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I N T E R V I E W

Harriet Lerner

Interviewed by Ellyn Bader

Harriet Lerner, Ph.D., is one of our nation's most respected voices on the psychology of women and the process of change in marriage and families. For more than three decades she was a staff psychologist at The Menninger Clinic in Topeka, Kansas and a faculty member and supervisor at the Karl Menninger School of Psychiatry. Currently in private practice in Lawrence, Kansas, Lerner is the author of numerous scholarly articles and 11 books, including *The New York Times* bestseller, *The Dance of Anger*, and, most recently, *Marriage Rules: A Manual for the Married and The Coupled Up*. She is also, with her sister, an award-winning children's book author, and she hosts a blog for *Psychology Today* and *The Huffington Post*. Through the clarity of her writing, clinical work, and engaging public appearances, Lerner helps people worldwide to navigate the swamps and quicksand of their most



difficult relationships.

Ellyn Bader: Why don't we start with your personal history so our readers can get to know you a bit.

Harriet Lerner: Well, I was born and raised in Brooklyn, the younger of two daughters. My grandparents on both sides were Russian Jewish immi-

grants. My parents didn't have the opportunity to go to college, so "achievement was next to Godliness," as far as my big sister Susan and I were concerned. I knew we'd get Ph.Ds. the way other kids knew they'd go to elementary school. My father talked about "my daughters the doctors" while we were still in our strollers.

EB: Was that a lot of pressure for you?

HL: Back then, boys were supposed to "be someone" and girls were supposed to "find someone," so I think it was good that our parents pushed against the cultural tide. And although we were very poor, we had great things to do. Susan and I were raised in the Brooklyn Public Library, the Brooklyn Museum, and the Brooklyn Botanical Gardens. These places were free and just a subway token away.

EB: How did you decide to become a psychologist?

HL: I know this sounds bizarre, but I decided to become a clinical psychologist before I entered kindergarten, and I never veered from this goal. Maybe it had something to do with the

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The 2013 Couples Conference is Around the Corner

The Foundation plans months even years ahead for conferences and the Couples Conference 2013 is no exception. Held April 18-21, 2013 in Manhattan Beach, California, the Couples Conference will most likely be another sold-out event.

Every year, we hear from therapists worldwide about how the Couples Conference has impacted their lives and made them better marriage and family therapists. As Ellyn Bader says eloquently, "Every couples therapist faces challenges when individual personality issues collide with the couples systemic and developmental patterns. The 2013 conference is designed to address working with issues such as addiction, infidelity, narcissism, and deception in the couples context."

The Couples Conference 2013 stellar faculty includes: Ellyn Bader, Ph.D., Lonnie Barback Ph.D., Stephanie Brown, Ph.D., Paul Ekman Ph.D., Marty Klein, Ph.D., Harriet Lerner, Ph.D. Bill O'Hanlon, MS, Stephen W. Porges, Ph.D., Terry Real, Janis Abrahms Spring, Ph.D. and Michele Weiner-Davis, MSW.

Paul Ekman, who was the feature interview in the last edition of the Newsletter, is known for developing the Facial Action Coding System (FACS), which iden-

See COUPLES on page 8

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EDITOR'S COMMENTS

I especially enjoy the Winter/Spring edition of the Newsletter since it overlaps two of my favorite conferences: the Brief Therapy and Couples conferences. Over the years, in reviewing the presentations of both conferences, it occurred to me that their common theme was how to make connections: within one's self, between individuals, with the community at large. There is a natural desire to connect with something greater than the self. Therefore, this issue's articles and reviews weave back and forth, overlapping the themes of both brief and couples therapy.

In our last issue, we featured Paul Ekman as our representative of both conferences. This issue, Ellyn Bader interviews Harriet Lerner as our ambassador since Bader and Lerner will also be presenting at both conferences. Bader and Lerner, as well as Michele Weiner-Davis, interviewed in John Lentz's *In the Spirit of Therapy* column, act as our connection between these two great conferences.

The theme of connection at multiple levels is elegantly presented in Marilia Baker's *The Power of Two* column where she interviews Ellyn Bader and Peter Pearson. Teresa Garcia-Sanchez demonstrates the use of the classic Ericksonian approach by facilitating a patient to connect with his internal resources as she connects with him in her brilliant *Case Report, What If We Stopped Fighting Nicotine Addiction?*

Up the Mountain is Roxanna Erickson Klein's modern odyssey in finding and connecting with her Erickson roots. She continues this odyssey in her Contributor of Note section with an interview with filmmaker Alexander Vesely, documentarian for "Wizard of the Desert," a film about the life and work of Dr. Erickson. John Lenz further carries this theme with his enthusiastic review of John Gottman's, *The Science of Trust: Emotional Attunement for Couples*. These types of interpersonal connections are demonstrated in Gabor Filo's *Rapid Hypnotic Inductions: Demonstrations and Applications*, reviewed by Roxanna Erickson Klein.

Our prolific Review Editors, Alexander and Annellen Simpkins



offer us a handful of book reviews which include their own unique focus on the theme of connection. Their review of Alexander Vesely's feature film, *Viktor and I*, about his grandfather, Viktor Frankl, touches on the theme of family connection. Harriet Lerner's *Marriage Rules* is a classic connection manual for couples. Hillary and Bradford Keeney's book, *Circular Therapeutics: Giving Therapy a Healing Heart*, moves beyond technique and presents a non-model approach to therapy where the therapist becomes therapy through connection. As a segue between inter- and inner-connection, the Simpkins review Mary Beth Wedel and Robert Wicks' *Primer on Post-traumatic Growth*. As a capstone to their reviews, the development of inner-connections is presented in volume two of Kathryn Rossi's edition of *Selected Papers of Ernest Lawrence Rossi: An Introduction and Guide and Creating Consciousness: How Therapists Can Facilitate Wonder, Wisdom, Truth and Beauty*. This is a beautiful fusion of Rossi's vision and genius.

We again welcome Steve Andreas to our review family with his book review of Daniel Kahneman's *Thinking Fast and Slow*, which was mentioned in the last issue. This is an excellent book about how we can connect with the outside world. Michael Hoyt reviews Steve Andreas' book, *Transforming Negative Self-Talk: Practical, Effective Exercises*, which focuses on how we can connect more effectively with our internal world. Hoyt then reviews *Solution Focused Brief Therapy:*

100 Key Points and Techniques, by Harvey Ratner, Evan George, and Chris Iveson. This puts a European spin on Solution-focused Brief Therapy.

The theme of expanded interconnections is carried forth by John Lentz as he reviews *Innovations in NLP For Challenging Times Vol. 1*, edited by L. Michael Hall and Shelle Rose Charvet. This book is far more than its title suggests. The theme of multilevel connections is continued in Maria Escalante de Smith's concise review of *Adventure Therapy* by Michael A. Gass, H. L. "Lee" Gilliss, and Keith C. Russell.

If you are reading this issue at the Brief Therapy Lasting Solutions Con-

ference, you will easily see why we chose "connections" as our theme. The wonderful presentations and shared wisdom at the conference offer connections that you may not have expected. If you are not at the conference...(sigh)...you are missing an incredible experience. And, the Couple's Conference, which is just around the corner, is equally marvelous.

We hope to connect with all of you there.

Richard E. Landis
Orange, California

Foundation Plans for Spanish Books on Dr. Erickson

In keeping with the times, the Foundation is working on offering Spanish Language Editions of three classics by Erickson/Rossi, which should be available some time in 2013. The books were translated by Luis David Guzmán Moreno, M.D. and feature original forewords by Ricardo Figueroa Quiroga, M. Sc.

The books are: *Experiencing Hypnosis: Therapeutic Approaches to Altered States* or *EXPERIMENTANDO LA HIPNOSIS: Abordajes terapéuticos a los estados alterados*; also *Hypnotic Realities* or *REALIDADES HIPNÓTICAS: La inducción de la Hipnosis Clínica y formas de sugestión indirecta*; and *Hypnotherapy: An Exploratory Casebook* or *HIPNOTERAPIA: Un libro de exploración de casos*.

For information, email office@erickson-foundation.org.

Marnie McGann

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The Couples Conference

Manhattan Beach Marriott Manhattan Beach, California
April 18-21, 2013

The topics you asked for—

Connecting with a Difficult Partner • The Two Cornerstones to Successful Couples Therapy • Love in The 21st Century
Caring for an Aging Partner or Parent • Guerrilla Divorce Busting • From Conversation to Connection: The Language of Intimacy
When Society Loses Control: Attachment, Trauma and a Developmental Process of Couple and Family Addiction and Recovery
His Porn, Her Pain: Working with Couples When Pornography is an Issue • I Don't Want to Talk About It: Men & Covert Depression
10 Good Reasons Couples Don't Enjoy Sex--And Innovative Ways to Help Them • After Your Affair: Don't Ask Me to Forgive You!
The Three Cs: Using Spirituality in Couples Therapy (Even with Non-Religious and Non-Spiritual Clients)
The New Rules of Marriage: A Passionate Approach to Couples and Couples Therapy • The "New" Infidelity: Affairs in Cyberspace
It Takes One to Tango: Couples Therapy with One Spouse • Affairs: A Step-By-Step Program for Healing from Infidelity
Reel Love: A Five-Step Model for Successful Couples Therapy through the Lens of the Movies

And more!



Register by December 31st and save \$200 or more

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I N T H E S P I R I T O F T H E R A P Y

Interview with Michele Weiner- Davis, M.S.W.

by John D. Lentz, D.Min.

Michele Weiner-Davis, MSW, is an internationally-renowned relationship therapist, bestselling author, and professional speaker. Among the first in her field to courageously speak out about the pitfalls of unnecessary divorce, Weiner-Davis has been active in spearheading the now popular movement urging couples to make their marriages work and keep their families together. She is the author of seven books, including her bestselling *DIVORCE BUSTING*, and *THE SEX-STARVED MARRIAGE*.

She also is the recipient of several professional awards for outstanding contribution to the field of marriage and family therapy from the American Association of Marital and Family Therapy, Smart Marriages, and Grinnell College.

Weiner-Davis' work has been featured in major newspapers and magazines and she has made extensive media appearances on shows such as The Oprah Winfrey Show, 48 Hours, 20/20, The Today Show, and CBS This Morning.

John D. Lentz: Michele, what do you consider is the spiritual side of working with couples?

Michele Weiner-Davis: Most of the couples I work with consist of one spouse who desperately wants to save the marriage and the other who just as desperately wants out. People often ask how I can handle the stress of seeing people who have such intense and chronic relationship issues in their lives. The truth is, little compares to the feeling I get when I bring together two warring and distant spouses and help them fall back in love again. I feel blessed to have the opportunity to truly make a difference in people's lives.

About eight years ago, we moved to Boulder, Colorado, which is idyllic. The people are extraordinarily friendly, socially conscious, and kind. Most of the people I meet engage in activities that promote spiritual growth such as yoga and meditation. Plus, they regularly convene with nature through hik-

ing, biking, hang gliding...anything with an "ing." These practices and hobbies make Boulderites some of the most mentally, physically, and spiritually sound beings in America, according to countless surveys on America's Most Livable Cities. From the start, I was impressed with the obvious emotional centeredness of the community.

I also noticed there is a high incidence of divorce here. People seem to follow their own hearts as the path to enlightenment, but it occurred to me that many miss out on another very powerful path to spiritual growth -- through relationships.

I have learned that relationships are a remarkable arena in which to do inner work. I base this on nearly three decades of work with couples and almost 40 years with my own husband. It is through intimate relationships that we see mirrors of ourselves. Relationships provide opportunities to share our journeys; to confront our emotional demons and our shortcomings; to learn how to compromise; be altruistic; detach when necessary; and to forgive. Healthy relationships allow us to become our best selves, to increase inner awareness, and to share in life's joys and sorrows. Ironically, rough patches in relationships offer us unending opportunities to learn about compassion, empathy, and acceptance.

JL: Your books have made you a household name and have given a lot of folks many more options than they had before reading your work. What spiritual strengths have you received by dealing with the recognition of so many appreciative people?

MWD: To say that my work gives my life meaning is an understatement. I consider it a never-ending gift to know that my books, therapy, and classes have helped countless couples. I get regular emails from folks thanking me for enabling them to make their marriages work and tuck their kids in at bedtime ...together. I feel privileged that people trust me during critical times in their lives. My Ericksonian, strength-based lens allows me to see a person as resourceful and loving, which in turn provides a foundation for positive therapeutic relationships. The best part is that I take my Ericksonian, strength-based perspective with me

when my day is over and see all people through this positive lens. I took a hike with my 26-year-old and he said, "Mom, you really like people. You talk to *everyone* on the trail." (I don't think that was a compliment.) He's right. I do love people.

JL: Much of your recent work has focused more on helping couples reclaim and rekindle their sexual interest and enjoyment. Possibly because of your gentle and powerful way of communicating you have been extremely helpful to many people. What are your thoughts about the deeply spiritual and positive way that you have altered so many people's lives?

MWD: I want the people with whom I work to feel understood, respected, and appreciated, regardless of their sexual values or expectations. It is a direct result of my connection to people that allows me to push them, to demand that they stretch outside their comfort zone, both for their own good and for the good of their relationship. I get so immersed in sessions that time stands still. I am in the flow. People feel my connection to them and trust that I will shepherd them to healthier, more loving places.

JL: While you openly admit that your early life experiences motivated you to discover ways to help others,

what are some of the spiritual blessings that you have discovered as a result of your journey?

MWD: The early life experience to which you refer was the fact that my parents divorced after 23 years of marriage. I didn't see my parents' divorce coming because they never fought and our family life was a bit like the Waltons. I was about to leave home for college and my warm family nest was falling apart. I was devastated. But that devastation fueled my passion to help others avoid divorce whenever possible. And "others" includes my own marriage. Marriage is never easy. Most people who have been in long-term marriages will tell you that there have been periods in their lives when they wanted to throw in the towel. My marriage is no exception. But because of my past, my work, my love for my husband and our family, I feel determined to find a way, again and again, whenever necessary, to make things work, to have a healthy, loving marriage. (My husband often quips that we could never get a divorce; it would be bad for book sales.)

I consider this commitment to be a blessing in my life and in the lives of our children.

JL: Michele you are a blessing and so is your husband and his humor. Thank you.

Evolution of Psychotherapy – Conference of Conferences is Underway

The Foundation is already gearing up for the history-making conference of conferences --the Evolution of Psychotherapy, which is held every four years. In 2013, it will be in Anaheim, California, December 11-15. The Foundation hopes that by the time you have this Newsletter, our Evolution website will be live and offer Early Bird registration. Visit www.evolutionofpsychotherapy.com.

First held in Phoenix in 1985, the Evolution conference was covered by *Time* magazine, the *New York Times* and the *Los Angeles Times*. It sold out three months in advance and attracted 7,200 attendees. Registrants from more than 40 countries have attended Evolution Conferences, and 8,600 attended the 2005 Conference making it the world's largest psychotherapy gathering.

The primary faculty and state-of-the-art faculty at Evolution conferences have consistently been top professionals in the field. Keynote speakers and keynote addresses are legendary. In 2013, the primary faculty includes Albert Badura, Ph.D., David Barlow, Ph.D., John Gottman, Ph.D., Julie Gottman, Ph.D., Jean Houston, Ph.D., Otto Kernberg, MD, Marsha Linehan, Ph.D., Cloe Madanes, HDL, LIC, Donald Meichenbaum, Ph.D., Salvador Minuchin, M.D., Erving Polster, Ph.D.,

See *EVOLUTION* on page 8

The World Comes Together Next December

The Evolution of Psychotherapy

KEYNOTE SPEAKERS

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Gerald Edelman
Martin Seligman
Gloria Steinem
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THE POWER OF TWO

Ellyn Bader, Ph.D. & Peter Pearson, Ph.D.

By Marilia Baker

The greatest ordeal in life is marriage. It is the central focus for enlightenment and the natural therapeutic process in the culture.

This exquisite, sophisticated, and knowledgeable definition of marriage by Carl Whitaker, M.D., pioneer family therapist and grand innovator in the field fits well the philosophy, life work, and clinical practice of psychologists Ellyn Bader and Peter Pearson. For more than a quarter of a century they have been the leaders of a new generation of specialized practitioners, and “movers and shakers” -- daring innovators in the field of couples therapy. Their 1988 book, *In Quest of the Mythical Mate -- A Developmental Approach to Diagnosis and Treatment in Couples Therapy*¹, has been described as “the most comprehensive and practical approach to couples therapy of its time.”² It has been highly acclaimed and a suggested textbook for graduate training in couples therapy throughout the country. They were awarded the Clark Vincent Award by the California Association of Marriage and Family Therapy for their outstanding contribution to the field. Likewise, their book *Tell Me No Lies*, well-regarded by clinicians and committed couples, is a valuable complement to building an honest relationship throughout all stages of marriage or committed relationships.³

There is much to mention about the body of work and personal life of Ellyn Bader and Peter Pearson, founders of The Couples Institute in Menlo Park, California (www.couplesinstitute.com). Their skillfully designed, all-encompassing website is an eloquent, living testimonial of the myriad pathways they have walked through -- better said: *navigated through* -- in the past 30 years as clinicians, business partners, and married couple. Their website, along with online training, blog, and newsletter, is a treasure trove of useful information for clinicians and for couples seeking education and treatment. Having known them as authors and



having trained with them in several settings since 1991, the best way I can find to properly convey their essence and body of work and personhood is employing the concepts: *savoir faire*, *savoir être*, and *savoir devenir*⁴. In this context, the concepts have to do with expanding dimensions of conscious actions and evolving consciousness on the part of individuals. These dimensions elegantly capture the couple's prolific production as therapists and their role-modeling as *work-in-progress* married couple.

Savoir faire, or “know-how.” In this case: *to know how to work effectively* with a troubled couple in therapy to ultimately facilitate their healthy evolution as lovers and friends. I utilize the term *savoir faire* to better characterize Ellyn and Peter's sophisticated, substantial, and innovative interventions when working with couples -- whether heterosexual or same-sex -- in all phases of the life cycle. The challenges emerging at each phase of the human life cycle are worked therapeutically through the lenses of positive, normalized developmental stages or growth impasses, however painful or unhealthy at the moment. Their book, *The Developmental Model of Couples Therapy*, is the core of their creation. In essence, Bader and Pearson's model *focuses away* from pathologies (even though they do exist and are properly worked through therapeutically). The model emphasizes the growth challenges couples confront as “stepping stones to deep intimacy,” towards healthy inde-

pendence, as well as satisfying interdependence. I find this key developmental concept of “many marriages within the marriage” to be viscerally critical in understanding couplehood and its vicissitudes⁵.

Savoir être: to know how-to-be-in-the-world, or to have the personal qualities and self-capacities to make things happen. Having followed Ellyn and Pete's evolution as highly effective trainers, successful business builders, and business partners throughout two decades, I also have been personally touched by their humanness in exposing their own marital challenges at the appropriate “teaching moment.” Their solid *differentiation stance* is moving and impressive. An attentive, clinical eye at what they named “A Journey in Negotiation,” the six-minute video of school building in Kenya (www.couplesinstitute.com/kenya), a project dear to Ellyn's heart and soul, shows you how aptly the couple presented their wishes to each other, and negotiated throughout a few weeks of Initiator-Inquirer dialogue⁶. On the table were each one's wishes, interests, values, self-definition, emotional self-regulation at the prospect of not getting what each wanted, and the prospect of a long physical separation. Eventually, a sound, satisfactory resolution for both emerged. Throughout the process they maintained their individuality while being *actively curious* about each other --all elements of a healthy, differentiated dyad. The last time the Kenya project was on the table they decided to go together as a family with their

daughter Molly. This year, Ellyn travelled alone.

Savoir être also has to do with the cultivated abilities to effectively interact with individuals, groups, and communities, as well as the environment - physical or emotional. Again, an observing look at their website offers many examples of active engagement with the professional community and respectful care for the emotional well-being of couples in the larger community. Impressive are the many practicing clinicians in several cities throughout California that Bader and Pearson have incorporated into their Couples Institute.

Bader and Pearson's enduring commitment to educate and facilitate growth and encourage emotionally sound relationships is expressed in Ellyn's statement: “I am passionate about stopping unnecessary divorces and helping couples grow into rich, rewarding partnerships.” To that end they also have been actively devoted to their “commitment to train a core of exceptional couples therapists worldwide” to prevent unnecessary divorces and to facilitate couples in blossoming into satisfied-with-themselves Individuals who choose to grow with the Other in fulfilling relationships.

Please click on www.couplesinstitute.com/developmentalmodel to learn about their comprehensive and accessible training program, wherever you live in the world. As they mention on their website, their training integrates attachment theory, differentiation theory, and neuroscience, compatible with professional audiences that they, individually or together, have trained in the U.S., Europe, Asia, Australia, and South America. Ellyn reiterates: “This training receives consistent, enthusiastic feedback that enhances rather than collides with other therapeutic approaches.”

To complete their passionate dedication to community and change is Ellyn's enthusiastic involvement with displaced children of developing countries, such as Kenya. She and her family have been actively offering severely underprivileged children, a hands-on effort in equipment building and have facilitated the children's access to uni-

Continued on next page

POWER OF TWO *continued from page 6*

versal resources and education. This is an exceedingly worthy endeavor that has worldwide reverberations. I would not be at all surprised if future world leaders sprout from this well-tended soil. Please make sure to revisit www.couplesinstitute.com/kenya.

Savoir devenir: This leads me to a final comment on the meaning of this third component – to be aware and conscious about the future -- which takes me back to Whitaker's observation that marriage is a natural therapeutic process in cultures and a central focus of enlightenment. *Savoir devenir* essentially is to *consciously become aware* or knowledgeable about the future, integrating innate talents and cultivated qualities throughout one's lifetime. From the conversations I had with Ellyn and Peter in preparing for this edition of *The Power of Two*, and from the lively narrative on their April 2012 Newsletter online, I can easily surmise their commitment to the future.

It all started nearly 30 years ago when they decided to marry and to work together. As they indicate, they truly did not yet know what their passion was or what their mission would be. They discussed several options, including opening a restaurant (!), importing houseboats from India (!!) and, building a therapy practice. Their main concern was to "support couples so that they would not unravel under the stress of dual careers, parenting, or from managing their differences." Thankfully for the rest of us, in 1984 they decided to establish The Couples Institute "to help all types of couples create relationships full of energy and vitality!"

Bader and Pearson's *savoir faire*, *savoir être*, and *savoir devenir* also is skillfully summarized and enveloped within "Ten Commandments for Gaining and Building Trust," which they offered in the recent book *Ten Commandments for Couples*, edited by Jeffrey Zeig and Tami Kulbatski. ⁷ Ellyn and Peter gift the reader with precise, concise, and to-the-point pearls of insight and wisdom -- insight and wisdom that were acquired through their chosen mission in life, their passion, hard work, and indefatigable dedication to the perplexed in relationships. This dedication has been

gratefully enhanced by the couple's own rich marital relationship journey. That they are willing to walk the extra mile for couples, or fly the 20,000 extra miles to make a difference in the world makes this crystal clear: they offer the reader *12 commandments!*

Thank you Ellyn Bader and Peter Pearson for *all* that you are and do.

For comprehensive information please go to: www.couplesinstitute.com.

¹Please consult: Bader, E. & Pearson, P. (1988) *In Quest of the Mythical Mate: A Developmental Approach to Diagnosis and Treatment in Couples Therapy*. Brunner/Mazel: New York.

²See: Ellyn Bader & Peter Pearson, *The Couples Institute*, news release online. April 21, 2012, paragraph 1.

³See further: (2001) *Tell Me No Lies – How to Face the Truth and Build an Honest Marriage*. Saint Martin Press: New York.

⁴I am inspired here by the work of Christiane Faure-Hubert and Robert Faure, Institut Devenir @ www.institut-devenir.com.

⁵These developmental stages and their multiple combinations are strikingly parallel to the psychological evolution of the baby. They were adapted to the adult couple stages by Bader & Pearson from: (1975) *The Psychological Birth of the Human Infant* by Margaret Mahler et al. Basic Books: New York.

⁶This is a dialogue process created by Bader & Pearson, aptly named **I-to-I: Initiator-to-Inquirer**, *The Development of Self: Crucial to Greater Intimacy and Satisfaction in Relationships*. (I-to-I also implying a play in words for "eye to eye," face-to-face with your partner.)

⁷Consult further: Jeffrey K. Zeig, Ph.D. & Tami Kulbatski, Psy.D. (eds.): (2012) *Ten Commandments for Couples – For Every Aspect of Your Relationship Journey*. Zeig, Tucker & Theisen Publishers: Phoenix, Arizona.

WEBSITE REVIEW

The Developmental Model of Couples Therapy: Integrating Attachment, Differentiation, and Neuroscience

Online Web Course with Ellyn Bader
2011

The Couples Institute

www.CouplesInstituteTraining.com

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

Couples present unique challenges because they often come into a therapist's office angry, distressed, and closed-minded. "The Developmental Model of Couples Therapy: Integrating Attachment, Differentiation, and Neuroscience" is taught by seasoned expert, Ellyn Bader, and will guide you toward mastery in your work. She has created a one-year web course that offers clinicians a map for their couple-helping journey. For a monthly fee, clinicians from anywhere in the world can participate in this course and earn 36 CE credits.

The website is easy to navigate. The content is based in Bader and Pearson's developmental model. It offers a lesson every two weeks that reads like a chapter of a book that you can download and save for later reference. Written in a friendly style, the 23 lessons gently guide you through learning the approach. And each lesson contains homework assignments to foster personal experiencing. You do not have to travel alone, because the course also includes a monthly conference call with Bader and other participants, along with blogging to discuss the ins and outs of putting the ideas into practice.

Often people believe that couples therapy is superficial or secondary to individual work, but Bader explains how couples work can be the primary treatment. Her approach teaches ways to think developmentally, to look to the past to discover the patterns that form reactions. Deep work is achieved as you learn how to make a diagnosis and set goals to help navigate clients' seas of disturbance. The course shows how to change negative and defensive cycles and resolve relevant intrapsychic issues. And through the process, you can discover helpful ways to teach couples new skills, and elicit satisfying ways of relating.

The method is based in attachment, differentiation, and neuroscience. Instruction begins with key theories and assessment tools that help you make a diagnosis to inform your treatment. You will find there are classic constructs drawn from founders such as Margaret Mahler, Fred Pine, John Bowlby, and Mary Ainsworth. Differentiation, one of Mahler's stages of development, is a cornerstone of Bader's approach. Differentiation is the ability of partners to know and share their personal feelings and desires; to let each other know who they really are. Paradoxically, with differentiation, as couples come to accept each other as unique individuals, they become more intimate. The course clarifies the integration of attachment and differentiation and how to work with all aspects of partnership, to steer couples to deeper satisfaction and fulfillment. Also included are ways to utilize the new brain science. Some lessons are devoted to methods for helping couples who are openly hostile and those who avoid conflict. Specific exercises give you tools for promoting healthy interaction, fostering empathy, and soothing. You will also find lessons on different types of partner patterns, such as passive-aggressive and narcissistic, as well as strategies for dealing with infidelity. The case examples of couples given are ones that you can relate to and use as a springboard for your own understanding.

The course lessons have a great deal to offer clinicians from many different therapeutic schools to help them become comfortable and effective in working with couples. The model is consistent and well thought out, and the techniques are clearly presented so that you can learn by doing. We highly recommend this course!

C A S E R E P O R T

What If We Stopped Fighting Nicotine Addiction?

I begin all my treatments with the question: "What would you like to change today -- and why?" The client M.T. answered, "I want to quit smoking because it's bad for me." (I find this is a staple answer for most people who are asked the same question.) I normally follow my question with a destabilization technique. This is intended to simultaneously create an increase in motivation to the point where the clients are almost demanding to be treated. It also brings about a state of confusion during which, taken aback momentarily, clients will look for coherence anywhere and therefore accept any suggestions they can understand; a little bit like clutching at a straw.

My response to M.T. was spoken quickly so he wouldn't have a chance to analyze my words. I said, "So what? We're always doing things that are bad for us! We don't exercise; we don't eat enough fiber; we don't drink enough water; we don't get enough rest; we

load ourselves with stress; and *we can change all those things whenever we want to.*"

I delivered the positive suggestion at a time when M.T. was beginning to wonder whether or not I was going to agree to treat him. (And it looked as though I was not against tobacco). This was a receptive moment; *a moment of request.* My next step was to tell him that it would be necessary to do a farewell exercise to say goodbye to "good old friend tobacco." I usually accomplish these farewell exercises with hand levitation where I suggest that the client's rising hand is tied like a puppet on a string to a balloon that is filled with smoke. I then proceed to instruct clients to cut the string and watch the balloon go up, enjoying its ascent and feeling grateful for having been liberated.

When I got to this point with M.T., he frowned and a teardrop rolled down his cheek. He said, "I've realized that if I quit smoking, it will be like betraying my father and brother who both died of lung cancer."

From that moment on, the treatment proceeded like traditional psy-

chotherapy, although with a very different objective: the resolution of grief. Of course, quitting smoking constituted a "minor result" of the treatment, yet this was for M.T. the confirmation that he had overcome his most unsettling emotions, some of which he probably couldn't have owned before the balloon farewell.

It is for this reason why we must not spurn any opportunity to allow the client's unconscious to express itself, even though he may appear to seek therapy for a problem as secondary as nicotine addiction.

After having demystified several aspects of tobacco, including it tastes good (Did my client remember the taste of his first cigarette?), or that it's relaxing (Did he know that one of the effects of nicotine is to increase adrenaline levels?), I asked M.T. to follow, to a tee, a smoking methodology, and, above all, to not make any effort to not smoke. I told M.T. to carry a pack of cigarettes with him because quitting an addiction means being able to remain indifferent when coming in contact with the addictive substance. If he feared a relapse it was probably because his need for tobacco had not completely dissipated. I told M.T. to carry a bottle of water and to drink every time he felt the need for a cigarette. After taking a few sips, he would be able to decide whether or not he wanted to give up his "freedom not to smoke" or choose to light up a cigarette and take a few drags.

With this method, anxiety is re-

duced for three main reasons. First, because there is neither a prohibition nor a limitation; second, because it means there's no chance to fail, which has probably been a fear factor present in previous attempts; and third, because the quitting is gradual and this keeps the withdrawal symptoms to a minimum—a similar effect to any aid of nicotine replacement therapy.

My client, M.T., received a recording for self-hypnosis, reinforcing the suggestions of well-being, of going for his goal, and of feeling satisfied after drinking water and being able to exercise his freedom not to smoke. He eventually began eliminating the cigarettes that he smoked automatically or out of compulsion.

M.T.'s ability to quit tobacco took place gradually, within about a week. Having attended hypnosis sessions every other day, there came a moment when he quit smoking completely, without struggling with the addiction. The goals of the second and third sessions were to consolidate all progress noticed and to prevent any possible relapses, including using food as compensation for not smoking. M.T. overcame his addiction and any possible relapses because the treatment given to him was rooted in managing anxiety, not generating it.

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Translator Claudio Vanini

COUPLES *continued from page 1*

tifies every human expression -- expressions that are not culturally determined but universal across cultures. He also has studied deception for more than 30 years, and the television series "Lie to Me" was based on his real-life scientific discoveries.

Harriet Lerner, the featured interview for this Newsletter, is one of the nation's most respected voices on the psychology of women and marriage and family relationships. Her "Dance" books, including the *Dance of Anger*, have been best-sellers, and her most recent book, *Marriage Rules: A Manual for the Married and Coupled Up* is reviewed in this edition of Newsletter by the Simpkins.

Michele Weiner-Davis is an internationally-renowned relationship therapist and author. She is interviewed by John Lentz for this edition's "In the Spirit of Therapy." Author of seven books, including *DIVORCE BUSTING* and *THE SEX-STARVED MARRIAGE*, Weiner-Davis is the recipient of the Award for Outstanding Contribution to the field of Marriage and Family Therapy from the AAMFT.

Subjects to be addressed in conference workshops include: difficult partners; love in the modern age; caring for aging parents; a deceptive partner; understanding the language of intimacy; couple and family addiction and recovery; pornography as an issue in relationships; why couples may not enjoy sex -- and ways to help them; modeling successful relationships after the movies; spirituality in relationships; men and depression; new rules of marriage; forgiveness after an affair; and couples therapy with only one spouse.

For more information on the Couples Conference please visit www.couplesconference.com.

Marnie McGann

EVOLUTION *continued from page 4*

Ernest Rossi, Ph.D., Francine Shapiro, Ph.D., and Jeffrey Zeig, Ph.D.

The state-of-the-art faculty includes Judith Beck, Ph.D., Claudia Black, Ph.D., David Burns, Ph.D., Jon Carlson, PsyD, EdD, Nicholas Cummings, Ph.D., ScD, Stephen Gilligan, Ph.D., Steven Hayes, Ph.D., Harville Hendrix, Ph.D., Kay Redfield Jamison, Ph.D., Sue Johnson, EdD, Jack Kornfield, Ph.D., Harriet Lerner, Ph.D., Peter Levine, Ph.D., Scott Miller, Ph.D., William Miller, Ph.D., Bill O'Hanlon, MS, Violet Oaklander, Ph.D., Christine Padesky, Ph.D., Mary Pipher, Ph.D., Daniel Siegel, M.D., Derald Wing Sue, Ph.D., Bessel van der Kolk, M.D., Michele Weiner-David, MSW, LCSW and Michael Yapko, Ph.D.

Keynote speakers include Aaron Beck, M.D., Gerald Edelman, M.D., Ph.D., Martin Seligman, Ph.D., Gloria Steinem and Irvin Yalom, M.D. Keynote addresses will be from Diane Ackerman, Ph.D., Daniel Amen, M.D., Paul Ekman, Ph.D. and Michael Gazzaniga, Ph.D.

Marnie McGann

R E M E M B E R I N G E R I C K S O N

Up the Mountain

By Roxanna Erickson Klein

On December 5, 1901, Albert Erickson left his cabin in the mountains of the Schell Creek Range and went to the mine where he dug silver ore with a pickaxe and shovel. By the time he returned for lunch, his wife, Clara, had given birth to their second child, Milton Hyland Erickson.

Albert and Clara Erickson, Milton Erickson's parents, lived in the community of Aurum, Nevada, nestled within Silver Canyon in White Pine County. In 1900, Aurum was noted in a historic register to have a population of 54, but the town was abandoned a few years later due to diminishing ore supply and a catastrophic landslide. The high cost of transporting ore was also a major factor in the dwindling population of the community. Aurum still depended on wagons for transport while other areas in the state were developing railroads. Today, the area remains isolated and sparsely populated, although the Pony Express Trail, which runs through the county, is currently being preserved.

In 1906, when Milton was 5 years old, the Ericksons left Nevada. The family, which then included Milton and his two sisters, began their journey east in a covered wagon, later catching a train to Wisconsin. Albert's partner in business, Simon Davis, stayed behind to close the mine before he retired in Hawaii. Albert had done well at the mine, but he and Clara agreed the children needed "proper schooling." Selling their interest in the mine they put the settlement of \$400 towards the purchase of an 80-acre farm in Beaver Dam. The farm is where Albert and Clara raised their seven daughters and two sons. Milton lived and worked on the farm until he left for the University of Wisconsin to embark on higher education.

In September 2012, Milton Erickson's oldest son and my oldest brother, Albert II, and I went to Nevada to look for the Erickson homestead. Close to his grandparents, Albert II had journeyed there in 1951 to take photographs and gather memories to bring back to Albert and Clara. They often reminisced and described *their* moun-

tain as "the most beautiful place on earth." Albert II traveled alone to the remote area in a '41 Ford that repeatedly overheated. With the guidance of a local historian, he was successful in locating Aurum's general store, the post office, the cemetery, and the "everlasting spring" where water was available year-round. He did not have descriptions of our grandparent's home; he could not differentiate it from the many others that were standing at that time, but he took snapshots of all the structures he found. When he returned, Albert and Clara studied the photographs and initially had some difficulty in recognizing the land that they had left a half a century earlier. However, after pondering, they realized it was only the man-made features that had changed; the mountains remained the same. With that realization, they began to recognize the cabins of their friends and neighbors, but did not find their own home. In hope of Albert II's later return to the area, they gave him careful, more explicit descriptions of where the cabin sat in relation to Silver Canyon; it was at a distance from the community so they "would not have rowdy neighbors," and close to the mine.

Years later, accompanied by one of their other children, Albert and Clara did have an opportunity to visit the canyon and enjoy the beauty of the peaceful location that had been so important in their lives. It was not until September 2012 that Albert II returned to Aurum. I joined him, his wife Lillian, and Alex Vesely, documentation for *Wizard of the Desert*, to see if we could find the cabin. Starting with a visit to the local historical railroad, we verified geographical coordinates of Aurum, picked up a topographical map, and read some narratives about mining in White Pine County. Thinking we were all set in a four-wheel drive with a GPS, we gathered a few things including the old map that Albert had drawn and a photograph of the Erickson family on their front porch taken in the early 1900s.

While remote, it was relatively easy to locate the stone foundation that remains of the post office and general store, and with some effort we found the spring and the cemetery. As we searched for the cabin we came across

The floor was dirt, and we recalled our Grandma Clara telling how every bit of spare water was poured on the floor to keep the dust down.

an ore transfer station where miners brought their loads on mule back and prepared them for transport to the crusher. Each of these sites has been marked by the local historical society. The cabin itself was more elusive and it took us two full days of scrambling up game trails and through overgrown valleys to finally find it. .

In 1901 when Milton was born, the log cabin was relatively large and comfortable for the time and circumstances. Dug into the side of the mountain, the rocks provided more moderate temperatures than felt in the standard more exposed cabins. The floor was dirt, and we recalled our Grandma Clara telling how every bit of spare water was poured on the floor to keep the dust down. The house was broad, with a room for Simon Davis, who was Albert's partner in the mining venture, and a bachelor and long-time friend. The cabin opened facing eastwards offering a view of the valley below where most of the miners settled.

While many of the logs of the cabin were still intact, the sides had fallen over, and a four-wheeler path had cut through the center where some of the structural parts must have been carried away. As such, it was not immediately recognizable, and we took a long while studying the cabin, the horizon and the description. A 30-foot tall spruce grew inside the structure, which enabled Albert II to estimate that the roof collapsed between 1930 and 1940. An experienced woodsman, he factored in climate and elevation along with DBH (Diameter at Breast Height) to estimate the age of the tree as 70 years old. Albert II also calculated the approximate date the spruce seedling first received sunlight to germinate and grow into its present 15-inch diameter as consistent with the decay of the roof occurring approximately 30 years after the departure of the cabin's inhabitants.

While the structure fit what we knew, it was not until we studied the contours of the land that it became ap-

parent what was missing from what once had been, and now was no more. Once the land spoke, the vision became clear: we imagined the whole of the cabin stretching across the pathway beyond the emptiness, looking out onto the valley, just like the photograph. We stood there, and let Alex take our photo with the horizon matching the photo taken more than a century earlier.

Set high in altitude, over 8,000 feet amongst the spruce and ponderosa pine, without running water or even a nearby spring, the effort needed to maintain a household and raise young children in a cabin such as this is almost unimaginable. The energy required to bring necessities up the mountain trail to the cabin and to survive the harsh winters seems overwhelming. Throughout their lives, Albert and Clara, as well as Milton, talked about *the need to utilize every resource*, but it was the beauty of life they talked about most often. Grandma's favorite song, *Home on the Range*, was one way she reminded our family of the unsurpassed grandeur of those years.

Being there, seeing, feeling the surrounding beauty, I became aware of how my brother Albert II is so like my Dad. He was drawn by curiosity, interest, and a desire to discover things firsthand. We spent two days climbing around the rough terrain, Albert, now in his 83rd year walking with a cane faster than I could go. All the while, as I scrambled breathlessly to catch up, I noticed how his gait, leaning on the cane, and his profile are so much like our Dad's. As we discovered the cabin, I felt Albert's undying determination, so much like Dad's. The fulfillment of locating the cabin brought another dimension of pleasure to the moment, feeling the continuity of generations over more than a century. I felt close to my Dad, to my grandparents, and to my siblings. The shared experience of being together in that place, in body and spirit, brought kinship beyond time.

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

ALEXANDER VESELY

A Filmmaker Documenting Psychotherapy

Introduction

The Erickson Foundation is working with filmmaker and director, Alexander Vesely of Vienna, Austria to produce a documentary about Milton H. Erickson. "Wizard of the Desert" will offer a broad audience a look at the personal and professional side of Dr. Erickson.

This interview between Vesely and Roxanna Erickson Klein takes place in October of this year. Both Klein and Vesely would like to thank Mary Cimiluca, CEO, at Noetic Films, Inc. for her ongoing support and business acumen, which has helped bring this important project to fruition.

Roxanna Erickson Klein (REK): Hi Alex. I would like to take this opportunity to ask you to share with our readers your background in filmmaking.

Alexander Vesely (AV): It's a pleasure to speak with you, and thank you for giving me this opportunity to talk about my favorite subject -- film.

REK: Let's begin with our mutual endeavor, the making of "Wizard of the Desert." Can you tell us about this project and why you have taken an interest in it?

AV: My passion has always been filmmaking. I recognize the tremendous impact that a film can have on an individual's life. A long time ago, I received a note from the great Steven Spielberg who wrote: "Film is so powerful, use it wisely and enjoy it." Those words have remained with me and still guide me. Film can convey complex concepts by translating them into experiences that guide us through different emotional states. It encourages learning in a profound way.

I have formally studied psychotherapy. My interest in human motivation and the way the mind works, together with my passion for filmmaking gave me direction; even my master's degree thesis was on "cinema therapy." As I learned about and com-



pared different schools of psychotherapy, the journey of exploration led me to an interest in the work of Milton Erickson. The Erickson Foundation has been central in helping me and others learn about his remarkable therapeutic approaches.

For approximately two years I have collaborated with the Foundation on "Wizard of the Desert." I have filmed dozens of interviews with professionals from around the world; the stories they told will illustrate the profound impact Dr. Erickson's work has had on their diverse professional practices.

REK: It's true that my father's words and messages have had a lasting impact on so many lives. I've seen a number of those interviews and I have also been interviewed for this film. You are quite skilled in drawing stories out of people.

AV: Thank you. While I encourage people to talk about their memories and the relationship they had with Dr. Erickson, I also want to illustrate it without changing or altering the emotional content that they bring to the interview. I seek to capture the impact that Dr. Erickson had on the individual who is telling his story.

REK: It must be a delicate balance -- encouraging people to tell their story, yet not leading them in one direction or another. You seem to have a special talent there too. Tell us how your training in psychotherapy has fit with your work as a filmmaker.

AV: In order to gain a deeper understanding and to improve my directing skills, I formally studied psychotherapy at the University of Vi-

enna. I explored the connection among film, narration, and therapy in my master's degree thesis. I think my appreciation of psychotherapy has improved my work as a director, especially in working with actors. I gained many valuable insights which have impacted and changed the way I approach filmmaking. Engaging emotions in a way that can lead to insight is an important element of psychotherapy. It is similar to generating an atmosphere that captures an audience.

Looking at different schools of therapy and their parallels to the cinematic experience, the work of Milton Erickson immediately stood out. His groundbreaking ideas as well as his personal life's story are so remarkable that I wanted to see his story on screen.

REK: How did you get started in the art of directing films?

AV: Enthusiasm for film and the visual arts has always been part of me. I began to make films as a child. In fact, I got my first camera at age seven and I have directed, produced, and written many short films, commercials, and documentaries. The opportunity just happened by circumstance, but once I embraced it, things began to fall into place in a way that helped me to recognize my own talents.

My work has now begun to be recognized in Hollywood and I have been offered several important film projects. I am beginning the process of applying for a U.S. work visa. In addition, one of my short films, "Codigo Capital," produced and directed in Argentina, was an official selection at the Latino Film Festival in Berlin. "Viktor & I, An Alexander Vesely Film" won the Diamond Award from the California Film Awards along with three other prestigious recognitions. I was most humbled and honored by these recognitions.

REK: I have seen "Viktor & I" and agree that the recognition is well earned.

That film helped us see that you have the ability to tell our story about Dr. Erickson in an interesting, compelling, yet accurate way.

AV: I went through a vast amount of archival material for "Viktor & I," as well as the footage I had shot myself. A lot of it was great material and the biggest challenge was to decide

which stories to set aside. Luckily, in the process of putting all the material together, the story began to tell itself, to find cohesion and meaning. It began to show the humanity of this great thinker. I am pleased with the outcome. Professionals worldwide had been asking for a more cohesive understanding of the work of Dr. Viktor Frankl, while an even broader group of people were clamoring to know more about the person.

REK: As I understand it, the approach to "Wizard of the Desert" will be similar to the one used to show the work of Viktor Frankl.

AV: It is difficult to capture the essence of a man and his work by simply looking at volumes of text. Film is the medium of our time and an ideal way to remind the world of great men and their work. While researching Dr. Erickson's work, I came to think of him as a great American hero. Once I began to work on this documentary, interviewing many former patients, students, colleagues, family, and friends, I became even more intrigued by his character. He was a gifted man who overcame great physical challenges to become an enlightened healer. He had the ability to move patients toward wellness by utilizing their own words and simple, everyday activities. His techniques have been studied by thousands, yet no one can fully explain how he so powerfully did what he did. The stories about him are vital to preserve.

REK: Many of these stories were at risk of being lost without the work you have done. Overall, what do you think is the most difficult aspect of the film?

AV: This work is challenging in that it had not begun until decades after Dr. Erickson's death. This has offered some advantage, in that mature professionals are able to look back and recognize ways in which Dr. Erickson influenced them. However, it also was a serious disadvantage, in that some resources have gone to the four winds, so to speak.

REK: In the event that other material or opportunities become available, will you still work with us to add to the film?

AV: I am always committed to assure that the work is as complete as

Continued on next page

F I L M R E V I E W

Viktor and I

Alexander Vesely, Filmmaker

Noetic Films
2011

www.viktorandimovie.com

ISBN: 978-0-615-46806-5

\$24.95

Reviewed by C. Alexander Simpkins,
Ph.D. & Anellen M. Simpkins, Ph.D.
San Diego, California

Filmmaker Alexander Vesely has created *Viktor and I*, a feature film about his grandfather, Viktor Frankl, the founder of Logotherapy. The movie is an artistically presented collage of interviews, interspersed with Frankl's lectures, TV appearances, and intimate memoirs. Vivid visuals combined with moving music convey a powerful experiential presence of this inspirational man and his valuable work.

The movie highlights Frankl's ideas, which are just as relevant today as they were when he first had them as an inmate in a concentration camp during the Holocaust. He has taught us how to rise above any unchangeable situation, no matter how horrific, and emerge better human beings. We can't pursue happiness, he maintained, we must let it surface as a natural byproduct in the quest for meaning in life and love. In fact, the most traumatic circumstances have the highest potential for meaning in one's life. Therefore, we have opportunity to transmute tragedy into triumph.

Moviegoers are offered an almost personal encounter with Frankl through disclosures from those who knew him intimately: his family, friends, colleagues, and religious leaders. These personal stories reveal Frankl to be a deeply caring individual. His capacity for forgiveness is shown when he helps a former Nazi to find work. And, many are probably not aware of Frankl's sources for his lofty perspectives. Since his youth, he was an avid mountain climber and utilized memories of his climbs to rise above his suffering at the camps. He also trained to get an American pilot's license in his 70s!

Viktor and I captures many ways in which Frankl helped others. Frankl's son-in-law, Franz Vesely, a physicist, notes how Frankl did collective therapy--talking over the shoulder of inter-

viewers to give advice and encouragement to the larger audience. And we see Frankl doing just that in a fascinating collection of movie clips. Another inspiring story involves a paralyzed man, Jerry Long, who had been a promising athlete but suffered a debilitating injury to his spine at age 18. Long read Frankl's book and wrote him a letter, explaining how it modified his attitude. "I broke my neck, but it didn't break me," he wrote. That letter initiated a meaningful relationship between the two men. And, Long went on to become a psychologist who has used his experiences to transform his clients.

In the film, we also witness Frankl and others explaining the famous paradoxical intention technique. For example, if clients are anxious and afraid of fainting, the technique involves encouraging them to wish to faint—and faint many times! A client may laugh at this idea, which is incompatible with

anxiety, leading to detachment and change.

The section about the Holocaust is particularly moving, and includes some of Frankl's fascinating insights. He believed that there are only two races in the world: decent people and indecent people. When the indecent people gain power, a Holocaust becomes possible. The movie covers many educational topics, including religion, faith, relationships, and humor—all seen through the lens of a man who lived his beliefs.

Moviegoers will have an experience and get to know a great man when watching *Viktor and I*. They will also be inspired to rise above their own challenges in life to find meaning, which can set them free.

The movie ends with a panoramic mountain view and Frankl's last words, "The situation lacks tragedy."

We highly recommend this movie!

VESELY

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possible. If the opportunity arises for shooting additional material, I will be happy to work with the Foundation to integrate it into the film so that it, too, will be preserved.

REK: I was hoping you would say that. My own archival work tells me that you never know what resources might be discovered, and so the work is never complete.

AV: You are so right. I once wrote that producing a documentary is a bit like a treasure hunt -- you find pearls around every corner. My tendency as a director is to continue to add footage, but at some point, you must cut the research and finish the film.

REK: Well Alex, I want to let you know that your contribution to the Foundation Archives is substantial. I have found working with you to be a rare privilege.

AV: Thank you very much. It is a pleasure working with you too.

I N M E M O R I A M

Thomas Szasz

"In my view, the most important human values are political liberty as freedom from coercion and personal responsibility as respecting promises and holding others responsible for their actions." So said Thomas Szasz in an interview for the Erickson Foundation Newsletter in 2010 when he was 91. Dr. Szasz passed away September 8, 2012, at the age of 92.

A man of abnormal integrity, he railed against coercive treatments. Piercing the veil of collective denial, he advocated individual liberty as a primary ethic. Szasz declared that the ways of psychiatry are not the ways of medicine. He maintained that the true healer of the soul is a "doctor of persuasion," not coercion.

Viewing psychotherapy as a moral, rather than medical science, he argued against the ways in which individuals are stigmatized by psychiatric diag-

noses. Szasz pointed out the insidious paradoxes created by third-party payers, noting that such payment disempowers the patient and poisons a

everyone as sane and subject to the same laws, tabbing the insanity defense a psychiatric swindle.

The author of more than 30 books, Szasz was born April 15, 1920 in Budapest and moved to the U.S. with his family in 1938. Szasz was a member of the faculty of SUNY Upstate Medical University in Syracuse, New York.

Tom was a great friend of the Erickson Foundation, serving on the faculty of all the Evolution of Psychotherapy Conferences. He keyed the 2010 Brief Therapy Conference where the Foundation presented him with a specially bound copy of his 1961 book *Myth of Mental Illness*, celebrating the 50th anniversary of its publication.

Thomas Szasz will be greatly missed by family, friends, and colleagues. His message will endure.

Jeffrey K. Zeig



Caricature by Andreas Steiner

consensual relationship between patient and clinician.

Szasz noted that there was no valid method to distinguish sane from insane, and advocated the treatment of

International Society of Hypnosis Congress

The XIX International Hypnosis Congress in Bremen, Germany, was a historical event. Sponsored by The International Society of Hypnosis (ISH), organized by Bernhard Trenkle, an Erickson Foundation Board member and administered by his son, Andy Trenkle, it was the world's largest hypnosis conference to date. There were 1700 registrants and 2300 in attendance, almost 300 of which were faculty.

As one might imagine, the information offered was extraordinary. Unfortunately, the list of fascinating lectures and references to Ericksonian practitioners is more than can be summarized in this brief article. See: www.hypnosis-congress.com for the complete program.

As a member of the teaching faculty, I enjoyed the opportunity to share my experiences with an international audience. However, even more exciting was my role as a student, attending inspiring lectures by the world's leading experts. Topics ranged from the treatment of clinical problems, such as breast cancer or OCD, to unique applications such as children with autism or those living in extreme poverty. There were also unique perspectives on problems such as the worship of cult figures or other controlling individuals who misuse hypnosis to exert undue influence by brainwashing or cult indoctrination.

From the start of the Congress, I saw evidence of Dr. Erickson's continuing influence on the evolving hypnosis community. In an illuminating keynote address, Jeff Zeig convincingly illustrated the intricacy and increased depth that Dr. Erickson's approach offers when compared to traditional hypnosis. During her keynote address, Julie Linden, the incoming president of ISH, described Ernest Rossi as a leading researcher who has helped us to better understand the future of hypnosis and how it can contribute to the broader field of science and genetics. As a longtime admirer of Camillo Loriedo's work and his Erick-



Camillo Loriedo turns over ISH presidency to Julie Linden.

sonian approach, I was gratified to learn that he was honored at Congress with the Benjamin Franklin Award, which is the highest honor afforded by ISH. Having served as president for ISH this past year, Camillo, also a Foundation Board member, demonstrated an impromptu utilization of technical difficulties during his keynote by discarding frozen PowerPoint slides to advance his general point of being more interpersonally available when conducting hypnotherapy. Bernhard Trenkle also was honored as the recipient of Pierre Janet Award for Clinical Excellence.

This year's Congress was full of entertainment, not only in the evenings but also during some lectures. There was wall-shaking laughter in some workshops, and a Turkish doctor brought a whirling dervish and musicians to perform as he compared Sufism with auto hypnosis.

I eagerly look forward to the next ISH conference, which will be held in Paris, August 26-29, 2015. Paris was where the first international hypnosis congress was held in 1889. For more information on the XX ISH Congress, visit www.cfhtb.org. The French colleagues offered attendees of the Bre-



Jeffrey Zeig with Camillo Loriedo. Camillo received the Benjamin Franklin Award, the highest honor afforded by ISH.

men Congress a very attractive pre-early bird price for the Paris event and there were 250 registrations by the end of Congress. Newsletter readers can also get this price of 340 euro if they register before Dec 31, 2012.

I would suggest that anyone with a professional interest in hypnosis join the world audience for the next Congress which will no doubt be a spectacular event.

Dan Short, Ph.D.
www.iamdrshort.com

Foundation Offers Freebies

We might as well admit it...we all love freebies. And why not?! Don't we pay enough for everything else? Now the Foundation offers free items to thank our supporters and those who purchase products from the online store.

This year we've posted a free lecture by Jeff Zeig – "Exploring the Genius of Milton Erickson -- delivered last March (to a Web and live audience) at the California Southern University School of Behavioral Science. Then, we gave away the new eBook: *Milton H. Erickson* by Jeffrey Zeig and Michael Munion. Also, Jean Houston's keynote address at Brief therapy '08: "Inner Archetypes of Social Transformation" – a fascinating presentation on how to incorporate sensory, psychological, mythic, spiritual and unitive states to bring personal potential to social change at a community, professional, and cultural level. And, in memory of Thomas Szasz, we placed on our homepage an access link to his entire keynote address from Brief Therapy 2010.

There may be no free lunch, but Foundation will let you know the next time there's a freebie. If you are not receiving our emails and would like to be on the email list, please sign up at www.erickson-foundation.org.

Marnie McGann

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Completion funds are needed for Alex Vesely's documentary on the life and achievements of Dr. Milton H. Erickson.

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An Alexander Vesely Film

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The Couples Conference



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An Evening of Celebration: Erickson Foundation opens new offices

On Thursday, October 11, the Foundation's doors were propped open to welcome more than 50 guests. The air was scented with flowers and candles, and festive paper lanterns glowed above. Many guests took tours of the building with Jeff Zeig or staff, viewed artwork and photographs, browsed the library and archives, sipped wine or sparkling drinks, enjoyed food, and visited with friends and colleagues.

The "Dance of Life," sculpture, created and donated to the Foundation by Elijah David Herschler, mesmerized guests as it gently twirled and reflected the sunset light. Large-scale photos of Monument Valley and paintings donated by Irwin Pasternak of Pasternak & Associates (responsible for the interior design of the new

building) decorated the walls, as well as signed posters from Evolution Conferences, faculty photos, and caricature drawings by Andreas Steiner.

The grand opening celebration was held to honor Dr. Erickson and thank the many donors and supporters who have helped the Foundation begin this new chapter. Our building at 2632 E. Thomas Rd. Ste. 200, allows for the expansion of our precious archives; provides more room for staff to conduct day-to-day operations; and serves as home to the Foundation Press. It also is a global destination for Ericksonian practitioners.

To view photos of the grand opening reception, please visit our homepage at www.erickson-foundation.org and click on the link for pictures.

Marnie McGann

NEWS & NOTES

Uncommon Therapy has Universal Appeal

Uncommon Therapy: The Psychiatric Techniques of Milton H. Erickson, M.D., by Jay Haley is now available in Modern Chinese at www.psygarden.com.tw.

Jay Haley's book, written in 1973, is a classic in the field of psychotherapy and has worldwide appeal. The book provides a comprehensive look at Dr. Erickson's theories in practice through a series of case studies covering the kinds of problems that are likely to occur at various stages of the human life cycle.



Confluence now available in German

Confluence: The Selected Paper of Jeffrey K. Zeig is now available in German. Please visit: <http://www.literatur-vsm.at/CONF/index.htm>.

Marnie McGann

Milton H. Erickson Foundation Newsletter ADVERTISING RATES

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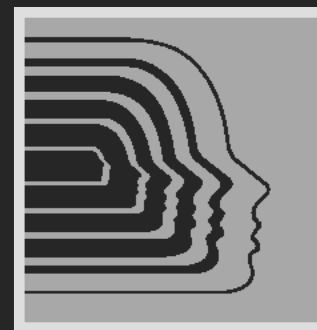
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SM

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CONFERENCE NOTES

The American Society of Clinical Hypnosis (ASCH) will hold the 55th Annual Scientific Meetings and Workshop, *The Triple Crown: Integrating the Mind, Body and Spirit*, March 15-19, 2013 at the Marriott Louisville Downtown, Louisville, Kentucky. For information contact the American Society of Clinical Hypnosis, 140 N. Bloomingdale Rd., Bloomingdale, IL 60108; Tel, 630-980-4740;

Fax, 630-351-8490; Email, info@asch.net ; Web, www.ASCH.net

Psychotherapy Networker is sponsoring the 2013 Networker Symposium, *The Therapist's Craft: Healing Connection in a Digital World*, March 21-24, 2013 at the Omni Shoreham Hotel, Washington, D.C. For information contact: Psychotherapy Networker, 5135 MacArthur Boulevard N.W., Washington, D.C. 20016; Tel, 202-537-8950; Fax, 202-537-6869; Email, info@psychnetworker.org ; Web, www.PsychotherapyNetworker.org

The Couples Conference will be held April 18-21, 2013 at the Manhattan Beach Marriott in Manhattan Beach, California. The Conference is sponsored by The Milton H. Erickson Foundation, Inc. with organizational assistance provided by The Couples Institute, Menlo Park. Faculty will include Lonnie Barbach, Stephanie Brown, Paul Ekman, Marty Klein, Bill O'Hanlon, Esther Perel, Stephen Porges, Terry Real, Janis Abrahms Spring, Michele Weiner-Davis, and Jeffrey Zeig. Preliminary information will be available in October on the Conference Web site: www.CouplesConference.com

The American Psychological Association (APA) will hold the 121st APA Annual Convention July 31-August 4, 2013 in Honolulu, Hawaii. For more information contact the APA, 750 First Street NE, Washington, D.C. 20002-4242; Tel, 800-374-2721; 202-336-5500. TDD/TTY: 202-336-6123; Web, www.apa.org

The Evolution of Psychotherapy Conference sponsored by The Milton H. Erickson Foundation, Inc., will be held December 11-15, 2013 in Anaheim, California. More information will be available in the coming weeks. Visit the Conference web site: www.evolutionofpsychotherapy.com or contact the Erickson Foundation, 2632 E. Thomas Road, Suite 200, Phoenix, AZ 85016; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org

The European Society of Hypnosis (ESH) in collaboration with the Italian Society of Hypnosis (SII) will hold the 13th International Congress entitled, *Hypnosis and Resilience: From Trauma and Stress to Resources and Healing*, October 22-25, 2014 in Sorrento, Italy (Amalfi Coast). For more information contact Societa Italiana di Ipnosi, Viale Regina Margherita, 296, 00198 Rome, Italy; Tel and Fax: (039) 06 8548205; Email: ipnosi@libero.it; Web, www.societaipnosi.it

Donations Further Foundation's Mission

Now that we're ensconced in our new building, we appreciate even more all those who have made our efforts possible. Many have donated since last spring's issue of the Newsletter -- for our build-out to be completed, the elevator, the shaping of the Hayward house museum, our archives, Wizard of the Desert, documentary, and for our general fund. All these donations have helped us to further our mission and we are extremely appreciative of each one, large or small.

We also are especially thankful to Founding Member Marilia Baker who is a longtime contributor to the Foundation, Contributing Editor for the Newsletter, and invited faculty for International Congress.

We wish to thank the following Founding Members for their significant donations of \$500 or more:

Marilia Baker (MHE Building Fund)

John Frykman (MHE Building Fund/Archives)

Kristina Erickson (Museum Fund)

Robert B. Erickson (Museum Fund)

Roxanna Erickson Klein and Alan Klein (Museum Fund)

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Marjorie Soroka (MHE Building Fund)

Barbara and Joseph Straining (MHE Building Fund)

Tracey and Stan Tatkin (Museum Fund)

Diane and Michael Yapko (MHE Building Fund/Archives)

We also wish to thank those who have donated \$100 or more, including:

Johann Anton Egli

Stella Greenhalgh

Oren Ilana

John Lentz

Colleen and Wally Muller

Dr. Joan Neehall

Wilfrid Nkodia

Carme Timoneda-Gallart

Sheean Trevor

Karen Wall

And last, but definitely not least because all donations are appreciated, thank you to: Rosa Carusa, Jose Cava, Dean Couris, Kathleen Donaghy, Kevin Drab, Debbie Joffe, Halim Faisal, Sharon Furlong, David Gillies, Hitoshi Kasai, Maureen Janeski, Lauren Jones, Arleen Leis, David Lippitt, Phyllis Linhart, Paula Llobet, David London, Avrohom Kass, David Milner, Luis Guzman Moreno, Joyce Mills, Rodrigo Murrer, Rebecca Peck and James Warnke.

Marnie McGann



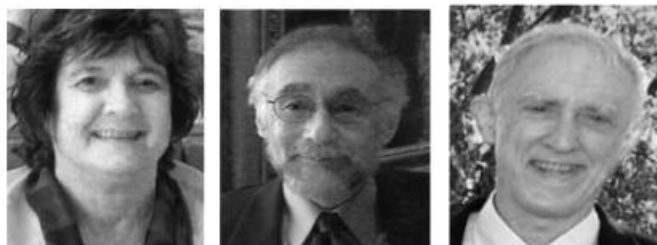
UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
12/19-23	Hypnotic Patterns / Beijing, China / Jeffrey K. Zeig, Ph.D.	1.
2013		
1/10-13	Ericksonian Coaching / Sao Paulo, Brazil / Zeig	2.
1/24-27	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	3.
1/25-27	ASCH Approved Basic Hypnosis Training / (20 CEUs) / Los Angeles, Calif. / Norma Barretta, Ph.D., Philip Barretta, MA, MFT, David Gordon, Ph.D., Dyan Haspel-Johnson, Ph.D., Eleanor Haspel-Portner, Ph.D., Cye Hoffman, Ph.D., Ben Pomerantz, Ph.D.	4.
1/28-2/1	StoryPlay® Foundations: A New Ericksonian Indirective Model of Play Therapy / Marriott Suites Old Town, Scottsdale, Ariz. / Joyce C. Mills, Ph.D.	5.
2/7-10	Ericksonian Methods Demystified / Potsdam, Germany / Zeig	6.
2/18-22	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Fundamental / Phoenix, Ariz. / Brent Geary, Ph.D., Zeig and Invited Presenters	7.
2/25-3/1	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Intermediate / Phoenix, Ariz. / Geary, Zeig, and Invited Presenters	7.
3/2-5	Brief Psychotherapy Master Class / Phoenix, Ariz. / Lilian Borges Zeig, LPC; Jeffrey Zeig, Ph.D.	7.
3/7-10	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	3.
4/12-14	ASCH Approved Intermediate Hypnosis Training / (20 CEUs) / Los Angeles, Calif. / Barbara Freedman, Psy.D., MFT, Gordon, Haspel-Johnson, Haspel-Portner, Karin Meiselman, Ph.D., Pomerantz, Peter Stone, D.D.S.	4.
4/19-21	Couples Conference / Manhattan Beach, Calif. / Invited Presenters	8.
5/5	ASCH Approved Advanced Training "How Classical Mindfulness Can Facilitate Hypnosis in the Treatment of PTSD" / (4 CEUs) / Los Angeles, Calif. / Lobsang Rappag, Ph.D.	4.



THE MILTON H. ERICKSON INSTITUTE OF THE BAY AREA

Betty Alice Erickson, PhD, LPC, Eric Greenleaf, PhD, and John Dyckman, PhD in a two day workshop:
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5/18-19	The Erickson Way: Telling Stories Where They Belong / SF Theological Seminary / San Anselmo {Marin County}, Calif. / Betty Alice Erickson, Ph.D., LPC, MFT, Eric Greenleaf, Ph.D., John Dyckman, Ph.D.	9.
5/1-12	Brief Ericksonian Hypnotherapy / Russia / Zeig	10.
5/24-17	Ericksonian Hypnosis & Psychotherapy / Guadalajara, Mexico / Zeig	11.
6/1-5	Hypnotic Patterns / Guangzhou, China / Zeig	12.
6/8-12	Hypnotic Patterns / Beijing, China / Zeig	1.
6/14-15	Hypnotic Patterns / Hong Kong, China / Zeig	13.
7/15-19	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Fundamental / Phoenix, Ariz. / Geary, L. Zeig, J. Zeig and Invited Presenters	7.
7/22-26	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Intermediate / Phoenix, Ariz. / Geary, L. Zeig, J. Zeig, and Invited Presenters	7.
7/29-8/2	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Advanced / Phoenix, Ariz. / Zeig	7.

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1. Email, wangyaning@yahoo.com.cn
2. Web, www.elsever.org
3. Stacey Moore; E-mail, sjmtjm@msn.com
4. Southern California Society for Clinical Hypnosis (SCSCH): Web, www.scsch.camp7.org ; Email, administrator@scsch.org ; Tel, 1-888-32 SCSCH/(888) 327-2724
5. Email, drjoyce@drjoycemills.com; Web, www.storyplayglobal.com
6. Web, <http://metaforum-deutschland.de> ; Email, feld@coaching-musikwelt.de or bernd.isert@metaforum.com
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To submit a listing for Upcoming Trainings, please send dates, title of workshop, venue (city/state/country), list of presenters, and complete contact information ONLY. Information must be sent in the format above. A \$25 fee per listing is required. Deadline for the 2013 Spring Issue (mailed April) is February 1, 2013. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact Karen Haviley-
karen@erickson-foundation.org or mhreg@aol.com

Insertion form including rates and ad specifications is available online:
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Rapid Hypnotic Inductions: Demonstrations and Applications

By Gabor Filo

Crownhouse Publishing
Crownhousepublishing.com
United Kingdom
60 minutes
2012

Reviewed by Roxanna Erickson Klein
RN, Ph.D., Dallas, Texas

Gabor Filo has considerable experience and success in integrating therapeutic hypnosis with his dental practice. This DVD demonstrates a series of inductions and includes both verbal and non-verbal approaches. It is accompanied by a 16-page pamphlet in which the techniques are described more in depth.

The DVD opens with three minutes of succinct, introductory remarks spoken while the viewer sees a watch swinging. The comments are excellent

and prepare the viewer for appreciating that induction techniques are both varied and individual, and that professionals must find a style that suits both their personality and practice needs. Filo points out that each of the techniques demonstrated contains the basics of clinical hypnotherapy: Rapport, Focusing, Deepening, Re-alerting and De-briefing.

The variety of techniques can be used in a counseling office as well as in the dental chair. While the hands-on rapid style may not be the first choice of induction for the average counselor, it is still interesting to see that effective trance can be reached so swiftly. It also is reassuring to discover that effective states of relaxation can be reached in settings such as dental offices where speed is imperative. The variety of styles shown opens possibilities for expansion and variation of one's own personal style. This DVD fills an educational need in making this information readily available.

However, I noted two minor flaws in this DVD. First, prior to using some

of these techniques, a longer introductory segment would have been appreciated in that it would have better delineated the target audience and stressed the important foundation of clinical experience. Second, there were a few non-standard U.S. formatting issues. Several computers I tried would not play the DVD, but after consulting a technician, it played perfectly on a freestanding DVD player.

Filmed in his dental office, Dr. Filo engages one subject first, then another two subjects to demonstrate a series of brief inductions and re-arousal techniques. The three subjects were well chosen for their obvious rapport with the dentist, their abilities to enter trance rapidly, and their ability to express their experiences clearly.

The induction procedures Filo uses include physical contact, hand movements, eye fixation, fractionation, and surprise, in addition to words, tone, expectation, and pressure points. Once trance is induced, Filo used a variety of deepening techniques, analogies of safety, and post-hypnotic suggestions of comfort to expand the trance work.

Signaling, scaling, and post-hypnotic conversations were used to review the client's experiences. Within the series, the viewer can note demonstrations of dissociation, ideo-motor signaling, and glove anesthesia. The length of trance inductions ranged from extremely brief to a ten-minute demonstration of Elman's classic technique.

The DVD culminated with a 15-minute film of actual dental work done with a patient in 2005. The patient described a prior dental phobia. Performed without anesthesia, the patient gives a remarkable description of the procedure from his perspective. The dental procedure, as well as the patient's description of his own experience, offers a rare opportunity to witness effective work.

Overall, I very much appreciated this DVD, and would highly recommend it for both individuals who seek to expand their repertoire, and especially for professional groups who study hypnotic procedures and processes.

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BOOK REVIEW

Circular Therapeutics: Giving Therapy a Healing Heart

Hillary Keeney

Bradford Keeney

Zeig, Tucker and Theisen, Inc.
Phoenix, Arizona
2012

243 pages

ISBN: 978-1-934442-43-2

Reviewed by Anellen Simpkins, Ph.D.
and C. Alexander Simpkins, Ph.D.
San Diego, CA

Circular Therapeutics is not just a book; it is meant to give the reader a transformative experience. The Keeneys draw from their own background and from great thinkers including Gregory Bateson with his cybernetic theory and Von Foerster, who combined physics and philosophy. They also touch upon the healing tra-

ditions of the Kalahari Bushmen. But, the Keeneys also believe the reader should ultimately be freed from all models and methods to evolve by means of circular therapeutic improvisation. Background is only what came before; it is not the ground the therapist must walk to heal the client. The Keeneys maintain that psychotherapy is an interactive improvisational performance art with spiritual depth, and that other models miss the point.

To the Keeneys, psychotherapy is misunderstood when considered in terms of any outer form. Psychotherapy is better cast within an inner, circular, Zen-like, formless form. Therapy proceeds from the heart, the Keeneys remind us, technique is secondary; it must be woven with and within the wisdom of healing, an ancient tradition whose origins are lost in the mists of time. Transformational metaphor should be created moment-to-moment in psychotherapy with the client during cybernetic interactivity. Use intuition without plans or models.

Shift levels of dialogue in recursive circularity. Co-create performances with the client that are healing metaphors. These metaphors emerge from the wellspring of the heart. Symbolic images, role-playing, stories, and poems help evoke healing.

The book has 14 interrelated chapters. A short section called "Interlude" follows each chapter. Each interlude comments on what the chapter expressed, often with a metaphorical short story. The book begins with the argument for letting go of modeling and theory as a guide, then of theorizing itself. Early chapters describe and justify the approach, and also criticize and deconstruct the narrative approach to family therapy. Instead, the authors extend an invitation to improvisational circular therapy. Entering interactivity reframes therapy as an inescapable entanglement between subject and object. The escape route is interactivity itself, avoiding either objectification as a thing or interpretation as a label or name. Other chapters give tips on how to offer a context for metaphors that lead the client away from theory, interpretation, or labels.

The Keeneys explain the general basics of cybernetics from the perspec-

tive of Bateson and Foerster, using these fundamentals as a conceptual springboard into circularity theory. This leads the reader beyond, into transformative circular openness, inspired by Bateson's metalogues and one of the two classics of Zen koan collections, *The Gateless Gate*. The Kalahari Bushmen and other healing traditions help to generate metaphors for this process, as well as numerous recounted therapeutic dialogues with clients. These therapeutic dialogues illustrate the points the Keeneys want the reader to embrace.

The last chapter is an invitation to apply these teachings, epitomized in three steps: hush little puppy, move around, and celebrate the change before it has arrived. These deceptively simple steps hold the key to this subtle and evocative way of working. The Keeneys teach this approach to psychotherapists to enhance their ability to heal. Circular therapeutics utilizes the presenting problem to inspire a poetic, freeing performance that evokes transformational healing. This book offers a refreshing, creative, and spontaneous approach to psychotherapy. We highly recommend it.



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***Creating Consciousness:
How Therapists Can Facilitate Wonder,
Wisdom, Truth and Beauty***

Selected Papers of Ernest Lawrence Rossi, Volume 2, 2006-2012

Edited by Kathryn Lane Rossi

The Milton H. Erickson Foundation Press

Phoenix, Arizona

2012

437 pages

ISBN: 978-1-932248-58-6

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

Creating Consciousness, a groundbreaking springboard for progress, brings together Ernest Rossi's most recent articles on hypnosis, psychotherapy, neuroscience, research, art, humanities, and philosophy. Rossi is a brilliant innovator who finds interrelationships that are crucial for psychotherapy. Drawn from his peer-reviewed journal articles, this collection is more than a scientific contribution; it is also a personal odyssey. As Rossi explains, "Each chapter began as a growing edge of my own consciousness" (p. xiv).

Every chapter expresses a sweeping panoramic view in fine-grain detail for both a macrocosm and microcosm of Rossi's master theory. At the core, is the idea that we create our consciousness. Each chapter provides a piece in the master puzzle of *how* we do so, not just in a metaphorical or psychological sense, but as real, neurobiological change ongoing through the dialogue with our genes. We learn what kinds of experiences activate this dialogue to create a consciousness that facilitates a healthy mind and spirit.

Rossi nicely bridges the gap between neuroscience and psychotherapy. Many of the articles correlate novelty, enrichment, and exercise--qualities that stimulate neuroplasticity and neurogenesis, with key components of hypnosis, meditation, and psychotherapy. Rossi also parallels the ancient enlightenment traditions of Buddhism and Yoga as well as the artistic creative process. These novel experiences act in cyclical feedback/feed-forward patterns to change the nervous system at the level of our genes, and alter how we think and feel. Dr. Erickson was stimulating these same processes with his innovative techniques.

The book is divided into three parts with 13 chapters. Part One: "How We Light and Brighten the Lamps of Human Consciousness," begins with an interesting "culturomic" analysis, using computer search engines to reveal the new trend of supplementing hypnosis by neuroscience, genetics, and bioinformatics. A pilot study provides evidence that gene expression is stimulated following hypnotherapy. Part Two: "An Evolutionary View of Therapeutic Hypnosis and Psychotherapy," includes a hypnotherapeutic future-oriented approach to constructive memory by reprocessing the past in the present through novelty to stimulate rehearsal for a more adaptive future. Rossi proposes a comprehensive research project to explore the clinical foundations of hypnosis and psychotherapy at every level from genes to psycho-social-cultural and spiritual interactions. Part Three: "How the Mind and Brain Co-Create Each Other Daily and Hourly," covers mirror neurons and the emerging field of bioinformatics of art, beauty truth, creativity, and psychotherapy. He re-examines therapeutic suggestions through the lens of neuroscience so that they become "implicit processing heuristics" and demonstrates how to use them to facilitate mind-body healing.

After reading this book, one will be more familiar with Rossi's most current work. And, in addition, readers will gain a deeper awareness of the nature of their own consciousness. Rossi offers hope that we can facilitate natural evolutionary processes at any moment through novel experiences from psychotherapy, art, and enlightenment. We walk with Rossi in writing this poem to inspire your creating consciousness:

We weave the cloth of our every day
By what we do and give.
The fabric of our every way

Is made by how we live.

(Simpkins & Simpkins, 2009)

We highly recommend Rossi's exceptional collection for anyone who wants to gain insight and useful tools for creating a consciousness that will facilitate neurogenesis in mind, brain, and spirit.

Simpkins, C. A. & Simpkins, A. M. (2009). *Meditation for Therapists and Their Clients*. N. Y.: W. W. Norton.

***Transforming
Negative Self-Talk:
Practical, Effective
Exercises***

Steve Andreas

New York: W. W. Norton

2012

ISBN 9780393707892 (paperback)

118 pages,

US\$17.50

Reviewed by Michael F. Hoyt, Ph.D.
Mill Valley, California, USA

If you have been fortunate enough to attend one of Steve Andreas' workshops and/or have read any of his previous books (e.g., *Heart of the Mind; Transforming Your Self, Six Blind Elephants*) and/or seen some of his videos (samples at RealPeoplePress.com), you probably have a pretty good idea of what's in store with this latest excellent volume. Andreas' newest book is a precise, articulate, systematic application of change principles to a particular problem—in this case, negative self-talk. If this is your introduction, this book is also a good place to start.

Andreas begins the book, appropriately enough, with an epigraph from Milton Erickson: "Your task is that of altering, not abolishing." Erickson and Virginia Satir were the two therapy "gurus" that Richard Bandler and John Grinder studied when they created the approach called Neurolinguistic Programming (NLP); and Andreas studied with Bandler and Grinder. As Andreas explains (p. 1): "Nearly everyone has internal negative self-talk at times; some of us have this internal chatter going on almost all the time. An internal voice may remind us of past failures, sorrows, or disappointments, torture us with criticism or verbal abuse, describe frightening or unpleasant futures, or disturb us in other ways." Andreas shows how our inner voices can be transformed, and how

that can make a positive impact in many areas of life. Instead of offering strategies to silence or argue with these voices, this book takes a different approach: It guides us to make small changes in how we listen to and respond to these troublesome voices.

The book contains 11 chapters, the titles of which nicely suggest the terrain: Changing Location; Changing Tempo and Tonality; Adding Music or a Song; Talking to Yourself Positively; Adding a Voice; Auditory Perspective; Starting Your Day; Generalizations, Evaluations, Presuppositions, & Deletions; Negative Messages & Positive Outcomes; Asking Questions; and Transforming a Message. Helpful hints and many clinical examples from Andreas and other practitioners walk readers through the exercises step-by-step. The book, which has an attractive 6x9 shape and an interesting hand-to-ear cover illustration, is written as a self-help guide, with numerous pauses for readers to try the exercises. Clinicians easily can select particularly pertinent exercises and guide clients through them. I have used some of these exercises both on myself and with clients and they worked well and quickly. Negative self-talk triggers a vast array of problems, so this book has wide appeal.

Helping clients alter the processes of *how* they create and hold their experience (imagery, feeling, meaning) addresses how the mind builds its sense of reality, and this is key to changing it. When I consider the merits of a (brief) therapy approach, I look at three things: (1) Effectiveness: Does it work, or more nuanced, with whom is it likely to work? (2) Ethics: Does it respect and enhance the client's sense of self-autonomy? (3) Aesthetics: Is it interesting and attractive, does it capture the listener's ear? On all three counts, *Transforming Negative Self-Talk: Practical, Effective Exercises* is a winner. I strongly recommend it!

B O O K R E V I E W

***Innovations in NLP
for Challenging
Times Vol. 1***

Edited by L. Michael Hall and Shelle
Rose Charvet

Published by Crown House Publishing
UK and USA

Banycyfelin, Carmarthen, Wales

2011

371 pages

ISBN 978-184590734-1

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

Innovations in NLP grabbed me from the start and it was impressive to the finish. Actually, this book could become a volume to stimulate creativity.

Imagine a dream team of individuals and master NLP practitioners, each writing one of the very readable 23 chapters in this book. Then imagine those folks have a depth of understanding they want to share with you. Now you have an idea of what this book offers. It also is a handy reference that may guide the reader to become more resourceful. The authors of *Innovations in NLP* explain their innovative vision and provide rigorous criteria for determining what is new in NLP. Each chapter is self-contained and is readable cafeteria-style for particular problems and applications.

Included in the book are new approaches and ideas to stimulate thinking. The four parts of the book cover innovations in 1) Models, 2) Applications, 3) Tools, and 4) Communities. Each subsection, presented in practical and useful ways, discusses ideas that will help therapists in their practice.

The early chapters explain the concepts so thoroughly that even those with no background with NLP will understand the techniques. The later chapters assume a level of knowledge based on the earlier ones.

Some of the models in the section on Innovative Models were so stimulating that I often stopped to write down concepts I wanted to teach students or use with clients. An NLP Model with a capital "M" has a hypothesis that can be tested, which is, based in theory and can lead to distinct applications. This book offers much

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use with clients.*

more than techniques. It was a wonderful surprise to discover how the innovative models lend themselves to further innovations and precipitated fresh, creative thinking. The models include Meta-States for self-reflexive consciousness, LAB Profile to decode communications, Social Panoramas that change unconscious landscapes for better relationships, Symbolic Modeling for change through metaphor and language, and RESOLVE Model for generative change.

Applications covered coaching and entrepreneurial leadership, understanding stock market wizards, wealth building, overcoming addiction, stuttering, and medical problems. Some new tools also emerge from the Models. The Identity Compass tool is used for coaching and recruiting. MPA MindSonar, an Xray machine for the mind is applied to coaching, team building, personnel management, and marketing. The jobEQ is employed in a business context. I was also pleasantly surprised at the applicability of the concepts, both at the clinical level and at the wider Community level where like-minded individuals come together. Covered are the Clean Community, the LAB Profile Community, and the Neuro-Semantic Community. The final chapters cover NLP research projects.

Innovations in NLP for Challenging Times has something for everyone and actually delivers more than is expected and perhaps more than can be absorbed in just one reading. After reading this book I immediately applied some concepts with clients and they worked even better than I had hoped. This book is a wonderful resource and stimulating toolbox.

B O O K R E V I E W

***ADVENTURE
THERAPY
Theory, Research,
and Practice***

Michael A. Gass, H. L. "Lee" Gilliss,
Keith C. Russell

Routledge Taylor & Francis Group
First Edition

2012

ISBN: 978-0-415-89289-6 (Paperback)
399 pages.

Maria Escalante de Smith, MA
Cedar Rapids, IA

Adventure Therapy: Theory, Research, and Practice invites readers to learn about an interesting approach that uses adventure experiences provided by mental health professionals. It is exciting to discover that one of the antecedents of this approach is the emergence of Outward Bound in the 1960s.

Chapter 1 introduces Adventure Therapy (AT) and includes the positive influence of nature in the therapeutic healing process; the use of eustress (positive stress); and "the involvement of adventure experiences, meaningful for the particular client, particularly in terms of natural consequences" (p.3). Chapter 2, on history, deals with AT's originating concepts. "At its core, the history of AT is about organizations and leaders who often began their practices outside the behavioral health mainstream" (p. 19), such as the Boy Scouts of America. Chapter 3, on the psychotherapeutic foundation, begins by narrating the adventures of Dorothy in *The Wizard of Oz*. This story is symbolic of AT where a small group of doubting individuals unable to achieve their goals alone, grow as they achieve them together.

AT processes typically fall into one of two categories of interventions: preventive or treatment (Chapter 4). Walsh and Golins (1976) present a model called "The Outward Bound Process" where problem-solving tasks are set in a prescribed physical and social environment, which "impel the participant to mastery of these tasks" (p. 71) and help people to reorganize the meaning and direction of their life experience. Nature plays a primary

role in AT (Chapter 5). In fact, many researchers found that nature is actually the main therapeutic power and leaders simply supplement its power.

Chapter 6 provides examples of current and past adventure therapy programs such as prevention (e. g. adolescent substance abuse). A good example is the Adventures in a Caring Community where didactic programs promote reflection and encourage becoming aware of external and internal assets.

Assessment (Chapter 7) shows how group experiences take place, beginning with gathering information about the client group. A hypothesis is formed that will ultimately lead to the action. The practice of AT (Chapter 8) stresses the importance of metaphor. This is a good reminder of how therapists need to co-create metaphors with their clients. Topics covered during therapy are context, hypothesis, novel action, generating, and evaluation. Chapter 9 addresses both physical and emotional risks and provides ways the adventure therapist should deal with them. Competencies for therapists (Chapter 10) include bricks of hard skills, such as technical capabilities, and bricks of soft skills, including effective listening, integration strategies, and solution-oriented processing.

Supervision (Chapter 11) is performed in an active manner that will help the therapist to improve through insight and the use of several pathways toward a more successful therapeutic relationship. Chapter 12 begins with a powerful quote on ethics: "Above else, do no harm" (Hippocrates, p. 255). This chapter is an excellent reminder for all therapists to reflect on values and ethical standards. In Chapter 13, programs are evaluated to assess if they meet goals and objectives, and promote changes. Finally, Chapter 14 discusses several possibilities in the future of this approach, including the results of a survey conducted between March 27 and April 7, 2011.

This book is excellent. All therapists should read it because they will surely learn techniques to improve their skills in their professional practice. I highly recommend it.

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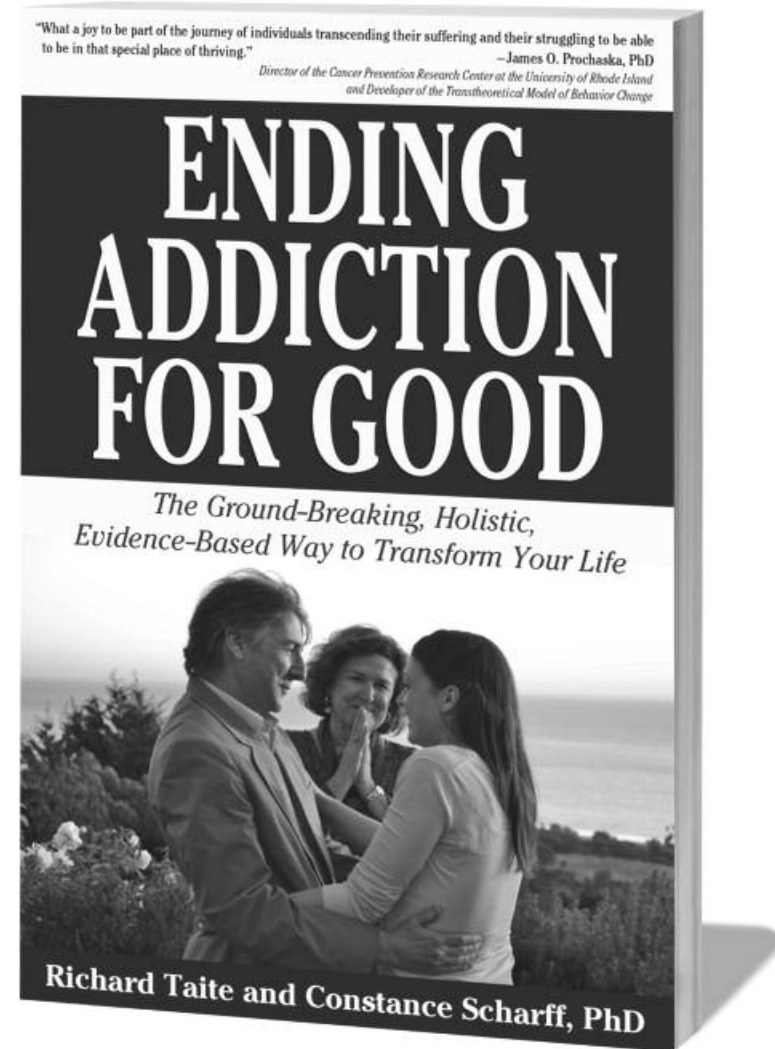
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BOOK REVIEW

Marriage Rules: A Manual for the Married and the Coupled Up

By Harriet Lerner, Ph.D.

Gotham Books
2012

ISBN: 978010392040691-3
271 pages

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

Harriet Lerner said that she read *Food Rules*, a book by Michael Pollan, and felt inspired to write a creative book of her own on marriage rules. *Marriage Rules* is not a dry, structured manual for solving problems and improving relationships. Instead, it is a carefully crafted work that is unique and instructive for marriage partners in many unexpected ways. Various strategies for behavior and communication are given to reduce conflict and elicit cooperation. Lerner speaks directly to the reader in each chapter, guiding the journey of the couple through the problem area, and showing a feasible way out. Reassuring advice is included in each rule, as well as Lerner's professional wisdom.

Lerner gently advises couples with disarming humor and cautions that angry confrontation may not be the best way to discourage the annoying behavior of a partner, even though we all (including she) may indulge in this at times.

Lerner's advice and insights about an issue offer structure to couples to help moderate conflict during their voyage together through life. Some of the rules address common problems of wives, while others are for husbands. She reassures readers and offers hope that their relationship will improve. (A common concern is that there will be no improvement.) She also gives instructions for solving typical disputes by advising what to say and what to do, and what *not* to say and do. Lerner identifies faulty attitudes that may cause friction, and gives suggestions for more constructive ones.

The 10 chapters with clever titles amuse as they enlighten. They are: "Warm things up," "Dial down the criticism," "Overcome your listening deficit disorder," "Call off the chase," "Fight fair," "Forget about normal sex," "Kid shock," "Know your bottom line," "Help your marriage survive step-kids," and "Your first family." (This is followed by a short epilogue.)

Each chapter begins with a general overview of the theme of a group of rules that span an issue. The overview is coupled with reassurance and advice, and offers ways for couples to interact that are compassionate, positive, and warm. For example, in the chapter "Dial down the criticism," Lerner deals with anger and criticism in a constructive and forgiving way so that the humanity of the couple is appreciated and respected. Both persons' needs are taken into account to promote harmony, though at times one of the partners may need to counterbalance the other to create a peaceful moment. Lerner gently advises couples with disarming humor and cautions that angry confrontation may not be the best way to discourage the annoying behavior of a partner, even though we all (including she) may indulge in this at times. If criticism must be given, constructive criticism will more likely get better results than derogatory outbursts. Lerner has suggestions for how to offer construction criticism.

Lerner describes typical ways in which couples may be odds with one another. One way is by engaging in attempts to resolve conflict that are not in synchrony. If one partner tends to choose distancing while the other chooses to pursue, neither will be comfortable. The opposing styles clash and so conflict remains, even if the actual source of conflict is a real-life matter that could be worked out. Lerner offers strategies for one of the partners to cope with the other when there is a dysfunctional pattern.

We found this book to be useful and recommend it for couples to use for counsel and problem-solving. Lerner's wisdom offers hope and reassurance.

INTERVIEW *continued from page 1*

fact that my mother put my sister and me in therapy before the age of three. Unlike other mothers of the day who considered therapy a last resort for the mentally ill, my progressive Jewish mother thought it was a learning experience.

EB: Really! That's very unusual.

HL: Yes, I'm sure it had something to do with my early career choice. My mother had strong beliefs about how to raise her girls. Even during the most difficult economic times, she always made sure that we had four things that she considered necessary to our success: sturdy shoes—and I don't mean stylish; a firm mattress; a top pediatrician who was none other than Doctor Benjamin Spock; and a therapist. She had a health insurance plan that let her have these last two resources for one dollar per session.

EB: Can you tell our readers a bit about your education?

HL: After graduating from Midwood High School in Brooklyn, I went to the University of Wisconsin in Madison where I majored in psychology and Indian studies. I spent my junior year studying and doing research in Delhi, India. When I graduated, I was turned down by all the clinical psychology programs for which I applied because of my abysmal score on the *Miller's Analogy Test*. I was totally bereft and incredulous after having worked toward this goal since age five and because I had outstanding honors and credentials.

EB: They turned you down because of this one test?

HL: Yes. I took the test again and failed spectacularly the second time as well. So I went and got a master's in

educational psychology from Teachers College of Columbia University in New York. Then I was accepted in the Ph.D. program in clinical psychology at the City University of New York because they were one of the few programs back then that didn't ask for the *Miller's Analogy Test*. That's where I met and married Steve. So in retrospect, those devastating rejections turned out to be a good thing. As Steve says, "Thank you, Dr. Miller."

EB: And then?

HL: We moved from Manhattan to Berkeley where we did a pre-doctoral internship at Mount Zion Hospital in San Francisco. Next, we moved to Topeka, Kansas to do a two-year post-doctoral fellowship at the Menninger Clinic.

EB: Wow, Topeka must have been a shock after New York and Berkeley.

HL: It was culture shock for sure. We were always planning to move back to New York or Berkeley after the post-doc, but, we subsequently joined the staff, and two years turned into two decades and then some.

When the Menninger Foundation closed up shop and moved to Houston 10 years ago, we moved here to Lawrence, Kansas, and set up a private practice. I've overcome my coastal arrogance and learned to love the big open skies of Kansas. I also appreciate the simple life, meaning I've never had to learn to parallel park. We raised our two sons in Topeka. Matt now lives in Seattle, and Ben in Brooklyn.

EB: When did you first start writing?

HL: When I was growing up in

See INTERVIEW on page 26

BOOK REVIEW

Thinking Fast and Slow

Daniel Kahneman, Ph.D.

Farrar, Straus, and Giroux
2011

978-0-374-27563-1

418 pp. plus appendices

Reviewed by Steve Andreas, MA
Boulder, Colorado, USA

Daniel Kahneman is the winner of the Nobel Prize in economics and the only psychologist to win such an honor. His book, *Thinking Fast and Slow*, is divided into 38 exceptionally clear and readable short chapters, each of which takes up a specific experiment or topic in detail. Kahneman presents a variety of ingenious experiments that support his dual system theory of how we think, understand, evaluate, and decide--with particular attention to biases in judgment, risk evaluation, overconfidence, and choice.

System 1 is fast, intuitive, automatic, emotional, subject to bias, and mostly unconscious and metaphoric. An example is one's immediate response to someone who is angry. System 2 is slow, rational, laborious, unemotional, less subject to error, and mostly conscious and logical. An example is the statistical calculation of the probability of a plane crash.

Since the dance between these two systems play out in nearly all the problems that clients present, the content of this book is directly relevant to our therapeutic interventions, which are most often directed at changing System 1-- unconscious responses.

A key principle is: "What you see is all there is" (WYSIATI); we can only construct meaning out of what we notice, remember, or anticipate. Simply expanding the scope and detail of what we are aware of, in both space and time, is a powerful intervention that can change our response to events, and this is particularly true of painful memories.

For example, in one experiment, participants experienced two conditions. One of their hands was immersed in frigid water for 60 seconds. Seven minutes later, the other hand was immersed in the same water for 60 seconds, but then kept in the water for another 30 seconds as the water was

When people remember trauma, they typically experience the most intense moment of pain, or they have a short "movie" that ends with a high intensity of pain.

warmed by one degree, making it slightly less painful. When participants were asked which condition they would prefer to repeat, 80% preferred to repeat the *longer* period of pain. The principle is that people tend to recall the pain at the *ending* of an unpleasant experience, in contrast to its *duration*.

When people remember trauma, they typically experience the most intense moment of pain, or they have a short "movie" that ends with a high intensity of pain. A ridiculously simple and effective intervention is to ask a client to lengthen the scope of their movie of a traumatic memory so that it ends at a time of less intense unpleasantness, and thus is remembered as less disturbing. This experiment and the many others described in the book, present examples of what is called the "availability heuristic." The experience of the ending of pain is more *available* than its duration. By changing the ending point, what is available to memory is changed. (WYSIATI)

Anything you can do to change the experience someone thinks of in the problem state will change what is immediately available to his or her awareness, and change the response. A posthypnotic suggestion is one way. Dr. Erickson's use of a startling interruption of an existing problem response, and then redirecting attention to something else is another. As he once said, "Your task is that of altering, not abolishing."

I seldom recommend books, because most have little new to offer or are only useful for curing insomnia. However, this book is a remarkable exception. Every therapist should read it, and put it into practice.

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B O O K R E V I E W

***Solution Focused Brief Therapy:
100 Key Points and Techniques***

Harvey Ratner, Evan George, and Chris Iveson

London and New York: Routledge (Taylor & Francis Group)
2012ISBN 9780415606134 (paperback)
272 pages,
\$23.95

Reviewed by Michael F. Hoyt, Ph.D., Mill Valley, California, USA

The authors of this excellent book--Harvey Ratner, Evan George, and Chris Iveson--are the founders of BRIEF (formerly known as the Brief Therapy Practice) in London, the premier European, solution-focused brief therapy (SFBT) training and service provision agency. Longtime students and colleagues of the original developers of SFBT, Steve de Shazer and Insoo Kim Berg, Ratner et al. have given us an easily accessible guidebook that only could be written by experienced masters. The tone is assured, yet humble; the examples plentiful and good; and the underlying theory, refreshingly brief, clear, and not pedantic. The authors write (p. 3, italics in original): “[SFBT] is an approach enabling people to build change in their lives in the shortest possible time. It believes that change comes from two principle sources: from encouraging people to describe their *preferred future*--what their lives will be like should the therapy be successful--and from detailing the skills and resources they have already demonstrated--those *instances of success* in the present and the past. From these descriptions, clients are able to make adjustments to what they do in their lives.”

Solution Focused Brief Therapy: 100 Key Points and Techniques is divided into 16 parts: Background; Features of Solution Focused Interviewing; Getting Started; Establishing a Contract; The Client's Preferred Future; When Has It Already Happened?; Instances of Success; Measuring Progress: Using Scale Questions; Coping Questions: When Times Are Tough; Ending Sessions; Conducting Follow-up Sessions; Ending the Work; Assessment and Safeguarding; Children, Families, Schools, and Group Work; Work with Adults; Supervision, Coaching, and Organization Applications; and Frequently Asked Questions.

The authors concisely acknowledge the origins of their SFBT approach, including Milton Erickson's ideas about utilization, MRI's emphasis on brevity and modifying problem-forming patterns, and de Shazer's First Session Formula Task and Miracle Question. The heart of the book then provides extensive guidance for starting and conducting interviews focused on resources and solutions. The authors discuss how to close sessions and promote continued progress. In addition, they address applications of SFBT to various challenging situations, including domestic violence, couples and family work, Alzheimer's, trauma and abuse, and substance misuse.

“Do what works” is a basic SFBT rule. Were Steve and Insoo still with us, I am sure they would be very happy to see what their “students” have produced. *Solution Focused Brief Therapy: 100 Key Points and Techniques* is a clear exposition that embraces and builds on the original SFBT model. It also honors teachers, both de Shazer and Berg, and ultimately their clients, by applying de Shazer's well-known Ockham's razor to explore and describe what is really essential for change to occur. To illustrate the principle: When someone once wrote the words “simplify, simplify, simplify” to describe SFBT's minimalistic approach, de Shazer famously scratched out two of the words! Along with de Shazer's 1985 Keys and 1988 *Chues* and Berg's 1994 *Family-Based Services*, this book ranks at the top. As a place to start or as an elegant refresher, I enthusiastically recommend it!

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B O O K R E V I E W

***Primer on Posttraumatic Growth:
An Introduction and Guide***

By Mary Beth Wedel & Robert J. Wicks

John Wiley & Sons
Hoboken, New Jersey
2012232 pages
ISBN: 978-1-118-10678-5Reviewed by C. Alexander Simpkins, Ph.D. & Annellen M. Simpkins, Ph.D.
San Diego, California

We are all familiar with the theory and research about Post Traumatic Stress Disorder or PTSD, but there are always those people who come out of even the most traumatic situations, better than before. Now there is a growing body of science and theory to explain why, and education on how to elicit therapeutically another way to deal with trauma.

In *Primer on Posttraumatic Growth* Wedel and Wicks present a clear and helpful guide to fostering a positive outcome from trauma, known as posttraumatic growth. Not just a slanted reframe, posttraumatic growth is a sensitive, viable, and robust method to guide the most traumatized client toward deep and lasting transformation.

The term *posttraumatic growth* was coined in 1996 by Tedeschi and Calhoun, and has become a predominant theory for explaining the positive life changes people can make following trauma. The theory states that we all have certain taken-for-granted cognitive schemas, such as that we are safe in the world and people are trustworthy. But a traumatic experience disturbs and upends such assumptions. Through a process of reexamining pre- and post-trauma schemas, new meanings emerge.

The aim of the book is to work through the violation of pre-trauma schemas, through a deliberate process of ruminating and meaning-making, while sensitively lowering distress levels. New interpretations and possibilities open a positive post-trauma adjustment. The nine chapters clarify what posttraumatic growth is about; the research that has been done; and how to guide clients toward it. Each chapter also includes a robust conclusion section with a quote to remember, clinical cornerstones, and selected references.

Chapter 1 offers a history, with its roots in Victor Frankl, Carl Rogers, and positive psychology, along with the key modern theories, definitions, and implications. In discussing those who believe posttraumatic growth might be a myth, Chapter 2 distinguishes between denial and constructive self-transcending work. Meaning is key to the process. Chapter 3 builds on Frankl's conceptions of meaning as life's basic motivation in order to show ways to help people find meaning that overcomes loss and trauma. Chapter 4 delves deeper into the cognitive process of rumination that occurs automatically from trauma. Therapy can lead clients toward deliberation for cognitive change. Positive emotions tend to open perception, while negative ones narrow it. Chapter 5 offers ways to manage negative affect and encourage positive emotions using relaxation and meditation. Personality can play a role, and Chapter 6 instructs in how to work with personality to elicit more self-esteem and better coping tools. Sensitive issues of disclosure and support are discussed in Chapter 7 to assist clients in accepting the support they need. Chapter 8 provides the research, therapeutic interventions, and tips for helping traumatized clients open their hearts by creating a culture of forgiveness. Chapter 9 calls forth faith and religious ways of coping with suffering, so valuable for those coming out of trauma. And the final epilogue on wisdom encourages therapists to develop their own capacities to find courage and mindful openness for themselves as they also bring out these qualities in clients.

This book is filled with informative constructs, theories, and research that will give readers a beneficial guide for promoting posttraumatic growth. In addition, the authors write with warmth and compassion to deepen one's own empathy for trauma victims and inspire a healing spirit to instill in others. We highly recommend this well-done book!

The Science of Trust: Emotional Attunement for Couples

John M. Gottman, Ph.D.

W.W. Norton and Company
New York and London
2011
480 pages
ISBN: 978-0-393070595-9

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

John Gottman has done it again. He has shown why he is a leader in the field of couples therapy. Because of the research, facts, and useful clinical applications that are offered, this book will become a standard textbook in couples counseling education worldwide. Gottman mentions and incorporates ideas from top professionals in the field and brings positive insight to their work. The result is *The Science of Trust* is an amazing accumulation of

facts, studies, and concepts that are truly useful.

Gottman's approach in working with couples is more than a tool offered in an interesting way; it is a way of thinking. For example, he explains game theory as a part of trust by telling the story of two men with opposing positions about the Cold War -- Von Neumann and Anatol Rapoport. (Peter Sellers mad scientist character in the film *Dr. Strangelove* was modeled after Von Neumann.) Detailing how they lived brought clarity to understanding trust on the global level and on the intimate level that facts alone would not have been able to illustrate. Von Neumann's fear made long-term relationships impossible, and he died young. By contrast, Rapoport's belief in people helped him to live a long, comfortable, and happy life with one wife. It is no shock when later in the book Gottman's approach includes information on Rapoport's way of living.

I found myself wanting to read this book with a pen and pad in hand just

Illustrations of a trust game are presented with Gottman's characteristic scientific mindset and dialogs that illustrate ways of using the research findings.

so I could take notes. The concepts are helpful and they are made more powerful when Gottman introduces terms that he and his team have coined.

This lengthy book of 480 pages offers chapters that deal with trust from a scientific perspective with relevant findings for scientists. And yet, the information also is offered from a wise, clinical mindset. There are chapters that deal with all aspects of trust, including the physiology of trust and betrayal. The book includes straightforward guidelines for how to work with couples and even when to end a relationship. Noteworthy are the chapters on how to build trust as well as repair negativity and cope with betrayal. Illustrations of a trust game are presented with Gottman's characteristic

scientific mindset and dialogs that illustrate ways of using the research findings.

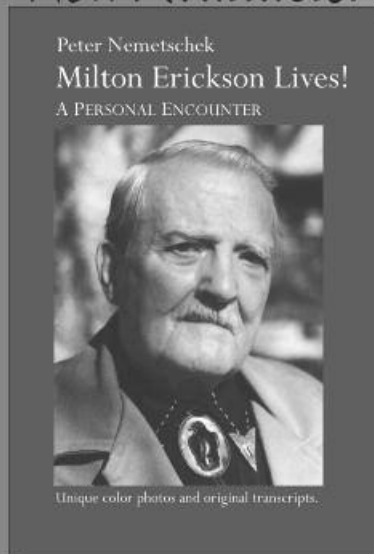
While reading this book I became infatuated with how Gottman's mind works. I love how he mixes science with intuition, explained with the enthusiasm of someone who is glad to share the myriad of interesting bits of information that he has collected over the years. He presents these tidy bits of information with a master therapist's touch.

Not only do I recommend this book, I will certainly encourage my students to read it because in the future much of this material will become expected knowledge for marriage counseling.

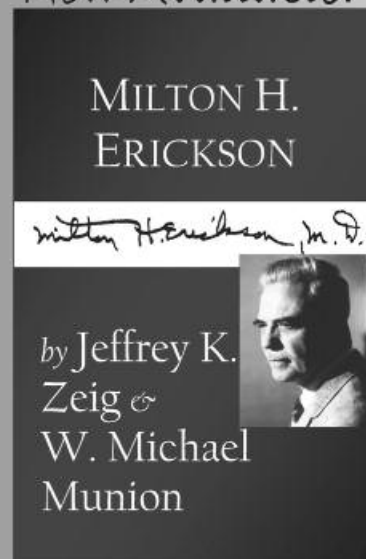
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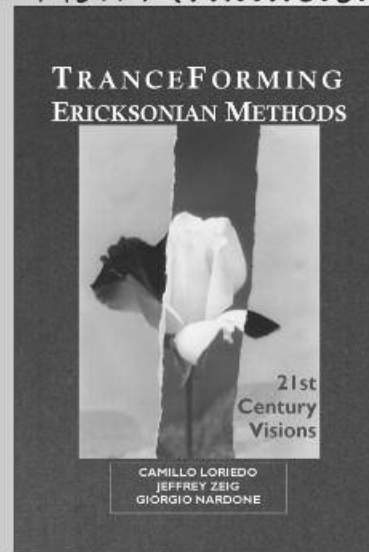
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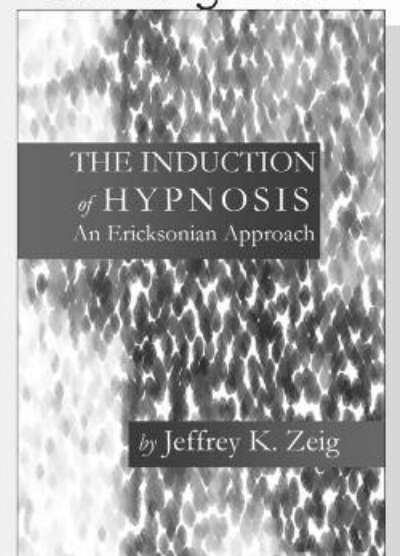
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Brooklyn I always kept one of those lock-and-key diaries. I wrote faithfully, every night, year after year. This helped me to see writing as an ordinary daily activity, and to find writing comforting. I still have those diaries and it's fascinating to read them.

EB: I imagine your diaries show a great talent for writing.

HL: Quite to the contrary. There's zero evidence of talent. This makes my diaries valuable for teaching purposes. I bring a diary along whenever I'm invited to talk to students in the public schools about writing and publishing. If they're sixth graders, for example, I bring my sixth-grade diary. I pass it around and the students are inspired. They say to each other, "Wow, if *she* can write a book, I can do it too!" This insight is worth a lot.

EB: What got you started writing professionally?

HL: When I came to the Menninger Foundation in Topeka in the early '70s feminism hadn't yet arrived. I was confronted with theories and therapy of women that needed revision, but I couldn't convince my colleagues—big surprise. So I wrote. My early scholarly publications were feminist revisions of psychoanalytic theory followed by my integration of family systems theory into psychodynamic work.

EB: Did you get a lot of support for your writing?

HL: Here my debt to feminism is incalculable. Women reached out to me over long distances, even oceans to support my work and to give me a sense of intellectual community and camaraderie. I should also add that the Menninger Clinic was an international community that was large enough in size and spirit to encompass differences. It was an incredibly exciting place to work. I had excellent supervisors and teachers, even if many of them hoped that feminism was something I'd outgrow.

EB: I imagine you became a feminist in New York and Berkeley.

HL: In truth, I didn't "get" feminism when I lived on the coasts. I was one of those obnoxious women who said things like, "I've never been discriminated against. If women don't like their place in life they should get out of the kitchen." I was asleep, or maybe in

a coma. But when I moved to Topeka, necessity became the mother of comprehension. I got feminism.

EB: How did you begin to write popular books?

HL: I had always seen myself as a scholarly writer. By chance, I was invited to write a popular book about women's anger, and I thought, "why not?" especially as the invitation came with an advance of \$7,000, which was huge back then. But what followed was five years of misery because that publisher fired me, later rehired me, and then fired me again. Over the next five

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While it takes two people to couple up,
it takes only one to make the relationship
a whole lot better.*

years every publisher in the country rejected the book. I could wallpaper the largest room in my house with those rejection slips.

EB: Oh my gosh!

HL: Any normal person would have given up. It's remarkable I kept going because I wrote and rewrote that book on a typewriter. The very thought of this makes me want to light a little candle for myself. When *The Dance of Anger* was finally published I thought that no one would read it except for my mother and my five best friends.

EB: I guess the sales proved you wrong.

HL: So true.

EB: And lucky for the world, because *The Dance of Anger* hit such a nerve and you became a voice for women. What books followed next?

HL: *The Dance of Intimacy*, *The Dance of Deception*, *Women in Therapy*, *Life Preservers*, *The Mother Dance*, *The Dance of Fear*, and two award-winning children's books I wrote with my sister Susan. Then I took a 10-year break from book writing because I thought I had said every-

thing I wanted to say.

EB: Your most recent book, *Marriage Rules: A Manual for the Married and The Coupled Up*, came out in January of this year. What inspired you to write another book?

HL: Michael Pollan's gem of a book, *Food Rules*. Pollan is a sophisticated food writer, but this little book contains 64 simple rules for healthful eating; rules such as, "Don't buy cereal that changes the color of the milk." While reading *Food Rules* I had a rush of inspiration. I thought, "I can do this for marriage and couples. I can distill

HL: I suppose "rules" can sound a bit bossy, but why not? Writing can be the tactic of a "secret bully," as Joan Didion reminds us—"a way to say listen to me, see it my way, change your mind." I suspect there's a secret bully behind my light and funny touch.

EB: You definitely did pack a lot into this book and you did a great job covering a lot of territory. I was glad to see you addressed issues about in-laws; step-kids; and families of origin and how they impact a couple; and how either partner can do simple things that make a big difference. What I really love is that you make such great use of humor.

HL: Yes, as my cartoonist friend Jennifer Berman says, "Without humor, nothing is funny."

EB: And you bring in your own marriage as well. I know you've been married to Steve for more than 40 years. Do you follow the rules in your book?

HL: On my good days, but if you were a fly on the wall during my Bad Marriage Days you would never buy my books or show up in my consulting room.

EB: I think you did a great job with *Marriage Rules*, but no matter how brilliant a book it is, it has to motivate someone to act. Can a book change lives the way marital counseling can?

HL: Often more so. It's amazing what some people can accomplish when therapists get out of their way. A good book can bypass resistance. Readers can run with what's useful and ignore the rest. What's necessary is the genuine wish for a better relationship, and a willingness to experiment with new behaviors rather than waiting for one's partner to change first. And, of course, a good book is a great adjunct to a therapy process.

EB: So how do you hope people are going to use *Marriage Rules*? Do you hope they'll pick a chapter that's relevant to them or read through it and be able to remember it when they're in a tight spot?

HL: Therapists tell me they assign a particular rule to a particular client or to a couple. Readers have shared a variety of imaginative ways they use *Marriage Rules*. Some couples read it

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all the theory into 100 concise rules that will make marriage work, or at least give it the best chance of succeeding."

EB: So that's how you came up with the title *Marriage Rules*?

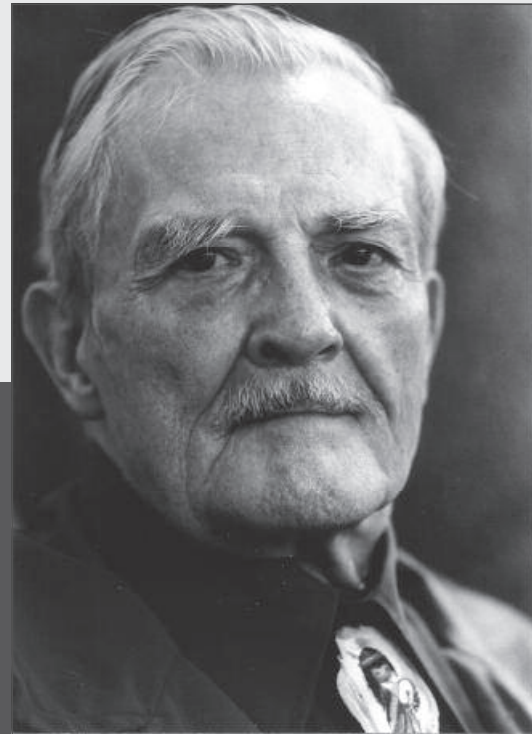
HL: Exactly. Although admittedly, coupling up is more complicated than eating.

EB: Any other reasons you chose this format?

HL: I wanted to write a book that would be helpful to one person in a couple, because often only one person has her motor running for change. While it takes two people to couple up, it takes only one to make the relationship a whole lot better. Also, *Marriage Rules* is user-friendly and fun to read. And men, who don't usually read relationship books, love it. Couples operate in a time famine, and when they're under stress they can't plow through a fat, theoretical book. They need a real go-to guide.

EB: *Marriage Rules* uses the word "rules" and rules are something that people tend to rebel against.

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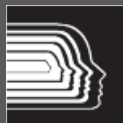
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aloud to each other in bed. Other's dog-ear one rule for their partner, each promising to follow the rule the other has chosen for them for 30 days. Or, like *The Dance of Anger*, one person can read it and change their steps in the patterns that bring them pain. It's not until we move differently in a relationship that we can really see that relationship more clearly.

EB: Do you have favorite rules?

HL: I love the rules in the chapter "Forget about Normal Sex," also, the rules in the chapter "Overcome Your L.D.D. (Listening Deficit Disorder)," which is my new diagnostic category I'd like to see added to the DSM manual. Of course, the rules about fighting fair and clarifying your bottom line are essential. And, when kids and step-kids enter the picture, the rules for keeping your bearings are sanity saving. Hmm...I guess I like all the rules I tucked into 10 chapters, be-

cause, well, I put them there.

EB: You say marriage is complicated but your marriage rules are not. Do you really believe this?

HL: Absolutely. The rules are not complicated. And sometimes a seemingly small change can make a big difference. It's the direction we move in over time that counts, not the speed of travel. The hard part is actually *doing* something different, trying out a "new you." It can feel impossible to bring your best self into your marriage when you're angry and have a long list of legitimate grievances. Actually, it's not impossible. It's just extremely difficult.

EB: Marriage Rules is terrific. Thank you for writing it.

HL: You're welcome.

Ellyn Bader, Ph.D., and her husband, Peter Pearson, Ph.D., are founders and directors of The Couples

The rules are not complicated. And sometimes a seemingly small change can make a big difference. It's the direction we move in over time that counts, not the speed of travel.

Institute and creators of The Developmental Model of Couples Therapy. Dr. Bader is widely recognized as an expert in couples therapy training. She has trained therapists throughout the U.S. as well as in Europe, Russia, Asia, South America, and Australia. Her first book, *In Quest of the Mythical Mate: A Developmental Approach to Diagnosis and Treatment in Couples Therapy*, was awarded the Clark Vincent Award by the California Association of Marriage & Family Therapists as an outstanding contribution to the field of marital therapy.

Since 2006, Dr. Bader has led innovative couples therapy training programs online. Professionals from around the world connect with her through the internet (blog discussions, etc.) and conference calls to study "*The Developmental Model of Couples Therapy: Integrating Attachment, Differentiation, and Neuroscience.*"

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