshops and panels, core group meetings, and music. For complete information visit the Conference Web site: www.constellationsus.com

The 8th Brief Therapy Conference: *Lasting Solutions*, sponsored by The Milton H. Erickson Foundation, Inc., will be held December 9-12, 2010, at the Hilton Walt Disney World® Resort in Orlando, Fla. Faculty will include: Steve Andreas, Ellyn Bader, Jon Carlson, Robert Dilts, Stephen Gilligan, Kenneth Hardy, Jeffrey Kottler, Pat Love, Lynn Lyons, Scott Miller, John Norcross, Bill O'Hanlon, Esther Perel, Maggie Phillips, James Prochaska, Wendel Ray, Ernest Rossi, Casey Truffo, Michele Weiner-Davis, Reid Wilson, Michael Yapko, and Jeffrey Zeig. Keynotes will be given by Judith Beck, Sue Johnson, Bessel van der Kolk, Donald Meichenbaum, Robert Sapolsky, Thomas Szasz.

Complete information is available on the Conference Web site: www.BriefTherapyConference.com. For Conference information or to receive the 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; Web, www.erickson-foundation.org

The American Society of Clinical Hypnosis (ASCH) will hold the 53rd Annual Scientific Meeting and Workshops entitled, *Mind and Matter: Innovations in Hypnosis*, March 4-8, 2011 at the RIO All-Suites Hotel and Casino in Las Vegas, Nev. For more information contact ASCH, 140 North Bloomingdale Road, Bloomingdale, IL 60108-1017; Tel, 630-980-4740; Fax, 630-351-8490; E-mail, info@asch.net; Web, www.asch.net

The Couples Conference, sponsored by The Milton H. Erickson Foundation, Inc., will be held April 1-3, 2011 at the Marriott Hotel and Spa, Newport Beach, Calif. Organizational assistance provided by the Couples Institute, Menlo Park, Calif. Confirmed faculty include Daniel Amen, Ellyn Bader, William J. Doherty, Julie Gottman, Marty Klein, Christine Padesky, Esther Perel, and Richard Schwartz. For more 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; Web, www.CouplesConference.com

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Email: susan@erickson-foundation.org

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2010		
9/10-12	Supervision training in Ericksonian Hypnosis (ongoing) / Guadalajara, MEXICO / Jeffrey K. Zeig, Ph.D.	1.
9/18-20	Ericksonian Therapy / Siena and Naples, Italy / Zeig	2.
9/22-26	Ericksonian Therapy / Istanbul, Turkey / Zeig	3.
9/23-25	Advanced Divorce Busting Intensive Workshop / Boulder, Colo. / Michele Weiner-Davis, MSW, LCSW	4.
9/27-10/1	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Brent Geary, Ph.D., Zeig and Invited Presenters	5.
10/4-8	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Zeig and Invited Presenters	5.
10/2-3	ASCH Approved Advanced Training: Hypnosis & Mind Body Applications / Pacific Palisades, Calif. / David Rapkin, Ph.D.	6.
10/14-17	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	7.
10/14-17*	Advanced Ericksonian Hypnotherapy – Level III / Dallas, Texas / Betty Alice Erickson, MS, LPC, LMFT, Deborah Beckman, MS, LPC, Will Handy, LCSW, and Special Guest Faculty (*Dates subject to change)	8.
10/21-22	Mental Toughness Conference / Heidelberg, Germany / Invited Faculty	9.
10/22-24	Advanced Topics in Ericksonian Therapy and Hypnosis / Graz, Austria / Zeig	10.
11/13-14	Advanced Topics in Ericksonian Therapy and Hypnosis / Hong Kong, China / Zeig	11.
12/2-3	The Art and Science of Impact / Toronto, Canada / Zeig, Invited Faculty	12.
12/9-12	Brief Therapy Conference: Lasting Solutions / Orlando, FL / Invited Faculty	5.
2011		
1/28-30	ASCH Approved Basic Hypnosis Training / Pacific Palisades, Calif. / N. Barretta, PhD; P. Barretta, MFT; B. Freedman, PsyD, MFT; D. Gordon, Ph.D.; D. Haspel-Johnson, PhD; E. Haspel-Portner, PhD; C. Hoffman, PhD; B. Pomerantz, Ph.D; R. Riffkind, PhD	6.
3/18-20	How We Can Change the Brain to Change the Culture: Facilitating Creative Consciousness with Art, Beauty, & Truth in Psychotherapy / Ojai, Calif. / Kathryn Rossi, Ph.D. & Ernest Rossi, Ph.D.	13.
4/1-3	The Couples Conference / Newport Beach, Calif. / Invited Faculty	5.

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- 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 ; Brief Therapy Conference Web site: www.BriefTherapyConference.com ; Couples Conference Web site: www.CouplesConference.com
- Southern California Society for Clinical Hypnosis (SCSCH): Web, www.scsch.camp7.org Email, administrator@scsch.org ; Tel, 1-888-32 SCSCH/(888) 327-2724
- Helen Adrienne; E-mail, HAMSW@aol.com ; Tel, 212-758-0125
- Milton H. Erickson Institute of Dallas, 4144 N Central Suite 520, Dallas, TX 75204 ericksondallas@sbcglobal.net ; Web, www.EricksonDallas.com ; Tel, 214/824-2009
- Email, mail@bernhard-trenkle.de
- Philip Striet; Email, dpst@ikjf.at
- Email, kelvin@pulseact.com
- Jim Duvall; Email, jduvall@hincksdellcrest.org
- Lori Pye, Director; Email, Loripye@instituteforculturalchange.org ; Web, www.instituteforculturalchange.org

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 \$25 fee, per listing, is required. Deadline for the 2010 Winter Issue (mailed December) is October 1, 2010. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact Karen Haviley - mhreg@aol.com . Insertion form is available online: www.erickson-foundation.org/pdfs/adrates.pdf

JAPAN continued from page 4

grown and developed so well offering annually these trainings by excellent domestic professionals, the Japan Erickson Club has decided to focus solely on hypnosis.

The Club has between 200 and 250 members depending on those members who join and the ones who retire each year.

Brent Geary, Ph.D. of the Erickson Foundation has been an invited faculty at the Club since 1994. He has been instrumental in facilitating the development and growth of this association, coming back many times over the years to train students who want to repeat the intensive training basics with him. The Board of Directors and mem-

bers are very grateful to his generosity and friendship. There were many international presenters over the years, including Jeff Zeig (several times); Ernest and Kathryn Rossi; Cloe Madanes, and Michael Yapko. Betty Alice Erickson returns to Tokyo as a repeat speaker scheduled to present in June, 2010.

Congratulations to Japan Erickson Club for its unwavering efforts to disseminate throughout Japan the life-work of Milton H. Erickson and his remarkable students.

For further information go to: www.erickson-club.jp/ or email: admin@erickson-club.jp

For Advertising Rates visit

<http://erickson-foundation.org/pdfs/adrates.pdf>

or email: karen@erickson-foundation.org

Milton H. Erickson, M.D.
Explorer in Hypnosis and Therapy

By Jay Haley and Madeleine Richeport-Haley

Triangle Productions, La Jolla, CA 92038
1993, 60 minutes (VHS and DVD)
ISBN 0-87630-726-8

Milton H. Erickson, M.D. Explorer in Hypnosis and Therapy is one of the best films on Erickson as a person. It offers the viewer an insider experience of being with this great man. It reminded us of our experiences with Erickson, and will give viewers a personal sense of sharing in the wisdom of the master, whether they studied with Erickson directly or indirectly through the legacy that he has left to the world.

- C. Alexander Simpkins, PhD & Annellen M. Simpkins, PhD, Review editors

This VHS tape is a celebration of the life and work of Milton H. Erickson, M.D., prepared by a long-time friend and colleague, Jay Haley, and his filmmaker wife, Madeleine Richeport. The film is lovingly produced, and is indeed a celebration of a remarkable man and what he has contributed to the fields of hypnosis and psychotherapy.

Erickson's life is presented via many photographs, and clips of people who knew him well. The list includes: Jeffrey Zeig, Joseph Barber, Kay Thompson, John Weakland, Robert Pearson, Ernest Hilgard, Jay Haley, Madeleine Richeport, Ernest Rossi, Elizabeth Moore Erickson, Herbert Lustig, Steve Lankton, Carol Lankton, Stephen Gilligan, Carl Hammerschlag, and several of Erickson's children and in-laws. They each add their own reminiscences and bits of history and perspectives to round out this extraordinary man's impact.

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Also included are a number of movie clips of Erickson working with clients at various times of his life. We can thus see him as a younger, physically vigorous therapist, as well as later in life when he was wheelchair bound. These clips provide a fascinating glimpse of the range of the man's skills and work.

It was a wonderful experience for me to spend time looking at this film, and "being with" Erickson. This tape is an excellent introduction to the man who almost single-handedly put hypnosis and psychotherapy on a firm foundation in the 20th century. Enjoy!

Reviewed by:

Rubin Battino, MS
Yellow Springs, OH

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BOOK/DVD REVIEW

Expanding Your World: Modeling the Structure of Experience

By David Gordon and Graham Dawes

Desert Rain
www.expandyourworld.net
 2005

Book: 215 pages / DVD: 58 minutes
 ISBN: 0-9765616-0-3

Expanding Your World: Modeling the Structure of Experience begins with a positive message: "Every person is a repository of both delightful and useful human abilities" (Preface, p. 1). This sentence made me curious about the contents of this book. The beginning sections narrate the experiences of both authors during a seminar.

Chapter 1, "Modeling," reminded me of the Ericksonian epistemology: "If there is an ability that you lack, it is not because you do not have the capacity to have it; you simply missed out those life experiences that would have taught you the pattern of perceiving, thinking, and behaving needed for that ability" (p. 5). We can always learn something new.

The authors draw from Victor Frankl's four patterns of thinking characteristic of people who remain hopeful in hopeless situations. These four patterns are: to believe that what has been lost can be regained; to recognize that the future is unknowable; to see that past experiences are not lost; and to look forward to a positive future.

Chapter 2, "The Experiential Array" presents a diagram composed of beliefs, strategies, and emotions that summarize the elements necessary for modeling human experience. These elements lead to more effective behavior and enhanced abilities. Here, I realized how important the role of therapists is when they address emotions during consultation.

I enjoyed reading about a simple and yet deep question, "What do I want to be able to do?" in Chapter 3, "The Process As I Was Answering It." This chapter talks about exemplars. In my experience, even though I never met Milton H. Erickson in person, he became an exemplar for me. He mastered the ability to see the positive side of life!

Chapter 6 discusses prime motivators. A good way of understanding this concept is to think about "something you did recently even though it was difficult or unpleasant (p. 62)"; then uncover how it was connected to something intrinsically important to you.

A DVD that demonstrates the techniques with a client is included. I found it helpful because each part is preceded by a subtitle so that viewers can easily identify the steps taken by the therapist, also found in the book. During a conversation with Kathy, Gordon addresses the idea of being passionate about change. He induces age regression by simply asking her to remember a time when she felt grateful. The therapist "utilized" a glass filled with a dark drink that could seem rather common. Then just by noticing details, such as reflections, areas of light, and changes, the client's experience becomes richer. At the end, the therapist orients the client to the future by asking her to imagine herself developing the ability to be passionate, and she gets very emotional. We can see how Kathy has changed during a follow up three months later, as she talks about her experiences meeting new people.

One editorial note: In the copy that I reviewed there are two printing errors in Chapter 1. The author has promised that corrections have already been made in the next edition. *Expanding your world: Modeling the Structure of Experience* has been an enjoyable experience. I highly recommend this book/DVD.

Reviewed by:

Maria Escalante de Smith, MA
 Cedar Rapids, IA

BOOK REVIEW

How to Talk to Families About Child and Adolescent Mental Illness

By Diane T. Marsh & Melissa J. Marks

W.W. Norton
www.wwnorton.com
 2009, 252 pages
 ISBN 978-0-393-70570-6

How to Talk to Families About Child and Adolescent Mental Illness provides a comprehensive and practical resource for mental health professionals who work with families dealing with severe and persistent mental disorders of childhood and adolescence. Included are anxiety disorders, depression, bipolar disorder, and schizophrenia. As the authors state: "The challenges that confront these families are considerable," (p. ix), and thus the caring practitioner can make a difference in their lives.

I really liked discovering how the authors emphasized listening to the voices of children and families based on their personal accounts and interviews. I was touched in reading how adolescents themselves spoke of their experience with mental illness. They expressed their suffering, desperation, their sense of being "marked," "invisible" and alone. Therapists need a lot of empathy in these situations, without forgetting the purpose of therapy.

Chapter 2, "The Family Experience of Mental Illness," describes people's feelings when they have a relative with a mental disease. They may experience grief or depression. Therapy will be more successful if the family system is treated while the identified patient is undergoing therapy. Siblings' lives may be profoundly affected by pain and by feeling forgotten. They may "experience 'survivor's guilt' simply because they have been spared mental illness themselves" (p.29). The role of other family members such as the grandparents is described and this part reminded me of my country of origin, Mexico, where they are often the primary caretakers of a child with special needs.

Chapter 4 emphasizes the importance of special education. The term, special education, should be descriptive, not derogatory, aimed at helping families understand the educational system. The book provides useful information about resources parents can access, such as, IDEA (Individuals With Disabilities Education Act). IDEA provides six major principles to guide actions of schools, including the right to a free and appropriate education and a less restrictive environment.

Chapter 5 deals with the educational system and the roles of school personnel. Elementary school teachers can help to notice changes because they see children all day. But in secondary school, adolescents have more instructors, so behavior changes might not be recognized as quickly.

"Helping Families Cope with Mental Illness," Chapter 6, offers a series of practical tips for families. Parents are encouraged to take care of themselves by maintaining satisfactory balance of their lives. They also can find comfort by joining a community or online support group. They should focus on the child behind the symptoms.

Chapter 7 addresses anxiety disorders and their co-morbidity with other conditions such as depression. It summarizes panic disorder, phobias, and obsessive-compulsive disorder, among others.

In Chapter 9, "Talking to Families About Bipolar Disorder," I found useful information about how this condition affects children in the USA as well as risk factors and treatment.

Schizophrenia and its symptoms are described in Chapter 10, making reference to the DSM-IV-TR as the five types of schizophrenia are specified: paranoid, disorganized, catatonic, undifferentiated, and residual.

How to Talk to Families About Child and Adolescent Mental Illness is full of useful information. I really recommend it.

Reviewed by:

Maria Escalante de Smith, MA
 Cedar Rapids, IA

CALL FOR PROPOSALS

for The Eleventh International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

December 8 - 11, 2011 Phoenix, Arizona

PRESENTATION COVER SHEET

The Milton H. Erickson Foundation is calling for proposals for the **2011 International Congress**. Those interested in presenting a Solicited Short Course on the topic of Ericksonian hypnosis and psychotherapy (or closely related area), may submit **(1)** a 200-word presentation summary, **(2)** a 50 word abstract, **(3)** two educational objectives, **(4)** two true/false questions to be used for continuing education purposes and **(5)** curriculum vitae of all presenters in your program. **Two** copies of each submission, except CVs, should be included in your packet. Send only **one** CV for each presenter. Preference will be given to proposals that address the theme "*Brief Ericksonian Solutions.*"

There will be approximately 40 Solicited Short Courses with one and a half hours allotted for each Course on Thursday, December 8, 2011. Short Course faculty receive complimentary registration for the Congress, but pay their own expenses for food and lodging.

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

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

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

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

3) Title of Presentation:

4) **Audiovisual equipment required:** LCD projector [Computer sound ties Connections for a MAC]
 VHS player DVD player No AV equipment needed

Note: No other AV equipment, can be provided. Please bring your own laptop computer for a PowerPoint presentation.

Enclosure Checklist: (SEND AN ORIGINAL AND 2 COPIES) Attach this cover sheet to the original. The two copies should contain **ONLY THE TITLE** because the review process will be blind. Please **do not** include names on the two copies.

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

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

Signature _____ Date _____

DEADLINE: Proposals must be postmarked by January 28, 2011. Acceptance or rejection will be sent by March 18, 2011.

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

Only a limited number of proposals can be accepted. Please submit early.

C D R E V I E W

Beside Yourself with Comfort: Hypnotic Help for Chronic or Acute Pain Relief

By Bill O'Hanlon, MS

Crown House Publishing
www.crownhousepublishing.com
2009, 30 minutes
ISBN: 978-098235733-0

Bill O'Hanlon packs a plethora of ideas for the relief of pain into this CD. He organizes the presentation into several suggestions or "possibilities." Throughout the talk, he refers to the listener directly as "you" and speaks in a soft, hypnotic voice. His goal is to help reduce or eliminate pain. O'Hanlon emphasizes that you are free to ignore, modify, or use his suggestions in your own way. He intersperses the descriptions with stories, including several from Milton Erickson.

The first possibility is to become aware, or even hyper-aware, of the pain. Is it sharp or dull? Steady or intermittent? Where is it? Where isn't it? When does it happen? One patient underwent plastic surgery without anesthesia, later stating that he felt no pain. If you are perfectly in tune with your discomfort, it may go away.

The second possibility, "almost the opposite... but not a contradiction," is distraction. You can visit three places: the past, when your body had no memories of pain, such as running with abandon as a child; the present, when you have moments of relief, perhaps while watching a movie; and the future, as you become absorbed in imagining a future without the discomfort. Erickson taught a woman to use distraction during labor as she imagined what her baby would look like.

Another suggestion is to alter one sensation of the pain. For example, change the pain from sharp to dull or move it from one side of the body to the other. Change the pattern. You can also learn to change the modality in which you experience the pain. For example, visualize the pain -- its color, shape, ability to hold liquid, and so on. Then, change these characteristics to a different color, shape, or capacity.

O'Hanlon guides in changing the interpretation of the pain. You have certain beliefs or ideas about your pain. For example, "Pain is just resistance to change." This oversimplification may help change your thinking about the pain, perhaps by looking forward to it rather than being scared of it.

Another option is to dissociate from the pain. Erickson put patients into trance and then told them to go into the waiting room, hang their pain on one of the coat hooks, and leave by a different door. You can learn to dissociate from parts of the body or from sensations, to be "beside yourself." You can also become habituated to the pain, to form calluses. You can increase the gap in the synapses that transmit the sensations, like widening the gap in a spark plug.

O'Hanlon guides in examining and shifting the mental and bodily habits that the pain has brought into one's life. For example, a person may restrict breathing and psychological openness, limit relationships, and back into a corner to hide for protection. While this is natural, O'Hanlon advises challenging these patterns in any way that you can. He asks, "What would you be doing now if pain weren't dominating you? What would you do differently?" O'Hanlon finishes by advising, "Be gentle with yourself, take any little step you can, and start to win back some of your life."

Experience the full flavor of this CD best by listening. I highly recommend it.

Reviewed by:

Michael Grusenmeyer, M.D.
Rocky River, Ohio, USA

D V D R E V I E W

The Hold Me Tight Training Program

By Sue Johnson, Ph.D.

Including:

Creating Relationships that Last:
A Conversation with Dr. Sue Johnson DVD (93 minutes)

Hold Me Tight: Conversations for Connection Two-Set DVD (225 minutes)

A Hold Me Tight Program: Conversations for Connection Facilitators Guide for Small Groups (74 pages)

Produced by: ICEEFT, Ontario, Canada
www.holdmetight.com
2008

Sue Johnson is the creator of Emotionally Focused Couples Therapy, an insightful and helpful system for working with relationships. She has provided a clear set of materials for therapists and facilitators. All the information integrates perfectly with her best-selling book, *Hold Me Tight: Seven Conversations for a Lifetime of Love* (2008).

The DVD, *Creating Relationships that Last: A Conversation with Dr. Sue Johnson* provides a good place to start the learning process. Johnson tells us with her melodic British English that love is not a mystery. In fact, love has an exquisite logic explained by the neurobiology of attachment theory. This approach is grounded in a new science of love. Research shows that the brain is hard-wired for significant interpersonal connections in its foundational neurons, and we all need love to be healthy. When couples fight, their suffering is felt both psychologically and physiologically because the primary need for attachment is being violated. This step-by-step program teaches couples how to form a bond that builds a satisfying, healthy attachment they can count on.

The *Hold Me Tight* DVDs follow three very different couples through the process. Each couple is drawn into conversations that form the building blocks of this method. Typically, when couples fight, they engage in patterned, hostile exchanges that threaten their attachment. Johnson calls these exchanges, "demon dialogues." Therapists are shown how to pinpoint the negative statements and gently direct partners back toward emotional contact and connection. Next comes "finding the raw spots," where couples explore some of the emotions behind the demon dialogues. We observe the couples opening up and expressing strong emotions, often of hurt, fear, and frustration. Johnson demonstrates how to lead clients to express hidden feelings. In one conversation, she helps one of the wives who had been chronically angry to disclose her "softer" feelings of hurt. The husband was surprised to learn that his wife was not rejecting him but was actually afraid of losing him. We observe their armor dissolve and their attachment strengthen. Other conversations foster engaging and connecting, forgiving injuries, bonding through sex and touch, and keeping the love alive. Clearly, these couples transform on many levels. Through it all, Johnson is there, masterfully explaining the principles and demonstrating how to implement them.

The manual speaks directly to the facilitator with an exacting structure for running a group in which one couple is led through the techniques while other couples observe. The facilitator's role is to provide a safe, non-judgmental atmosphere where couples can explore their attachment issues. The program involves eight sessions, with instructions, tips, exercises, and even homework for couples to do between sessions.

Emotionally Focused Couples Therapy provides universal methods that tap into common human concerns. This way of working with clients offers a well thought-out approach to get couples out of superficial disputes and down to the essential source of their difficulty, the attachment issue. Johnson demonstrates sound therapeutic acumen. Anyone who sees couples will find something to add to their own practice. And some may want to incorporate the program in its entirety. These methods are sensitive and multi-layered and can be learned with Johnson's expert instruction. We highly recommend this useful set of materials!

Reviewed by:

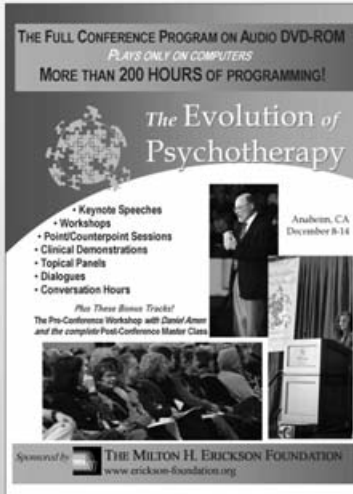
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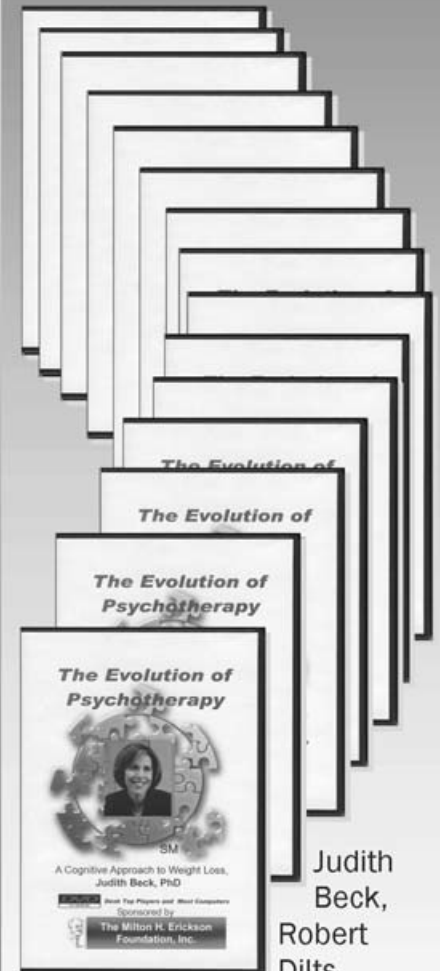
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D V D R E V I E W

Limiting Beliefs about Money and Utilizing Positive Motivation

By Steve Andreas, MA

Real People Press, Boulder Colorado

www.RealPeoplePress.com

51 minutes, 2009

Limiting Beliefs about Money and Utilizing Positive Motivation is one of a series of DVDs with Steve Andreas demonstrating NLP techniques delivered in his unique style. The series is made from actual clinical sessions with real people wanting and needing real help. Andreas helps them in a confident, laid back style. His work is so masterful that some of my advanced students had a little difficulty recognizing the sophisticated intricacy of the techniques. When I pointed it out to them, they were impressed with what he had demonstrated.

The client in this video has some typical problems with money that any seasoned therapist has dealt with repeatedly. The depth of this man's limiting beliefs was so profound that he even refused to open letters from the IRS. Andreas asks questions to elicit the minimal information he needs to assist the client and then begins offering experiences that alter the man's perception. Andreas shows some of his mastery in the way he works with this client here in front of a camera. Few of us have ever treated these problems so effectively within just one session.

*With the ease of a master,
he makes treatment look easy.*

One thing that is incredibly useful about this clinical demonstration is that it does not happen smoothly. The client is as unique as the ones in our offices, and you will be able to recognize how Andreas does not miss a beat, but utilizes any disagreement or non-compliance in a positive, constructive way. This DVD is wonderful to teach from, because the client's responses are not always what you would want as a therapist, and yet Andreas, in his relaxed style, takes it all in stride and uses response for the client's benefit. With the ease of a master, he makes treatment look easy.

At one point Andreas asks the client to imagine having a conversation with his deceased father. Andreas's guiding and weaving of that interaction is one that will offer to anyone watching it some benefit from a whole host of issues with broader applications. As my students and I watched, we all felt that the video touched us personally

Andreas demonstrates a host of techniques that are useful and make a difference. He reveals his genuine mastery by his ease of switching from approach to approach based upon the client. For example, he elegantly uses positive motivation to assist the client in overcoming his problem.

This DVD offers you much more than you might bargain for in a teaching DVD. It offers a means of working with someone who has severely limited beliefs about money, yet it offers so much more. The approaches are universally applicable to other types of clients and problems. In addition, the skill that Andreas displays is well worth viewing. This video can teach beginners as well as advanced practitioners. A two-month follow up with the client helps you to see and know this technique continued to work. I liked the DVD a lot and my students did, too.

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

B O O K R E V I E W

The Dao of Neuroscience: Combining Eastern and Western Principles for Optimal Therapeutic Change

By C. Alexander Simpkins, Ph.D. and Annellen M. Simpkins, Ph.D.

W.W. Norton and Company

www.wwnorton.com

2010, 278 pages

ISBN: 978-0-393-70597-3

Simpkins and Simpkins have created a brilliant work that captures concepts of neuroscience and makes neuroscience more understandable. By using comparisons with philosophical thought and by offering practical examples of psychotherapy, they illustrate the usable information that neuroscience offers. What is even more impressive is that they have written the book using concepts they learned by studying neuroscience and employing ancient Eastern thought to counter-balance modern Western thought.

The word dao means literally *path*, but it also implies *how* and everything that goes with it. The book explains how the brain works, and uses the material to offer applications of what science continues to discover about how the mind and brain interact in everyday ways, so that as therapists we can employ what works to assist and encourage healing.

Readers will come away with practical facts and applications that will inspire creativity. Part I, "Mind and Brain, The Flowing Interplay" includes philosophical issues, modeling methods, brain structures and functions, and neuroplasticity, all clarified through the lens of East and West. Part II, "Redirecting the Flow for Change" offers techniques for facilitating the mind-brain system therapeutically.

After reading the first ten pages twice I told my wife what a wonderful book this is. By halfway through I wanted all therapists to read this book because I realized it can help us all do better work. By the end of the book, I wanted to begin reading again so I could put more into practice of what the book inspired, precipitated, and taught, directly and indirectly.

Not only does this book explain how the brain-mind operates and the relationship between the two, it gives you practical information that can be used with your clients. The authors explain brain-mind change in terms of neuroplasticity and neurogenesis, but they do it in ways that provides usable information that you, as a clinician, can put into practice. I have been using things they taught me every day, because the methods are so widely applicable.

In the chapter entitled "The Dao of Treatment," they address how the structure and function of the brain can guide us to make effective treatment choices. They give an excellent explanation of treating depression that is based upon the structure of the brain and ways to recreate balance that comes from research in neuroscience. They utilize methods from East and West to speed healing. The solution they advocate is one that would be appreciated by experienced therapists. I love how they speak of the dual effect of relaxation and activation as well as enhancing compassion.

Truly, the Simpkins have created a book that combines principles of East and West for optimal therapeutic change. It will give you more than you bargained for, and it will likely expand your thinking by the poetry of what is implied beyond what is said. If you enjoy knowing concepts that can be utilized in multiple ways to augment your creativity and enhance the effectiveness of your interventions, then you may really treasure this one. I not only recommend *The Dao of Neuroscience*. But, since I have been reading it I have repeatedly recommended it to my students and to others who appreciate the integration of wisdom and science.

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

chopathology while counseling psychology focused more on helping people through the normal developmental challenges of life. Now that I have doctoral degrees in both counseling and clinical psychology, I'm hard pressed to know the practical difference as both work with similar populations and just as effectively. Perhaps it is just a matter of degree. For example, for many years I was a competitive distance runner and even wrote a book *The Centered Athlete* (with Gay Hendricks). I loved to run the 10,000 meters (6.2 miles) and even managed an age group (30-40 year old) third place finish in the US cross-country championships. However as a longer distance runner I often ran marathons (26.2 miles) and mile events. Although I preferred one type of race, I needed to run in whatever races were available.

(DS) Having authored nearly fifty books and one hundred and fifty journal articles, what is your favorite subject matter to study, discuss and why?

(JC) My favorite subject is the one that I'm working on at this current time. Madeleine Haley and I just published *Jay Haley Revisited*. We selected some of Jay's major papers and had leading therapists place them in the world of contemporary practice. I have already begun work on *Alfred Adler Revisited* (with Michael Maniacci) and *Albert Ellis Revisited* (with Bill Knaus).

I have been working with my colleague, Jeffrey Kottler, on a book called, *Duped* where we looked at how therapists deal with lies and deception. This is another in our series of books about therapeutic process and practice.

I have also been doing considerable work in the application of Buddhist Psychology to couples (with Pat Love) as well as problems of addiction (with Alan Marlatt.) I have been practicing meditation and studying Eastern philosophy since the 1970's. Also, I have been working and traveling in Asia for more than twenty years and even had an audience with the Dalai Lama five years ago. A few months ago my favorite subject matter was parenting and family work as I was in Thailand helping to create a system to deliver psycho-education throughout the country. Applied psychology such as counseling, clinical psychology, and family therapy are uncommon in Thailand. When these services are provided, it is frequently by nurses,

pharmacists, and Buddhist monks. For the past ten years I have had the privilege to consult throughout the nation of Thailand. I have provided consultation and training with various populations and problems. They included:

1. Teaching nurses basic helping skills for use in working with people experiencing drug and alcohol problems.

2. Helping health and mental health workers to work with drug addicts. Very few have had training in counseling. There may be one person in each Thai family that has an addiction to drugs.

3. Teaching graduate students counseling psychology with a focus on Adler.

4. Training teachers in how to use classroom management skills including motivation and discipline.

5. Helping pharmacists to learn basic helping skills and behavioral medicine.

6. Helping medical doctors with the practice of behavioral medicine.

7. Helping community leaders deal with problems of cadmium poisoning in west central Thailand.

8. Helping relief workers deal with victims of the tsunami.

9. Teaching a wide variety of people in helping others who have had a traumatic event in their life.

10. Dealing with victims of a mudslide and flood where thousands of people died and homes were destroyed in northern Thailand.

11. Dealing with the religious conflict and war in southern provinces.

12. Teaching mental health workers how to work with gay clients and those diagnosed with HIV and drug abuse in northern provinces.

This last trip they honored me with a beautiful hand-made teak wood spirit house that is being shipped to my home in Wisconsin.

I have been helping my colleagues at Governors State University to publish and have been collaborating on books with several: Pat Robey on *Reality Therapy with Couples*; Adam Zigelbaum on *Working with Immigrant Families*; Hugh Crethar on *Inclusive Cultural Empathy*; Julia Yang and Al Millirin on *The Psychology of Courage*; Shea Dunham and Shannon Dermer on *Toxic Parenting*; and Cyrus Ellis on *Cross Cultural Awareness and Social Justice in Counseling*; and Em-



Hand-made teak wood spirit house given to Carlson on his last visit to Thailand

powering African American Men.

My son, Matt Englar-Carlson, and I have been doing work on fathers and sons and men in couple's therapy. We also are completing a series of 24 volumes on the major theories of psychotherapy with each book having a corresponding DVD (some with six complete therapy sessions) that shows theory in practice. We are hopeful that college professors will choose several of these volumes along with the *Basics of Psychotherapy* book (by Bruce Wampold) and create a theories class with the approaches they favor. It is rewarding to work with Matt and to be able to stay connected on many different levels.

Each week I am filming a leading therapist and their work usually becomes a favorite flavor for at least a few days. I have been doing this for more than fifteen years and it is like having a personal in-service training each week.

(DS) You have written a definitive book on Adlerian Therapy. How has Adler's ideas shaped your current practice and how have they influenced your life?

(JC) Alfred Adler was interested in applying psychology to daily life. He worked in the schools and community and saw his mission as helping all people to be better citizens. Adler championed the concept of social interest and believed that mental health was when you cared about other people. Adler's ideas are at the heart of most contemporary approaches to psychology. However, few professionals really know their connection to his work. I have enjoyed one of Adler's quotes: He stated "Everybody's normal until you get to know them." It was his focus

on what is health and what is healthy living that has really helped me to shape my practice and influenced my personal life. For many years Adler focused on health and wellness -- what works and what's right as well as the concept of encouragement and focusing on one's strengths and assets to provide the courage to face the tasks of life. His ideas are similar to those of today's positive psychology movement and very compatible with Buddhism. I even wrote a recent article entitled "Adler was from Bangkok."

(DS) Another book you've written with Jeffrey Kottler is *The Client Who Changed Me*. This book describes how clients transform their therapists in ways in that the client-counselor relationship can effect positive transformation on a therapist's own life. Do you see this as a by-product of our field of work or a necessary component?

(JC) Therapists must use themselves as an instrument of change. Therefore, since this process involves modeling, therapists need to demonstrate their personal openness to change. If the change process is not two ways it's unlikely that anything of substance will occur.

(DS) In your book, *The Mummy at the Dining Room Table*, you and Jeffrey Kottler interviewed famous therapists from around the world and then had them account their most memorable case histories. While preparing this material, which story had the most profound impact on you and your work?

(JC) *The Mummy at the Dining Room Table* contained many profound

See INTERVIEW on next page

C D R E V I E W

The Ultimate Power Nap for Rapid Rest and Renewal

By Carol Ginandes, PhD

Crown House Publishing Ltd.
Wales, UK and CT. USA
www.crownhouse.co.uk
ISBN 978-098235737-8

There is a good reason why Dr. Ginandes, who is in private practice, holds staff affiliations at Mclean Hospital and Harvard Medical School. She is that good. Her approach seems effortless and easy and yet, she has thought out every aspect of the experience. She takes you on a journey that teaches you how to take power naps. However, there is so much more here. Ginandes offers guided imagery that is hypnotically sophisticated and enhances the experience and overall success. Thus, accomplished practitioners will appreciate Ginandes' expertise in subtle hypnotic technique, while

novices might miss her deliberate choice of words and think she is merely using guided imagery. The package is so smoothly woven together that you will gradually recognize its power as you stop and think about all she has built into this program.

Ginandes' voice is gentle, soothing, and nurturing. I loved her style. It felt like being given permission to take care of yourself. She offers useful tools to enhance your ability to rejuvenate through power naps with a self-hypnotic turbocharge. She builds a way for your unconscious mind to become trained to awaken you at the right time and feel better about yourself.

This two-CD set includes an introduction and practice session on the first CD. Disc Two offers the preparation for a power nap and then a guided power nap. The naps she invites you to are 15 minutes long. These naps foster overall mental success and encourage body relaxation and rejuvenation. Ginandes gently slips in experiences that will enhance self-esteem as well.

I loved her style and voice, masterfully presented with such simplicity. This program is well made and will be something that you can offer to clients as well as use personally. I look forward to returning to, and utilizing, the program on my own. In addition to enjoying the experience, I was encour-

aged to utilize the techniques in a number of ways. I found the program affirming and uplifting. I suspect you will as well.

Reviewed by:John D. Lentz D. Min
Shepherdsville, KY**INTERVIEW** *continued from page 17*

stories. My own, the title story, involved a case where one partner died and the children and remaining partner mummied the individual and kept them in the house for seven years. This case has haunted me and helps me to remember that as much as I think I know what's happening in people's lives, I probably don't. This book has so many amazing stories of what takes place behind closed doors all around the world.

(DS) In yet another book, *Moved by the Spirit*, you and Jeffrey Kottler, helped prominent spiritual leaders, writers and traditional healers describe life-changing events that produce greater meaning, purpose and fulfillment in their lives. Do you believe that spiritually transformation is different then the change that oc-

curs in therapy? If so, what is the main difference between spiritual awakening and therapeutic breakthroughs?

(JC) To me, Dan, spiritual awakening is a broader more general change, where as therapeutic breakthroughs are often more focused. Spiritual breakthroughs have the impact of changing all facets of your life. Where as therapeutic breakthroughs often are limited to specific relationships. As I'm talking, however, I can think of therapeutic changes that have been very spiritual and broad and spiritual changes that have been very focused. So maybe change, breakthroughs, transformation awakenings are all different names for the same thing?

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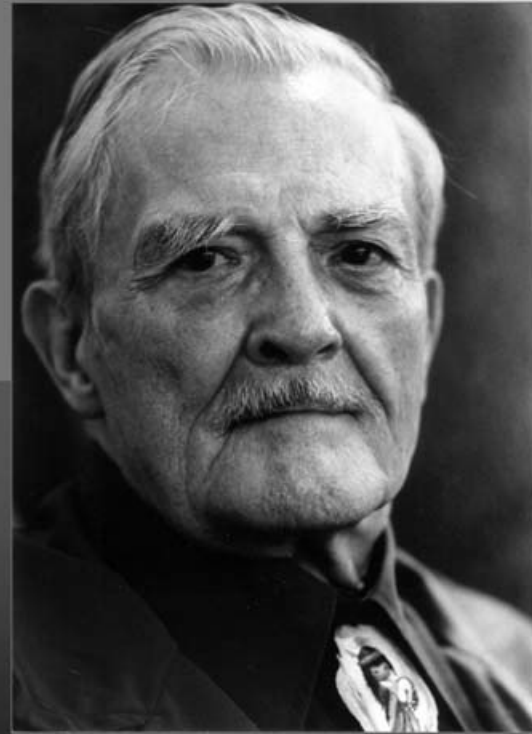


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B O O K R E V I E W

Staring at the Sun: Overcoming the Terror of Death

By Irvin D. Yalom, M.D.

Jossey-Bass
www.josseybass.com
2008, 306 pages
ISBN 978-0-7879-9668-0

This is a thoughtful book both with respect to its content and in the sense that it provokes the reader to think about his/her own death, and the fear of death in clients. In the preface Dr. Yalom writes that this is a deeply personal book stemming from his own confrontation with death.

In the first chapter, "The Mortal Wound," Yalom states that the self-awareness, which makes us human, comes with the costly price of the wound of our mortality. In his practice Yalom, found that death has been a hidden (or overt) companion of many of his clients. It then behooves the therapist to know how to be aware of this to help. In fact, in Chapter Two the author states, "Death awareness may serve as an awakening experience, a profoundly useful catalyst for major life changes."

The awakening experience (Chapter Three explains that when people are confronted with a life-challenging disease, they frequently become motivated to find out for themselves what is really important in their lives. In my experience, and that of Yalom, two things stand out: relationships and contact with nature. The therapist serves as a guide in this endeavor.

Yalom makes good use of his study of philosophy; frequently referring back to Epicurus whose answer to "What is the root cause of misery?" It is "our omnipresent fear of death." Nietzsche is quoted to good effect, "When we are tired, we are attacked by ideas we conquered long ago." and "Create the fate that you can love." as ways of attaining perspective. Nietzsche's words stand the test of time: "That which does not kill me makes

me stronger." The latter sentence was a favorite of Viktor Frankl.

Perhaps the most important idea in the book is that of *rippling* (Chapter 4). This refers to the idea that each of us creates, usually without conscious intent or knowledge, "... concentric circles of influence that may affect others for years, even generations" (p. 83). That is, we live on in others, and these ripples flow on and on and ...

Chapter Five is about overcoming death terror through connection. After all, life is with people and with nature: These connections give meaning to life. And empathy is the most powerful way we have of connecting to others. In being with a dying person, you need to be with them: listening, touching, aware.

Yalom shares his own fear of death in Chapter Six. He quotes the last lines of a poem he wrote a long time ago:

till stone is laid on stone
and though none can hear
and none can see
each sobs softly: remember me,
remember me

This chapter is an illustration of the use of self-disclosure, which is an important part of Yalom's style of doing therapy and, in particular, his way of working with death-terror.

The longest chapter in the book is Chapter Seven, which consists of advice for therapists in addressing death anxiety in their clients and in themselves. It is full of useful ideas. This chapter and most of the others are well illustrated with case histories. These concepts put the "meat on the bones" of Yalom's message.

This book is a personal history, and as such, I honor it. This book calls much needed attention to what has generally been avoided—I applaud it and Yalom. Read, learn, share, and be not afraid.

Reviewed by:
Rubin Battino, MS
Yellow Springs, OH

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B O O K R E V I E W

Hypnotically Enhanced Treatment for Addictions: Alcohol Abuse, Drug Abuse, Gambling, Weight Control, and Smoking Cessation

By Joseph Tramontana, PhD

Crown House Publishing Ltd., Wales, UK, and CT, USA
www.crownhouse.co.uk
2009, 144 pages
ISBN 978-098235736-1

Hypnotically Enhanced Treatment for Addictions offers readers a sense of having a personal mentor. It is written in a style that helps you feel like the author really wants you to succeed, and is delighted to offer you insights he has learned. Tramontana has worked with addictions for more than 30 years. He provides insider information that can assist your clients to achieve their goals. In this book you will find what you would expect but with a big difference: Tramontana's message is heartfelt; he offers in many little ways that you couldn't possibly anticipate--what has made a difference in people's lives.

In *Hypnotically Enhanced Treatment*, Tramontana has joined together methods from cognitive-behavioral therapy, NLP, systematic desensitization; covert sensitization through guided imagery, meditation, and 12-step programs. Many tools will be found in a small package of less than 116 pages. Also included are two appendices: One is a sample inventory for smoking cessation, and the other is an eating questionnaire. He also includes recommended books for further reading as well as references and an index.

I tested this approach on a client who was drinking large amount of whisky every day. I told my client that I was going to use an approach from a man who had been successful in helping others to stop abusing alcohol. It is now three weeks later and the man I treated has only had one brief relapse. To say that I am amazed is an understatement. In retrospect, I can see the subtle elegance and wisdom of the approach. The author gives people hope when they have none. He also gives the therapist enough latitude to be effective and to personalize the approach to their clients' needs and personal uniqueness. He has thought of most of the variations that would, or could be problems and helps you avoid them.

Overall, Tramontana has created a useful tool that is empowered by wisdom and acquired experience. Written in a style that will enhance the work of seasoned therapists as well as for novices, he has authored a real gem. *Hypnotically Enhanced Treatment for Addictions* will become a standard for many therapists. I highly recommend it.

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

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Crown House Publishing Presents the Milton H. Erickson Collection



Milton H. Erickson, MD: An American Healer

Betty Alice Erickson, MS & Bradford Keeney, PhD
Now available from Crown House Publishing, this extraordinary volume, written by members of Erickson's family with contributions from his colleagues, explores the personal side of this world renowned psychiatrist. Replete with photographs and personal stories, this biography of Dr. Erickson highlights his work that now endures through the practice of hundreds of Ericksonian psychologists and the transformative treatment of thousands of patients. This biography provides a vivid portrait of his teaching, his interactions with other psychologists, and his unique accomplishments as a healer. The DVD included has a never-before-seen film of a therapy demonstration by Dr. Erickson.

Paperback with DVD 360 pages | Bk#2551 | \$26.95 (p)



The Wisdom of Milton H. Erickson The Complete Volume

Ronald A. Havens

This outstanding piece of research presents the core wisdom of Dr. Erickson's life-long work. Gleaned from the records of over 140 publications and lectures given by Dr. Erickson, this volume is an essential part of the available literature on his work. Part One on Human Behavior and Part Two on Psychotherapy present his methods and lessons, while Part Three, Hypnosis & Hypnotherapy, presents a clear account of

how he conceived of hypnosis and its essential role in the process of therapy.

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Ericksonian Hypnosis Cards

Jamie Smart



Inspired by the now unavailable "Zebu cards," this set of Ericksonian language cards is an important tool for those wishing to learn the verbal magic of Milton H. Erickson M.D. The 52 casino-quality game cards present the language patterns you need to learn, examples of how to use them, and commentary about how and why they work. You also get tips on how to embed commands, and instructions for "Hypnotic Slapjack," a card game that has been adapted to include

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Jamie Smart

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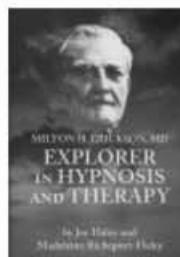
CD 60 minutes | Bk#5198 | \$34.95 (p)

Attention Evolution of Psychotherapy Attendees:

If you participated in the Conference Bookstore Drawings, we wish to inform you that the winner of the Four Portraits of Psychotherapy Pioneers was won by Wayne Beeman of Fullerton, CA.

The four pioneers were: Alfred Adler, Sigmund Freud, Karen Horney and Benjamin Rush.

The winner of the \$100.00 worth of free Books was won by Karen Rachels of San Francisco, CA. Congratulations to our winners!



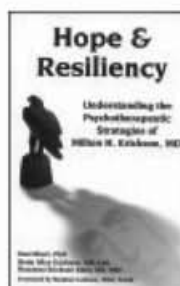
Milton Erickson:

Explorer in Hypnosis and Therapy (DVD)

Jay Haley and Madeleine Richeport-Haley

Narrated by Jay Haley, this full color documentary offers an intimate and far-reaching portrait of Dr. Erickson's life and work featuring abundant footage of Erickson during interviews and therapeutic sessions, many of which have never been previously released. You will learn how Erickson overcame numerous adversities in his early life—dyslexia, complete paralysis from polio at age 17, and chronic pain—and how these events formed the genesis of his development as an innovator in hypnosis and therapy.

DVD 60-minutes | Bk#0235 | \$49.95 (p)



Hope & Resiliency: Understanding the Psychotherapeutic Strategies of Milton H. Erickson

Dan Short, PhD, Betty Alice Erickson, MS,
and Roxanna Erickson Klein, RN, PhD

This volume systematically examines Dr. Erickson's clinical strategies and organizes them for better understanding. Each principle is broken down into several techniques that share a common function. The overarching concepts have been paired with simple analogies, folk wisdom, and illustrations from other schools of psychotherapy as well as clinical examples from Erickson's own work and others.

"The keys to the kingdom! This brilliant book is a 'must-read' for anyone interested in understanding and applying Erickson's work. Highly recommended!"—Michael F. Hoyt, PhD, author of Some Stories are Better than Others

Hardcover 212 pages | Bk#4937 | \$39.95 (p)



Meetings with a Remarkable Man:

Personal Tales of Milton H. Erickson (CD)

Bill O'Hanlon

From his very first encounter with Dr. Erickson, to his "apprenticeship" as his gardener, Bill O'Hanlon's narrative is both personal and informative. He explains how Erickson's life story impacted significantly on how Dr. Erickson practiced his therapy and how he had the uncanny knack of knowing, *in advance*, exactly what a person was looking for. Listening to these stories will both delight and educate you. Also included is *Trance Plants*, an original song written and sung by Bill O'Hanlon dedicated to Milton H. Erickson.

CD 50 minutes | BK#7309 | \$16.95 (p)



Ericksonian Approaches:

A Comprehensive Manual, Second Edition

Rubin Battino, MS & Thomas L South, PhD

This definitive training manual provides a systematic approach to understanding all of the nuances of Ericksonian hypnotherapy set against a clinical background. It is a practical resource that assumes no previous knowledge of the field. It covers myths and misconceptions, traditional vs. non-traditional inductions, basic and advanced inductions, language forms, ideodynamic responses, hypnotherapy without trance, metaphors, ethics and the law, and much more.

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B O O K R E V I E W

B O O K R E V I E W

How to Talk with Family Caregivers about Cancer

By Ruth Cohn Bolletino, PhD

W.W. Norton & Company
www.wwnorton.com
 2009, 294 pages
 ISBN-978-0-393-70576-8

How to Talk with Family Caregivers about Cancer is the book for therapists working with family (and other) caregivers whose loved one has cancer. Let me state at the outset that this is the best book on this subject I have ever read, and I have been active in this field for a score of years. In addition, Lawrence LeShan, a pioneer in this field, mentored the author.

“Patients are under far less strain when they understand the treatment, the need for it, its possible side effects, and its benefits”

The book is divided into three parts. Part I presents a general psychotherapy approach (seven chapters); Part II helps the family caregiver help the patient (eight chapters); and six appendixes provide basic facts and practical information about cancer and its treatment.

Part I is replete with an incredible amount of practical information and advice for therapists working in this area. The author has intimately lived the experiences she writes about, and bases illustrations on families she has worked with. Her experience makes what she is writing real, rather than being in the realm of mere technique. It is only from this kind of personal immersion in the world of cancer that someone can write from the heart. And, in this work it is essential that you participate from the heart. Bolletino reminds us that she is always a professional, yet one who is involved as a concerned and caring human being with another fellow human being who is in pain, confused, mystified, in denial, frequently hopeless and helpless, and swamped in the technology (dare I add “mysteries”) of modern medicine. This work is a way of being, just being, with another person. Bolletino em-

phasizes over and over again the importance of listening, *really listening*, to those caught up in what is generally experienced as a nightmare. In the support group I facilitate, we have found that the most important part of our meeting is when everyone has the opportunity to speak from their hearts whatever they wish, and the rest of us provide undivided attention. To know that you are being heard is magical and healing. Listen, Listen, Listen.

Bolletino rightly emphasizes four toxic myths in Chapter Four: (1) people cause cancer; (2) the cancer patient needs to maintain serenity and to stay positive at all times; (3) cancer is an inevitable death sentence; and (4) medical statistics foretell the future. These myths are so common that they must be addressed. The motto of the support

group I work with is, “You may have to believe the diagnosis, but you do not have to believe the prognosis.”

In Part II, Bolletino writes about helping the family caregiver help the patient. As she explains, “Patients are under far less strain when they understand the treatment, the need for it, its possible side effects, and its benefits” (p. 145). Chapter Seven on the ethical and spiritual aspects of this work is important and useful and Chapter Eleven offers excellent ways to communicate with children in the family of a parent who has cancer.

The useful appendixes cover basic facts about cancer and cancer treatment, psychological side effects of treatments, techniques for managing stress, complementary treatments that can ease pain, and legal and practical preparations when the patient is dying.

If you work with caregivers whose loved ones have cancer, this is the book to own, study, and heed.

Reviewed by:
 Rubin Battino, MS
 Yellow Springs, OH

Clinical Pearls of Wisdom: 21 Leading Therapists Offer Their Key Insights

Michael Kerman, MSW, editor. Twenty-one contributors

Norton Professional Books
www.wwnorton.com
 2010, 264 pages
 ISBN: 978-0-393-70587-4

Clinical Pearls of Wisdom presents insights or techniques from seasoned therapists that made the greatest impact in work with clients. Each chapter follows the same format. Each author presents and explains three clinical pearls of wisdom. Next, the authors discuss a single case history, exemplifying the three pearls and explaining “why they did what they did.” Then the authors explain the rationale behind their clinical work and offer suggestions for the reader to integrate approaches into practice. The chapters end with a bibliography and a brief biography.

This book is divided into eight sections organized around the most common presenting problems including depression, trauma, anxiety, grief, couples, children, and adolescents. Each section contains between two and five articles, allowing the reader to compare different approaches. The concluding section has one article on “therapist’s attachment.”

In this review, I cannot examine all the articles, so I compare two articles on anxiety to offer a glimpse of the content.

Reid Wilson, in his chapter “The Art of Persuasion in Anxiety Treatment,” offers his three pearls. He advises, “Focus on a new frame of reference,” “Create an offensive strategy – seek to be clumsy, awkward, uncomfortable, and uncertain,” and “Help clients believe they can cope with failure.” This framework includes an aggressive plan “to take back territory from OCD.”

Wilson then examines Matt, a client who came to a treatment group for OCD. After the morning session, the clients were given homework assignments during lunch to “seek out uncertainty and doubt.” Instead of three assignments, Matt completed eleven. One assignment, touching a contaminated bottle of alcohol, and then contaminating other items, caused an extreme reaction, including crying and hyperventilating. Matt hung in there, remembering that he could cope with failure. He explained, “I was telling myself that I wanted to be anxious – and I was.” He returned to the group fortified in his ability to take back territory from OCD.

Author Margaret Wehrenberg contributed an article entitled “Tools for Treating Anxiety: Optimizing the Chances for Success.” Her pearls are “Make sure you understand the ‘why now’ when a person enters therapy,” “Learn to ignore physical symptoms,” and “Anxiety is a condition looking for content.”

She then examines the case of Jerry, an engineer in his late 20’s who is “feeling like a duck,” looking serene but paddling like crazy underneath. His history included emotional desertion by both parents when he was eleven and the recent birth of a son.

The “Why now” part of treatment discovered excessive caffeine use, sleep deprivation, and no exercise, all of which Wehrenberg addressed. Following Pearls #2 and 3, she taught Jerry “thought stopping” and “thought replacement.” She also guided him in “worry management techniques,” including restricting worry to 15 minutes daily, diaphragmatic breathing, and a technique called “Focusing” developed by Eugene Gendlin.

In reading this book, a therapist can compare techniques, noticing similarities and differences in the way prominent therapists treat common problems. The uniform structure of the chapters lends a helpful tool in grasping key points and learning to apply them. The editor wisely includes sections on two frequently ignored groups, children and adolescents.

I recommend this book, especially for general therapists or those wishing to compare and contrast techniques for common problems.

Reviewed by:
 Michael Grusenmeyer, M.D.
 Rocky River, Ohio, USA

The Zerka T. Moreno Series Psychodrama, Sociometry and Beyond

www.psychotherapy.net
2007, 76 minutes
ISBN 1-60124-087-2

This DVD is an interview by ten interviewers in a group setting with Zerka Moreno, one of the founders of psychodrama. The interviews were under ten headings: Social Atoms and the Empty Chair, Crossing Swords with Fritz Perls, Life and Trauma, Human Touch, Auxiliary Egos as Cultural Guides, Zerka's Contributions, Sociometry and the Body, Sociodrama, Psychodrama Around the Globe, and New Vistas. In addition, there was a "bonus" 30 minute interview by Victor Yalom, Ph.D. The DVD is enhanced by an instructor's manual that contains a complete transcript of the ten interviews and suggestions for study. (The sound quality is uneven.)

There is historical material concerning psychodrama, including some interesting stories relating to Fritz Perls, the founder of Gestalt Therapy. Zerka stated that he "borrowed" from them without appropriate attribution! Throughout there are wonderful snippets concerning her husband, J.L. Moreno, their courtship and professional interactions, his genius in working "outside the box," and creating new methods. Interestingly, she always refers to him as "Moreno."

Zerka (she prefers this) makes an excellent case for the use of psychodrama in the present. Unfortunately, the field of psychotherapy tends to value the most recent approaches that have acronyms like CBT and DBT, which are considered to

be evidence-based and DSM-able, if you will. Early on in the interviews she states, "... experiential methods [like psychodrama] are the treatment of choice for people who have suffered trauma." Yet, how many VA hospitals have clinical staff trained in psychodrama? Recall that Moreno was a psychiatrist who worked extensively with residents in institutional settings. This is also the case with two other older approaches—Gestalt Therapy (Perls) and Provocative Therapy (Frank Farrelly)—which are rarely taught now.

Here are some snippets of Zerka's wisdom:

I threw out the rules when they didn't fit.

I don't really know who you are until I see you in psychodrama at least once.

Look at the body and see what the body is doing in space.

Don't tell me, show me.

Get outside the box—there's another world out there—bring it to life.

I would like for doctors and especially surgeons and nurses to role reverse with their patients ..."

As a personal note, I believe my younger son who is a surgeon learned a great deal when he was a patient who underwent a knee ligament transplant, and who had a hard time in the recovery and the nine month re-habilitation period. *Role reversal* would help children and parents, couples, teachers, and both professionals and "ordinary" people. What would a couple contemplating marriage learn from a pre-marital psychodrama testing center?

Zerka Moreno is a fascinating person to spend time with.

Reviewed by:

Rubin Battino, MS
Yellow Springs, OH

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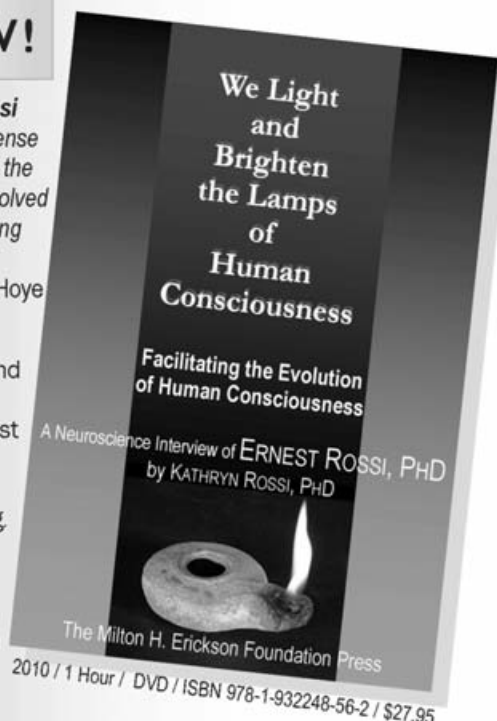
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