



SM

THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

VOL. 39, NO. 3

DECEMBER 2019

INSIDE THIS ISSUE

INTERVIEW

Bernhard Trenkle
Interviewed By Jeffrey K. Zeig, PhD 1

INSTITUTES

Past, Present, and Future 4

IN THE SPIRIT OF THERAPY

Dr. Éva Bányai
Interviewed By John D. Lentz 6

INSPIRING MOMENTS WITH THE MASTERS

Carl Whitaker 8

CASE REPORT

Creativity as Medicine 10

CREATIVITY IN THERAPY

By Vladimir Zelinka 16

ENCOUNTERS WITH ERICKSON

Jeffrey K. Zeig, Ph.D. 18

www.erickson-foundation.org

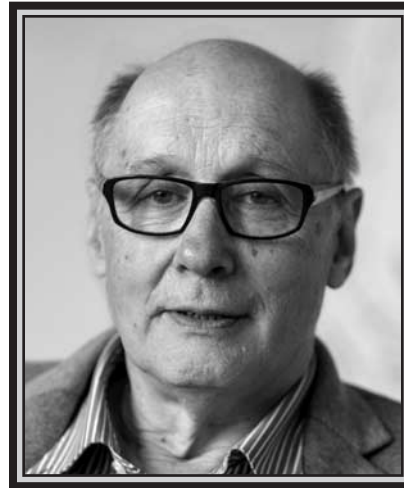
I N T E R V I E W

Bernhard Trenkle

Interviewed By Jeffrey K. Zeig, PhD

Jeff Zeig: How were you introduced to Ericksonian work?

Bernhard Trenkle: In 1975, after finishing my education in economics and engineering, I began to study psychology. The famous family therapist, Helm Stierlin, had returned to the University of Heidelberg with a professorship, after working in U.S. for 17 years. Stierlin gave an overview on the different approaches and schools of family therapy and psychotherapy. In one 90-minute lecture, he talked about Jay Haley and strategic family therapy, and the influence Erickson had on Haley. He also discussed three Erickson cases. I was fascinated and believed his lecture was of utmost relevance. Afterward, I asked Stierlin about literature on Erickson. At that time, nothing was available in the



Bernhard Trenkle

German language, but he was able to recommend some literature in English, including Haley's book, *Advanced Techniques of Hypnosis and Therapy: Selected Papers of Milton H. Erickson*. Stierlin also gave me Bandler and Grinder's books: *The Structure of Magic* and *The Structure of Magic II*. Erickson is mentioned in these books, and he is also in Watzlawick's books.

And as I was learning about Erickson, I also learned about multigenerational approaches in family therapy, Minuchin's structural family therapy, and the research of Lyman Wynne and Margaret Singer into family interactions and schizophrenia. In

INTERVIEW continued on page 22

Foundation Celebrates Last Congress

This coming December (12-15), the Erickson Foundation will host its final congress, held in downtown Phoenix at the Hyatt Regency. (<https://www.ericksoncongress.com/>) The Foundation is responding to attendees needs and is developing other education programs.

Nearly 40 years ago, in 1980, a young psychologist named Jeffrey Zeig organized the first International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, and since then the meeting has been held approximately every four years

In the early '70s, Zeig sought out Milton Erickson to learn from him and Erickson became Zeig's mentor. For more than six years, Erickson intermittently imparted his wisdom and expertise to Zeig, but he never charged Zeig for his services. As a thank you to Erickson, Zeig organized the first Erickson congress, to be held in December 1980 in Phoenix, which would coincide with Dr. Erickson's birthday on December 5th. A year earlier, Zeig had established the Milton H. Erickson Foundation and was one of the first board of directors, along with his then wife, Sherron Peters, and Dr. and Mrs. Erickson.

Zeig wanted to thank Erickson for his generosity. But he also wanted Erickson to witness the impact he had had on the field of psychotherapy and give him the opportunity to meet and socialize with friends and colleagues. Unfortunately, six months before the congress, Erickson passed away. However, he was able to receive part of Zeig's gift, as 750 had already registered.

After Erickson's death, there was question as to whether the congress should be postponed or even cancelled. But Erickson family members united in their support of the congress and it became not only a meeting on hypnosis, but a tribute to Dr. Erickson who put clinical hypnosis on the map.

At that time, the interest in hypnosis was gaining momentum, especially in the U.S. The field was wide open — and the first congress drew more than 2,000 attendees. It was the largest conference ever held solely on the topic of hypnosis. Since that time, the interest in hypnosis in the U.S. has gradually waned, shifting to Europe and Asia.

LAST CONGRESS continued on page 5

RETURN SERVICE REQUESTED
U.S.A.
Phoenix, AZ 85016
2632 E. Thomas Rd., Ste. 200,
The Milton H. Erickson Foundation, Inc.

Non-Profit org.
U.S. Postage Paid
Kansas City, MO
Permit No. 1932

EDITOR'S COMMENTS



In the 1960s, the band, The Byrds, sang, “To everything, turn turn turn, there is a season, turn, turn, turn...a time to be born, a time to die...” (These lyrics were taken from verses in the Bible, Ecclesiastes 3: 1-8) And so, the season for the Erickson Congresses is coming to a close with the 13th International Congress on Ericksonian Approaches to Hypnosis & Psychotherapy, held in Phoenix December 12-15. While I agree with the reasons behind the decision to make this the final congress, I still feel sad at the impending loss. During the past 40 years, the Erickson Congresses have been glorious and exciting; always ahead of the curve in the clinical field. So many Ericksonian principles have been introduced to eager clinicians, at a time before these principles had been infused in mainstream practice. And now the Foundation is rebirthing — preparing for the next generation of students. But in reading the article on congress in this newsletter, I couldn’t help but feel the same as Connierae Andreas who writes, “With love and appreciation, well done Jeff. You’ve changed my life for the better.”

The 2019 Erickson Congress is ending on a high note with the theme “Spirit Expanding—Life Changing—Career Enhancing.” And in the past 40 years, since the first congress in 1980, I have experienced all of these at the meeting. The first Erickson Congress was a celebration of Dr. Erickson’s enormous contributions to the field and a tribute to Erickson the man, as many of us personally knew him. However, the event evoked mixed emotions because six months earlier Erickson had died, which made the gathering both joyful — in coming together with a common purpose and passion — and sad, because Erickson was not there to see the effect of his legacy. Being surrounded by the collective energy of so many people who had been either directly or indirectly influenced by Erickson was a heady experience.

During these last 40 years and a dozen congresses, many of us have continued to expand our experiences and understandings of Erickson’s teachings. And the collective energy and connection brought by the participants and presenters seems to be exponentially raised each time. This is where the spiritual element becomes apparent.

Now each of us may have our own definition for the word “spiritual,” but since I’m the one writing, I get to use my own definition. (You can use yours. Just go along with me for the time being.) For me, at the most basic level, a spiritual event refers to an experience of being connected to something larger than myself. This relates to the “Oh wow!” feeling I have when I recognize the miracle in the commonplace — a brilliant sunset; a towering tree; the touch of a hand from a loved one, which changes my internal experience; how my own narrative has become my life story; and how my brain turns to mush whenever my wife looks lovingly into my eyes and smiles. Erickson taught me to see the uniqueness in every person — in every client, and that there is a human connection happening when both therapist and client communicate in their own unique way.

Watching as Erickson became fascinated with a rock or leaf expanded my understanding of my connection with everything around me. I am a believer of “The Big Bang Theory” that begins history with an explosion, followed by nine levels of increasingly complex stages of evolution. The Big Bang Theory proposes that life itself happened in the later stages. This would mean that human existence materialized in the blink of eye, compared with all that evolved up until that time.

When you think about it, it is amazing that humans are an extension of everything that has gone before. Therefore, we are truly connected to the rocks and leaves that Erickson found so fascinating. If Erickson taught me anything, it is that everything around me is phenomenal and everything deserves the “Oh wow!” including the Erickson congresses.

In this pre-congress issue, we begin with Bernhard Trenkle interviewed by Jeff Zeig for our feature interview, both of whom are presenters at congress. In the interview, Trenkle lists some of the people who influenced him in his discovery of Erickson perspectives, many of whom are presenting at the congress. Trenkle’s life is a fascinating journey, given that he was first educated in economics and engineering, and went on to become one of the most prolific organizers and contributors to the international hypnosis societies, specifically the Erickson movement.

Among the many who have contributed to Trenkle’s encyclopedic knowledge and experience of hypnosis styles is Éva Bányai’, the Hungarian colleague who developed active alert hypnosis, and who coincidentally is the subject of John Lentz’s *In Spirit of Therapy* column. Bányai’s story, which begins in war-torn Hungary and ends in the U.S., is both heroic and inspiring. And it is a history lesson told by a master storyteller.

Eric Greenleaf’s *Case Report* presents Joel Samuels’ utilization of stone carving to deal with chronic pain, depression, and drug dependency, which is a very Ericksonian approach.

COMMENTS continued on page 5

THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

Executive Editor: Richard Landis, Ph.D.

Media Reviews Editor: John Lentz, D.Min.

Institutes Editor: Marilia Baker, M.S.W.

Power of Two Editor: Roxanna Erickson Klein, R.N., Ph.D.

In the Spirit of Therapy Editor: John Lentz, D.Min.

Case Reports Editor: Eric Greenleaf, Ph.D.

**Guest Reviewers: Richard Hill, MA, M.Ed., MBMSc, DPC;
Jenni Page, LMFT**

Contributing Editor/Writer: Marnie McGann

Production Manager: Karen Haviley

Ad rates: www.erickson-foundation.org

—Board of Directors—
Jeffrey K. Zeig, Ph.D.
Helen Erickson, Ph.D., MSN, BSN
Roxanna Erickson Klein, R.N., Ph.D.
J. Charles Theisen, M.A., M.B.A., J.D.
Camillo Loredi, M.D.
Bernhard Trenkle, Dipl.Psych.

The Milton H. Erickson Foundation, Inc.
2632 E. Thomas Rd., Ste. 200,
Phoenix, AZ 85016
U.S.A.
Telephone: (602) 956-6196
FAX: (602) 956-0519

www.erickson-foundation.org

COUPLES CONFERENCE



The Couples Conference

Commitments, Connections, Challenges

Burlingame, California
April 3 - 5, 2020

Featured Keynote Speakers



ABRAHMS SPRING



BADER



DOHERTY



REAL



HENDRIX & LAKELLY-HUNT



TATKIN



ZEIG



Get \$50 off the main conference with discount code: Foundation50

Register at www.CouplesConference.com

Celebrating 25 Years of Couples Conference

For a quarter of a century, the Erickson Foundation has co-organized with Ellyn Bader and the Couples Institute in Menlo Park the annual spring Couples Conference. (www.couplesconference.com) The Institute and Foundation are committed to assisting therapists who help couples navigate the rockier roads of romantic relationships.

“We’ve covered just about every presenting problem,” says Bader, “from addiction to infidelity, depression to the challenges of divorce and step parenting, and passive-aggressive behavior to narcissism. We’ve also reviewed the research, explored new findings in neuroscience, and examined specific ways to structure couples therapy sessions.”

The Institute and Foundation also welcome diversity and strive to stay on the cutting edge of new developments in the field to help keep therapists current with the challenges of today. Fortunately, couples’ therapy has matured into a highly valued and accepted form of therapy. Yet, specialized training is needed for therapists who provide service to couples.

Couples Conference 2020 will be held April 3-5 in Burlingame, California. The theme of the conference is “Commitments, Connections and Challenges,” and there will be a large lineup of expert faculty. In 2020, a dozen faculty members will present and hold workshops, including newcomers Caroline Welch who will address with Ellyn Bader, emotion regulation and mindfulness, Joe Winn who will present on multicultural issues, and Shawn Giammattei, who will address transgender relational issues.

We hope to see you there.

FOR COUPLES CONFERENCE INFORMATION AND REGISTRATION VISIT
WWW.COUPLESCONFERENCE.COM

INSTITUTES

The Erickson Institutes *Past, Present, and Future*

By Marilia Baker

This December, the Erickson Foundation celebrates its 40th anniversary with the 13th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. Although it will be the final congress, a 40-year run can certainly be deemed a success. As the brochure describes: “Since 1980, the Erickson Congress has been held to celebrate the contributions of Milton H. Erickson and his intellectual heirs to the field of psychotherapy. In the four decades since the Congress began, this gathering of creative thinkers has transformed the practice of psychotherapists worldwide.” This noteworthy meeting of kindred intellects will offer a pre- and post-conference, 102 presenters, seven keynote speeches, 96 workshops, and 22 clinical demonstrations. (www.ericksoncongress.com) Throughout the intense week, attendees from all over the world will have the unique opportunity to informally exchange ideas and methodologies.

In 1979, the Milton H. Erickson Foundation was founded by Jeffrey K. Zeig. Along with Zeig and his then wife, Sherron Peters, Dr. Erickson and Mrs. Erickson were on the first board of directors. Zeig continued to mastermind other meetings, including the Brief Therapy Conference, Couples Conference, and widely acclaimed Evolution of Psychotherapy Conference. The latter drawing thousands of participants. (The next Evolution Conference will take place in December 2020.)

In the past 40 years, Zeig’s dream has remained consistent: to see the teachings of Milton Erickson disseminated and practiced in the four corners of the world. Part of that dream has been realized through the MHE institutes. The Erickson institutes were initiated by professionals who made the request directly to Dr. Erickson to establish them. Zeig states: “As I remember, there were only a few authorized by Dr. Erickson in the late ‘70s – two in Munich, the New York MHE Society for Psychotherapy and Hypnosis (NYSEPH), the Santa Rosa Institute in California, and the Albuquerque institute in New Mexico. When Dr. Erickson passed away, the Foundation took over authorizing institutes.” (See MHE Foundation Newsletter, Vol. 29, n. 3 Winter 2009; p.7) “The institutes are an integral part of the mission of the Foundation,” says Zeig, “and they play an important role in promoting and advancing Ericksonian practice. Institutes can be societies, study groups, and even private practices.”

In the past four decades, Erickson institutes from Argentina to New Zealand have been established, and their influence and benefits to surrounding communities is immeasurable. One of the first institutes personally authorized by Dr. Erickson was headed by Burkhard Peter in Germany (1978), who then established the MEG (*Milton Erickson Gesellschaft für Klinische Hypnose*), one of the largest and most influential society of institutes in Europe. To this day, Germany, along with France and Italy, continues to be among the countries with the most active institutes. Currently, there are 125 institutes worldwide, including 18 in the U.S., and one in Puerto Rico. Mexico tops the list with 20 institutes, followed by France and Brazil with 15 each. In addition, France – the cradle of scientific hypnosis – has the *Confédération Francophone d’Hypnose et Thérapies Brèves*, founded by Patrick Bellet, MD in 1997. *The Confédération*, which also encompasses Switzerland, Belgium, Luxembourg, Canada (Quebec) and the Caribbean, is a highly active organization that publishes the prestigious journal, *Hypnose & Thérapies Brèves – Revue Internationale de Langue Française*. Another journal, *TRaNSEs*, focused on hypnosis, health, and cultures, was successfully launched two years ago by a team of renowned hypnotherapists, including Thierry Servillat, Antoine Bioy, and Jean-Claude Lavaud. The journal illustrates the strength and reach of Ericksonian approaches in the francophone world.

All the Erickson institutes merit enormous credit for successfully adapting Dr. Erickson’s approaches and those of his intellectual heirs. The institutes are run by enthusiastic and creative professionals who adhere to impeccable clinical and training guidelines. For three decades, the *Centro Ericksoniano de Mexico* (CEM) has been led by the innovative Teresa Robles, who was a recipient of the Erickson

Foundation’s Lifetime Achievement Award. Currently, the institute and its affiliates, are under the directorship of Robles’ daughter, psychologist Cecilia Fabre. The CEM is promoting a Franco-Mexican congress to take place this November in Cancún, Mexico (<https://cancun.grupo cem.edu.mx/>).

Another influential society implementing and disseminating Ericksonian approaches is the *Società Italiana Milton Erickson* (SIME). This institute was established in 1996 by Camillo Lorio, who has also been a recipient of the Erickson Foundation’s Lifetime Achievement Award and is currently on the board of the Erickson Foundation. Since 1996, Lorio and his distinguished team of instructors and trainers have trained clinicians and researchers at the *Scuola Italiana d’Ipnosi* in Rome. In addition to promoting seminars, workshops, conferences, and other professional gatherings, Lorio, an indefatigable disseminator of Ericksonian approaches, is editor-in-chief of *Ipnosi – Rivista Italiana di Ipnosi Clinica e Sperimentale*, a renowned journal focusing on clinical and experimental hypnosis.

There are five Erickson institutes in Spain, seven in Italy, three in Belgium, four in Turkey, and three in South Africa, the latter being actively present in the International Society of Hypnosis (ISH). There are also three institutes in Argentina, and two Institutes each in Portugal, Australia, Taiwan, and Russia. The United Kingdom, Sweden, Czech Republic, Bulgaria, Poland, Peru, Chile and New Zealand are also well represented. The most recently approved institutes include the MHE Institute of Tlalpan in Mexico, and the MHE Institute of Guangzhou, China. Along with the MHE Institute of *L’Ile de la Reunion* on the Indian Ocean, the Chinese institute represents a significant step in opening new clinical and educational frontiers in vast new lands and waters. As a descendant of Vikings and American pioneers, I am sure Milton Erickson would approve.

Life isn’t something you can give an answer to today.

You should enjoy the process of becoming who you are.

*There is nothing more delightful than planting flower seeds
and not knowing what kind of flowers are going to come up!*

MHE

For further information please go to

<https://www.erickson-foundation.org/institutes/>

Jeff Zeig’s 2020 Online Psychotherapy Consultation Class

Jeff Zeig will hold an online interactive online class in Experiential Psychotherapy and Ericksonian Hypnosis. The class is hosted by Sue Pinco.

Each online session is designed to improve clinical skills through direct experience, lecture, and practice. This is a unique opportunity to meet in small group with like-minded professionals. To register, please visit: <https://form.jotform.com/81543596491163>

Throughout the year, core elements of experiential therapy will be presented and deconstructed. Participants will be offered many clinical, scientific, and artistic concepts that they can use to get to the next level in their clinical practice.

Classes will be held on Fridays 10:30 EST – Noon ET. Round 1 of the classes are: January 10, February 7, March 6, April 17, May 8, and June 19; Round 2 of the classes are: July 24, August 7, September 11, October 16, November 20, and December 4.

The cost is \$300 per six-month Round. Payment can be made digitally or sent to: Jeff Zeig c/o The Erickson Foundation, 2632 E. Thomas Rd., Ste. 200, Phoenix, AZ 85016.

35th Anniversary
1985 - 2020



The Evolution of Psychotherapy Conference

December 2020 | Anaheim, California
EvolutionofPsychotherapy.com

LAST CONGRESS

continued from page 1

In the Middle Ages, Chaucer wrote: “All good things must come to an end,” and although this will be the Foundation’s last Erickson Congress, good things are around the corner. “We are growing and developing in other areas,” says Zeig “and this requires some pruning. Our focus is shifting to accommodate the market, which means, among other things, we will be expanding our online education, and providing more targeted educational program.”

In response to the announcement made to faculty and registrants, Zeig received the following email from Connierae Andreas:

Dear Jeff,

When I read that this would be the last Erickson Congress, I felt a deep sadness. But more than sadness, I felt a kind of internal minor earthquake - like something I've come to take as a “given” in the world, something that is positive, will no longer be...at least not in the same form. It was a visceral reaction.

I take this as a recognition of the tremendous contribution you have made in organizing these conferences over so many years. I hope you know what a difference you've made in doing this. It was something that you were in the position to do, given your relationship with Erickson and his family. No one else could have done it. And you stepped up and did it.

Every time I've participated in one of the Erickson conferences, I've experienced warmth and friendliness. The Erickson conferences attract participants who welcome new ideas and are open to experiential learning. I know you've made a positive difference in the lives and work of many therapists.

A big thank you for a job well done, Jeff. I believe Dr. Erickson, if he is witnessing this from some place, is likely to be quite pleased.

*With love and appreciation,
Connierae*

COMMENTS

continued from page 2

Our international institute maven, Marilia Baker (also a congress presenter), celebrates the 40th anniversary of the Erickson Foundation with her article, *M.H. Erickson Institutes: Past, Present, and Future*. Marilia Baker is the liason who connects our readers to the international Erickson communities, and her interviews evoke a sense of community and family.

In our media reviews, we begin with Richard Hill’s review of Mind-Body Communication in Hypnosis, Volume 15 in The Collected Works of Milton H. Erickson. Hill, who is also a presenter at congress, talks about Erickson’s “...new set of rationales and realizations...” He then follows with Ernest Rossi’s commentary that takes us into the 21st century. It is a great ride.

In John Lentz’s review of Louis Cozolino’s book, *Why Therapy Works: Using Our Minds to Change Our Brains*, Lentz’s enthusiasm for the author is contagious.

Some books add to our existing knowledge while others expand our perspective. Jenni Page explains how the book, *Biofeedback and Mindfulness in Everyday Life*, accomplishes both. This book deserves a second or third reading to absorb and integrate the experience.

Jeff Zeig continues with his column on *Inspiring Moments with the Masters*, and for this issue, the master is Carl Whitaker. Zeig’s account of his experiences with Whitaker, honors the man’s genius and humanity. It’s a beautiful connection.

Turning things around, Vladimir Zelinka interviews Jeff Zeig on the role creativity plays in Zeig’s therapeutic approach. The deeper implications in this interview makes it worth several readings.

This 13th congress promises to instill in attendees Erickson’s “Oh wow!” feeling. Please join me for this final congress as it will truly be spirit expanding, life changing, and career enhancing.

Rick Landis
Orange, California

IN THE SPIRIT OF THERAPY

Interview with Dr. Éva Bányai

By John D. Lentz, D.Min.

*Dr. Éva Bányai is professor emeritus of psychology at the Department of Affective Psychology at Eötvös Loránd (ELTE) University, Hungary. Dr. Bányai has won many awards and received much recognition, including being honored at the recent SCEH annual conference in October of this year where she received the Living Human Treasure Award. Currently, she serves as the associate editor for the International Journal of Clinical and Experimental Hypnosis. She has written more than 363 publications in Hungarian for foreign journals and books and authored two handbooks in Hungarian and a host of journal articles published in English, including (2018) *Active-Alert Hypnosis: History Research and Applications*. (American Journal of Clinical Hypnosis 2018, 61(2). Pgs. 88-107)*

Dr. Bányai is a popular international speaker who has presented more than 303 papers at congresses around the world. Before meeting her, I was told that she is part of the who's who of the European hypnosis society because of the important people she has taught.

But her CV does not mention that she is mentally sharp and legendary in the hypnotic community. It also doesn't say that she is inspiring — so much so that many of her students are like her: bright, innovative, and creative.

John Lentz: You are known as one of the most important women in European hypnosis. How did you get interested in hypnosis?

Éva Bányai: I have an intensity about me that began in my childhood. I became interested in hypnosis in first grade. It was just after the WWII and the country was so devastated by the war that we had to collect steel and iron left over from the war for industry to come alive again. There was competition among schools to collect the most iron, and as it turned out, our school won the competition. No one understood why because the smallest and youngest girls collected the most.

One day, my mother came home from a parent/teacher meeting and laughingly told a story. She said, 'Éva's teacher has been wondering why her class won the competition.' The teacher told my mother that when the children leave the school at the end of the day, they say good-bye and leave, except for Éva. The teacher had watched me take determined steps over to a bench with boys from the 8th grade — big, strong boys. The teacher watched as I said something to the boys and the boys got up and followed me, as if they were hypnotized. That was the very first time that I heard the word 'hypnotized.' Of course, I was extremely curious wanting to know more, so I asked what it meant. My parents were teachers and told me in simple words: 'It means if someone is able to make other people's attention so focused that they listen to him or her and follow what she says.' My parents asked me what I said to the boys and I said, 'It was nothing special. I just told them where we could find steel and iron.' 'But why did they follow you? You are a small girl.' I replied, 'Well, because I told the truth.'

Because of this experience, I read everything that I could on hypnosis. But in those days, hypnosis was a forbidden practice in Hungary, so scientific literature was difficult to get; only researchers could read the literature. My father was a mathematician and I wanted to understand things, but I was frustrated. That's the reason I became a research psychologist — so I could read books on hypnosis.



Dr. Éva Bányai

JL: So, what is the reason you give today about why the boys followed you?

EB: They followed me because of my intensity. Since childhood, I have been a leader.

JL: That makes sense, because among other things you are known for active hypnosis.

EB: The first article about active hypnosis was published in 1976 in *The Journal of Psychology*. The thought was that active hypnosis could be a laboratory model of shamanistic trance, so I was invited to a shamanism conference held in Hungary, because that was the only place Soviet delegates could go. And as it turns out, it was the first time Soviet researchers gave talks on shamanism, because back then, shamanism was considered a religion and anti-scientific. It was a forbidden practice in Siberia [Ironically, Siberia is the birthplace of shamanism.]. So, it was a fantastic conference. When I gave my lecture about active hypnosis it was so well received, I got a standing ovation.

JL: Wow!

EB: Yes, active hypnosis was completely unknown. That was the first time I encountered culture and politics. And when I heard that it was too difficult to conduct research on shamanism in the Soviet Union, I added this idea to my speech: I proposed that we send a letter to say shamanism is our cultural heritage, and we need to learn it and keep it. And can you imagine, everyone signed the letter — even the Soviets.

After the conference, I got a copy of an Italian newspaper, which a colleague translated. The newspaper wrote: 'There was a fantastic conference held in Hungary on shamanism, where researchers came together, and the entire community wrote a letter to UNESCO saying that we should preserve the cultural heritage of shamanism.' It went on to say, 'There was only one shaman, and she was a young Hungarian woman.'

JL: If the study of hypnosis was prohibited in Hungary, how did you manage to practice it?

EB: I found a professor who got his science degree at the Pavlovian laboratory in the Soviet Union where it was not forbidden. I was extremely enthusiastic, and the professor came up with a way for me to study hypnosis.

JL: So, you worked your magic on him, telling him you wanted to study hypnosis.

EB: He was good in politics. After a week, he invited me to his office and said, 'Éva, I thought about it, and I have a colleague who learned hypnosis who I am very close to. He would love to do something on hypnosis, but there is one important thing: Let's not say that you are studying hypnosis. The main topic of the department is learning and memory, so let's say you are studying memory and learning in different states of the higher nervous activity.' That is the Pavlovian term he used. 'And while you are doing that, you will have some control, because another part of the laboratory is asleep. And then you begin to do something else.' So that's how I got that fantastic chance, and I was so glad I could finally read the literature. I got into a system where the library would send me a book every three weeks. So, I copied everything, because three weeks was not enough time to study all the things that I wanted to know. My whole salary went to copying those books.

JL: What an amazing focus.

EB: There was a famous hypnotist named Violgyesi, who wrote, *Animal*

continued from page 6

Hypnosis, which was translated into German and English. He was the only one who could use hypnosis at that time. He knew Pavlov, who wrote letters to him and dedicated some things to him. After Violgyesi died, no one could practice hypnosis. I thought, 'Well, he is dead, but perhaps I can get close to the classic literature in his library.' So, I called his widow and said, 'I admire your husband and I am interested in hypnosis. Would you loan me the books from his library?' It was moving because she said that I was the first one who dared to say that I admire her husband. She allowed me to see his library and read all the classic books. And, as a matter of fact, when she grew old, she gave me the entire book collection. Today, those books are a part of the library of the Hungarian Association of Hypnosis.

JL: You were quite resourceful. What did you do next?

EB: The academy of sciences had a competition in agriculture, physics, and other fields. To make the competition fair, our names were not on our papers; we were judged on merit alone. All the winners were men, at least 50 years old, and then they announced the winner from psychology, which was me. At the time, I was 30 years old but looked younger, and I was wearing a miniskirt. I was the only woman and young person to get a prize. And part of the prize was a study opportunity, which was fantastic because in those days it was practically impossible to travel to the U.S.

And when I became a member of professor Adam's group from the academy, the question became: Where do you want to go for a study tour? And I wrote three times that I'd like to go to Professor Hildegard's laboratory of hypnosis in the U.S. The third time I wrote it, the professor said, 'Éva are you crazy? Don't you see that everyone is laughing at you? No one from the institute has done that...not even the department chairs who have published a lot. I am the only one who has been to the U.S. You are a beginner. So, what makes you think that you can go? Why don't you say that you'd like to go to Leningrad? It is such a beautiful city. There is a Pavlovian laboratory in the neighborhood, and if you ask for that, you would have a chance to go there.' I said, 'I would like to study with Hilgard. I can go to Leningrad or to the institute as a tourist.' I was told that I didn't have a chance. So, I always tell my students that if you really want something, you must persist. And what happened? I got the prize in psychology, and the person who got eight months in the exchange program in the Hungarian Academy of Sciences and Washington D.C. suddenly died. After Christmas, the Hungarian academy sent a fax to the Americans that a student had died, and the process would have to begin again, which would take a long time. The U.S. sent a note back saying, 'Either you nominate someone in two weeks, or you will lose your exchange opportunity.' Someone in the international part of the process said, 'Don't you remember that girl with the miniskirt who wrote all those applications for studying in the U.S.? She wants to go to Stanford.' So, they looked at my application and I had everything in order, including my CV in Hungarian and English. The Hungarian KGB checked my background and the person the KGB asked about where I lived, was the mother of the two kids I had tutored. Later, this woman asked, 'Have you committed a crime? The KGB wanted to know all about you, but I only told them nice things because of what you have done for my kids.' So even the KGB put their stamp on my going to the U.S. Ultimately, I got the chance to study at Stanford with Hilgard. My professor was extremely supportive, and he wanted to get me into his research group, but he said I could not do hypnotic experiments — it was not right for me to state that Pavlovian ideas about hypnosis were not right. It was impossible for me to run a research study in Hungary at that time.

Hilgard was a wonderful person. He was my mentor, along with Professor Endre Grastya'n in physiology. Hilgard knew my name even before he got it from the academy of sciences, because I had corresponded with him. When I got to Stanford, Hilgard told me, 'Éva, by this Friday you will choose a topic to work on.' I told him that my idea was to combine hypnosis with activity, and he became

excited. He said, 'That would prove that the Pavlovian series was right! There were some who tried to do that, but they failed.' I said, 'I know, but I would like to do it.' He was so helpful. He said, 'Perhaps you know more than those who failed, and as a matter of fact, I can tell you that one of the researchers had methodological problems in the designs of the study.' I told him that I wanted to understand and be clear about methodology. He said, 'That would be great,' and he gave me an article. He asked, 'Why don't you devise the study?' He said that within two weeks they would be ready to hear how I wanted to run the study.

English isn't my native tongue, but to standardize a hypnotic procedure, one must be comfortable with the language. So, when I wrote the script, I went to people who could help with the language. I wanted hypnosis to be active, so that's why I had them sit on bicycles. And Chet, who was almost 72 years old at the time, pedaled a bicycle and we recorded what he said, because I wanted to capture all those feelings. In two weeks, I gave my study to Hilgard and he said, 'Well, I didn't believe that you would be able to do it in two weeks. It is a lot of work' I was so excited that I couldn't not do it. The whole group was supportive. I consider it such a blessing. It was the spring of my professional career.

JL: Your story is inspiring for many reasons, including that it points to historic cultural differences. It also is inspiring because of how much effort you put in to being allowed to learn. And, how you were destined to do what you do. You are still the intense little girl, as well as the young woman wearing a miniskirt, and the grown competent woman doing research and teaching others active hypnosis.

PRESENTATIONS IN ENGLISH, GERMAN & FRENCH

15th ESH Congress of Clinical Hypnosis and Research

BUILDING BRIDGES AND TRAVELLING CROSSROADS

26–29 August, 2020 Basel, Switzerland

PRE-CONGRESS WORKSHOP SPEAKERS

Prof. Eric BONVIN, CH
Tony ROUSMANIERE, PhD, US
Prof. Bruce WAMPOLD, US
Dr. Philip J. ZINDEL, CH

CONGRESS KEYNOTE SPEAKERS

Dipl.-Psych. Consuelo C. CASULA, IT
 Building bridges and traveling crossroads is what we do when we tell metaphors: let's go deeper and deeper

Dr. Régis DUMAS, FR
 An activated hypnotic relation: a bridge between patient, therapist and life

Prof. Marie-Elisabeth FAYMONVILLE, BE & Dr. Audrey van HAUDENHUYSE, BE
 Recent insight: how neuroscientific approach helps clinicians

Prof. Mark P. JENSEN, US
 Brain oscillations and hypnosis: Implications for enhancing outcome efficacy

Dr. Veit MESSMER, DE
 Building bridges in dentistry: From where to whom? A vision beyond drilling, techniques and chemistry

lic. phil. Susy SIGNER-FISCHER, CH
 Mental Empowering—how hypnosis helps you to gain impact on your own life and your context

Dipl.-Psych. Bernhard TRENKLE, DE
 What I am saying before I do hypnosis, tell a story or give homework assignments. Preparing interventions strategically

ESH **GHYPS S HYP S** **IRHYS** **SMSH**

WWW.ESH2020.CH

INSPIRING MOMENTS WITH THE MASTERS

By Jeffrey K. Zeig, Ph.D.

Many years ago, I had my wallet stolen at gunpoint. It was a terrifying experience. But what bothered me the most, was that I had notes in that wallet for an article I intended to write about Carl Whitaker. The following is my attempt to recreate those memories of Whitaker.

Carl Whitaker is one of my favorite master clinicians.

I met Whitaker in the San Francisco Bay Area in early '70s when I was finishing my master's degree in clinical psychology. He was traveling then, offering workshops. Since I had no money to attend training events, I volunteered to work for the organizer of the event and be Whitaker's cameraperson. At the end of the workshop, as I was packing up the equipment, Whitaker came over to me, fixed my attention, and said meaningfully, "Thanks." I was just a servant, but in that moment, he made me a person, not just a function. And that stuck with me.

Now beam forward to July of 1980. I'm organizing the first international Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. Gregory Bateson, who was scheduled to be my keynote speaker, had unexpectedly passed away. Erickson passed away a few months earlier in March. I was out the guest of honor and a keynote speaker and I didn't know an expert to invite. Then I remembered that incident with Whitaker, so I called him up and breathlessly and naively blurted out: "Carl, Bateson has died, Erickson has died. Would you be the keynote speaker at the Erickson Congress?" And he responded, "Are you crazy?" But Whitaker loved Bateson the way that I loved Erickson, so he agreed to be the keynote.

At that time, Whitaker was in residence at Philadelphia Child Guidance Clinic (PCGC). Prior to the 1980 Congress, I made a trip to Philadelphia talk with him about his keynote speech. I had sent him the first book I edited: *A Teaching Seminar with Milton H. Erickson*, which was a transcript, for the most part, of Erickson conducting a seminar in Phoenix. I met Whitaker in the hall outside his office, and he said to me, "I read that book you sent to me twice, which is unheard of for me." And then he quipped, "That Erickson had some left hemisphere." I replied, "Oh Carl, he was like a chef. If he had the ingredients in front of him, he would intuitively put them together." And Whitaker just shook his head and repeated, "He had some left hemisphere." Years later, I realized that Whitaker was right.

When we got to Whitaker's office, he gave me a puzzle. I like puzzles, so I solved it and gave it back to him. Then he handed me a more complicated puzzle — a six-piece cube — that would have taken me a while to figure it out. I didn't want to waste the time, so I gave it back to him. He tried it and he couldn't do it. Then, while making a back and forth motion with his hands, he said, "Sometimes it depends on what's going on," meaning that we hadn't connected yet. Whitaker was a connection person. Whitaker loved people. He loved connecting with people. He was a family person and oriented to attachment and belonging.

For the next three days, we saw families together, because if you visited Whitaker you became his co-therapist. He loved co-therapy in general and included students whenever possible. In this case, it seemed that he created a family with me, whereby he could be the symbolic father and I could be the symbolic mother. We clicked and enjoyed seeing families together. And during the last session, as we were seeing a family, Whitaker took the six-piece cube and *chink, chink, chink*, he put it together and showed it to me. In his symbolic, experiential orientation, he was telling me that we had clicked. But he wasn't going to directly say that to me. I still get a chill remembering that moment; it was the experience that made our connection come alive.

At PCGC, I sat in on a master class where you had to be a family therapist for 15 years in order to take the class. But because I was visiting Whitaker, I was able to sit in. Some of the classes Whitaker did were behind a mirror and students would sit on the outside, watching from behind the mirror. But this class was held in a fishbowl, where the students sat in the circle and Whitaker and the family sat in the center.

PCGC was a hospital, so they brought in an adolescent with schizophrenia for

Whitaker to interview. The family was nervous about being observed and the schizophrenic boy was talking crazy and everything was disorganized. And while Whitaker was doing the interview, he suddenly fell asleep. He woke up a few seconds later and he told the family a dream that he had when he was asleep, and it seemed to be relevant to what was going on in that therapy situation. A few minutes later, he fell asleep again and reported another dream, which also seemed relevant. And then a little while later, the same thing happened. Now Whitaker often said things you wouldn't dare think. He had what I call "abnormal integrity." So, when the father asked Whitaker about sleeping, Whitaker replied, "Oh, I always fall asleep when I get anxious."

Then, the family began to reconstitute: The patient started speaking intelligently and intelligibly, and when the family session ended, everyone hugged and hugged Whitaker and the family left as a cohesive unit.

The students in the room were baffled. One student asked, "Carl, what just happened there?" And Whitaker, the consummate systems theorist, replied, "Craziness only occupies one space in a social system." The meaning was that if the therapist acts crazy, the family would have to act sane because the therapist has taken the place of being the crazy person in the system. And this was one of the pivotal moments in my understanding of what Whitaker thought about families and systems and the experiential nature of psychotherapy.

Whitaker's school was called Symbolic Experiential. I invited him to speak at the 1985 Evolution of Psychotherapy Conference and he came and was revered as one of the founding fathers of family therapy. This was during the heyday of family therapy and we had all the major players of family therapy there representing all the major tributaries. Along with Whitaker there was Murray Bowen, Jay Haley, Clóé Madanes, Virginia Satir, and Paul Watzlawick.

At the conference, Whitaker could not get enough of people. Whereas some of the faculty would seclude themselves, Whitaker spent time visiting with attendees and faculty members.

Whitaker was out of the box — so different than anyone I had known. I invited him to do a workshop in Phoenix and he agreed. During the workshop, he told a story about how he and his wife, Muriel, would play killer games of ping pong in their basement, but they never kept score. He said it was a way of working out aggression and just playing with each other. After the workshop, I took Whitaker bowling. It was before electronic scoring was invented, so we just bowled frames; we didn't keep score. I was paralleling what he had done with Muriel.

As we were sitting in the coffeeshop at the bowling alley, I told Whitaker that I would like to do for him what Ernest Rossi had done for Erickson, which was to collect his work, organize it, and publish his writing. That's how enthused I was about Whitaker: I would turn from my dedication to Erickson to work with him, trying to take his right hemisphere approach and make it into a more proper "British rose garden," so that people could absorb his inventiveness. But that did not turn out to be the case. When I presented my idea to him, he told me a joke. The joke was about an old couple named Ole and Olaf. Ole wakes up one morning and looks at Olaf and says, "Screw you." And Olaf looks at Ole and says, "Screw you." And Ole looks at Olaf and says, "Screw you." And Olaf looks at Ole and says, "Screw you." And after so many minutes of this "screw you" and "screw you," Ole looks at Olaf and says, "You know, this oral sex isn't what they make it out to be." I got Whitaker's message and gave up on the idea of organizing his work into a tidy package.

I had a longtime relationship with Whitaker, and I would sometimes use him as a consultant. At that time, there was no video calling, so I would have Whitaker supervise my families through a speaker phone. One time, I had gotten on the wrong side of the transference with a borderline patient and I was fearful because I thought he had the capacity to be violent. I put the patient on the phone with Whitaker, and to my amazement, within a few minutes Whitaker diffused the tension. Whitaker had such a scope that he was able to do successful consultations on a speaker phone.

Whitaker also had this incredible talent for throwing out memorable one-lin-

continued from page 8

ers. Once, I was at one of his workshops where he was talking with a couple who were disengaged. He spoke with them about hobbies, and when he learned they played tennis, he immediately said, "Singles or doubles?" In other words, he was asking if they played against each other or with each other.

Even before I met Whitaker, I heard one of his one-liners. Whitaker was working with a family with a disturbed adolescent girl. When the girl asked her mother for a cold capsule, Whitaker quipped, "Contact is good for your cold." Now Contact is a popular brand of a cold capsule, but Whitaker used the double meaning to get a point across.

There was another incident when Whitaker was working with an unsocialized adolescent and Whitaker suddenly started crying, saying that he missed his wife, Muriel. The adolescent haughtily laughed at Whitaker, so Whitaker flicked one his tears at the adolescent, saying, "real tears," because Whitaker was a highly emotional person and dealing with emotion was central to his being.

Whitaker's one-liners would often shock people and they were taken aback by his abnormal integrity. But Whitaker used jarring one-liners to disrupt patterns, and he was often successful.

The following is an excerpt from one of my favorite passages of Whitaker's speech at the 1980 Erickson Congress, entitled, "Hypnosis and Depth Therapy for the Family." The entire speech was published in the book of the proceedings that I edited (*Ericksonian Approaches to Hypnosis and Psychotherapy*, 1982, Taylor & Francis). The paper Whitaker wrote is brilliant and should be read many times. Note that Whitaker was juxtaposed with the strategic nature of Haley, who was much more left hemisphere.

"In psychotherapy we struggle endlessly with the fact that most people live fragmented lives. They're preoccupied with horrors and glories of the past. Or they're preoccupied with the horrors and glories of the future. They don't live, they just use their left brain to endlessly think about living. This kind of meta living is just like meta communication, the disease that all psychotherapists are suffering from. We spend our lives talking about talking and many times never say anything. Even worse, if we're not very careful, meta communicating contaminates the rest of our living and the rest of our talking. Medical school students who are learning psychotherapy, say the problem with this business is that when I go on a date, I end up being a psychotherapist instead of a boyfriend and I don't know how I get there. We even do it with each other. If I can't be your therapist, I flip to the other side the coin and become your patient. We not only have the disease ourselves, but we're carriers. We contaminate our patients and that's bad by itself. But it's even worse, because almost all marriages in American are bilateral pseudo-therapy projects. She's just the girl for him as soon as she gets over her compulsiveness and he's just the man for her as soon as she gets him over his alcoholism. And then they spend the first five years of their marriage, it used to be 10 years, trying to be better psychotherapists and better patients until they come to a therapeutic impasse and then they come for help. So, when you see a couple, it's not really psychotherapy. It's supervision. They're both trying to learn how to be better psychotherapists or better patients or both. And the essential object of psychotherapy is to get rid of the past — good and bad — and the future — good and bad — and just be, develop your personhood, your capacity to be whoever you are wherever you are."

Whitaker loved seeing families. Especially near the end of his life, he wanted to see generations of families. He would insist that the family bring in as many members as possible so that the family could become the therapist and Whitaker could be the consultant. He believed that the family is the context for healing. He believed that healing doesn't happen by virtue of something the therapist does; healing happens by the family reorganizing themselves. Whitaker said that at the beginning of every family therapy session there is a battle for control and a battle for structure. And Whitaker was adept at negotiating these battles. He was one of

those therapists who could do therapy from a one-down position, for example, falling asleep at a family therapy session, whereas Erickson commonly offered therapy from a one-up position.

Whitaker and Erickson met once and had only one interaction. Whitaker was part of a small group that picked Erickson up at the Atlanta airport. When Erickson got into the car, he asked Whitaker, "How many children do you have?" Whitaker replied, "Six." Erickson said, "Eight," meaning that he had eight children. It was settled: Erickson was in a one-up position and Whitaker was one-down.

Whitaker would often start a family therapy session by working from the periphery in. In describing a family, he used the metaphor of a wagon wheel: The father is the outer rim of the wheel, the children are the spokes, and the mother is the hub, or emotional center. Whitaker would often start the therapy with the father as the person he saw as most often being emotionally disengaged. And then he would work his way through the patient and other family members to the mother — the person he felt was most central.

When Whitaker presented at my workshop in Phoenix, I felt it was my honor to introduce him to the class. As I went to do this, he stopped me and said, "Just sit with me silently in front of the class." And so, we sat there silently while everyone was chatting or walking around aimlessly. But after a while, the students got quiet, and all eyes were on us. Whitaker wanted to demonstrate a systemic effect: If we did nothing, the students would eventually self-organize into a unit. Since then, I have done this with classes many times, and each time the students have eventually quieted down and self-organized, becoming a cohesive group rather than disparate individuals.

Like Erickson, Whitaker did not teach content. He taught by demonstrating with families, and if there was no family present, he was good at constructing one with the individuals who were present. For Whitaker, everything was interactional. Whitaker

would also use toys with an almost bi-level consciousness, whereby he could follow the process of the session. And, he was playful. But whatever he did, it was about the understructure of aggressive feelings and loving feelings and feelings of connection, and he did not interpret those feelings. Instead, he encouraged people to be in touch with the deeper symbolic understructure of their communication.

Whitaker also did not spell out therapy goals. Rather, he was oriented to the process more than a specific outcome. And again, for Whitaker, everything happened within the family. He once said, "Individuals don't exist. They only exist as part of a system." Oftentimes, Whitaker's job was to promote growth, and not only the growth of the family, but his own growth. In that sense, his approach was more existentially oriented than it was oriented toward targeting a circumscribed problem.

Whitaker would encourage his medical students to voice their "baby thoughts." What he meant by this was that instead of thinking about what to say and how to say it, Whitaker wanted students to just say what was on their mind, unadulterated and unplanned. Whitaker was spontaneous and highly confrontational, but he loved people and he deeply cared about them. And although he often said shocking, confrontive things, there was this protective shield of caring that allowed him to do he did. No surgery without anesthetic.

I loved Whitaker and I hate the idea of his contributions being lost in the development of a more mechanized approach to therapy. Whitaker and Minuchin shared a core aspect: By the simple virtue of always being exactly who they were, those around them were free to be their true selves. Both were therapeutic in that I always learned something about myself when I was with them. Now I was certainly not asking for therapy when I was with Whitaker, but yet he continuously offered me psychotherapy. And like Erickson, he was difficult to figure out. You could not pigeonhole Whitaker and distill what he did into something that could be mechanically replicated. There was no formula.

Carl Whitaker was an original. He greatly impacted me, and he profoundly impacted the field. My wallet may have been stolen, but as it turns out, my memories of Carl Whitaker remain intact.



Carl Whitaker

CASE REPORT

Creativity as Medicine

By Joel Samuels, MD

Stone carving transformed my life of chronic pain, depression, and drug dependency into a life of renewed vitality with the ability to work, dance, and feel whole again.

After 25 years of working as an emergency room physician, I underwent several back surgeries, which resulted in many hours of physical therapy and treatments with never ending pain and limited mobility; my life was reduced to bed rest and hot baths. So, I pursued several treatment options, including tapping into my creativity as a way of healing chronic pain.

I began by carving small hand size pieces of alabaster and marble, while lying in a zero-gravity chair, and I instantly fell in love with sculpting stone. Later, I was able to carve while standing, which provided the opportunity to work on larger pieces. To my amazement, time seemed to melt away while I was engrossed in this process; my physical and mental attention deepening and widening. It was as if I had entered a spacious room, leaving the back pain outside. Something magically healing occurred in me when I entered the world of the stone carving, while at the same time, I remained in the present, discovering the shapes and lines embedded in the rock. Focused attention on carving became a meditation, complete with mindfulness of the body in motion. Previously, I discovered that distracting myself was minimally effective in relieving pain. In contrast, stone carving was highly effective. The repetitive movements of chiseling, filing, and sanding the stone were a perfect setting for mantra recitation and training the mind. I was learning to stay in the present, while remaining open in this vast new room of creativity. Stone carving transformed time. Hours felt like minutes, while my body pain was in the distance, as if on the back burner. When the stone would crack and pieces would fall away, it opened me to another opportunity to use creativity and literally go with the flow. As my dear friend and source of sculpting inspiration, Shiffi Menaker-Schreiberr, used to say, "The stone is the guru [teacher]." I also found that the process of carving trumped the outcome. This idea became paramount in healing. Stone carving became my medicine.

I hope my story and art will be beneficial to others. A thank you to all my doctors, healers, teachers, and friends (too numerous to name) and to my partner Ellen Vogel whose support and love made this possible. Also, special thanks to Anam Thubten Rinpoche, Darlene Cohen, and Shiffi (mentioned earlier), who were invaluable inspirations and helped guide me along the path.

Commentary

Eric Greenlead, PhD

When you have a difficult problem, make an interesting design out of it.
- Milton H. Erickson, MD

Dr. Erickson employed all manner of creative devices to respond to his own physical pain, and to a patient's emotional pain in life. He tried countervailing his own pain with distraction, like when he would press his chin into the top of a chair, and when he hallucinated that the colorful hooked rug in his office was spiraling into the air. He would also have detailed discussions with Mrs. Erickson in the middle of the night about the pain sensation in his feet. He used the conversation and detailing of the pain as a distraction, until his wife would gently remind him that she and the rest of the family needed their sleep.

To reduce the emotional pain of a woodcarver's low self-esteem, Dr. Er-

ickson borrowed one of the patient's ironwood carvings overnight and returned it the next day with bruised fingers and a replica of the carving that he had made. He did this to experientially show the patient the value of his (the patient's) work.

Dr. Samuels, an experienced physician and healer, discovered a way to respond to his own crippling pain in a way his patients would recognize. He did this by putting his thoughtful, calm demeanor to work through his eyes and his hands, as he slowly changed stone to art. As was once said, "Architecture is frozen music."

Note: Those interested in viewing Dr. Samuel's stunning sculptural work, please see: <http://mrdrjoel.tumblr.com/>

For imaginative approaches to healing, using visual arts, movement, and trance, see: www.miltonherickson.com.

IN MEMORIAM

Auf Wiedersehen — Farewell — **Bert Hellinger**

(12/16/25-9/19/19)

Reflections from Jeff Zeig and Suzi Tucker

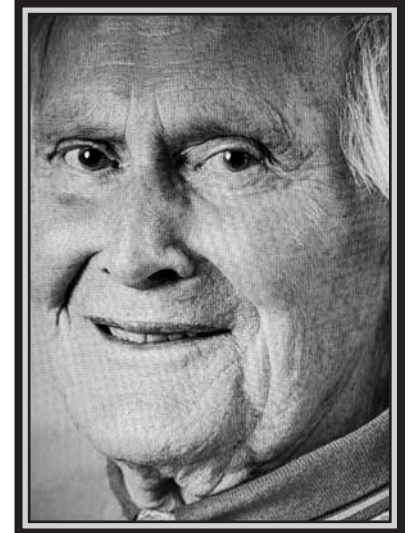
Jeff Zeig first met Bert Hellinger in the early 1980s at a workshop presented by Zeig in Germany. Subsequently, Bert organized a 10-day workshop in Austria for the faculty. At the time, there was tension between competing Ericksonian German-speaking groups, and Hellinger was able to organize a reunion in which their differences were masterfully resolved. "This impetus greatly added to the development of the German Erickson Society, for which I and others are grateful," says Zeig.

In 1998, Jeff and Suzi Tucker established Zeig, Tucker & Theisen Publishers (ZTT). One of the first books released by the company was, *Love's Hidden Symmetry*, which had been translated and reworked from the original *Zweierlei Glück*. The book quickly became the core resource for anyone with an interest in Family Constellations, the philosophy and process for which Hellinger became world renowned. It was and continues to be one of the company's bestsellers. ZTT went on to publish several other books by Hellinger, including *Acknowledging What Is*, *Love's Own Truths*, *Supporting Love*, *On Life and Other Paradoxes*. These books are essential for therapists, healers, and laypeople. ZTT also published a dozen of Hellinger's demonstration videos.

Hellinger's unique thinking and experiential process, drawn from psychology, philosophy, and the arts, has resonated with throngs of people across many fields. "His belief was that we can expand our capacity to receive from life and to contribute to it," says Tucker "through responsibility, ancestral connection, and compassion, which together can shift our relationship to our problems."

"Bert combined approaches from Virginia Satir, Milton Erickson, and others to create a de novo approach to human problems," says Zeig. "His approach was systemic, his interventions were incisive, and his writing continues to be inspiring."

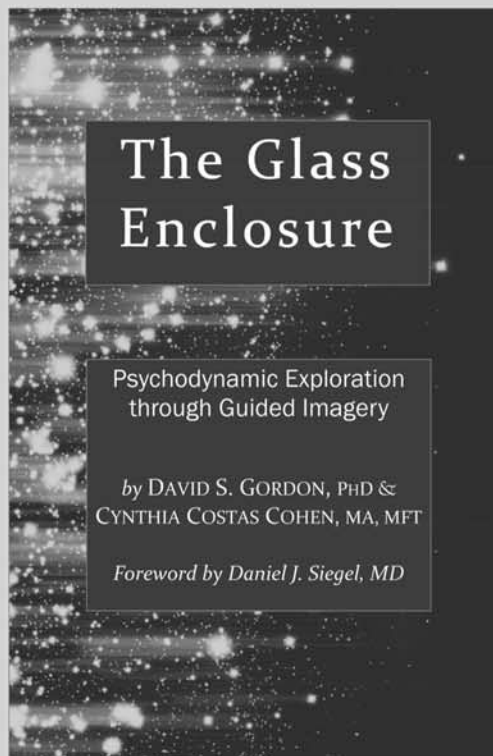
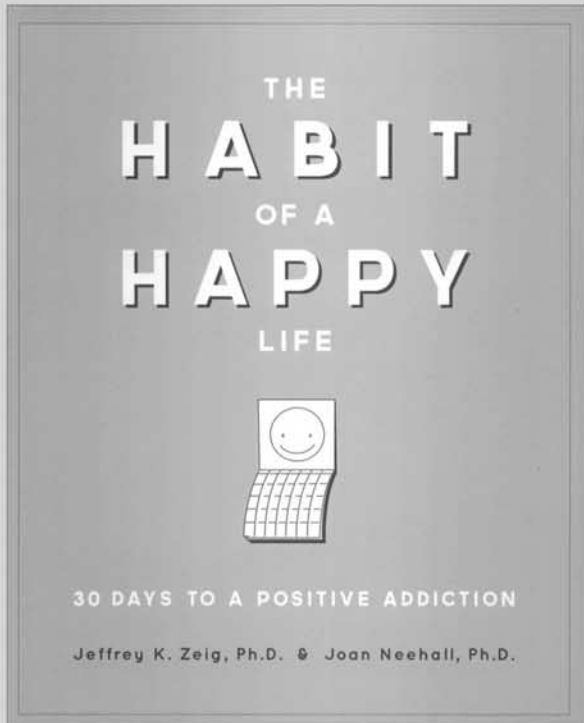
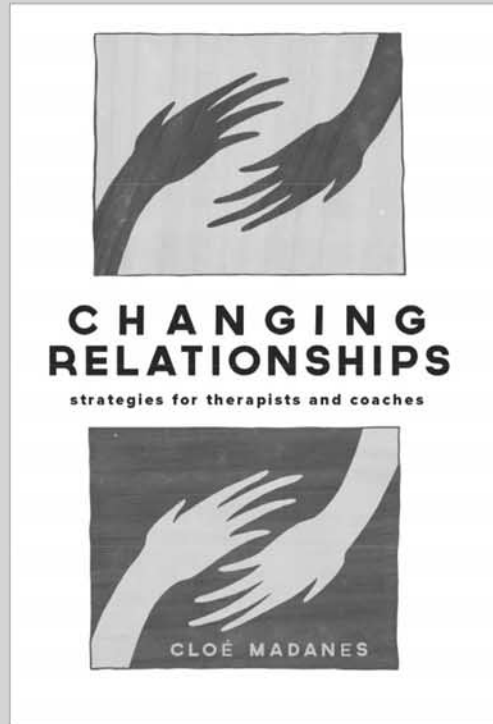
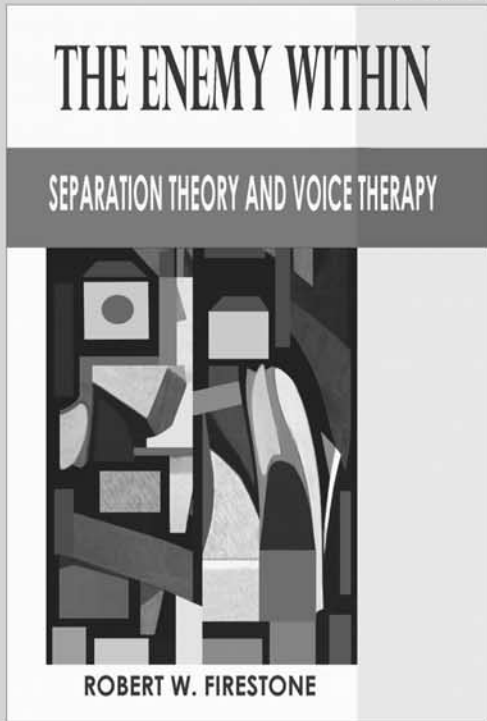
Bert Hellinger's legacy is certain to extend long into the future.



Bert Hellinger

New! and only available from

ZEIG, TUCKER & THEISEN



Order today!

ZeigTucker.com



FOUNDATION NEWS

Jeff Zeig and the Art of Therapeutic Communication Podcast

Jeff Zeig was recently interviewed for the Informed Simplicity Project, hosted by Jordan Harris, PhD, trauma therapist and couples' counselor. This fascinating interview can be found YouTube: <https://bit.ly/32JKo8a> and iTunes: <https://apple.co/2q71dg6>

Registration Open for Jeff Zeig's Online 2020 Masters of Psychotherapy Class

Registration is now open for Jeff's Zeig's popular online Masters of Psychotherapy class at: <https://www.erickson-foundation.org/masters-of-psychotherapy-online-2020/>.

Participants in this online seminar will have the opportunity to study historical videos of masters at work treating clients. The program uses video demonstrations from the Erickson Foundation Archives. The videos are posted for students who study them prior to class. In the 90-minute interactive online classes, Zeig will discuss the expert's approach and how these applications can be modernized and practiced to improve clinical results. According to Zeig, "The evolution of psychotherapy is built on the contributions of master innovators. Knowing the essence of their contributions will help practitioners regardless of their preferred theory or level of practice. Contemporary therapy is informed by eclectic integration."

The experts featured include Aaron Beck, Albert Ellis, Milton Erickson, Robert and Mary Goulding, Sue Johnson, Otto Kernberg, Alexander Lowen, Cloé Madanes, James Masterson, Salvador Minuchin, Erving Polster, Carl Rogers, Virginia Satir, Carl Whitaker, and Jeffrey Zeig.

The classes will be recorded for later study by participants and for those who might have missed a session. To earn CEUs, participants must be present for the online sessions.

Meeting times are Friday 12:30 pm to 2:00 pm EDT; 9:30 am to 11 am PDT. Meeting dates are January 10, February 7, March 6, April 17, May 8, June 19, July 24, August 7, September 11, October 16, November 20, and December 4.

The fee for the 12 online classes is \$499. Attendees must be licensed professionals in the health/mental health fields or graduate students in accredited programs. Enrollment is limited.

SCEH Bestows Jeff Zeig Living Human Treasure Award

In October, Jeff Zeig was a keynote speaker at the Society for Clinical and Experimental Hypnosis' (SCEH) 70th Annual Workshop & Scientific Program held in New Orleans. His presentation was "Hypnosis as Evocative Communication." While there, Zeig was presented with the SCEH's Living Human Treasure Award

in recognition for his contributions to training and education in the fields of hypnosis and psychotherapy. "It was an honor to be asked to keynote this prestigious meeting," said Zeig, who added, "I am grateful to SCEH president, Donald Moss, and his executive committee for the unexpected honor."

Foundation Employs Two New Staff Members

This fall, two women joined the Foundation staff. Diana Spies serves as the new administrative assistant and Caulene Flores is the digital marketing specialist.

Diana was born in Brunswick, Maine. Before settling in Phoenix in 1996, she lived in California, Puerto Rico, and Minnesota. Diana earned her AA in education from Glendale Community College and received her BA in interdisciplinary studies from Arizona State University. Her first calling was teaching the specialty sciences to middle school children. And although she loved her career in education, more recently, she's had another calling: assisting those with mental health issues.

When not at the Foundation, Diana can be found working on her small business, creating crystal cat ears to motivate others and increase their self-confidence. She also loves healthy cooking, her two cats, and being there for her friends and family. "I look forward to supporting the Foundation," Diana says, "and am thankful to do my part."

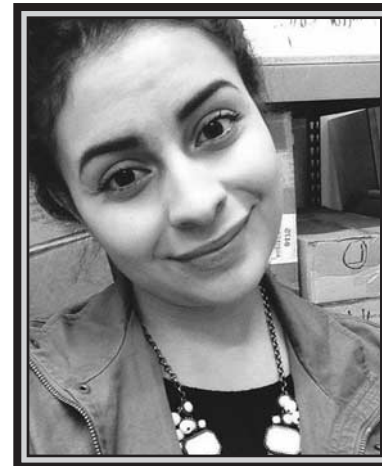
Caulene Flores is the Foundation's new digital marketing specialist. Caulene was born in Cheyenne, Wyoming and lived in Colorado before settling in Mesa, Arizona in 2009. Caulene earned her AA in visual communications from the Fashion Institute of Design & Merchandising in Los Angeles, California, and she found her passion in marketing.

Outside of work, Caulene likes to hike, run, work out, and walk her three dogs. She also enjoys the latest movies, healthy cooking, traveling, and spending time with friends and family.

"I was drawn to the Foundation," Caulene says, "because it seems like small, tight-knit community. I look forward to expressing my two passions: helping people and marketing and I am eager and grateful to do my part."



Diana Spies



Caulene Flores

Newsletter Volumes 1 - 39 Now Available in the Online Archive!

Interviews with Beck, Ellis, Fromm, de Shazer, Haley, Thompson and many more!

<https://www.erickson-foundation.org/newsletter/archive/>

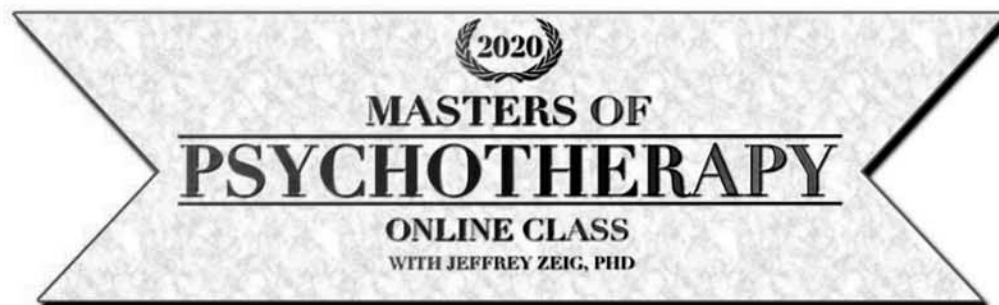
FOUNDATION NEWS

Foundation Remodels Training Room

The Foundation recently remodeled its 2,000 sq. ft. on-site training facility that is used for Intensives and rented to different organizations and companies. The room is now outfitted with a new state-of-the-art sound system to provide an engaging audio-visual experience. The room features a new QSC digital routing system, wireless microphones, and an integrated overhead projector. There are also audio and video recording capabilities available.

The Foundation's training room comfortably sits 32 people classroom style, and there are additional chairs that can be set up for 80 theater style. The room also offers a kitchen/break room with prep space, microwave, a refrigerator and coffee maker to help get your session started and keep it going all day.

To rent the Foundation's newly remodeled training facility, contact Marnie at the Foundation: marnie@erickson-foundation.org, (602) 749-3521.



Participants in this online seminar will view historical videos of master therapists treating clients. Jeffrey Zeig will discuss their methods and indicate applications for improving clinical practice. The 90-minute class will be interactive. Students should view the hour-long videos prior to the class.

The class will be recorded for later study for those registered for the class, and for those who miss a class. CEs for some professions are available. To earn CEs participants must be present for the online session.

The fee for the class is \$499.00 for all twelve classes. There are no partial registrations.

Attendees must be licensed professionals in health/mental health fields or graduate students in accredited programs.

Experts to be featured include:

Carl Rogers	Sue Johnson
Salvador Minuchin	Virginia Satir
Otto Kernberg	Robert Goulding
Albert Ellis	Mary Goulding
Erving Polster	Aaron Beck
Carl Whitaker	Cloe Madanes
Milton Erickson	Jeffrey Zeig

For more information, visit
www.erickson-foundation.org/masters-of-psychotherapy-online-2020/

B O O K R E V I E W

The Beginner's Mind

The Collected Works of Milton H Erickson

Volume 15 – Mind-Body Communication in Hypnosis

Review by Richard Hill MA, MEd, MBMSc, DPC
Louisville, KY

As I began reading Volume 15 of the *Collected Works*, I wondered if I would learn anything new that was not contained in the previous 14 volumes. To my delight, I discovered that Volume 15 is another extraordinary journey through Erickson's case work, offering new rationales and realizations, as the editors take us beyond Erickson's death in 1980 into the 21st century. And as we explore the developing knowledge and the current science, we can see more clearly the prescience in Erickson's work.

Volume 15 is presented in five parts. The first two parts are a collection of papers and seminars originally edited by Ernest Rossi and Margaret Ryan. The editors state that they have provided "...frequent headings which appear on every page or two to focus attention on the major theme that Erickson is presenting. These headings are the editors' efforts to catalogue; they are not Erickson's." (p. ix) The editors also "disavow any efforts to systematize Erickson's material..." Although I appreciate this care and respect, I found the headings extremely helpful in guiding my attention.

In this volume, we are treated to myriad cases, along with Erickson's discussions and descriptions of the biological changes and impact of therapeutic hypnosis, which help us to better understand the mind-body connection. Rossi has previously lamented separating psychology from biology, but in his 1986 introduction, he confesses that "...we simply did not have enough knowledge about basic biology." (p. xv) I suspect many people back then were skeptical that Erickson changed biology through hypnotherapy. Today, we are more comfortable with practices like neuro-biofeedback.

Part I begins with experiments to see if subjects could control their blood pressure, dilate the pupil of one eye, change their pulse rate, and/or perspire. One case involves an 18-year-old girl who is distressed about her lack of breast development. Over the course of several months, Erickson helps her to accept her body. The chapter also contains cases involving hearing problems, fainting, menstrual pain, phobias, and various forms of pain relief. Techniques are discussed and described, and, as with the other volumes, I find myself back at school, learning from a master.

The highlight of Part II is how to manage pain. Today, we understand that pain is a combination of stimulus and cognitive interpretation. Erickson knew this back in the 1950s, stating that, "Hypnosis is a matter of communicating ideas to people...Patients come to you because they do not understand certain things." (p. 71) He also knew that

sometimes this lack of understanding is extended to therapists. Erickson shares his thoughts on misconceptions in psychotherapy, including that, "...therapy of any sort...does not depend upon making the unconscious conscious...the unconscious mind and conscious mind have co-existed throughout the entire history of the human being...[but] they don't always agree..." (pp. 74-75) Creating communication between the conscious and unconscious is important. Ideomotor signaling, the non-conscious movement of the body, which often involves the arm or fingers, is the "...unconscious mind [stepping] into the foreground, forming a direct communication." (p. 201)

In Part III, Rossi takes us beyond the Erickson years. "In this Part, we will update Erickson's concepts of the 'neuro-psycho-physiological' basis of therapeutic hypnosis and outline how his naturalistic approach can be applied to a variety of mind-body disorders that have been traditionally called 'psychosomatic.'" (p. 203) Rossi addresses "state-dependent memory learning theory of therapeutic hypnosis." In simple terms, this is how we learn in relation to the conditions at the time of that experience. It provides insight into PTSD and why it triggers regression. We also learn that "conditions" include the neurobiochemical "balance" in the brain and the biochemical milieu, which is remembered in the body.

This natural function is also how "...state dependent patterns of memory and learning...can be made available for problem solving. Erickson termed this inner repertory 'experiential learning.'" (p.235) Rossi lays down a coherent line of thought that draws together many of the things we take for granted. He also summarizes the section: "Mind-body problems are breakdowns in communication that lead to the formation of statebound information. Therapeutic hypnosis is a process designed to access and utilize this statebound information for therapeutic purposes." (p.259)

Part IV is an even more recent paper from Ernest and Kathryn Rossi (2015), which offers a modern update of the use of ideodynamic processes, state dependent learning, and memory, accessing the natural problem-solving capacities of the non-conscious, and thus creating a mind-body connection through therapeutic hypnosis. The editors describe how the "...Mind-Body Healing Experience (MHE) evolved out of 50 years of exploring Milton H. Erickson's contributions to mind-body healing, rehabilitation, therapeutic hypnosis and the current evolution of psychotherapy." (p. 305)

In Part V we encounter hard science in a paper about gene expression, which is increasingly being used to show the biological benefits of non-invasive therapies, including meditation, mindfulness, and yoga.

Erickson was always interested in the next discovery, and said, "...every session is a field experiment." This has the potential to launch the client and therapist into unknown territory, at least unknown to the conscious mind. Let's remember Erickson's words about therapy not depending upon making the unconscious conscious.

Volume 15 offers important knowledge, but there is still much more to emerge. We are only just beginning.

B O O K R E V I E W

WHY THERAPY WORKS:

Using our Minds to Change Our Brains

By Louis Cozolino

W. W. Norton & Company, New York and London

ISBN: 978-0-393-70905-6

Copyright Louis Cozolino, 2016

Reviewed by John D. Lentz, D. Min

Shepherdsville, KY

I found myself underlining sentences and highlighting sections in this book because I was so intrigued with the idea that we can change our brain with our thinking. And Cozolino has great explanations about why we attach and why we

heal. Part of what makes this author's work so powerful is that he offers his own experiences to illuminate, and the examples he uses are not of him being brilliant, but instead, what has made him human.

Cozolino teaches us that being a good enough therapist is just that -- good enough, and he does this in a nurturing way. What is even more impressive is that he encourages us to be better human beings

Throughout this 271-page book the author answers the questions of why humans need therapy, and why therapy works. There are three parts of in this book. The first part addresses the brain and consciousness; the second part addresses the social brain; and in the third part, dissociation and integration.

I appreciate this book and was impressed by its content. I look forward to rereading it because Cozolino offers orientations that are practical, useful, and simply have the ring of truth.

I recommend this book and will continue to recommend it to students and colleagues.

BOOK REVIEW

Biofeedback and Mindfulness in Everyday Life: Practical Solutions for Improving Your Health and Performance

By

Inna Khazan, Ph.D.

W. W. Norton & Company, New York and London

ISBN 978-0-393-71293-3

Copyright Inna Khazan 2019

Reviewed by

Jenni Page, LMFT, Elizabethtown, KY

This book is excellent – so much so that it’s been on my mind during work and in my personal life. I am struck by the way that author, Inna Khazan, communicates both medical and mental health concepts with such clarity.

Not having previous exposure to biofeedback, I was on the learning curve. However, the author provides training that addresses the physiological, emotional, and interpretive components in learning biofeedback, which made me more confident. Khazan has realistic expectations, encouraging us to do our best with set of practical skills she offers.

Khazan also keeps her promise to help us discern between helpful and unhelpful activation. We are reminded of the primary use of biofeedback, which is to increase the body’s ability to self-regulate. The concepts offered in this text have changed the way I approach my practice and opened new ways of understanding the body in relation to emotion. As a therapist, I am encouraged to have more precise language when communicating with clients. The author includes a great quote by Viktor Frankl: “What man actually needs is not a tensionless state, but rather the striving and struggling for some goal worthy of him. What he needs is not the discharge of tension at any cost, but the call of a potential meaning waiting to be fulfilled by him.” And her explanation of mindfulness-based skills is exemplary and concise. I am inspired by her thoughtful perspective, which provides a valuable new lens. Utilizing her FLARE technique (Feel, Label, Allow, Respond, Expand Awareness) has been incredibly helpful in my practice.

At the heart of her book is her statement, “You give up futile efforts to control your thoughts and emotions, preserving your resources to control what is under your control -- your actions and your response to these thoughts, feelings, and physiological sensations.” We can recognize our triggers and have a means to quiet our minds. And in the quiet, we are better able to have an appropriate and useful response to what naturally we experience. This orientation offers us a choice when experiencing strong emotions, and it brings us back to a state of integrity with both our self and others.

Take the opportunity to not only read this book, but also experience it for what it can bring your life and the lives of others. In reading it, I was consistently going back to reread parts that moved me.

Inna Khazan has provided a means to discover and delight in ourselves and others.

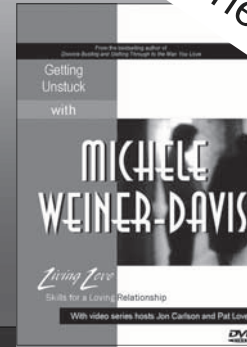
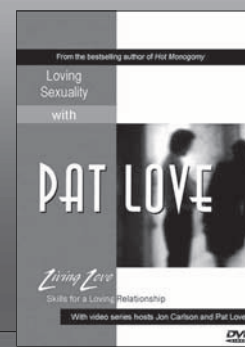
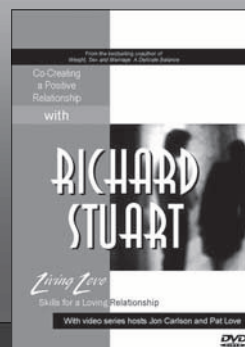
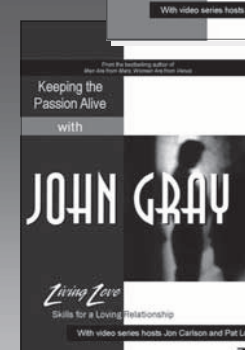
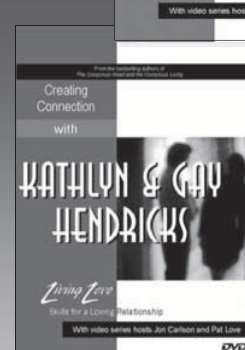
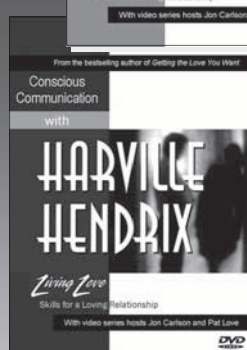
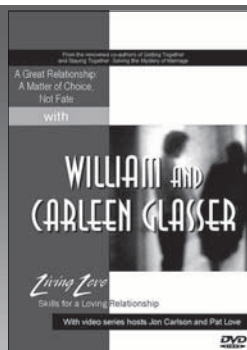
NOW STREAMING AT
PsychotherapyVideo.com

The Classic Series!!

Living Love Video Series

Skills for a Loving Relationship

Hosted by Jon Carlson, Psy.D.
& Pat Love, Ed.D.



ZEIG, TUCKER & THEISEN, INC.

zeigtucker.com

ON CREATIVITY IN THERAPY

An Interview with Jeffrey K. Zeig

By Vladimir Zelinka

Vladimir Zelinka: Could you please talk about the role creativity plays in your therapy?

Jeff Zeig: I am creative in my therapy because I want my patients to be creatively empowered. If you are living creatively, then you are leading a fulfilling life with meaning.

The therapist can be in a creative state to mirror, model, and demonstrate that therapy becomes a reference experience for creative living. A medicalized procedure follows an algorithmic path to achieve a stated goal. But therapy is a heuristic process, a creative innovation for *being* a better person.

VZ: How did you learn to access and use this skill?

JZ: You become creative by not striving for it. If you strive, you create a bind. Creativity must have a dissociative quality, like hypnosis must have a dissociative quality. Creativity is something that “just happens.” Creativity is a by-product, for example, of being in a utilization state. It was this state that Milton Erickson most often inhabited. He was ready to constructively respond to whatever existed in the totality of the therapy situation. If you are in a utilization state, creativity is a by-product, just like happiness is a by-product of living meaningfully. If you target being creative, you create a “be spontaneous” bind.

VZ: What about the trance of the therapist? Is it something that may increase a therapist’s creativity? And, if so, could you tell me how?

JZ: There are several ways of looking at that. One way is that the therapist goes into a highly focused external trance, trying to stimulate empowerment in the client, who goes into an internal trance. Another way of looking at it is that the therapist does not merely offer techniques, but rather assumes a state. For example, in modeling Milton Erickson, one could say that the state of the therapist is the progenitor of the technique. Primarily, most clinicians think in a medicalized way -- that the job of the clinician is to supply technique. In most medical practices, technique comes first. You hear the patient’s complaint; you get the patient’s history; you do an examination; you order tests; you come up with the treatment plan; and you then decide what medicine to use.

In a social intervention, such as psychotherapy, we can focus on the state of the communicator. My interest is in therapists’ states -- what state the therapist CAN enter.

Techniques can emerge from the state the therapist inhabits. The states that I find most helpful in therapy include utilization, being strategic, being evocative, being precise, and orienting toward.

I just wrote a book on evocative psychotherapy. It is primarily about developing therapeutic states.

If you want a client to be connected, to be loving, to be interested, to be responsive, to be motivated, and/or to be creative, you need to use evocative communication. The same thing could be said about humor. If you want someone to enter the state of being humorous, and to subsequently laugh, you need to be evocative. Telling a joke is one way to do this. A joke would be the induction that elicits laughter. Another form of evocative communication is being metaphoric. Shakespeare was being metaphoric in “Romeo and Juliette,” when he wrote: “...what light through yonder window breaks? It is the East and Juliette is the sun.” If you asked 100 people what is meant by “Juliette is the sun,” you may get 100 different answers. But most people would agree that Romeo thinks Juliette is the most important thing in the world. Now Shakespeare most likely did not plan his metaphoric technique. Rather, he was in a state of being metaphoric and metaphors flowed onto the page.

The use of metaphor is evocative, and if you want your client to have a conceptual realization, using metaphor trumps offering didactic information. Information is great if you want to send a man to the moon, but if you want someone to experience love, all the information in the world won’t help. For example, of-

fering someone 10 reasons why they should love you will not elicit a state of love, which must be elicited through an evocative experience.

Hypnosis is the foundation of experiential psychotherapy. You don’t use hypnosis to impart information. You use hypnosis to give people a transformative experience that demonstrates that he or she can change his or her state. And we can do this in the same way that a good writer embellishes a concept to make it come alive. A therapist could say: “Go deeply into trance” or “Go deeper, deeper, and deeper”; and although repetition would be more effective, using a simile or a metaphor makes the concept come alive. That’s what writers do. A novelist could write: “The mountains rose from the desert, just like the wildflowers in springtime.” If a therapist wants to train herself to become metaphoric, she could start by using analogies. For example, she might say, “And you can feel yourself going deeper, just like...” and then say whatever comes to mind, i.e., “...just like you are entering a mine searching for gold.” And the word “mine,” could be misinterpreted as the word “mind,” making it even more evocative. The use of simile adds evocative power to the concept. If you practice enough, eventually the state of being metaphoric moves from your procedural memory to your working memory, and the state becomes automatic. You can be metaphoric without conscious deliberation.

VZ: Let’s talk about your book *Psychoaerobics*[®]. In it you write: “Create the dots, don’t connect them.” Could you please explain this statement?

JZ: When we tell a child a story that has a lesson or a moral, we often feel compelled to explain. For example, we could tell a child the well-loved story about the race between the rabbit and the turtle, and then at the end of we might say: “Slow and steady wins the race.” But we don’t need to do that for adults, nor should we, especially in therapy.

Artists do not connect the dots for us. Instead, artists orient us toward a realization. For example, in a movie, the director might use a scene in which an airplane is moving from left to right, and the moviegoer will intuitively know that the character is leaving. But if the plane is moving from right to left, this signifies that the character is returning. The psychologist and philosopher, William James, called this “awakening representations.” Art awaken representations. Another example is Picasso’s painting, “Guernica.” Guernica does not have a subtitle that reads: “The Horrors of War.” Picasso wanted to show us how he felt about war, not tell us, so he created an evocative experience for us to realize that war is horrible. Here’s another example: What’s the difference between heaven and hell?

VZ: There are a lot of differences.

JZ: The difference between heaven and hell is that in heaven they tell jokes, in hell they explain them. If you explain something, it loses its power.

VZ: Does this mean that in order to be a good therapist one needs to limit the expression of his or her creativity for the patient’s own creativity to surface?

JZ: The therapist is models being in a creative state. Where there are less limitations, there are more possibilities. Psychological problems stem from a person believing that he or she has limitations. The patient believes that he does not have the resources to change or to cope. When a therapist models utilization and creativity, the therapist is demonstrating, in the moment, that the patient does not need to feel limited; that there are possibilities. By demonstrating this, the therapist paves the way for the client to activate in an empowering way; to cope with change and live in adaptive harmony with the current environment, or in harmony with what the situation demands. The therapist needs to pull back a bit so that the client can activate as an agent on his own behalf.

From the perspective of the observer, it seems as if the hypnotist is active in hypnosis and the patient is passive. However, everything the hypnotist does should be in the service of activating the client. The activation should be elicited, not induced.

In my book *Psychoaerobics*[®], I provide a different model of therapist development. Most therapists, including me, were trained to learn with the left hemisphere. I had to learn techniques, research, and theories. But I believe that it is

continued from page 16

more helpful if therapists model actors and learn with the right hemisphere, the way an actor learns improvisation. In *Psychoaerobics*[®], I present a system that I created based on 60 exercises that can be done mostly in groups. The idea is for therapists to develop effective therapist states. I also offer 10 warm-up exercises for therapists in any discipline to develop generic states. And, there are 50 exercises with multiple variations about how to sequentially and strategically develop Ericksonian states. The exercises are designed to be repeatedly practiced. It is a systematic training program based on a bottom-up approach. The exercises can be modified in experiential therapy with patients, or they can be used with individuals, couples, children, and families -- anytime you need to be evocative and experiential in psychotherapy.

VZ: You mentioned that Milton Erickson was often in a state of utilization. Could you please tell us the steps for entering this state?

JZ: Utilization is the state in which the therapist is response ready, ready to constructively respond to whatever exists in the totality of the situation. At an early age, Milton Erickson learned utilization from his parent. He grew up in a three-walled dirt floor cabin in the wilderness of Nevada where supplies only came once a month. Therefore, through his parents, he learned to utilize everything. Erickson made this a way of life. Erickson's children used to bring little pencil nubs home from school so that their father, who had an apparatus made to hold the pencil nubs, could write papers with them. Erickson lived utilization; it was not just a technique for psychotherapy.

Milton Erickson contributed 100s of cases to the literature of psychotherapy, more than any therapist in history --and every one of them is based in utilization. Erickson even utilized his own infirmaries in his therapy.

Since I met Erickson more than 45 years ago, I have made a deliberate effort to ground myself in utilization. This is easier said than done. I am still developing my utilization state.

In traditional hypnosis, utilization can be found. A therapist could say: "With every breath you take, and with every sound you hear, you will go deeper and deeper." The therapist is utilizing something from the environment and something from the client.

Utilization was the foundation of Erickson's therapy. Steven de Shazer said, "Utilization is the foundation of solutions." A therapist can always find something to utilize in an induction.

Erickson once had a case where a psychotic patient claimed that he was Jesus Christ and he tried to convert everyone to Christianity. Erickson said to the patient, "Sir, I understand you have experience as a carpenter." The patient replied, "Yes my son." Erickson said, "Then can you help us in the woodworking shop?" And with that, Erickson walked with the patient down to the hospital's woodworking shop and the man went to work. Erickson utilized the metaphor that Christ was a carpenter. Erickson was not about offering information, but rather about giving an experience, and he often utilized something in the situation. He elicited resources to empower the patient.

How does a therapist know if he or she is in a state of utilization? Well, we don't necessarily pay attention to the fact that we often seamlessly transition from one state to the next throughout our day. But we can pay attention to the difference in our cognition, behavior, effect, posture, perception, proximity to the person we are speaking with and the relationship, and to our tempo of speech, and direction of speech. In paying attention, we will have a better idea of what state we are in. We could identify cues that indicate we are in the state of utilization. We transition from state to state so many times that we allow the situation to cre-

ate those things inside ourselves, and of course, we underemphasize the contextual determinants of emotions and the contextual determinants of states.

If you want to feel faithful you might say to yourself: "I am going to pray so that I feel faithful." But if you go to Saint Peter's Basilica in Rome, you might feel faithful in a much more vibrant way, because of the contextual determinants of behavior. The same thing with feeling a sense of wonder. A trip to the Grand Canyon, or some other wonder of the world, will most likely give you a sense of wonder.

We spend a lot of our time responding without intention and have the delusion that most of our behaviors are intentional. But social psychology demonstrates that this not the case. We are most often on auto pilot.

VZ: If the utilization of a patient's unique characteristics is so important in order to promote a therapy, what do you think about the research data on hypnosis obtained through standardized protocols?

JZ: In order to get my PhD, I had to do standardized protocols -- sorting out high and low hypnotic subjects. I used the Stanford Hypnotic Susceptibility Scale (SHSS) to establish two populations: low hypnotizables and highly hypnotizables.

If you want to research love, you can do an MRI on someone who says they are in love and find an area of their brain that will light up. But if you want to elicit love, using a standardized protocol is not going to be successful.

There has been important scientific research on what is essential to hypnosis. Some posit that it's relaxation, others, focused attention; some say that it is dissociation; some believe that it is responsiveness; while others maintain that it's contextual. Professionals argue about the essential nature of hypnosis, so it is important to have research focused with a tight lens. We also need phenomeno-

logical data to understand hypnosis. Researchers often focus on if someone is hypnotizable or not. But more important is building a person's implicit responsiveness. Erickson worked on building covert responsiveness, no matter how hypnotizable the person was deemed -- as if there was something that could improve and evolve during the hypnotic session to make subject's responses to minimal cues possible.

The hypnotic induction ends when the person responds to the meaning of the communication. The induction does not end when the script is over.

Some might say that self-hypnosis is like active imagination, mindfulness meditation, and autogenic training, but I maintain that hypnosis requires an interpersonal relationship and interpersonal responsiveness to the meaning of the communication. Research in social psychology demonstrates that people respond to situational determinants. The research also demonstrates that people respond without necessarily realizing the cue that led to the response, or even that they responded. This evidence did not exist when Erickson was practicing. But today we know that what Erickson did had validity.

VZ: What advice would you give a novice therapist who wants to increase his or her creativity?

JZ: There has been little research on creativity. In fact, only one percent of all research done has been on creativity. Csikszentmihalyi and Sternberg study creativity, and I study creativity by observing artists. One of my projects has been to interview artists -- directors, painters and novelists -- to try to understand something about the grammar of art. Those interested in knowing more about this project can visit: www.emotional-impact.com.

"When we tell a child a story that has a lesson or a moral, we often feel compelled to explain. For example, we could tell a child the well-loved story about the race between the rabbit and the turtle, and then at the end of we might say: "Slow and steady wins the race." But we don't need to do that for adults, nor should we, especially in therapy."

ENCOUNTERS WITH ERICKSON

My First Encounter with Milton Erickson

By Jeffrey K. Zeig, PhD

I have published many stories of my time with Dr. Milton Erickson, many of which appear in the book *Experiencing Erickson* (1985, Taylor & Francis Group). These stories can help therapists take some of Erickson's innovations and bring them into their clinical practice.

Let's start at the beginning at the end of 1972. I had been studying hypnosis. At that time, a psychiatrist supervisor, Charles O'Connor, suggested that I read the book, *Advanced Techniques of Hypnosis and Psychotherapy* (1967, Grune & Stratton), which is a collection that Jay Haley had edited of Erickson's papers. I read the book and was amazed. I had been trained as a Rogerian, in more traditional way, and what Erickson was doing was light years beyond anything that I imagined could be considered psychotherapy. So, I wrote a frivolous postcard to my cousin who was studying nursing in Tucson, Arizona. It said, "Ellen, I have been reading about Milton Erickson. This man is a genius, so if you ever go to Phoenix Arizona, you should visit him." My cousin wrote me back: "Jeff, don't you remember my old roommate Roxanna Erickson?" Ellen and Roxanna spent part of their junior year of college together in Mexico learning Spanish as part of their curriculum. In 1970, I had visited Ellen in San Francisco and I briefly met Roxanna. I remember Ellen pulling me aside and saying that Roxanna's father is a famous psychiatrist, and I thought, "Well, I won't hold that against her," because at that time I was more interested in organizing against the Vietnam War, even though my day job was work in psychotherapy.

So, I wrote to Dr. Erickson, introduced myself, and I sent him a copy of a paper I had written about working with the auditory hallucinations of schizophrenic pa-

tients. I had applied some of his utilization techniques to help schizophrenic patients cope with auditory hallucinations. In the letter, I asked Erickson if I could go to Phoenix to become his student. And he wrote me back and basically said no. He said that he was too old and ill and that he wasn't taking students. (A copy of this letter exists in the Erickson Historic Residence.) And at the end of his letter to me he wrote "When you read my work [presupposing that I would], you don't have to emphasize the words, the techniques, the patter, the suggestions. The really important thing is motivation for change and the fact that no human being ever really knows his capabilities." Now I must have read that paragraph ten times while sitting in my car at the mailbox. I was amazed that this genius was taking his time to personalize a letter to an admiring student. So, I wrote back and said that I didn't need to be his student; I just wanted to visit. I don't how that was arranged, but he must have offered that I stay in his guesthouse -- in a small bedroom adjacent to his office.

Honestly, I was intimidated. I knew that I was going to visit this genius who had x-ray eyes and he was going to understand me better than I understood myself. I was 26 years old and new to the field and I was nervous. In my excitement and nervousness, I miscalculated my driving time and arrived at Dr. Erickson's house after 10 p.m. I was terribly embarrassed because I couldn't find his home. I went to the house next door and said that I was looking for Milton Erickson and they said who? I was surprised that neighbors didn't know who was living next door. I finally made to the right doorstep and Roxanna Erickson greeted me, saying, "Here's my father, Dr. Erickson." And what Dr. Erickson did was completely unexpected to me. Gradually and slowly he looked me up and down using mechanical movements that fixed my gaze. From what I now know of Dr. Erickson, he most likely looked through me, perhaps timing my breathing. And then he looked down the midline of my body, as if he was suggesting that I go down inside.



Intensive Training in Ericksonian Approaches

to Hypnosis and Psychotherapy 2020

Join the thousands from around the world who have come to Phoenix, Arizona to master the principles, applications, and techniques of Ericksonian hypnosis and therapy.

The Intensives program is comprehensive, yet the incremental structure facilitates progressive acquisition of competence. The small class size makes this a remarkable and dynamic learning opportunity. Each week utilizes a lecture-demonstration-practice format. You will spend the majority of time in direct experiences, deriving extensive familiarity with hypnotic processes in both clinician and subject roles.

PLUS - Earn 30 Continuing Education hours per week!

SPRING

Fundamental: March 2-6
Intermediate: March 9-13

SUMMER

Fundamental: July 13-17
Intermediate: July 20-24
Advanced: July 27-31

FALL

Fundamental: October 12-16
Intermediate: October 19-23



Brent Geary, PhD



Lillian Borges,
MA, LPC



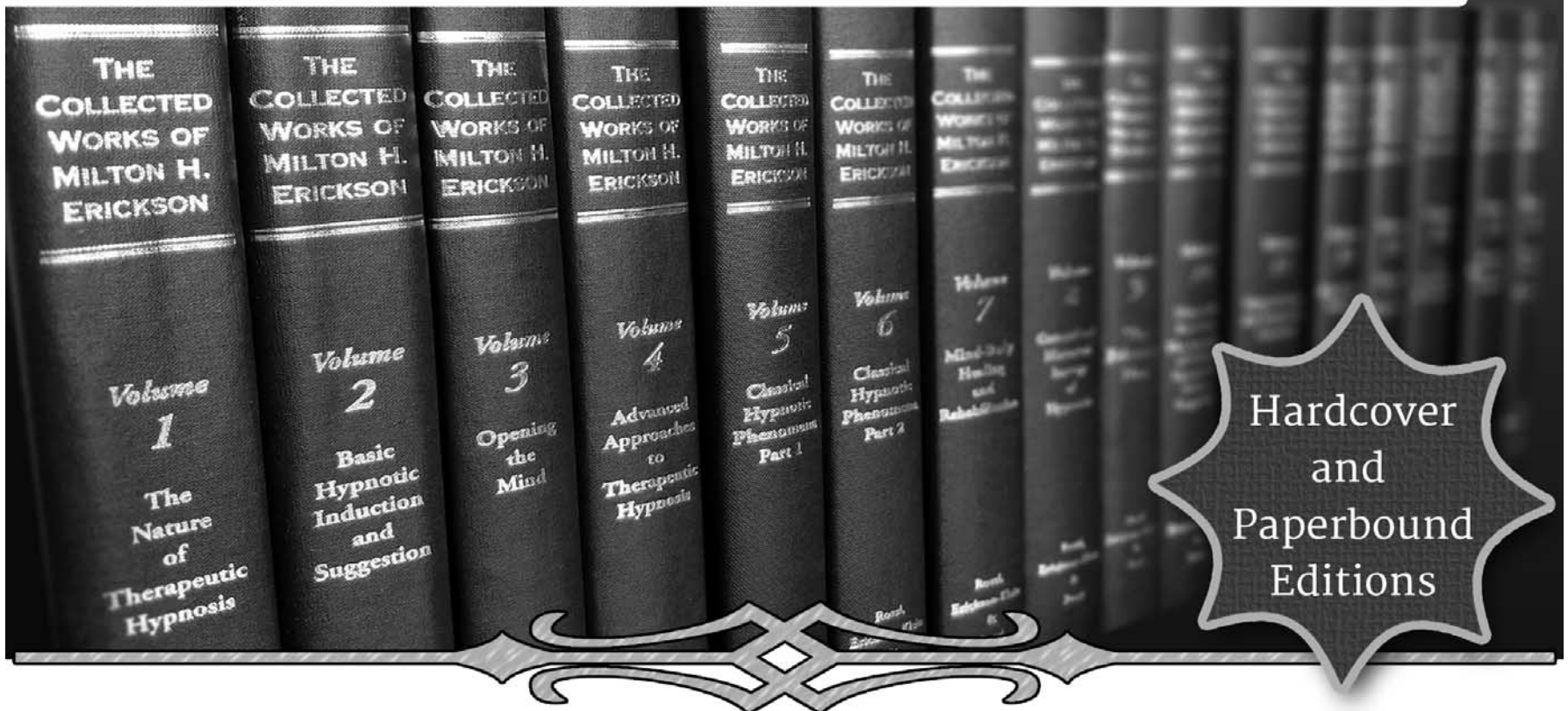
Stephen Lankton,
LCSW, DAHB, FASCH



Jeff Zeig, PhD

For more information and to register, visit www.erickson-foundation.org/intensive-training/

THE COLLECTED WORKS OF MILTON H. ERICKSON, MD



Spread over 16 volumes, The Collected Works series represents a major commitment to assemble the wealth of material created by Dr. Erickson during his five decades of work. The purpose of the series is to make his knowledge, insight, techniques, and discoveries accessible to students, researchers, clinicians and educators in the behavioral and health sciences. This series presents his groundbreaking studies in therapeutic hypnosis, psychotherapy, rehabilitation, and research:

Nature of Therapeutic Hypnosis
Basic Hypnotic Induction and Suggestion
Opening the Mind
Advanced Approaches to Therapeutic Hypnosis
Classical Hypnotic Phenomena Parts 1 and 2
Mind-Body Healing and Rehabilitation
General and Historical Surveys of Hypnosis

Hypnotic Realities
Hypnotherapy: An Exploratory Casebook
Experiencing Hypnosis
Healing in Hypnosis
Life Reframing in Hypnosis
Mind-Body Communication in Hypnosis
Creative Choice in Hypnosis



Available for purchase online at
catalog.erickson-foundation.org

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2019		
12/12-15	International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy / Phoenix, AZ / Invited Presenters	1.
2020		
1/10-12/4	Masters of Psychotherapy Online (one session per month/12 months) / Online / Jeffrey K. Zeig, Ph.D.	1.
1/16-19	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	2.
1/22-25	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Boston, MA / Zeig	2.
2/16-23	Master Class and Fundamental Workshop / Mexico City, MEXICO / Zeig	3.
3/2-6	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Fundamental / Phoenix, AZ / Brent B Geary, PhD, Lilian Borges, MA, LPC, Stephen Lankton, MSW, Zeig	1.
3/9-13	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Intermediate / Phoenix, AZ / Geary, Borges, Lankton, Zeig	1.
3/26-29	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	
4/3-5	Couples Conference / Burlingame, CA / Invited Faculty	1.
6/3-7	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Beijing, CHINA / Zeig	4.
6/9-13	Psychotherapy Conference / Guangzhou, CHINA / Invited Presenters	5.
6/27-28	Advances in Ericksonian Therapy / Madrid, SPAIN / Zeig	6.
7/3-5	Workshop on Ericksonian Therapy / Bucharest, ROMANIA / Zeig	7.
7/13-17	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Fundamental / Phoenix, AZ / Geary, Borges, Lankton, Zeig	1.
7/20-24	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Intermediate / Phoenix, AZ / Geary, Borges, Lankton, Zeig	1.
7/27-31	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Advanced / Phoenix, AZ / Geary, Borges, Lankton, Zeig	1.
8/3-6	The Master Class Training Program at the Historic Erickson Residence / Phoenix, AZ / Zeig	1.

JOIN OUR EMAIL LIST TO GET EARLY CONFERENCE ANNOUNCEMENTS, PRODUCT DISCOUNTS, EXCLUSIVE CONTENT AND MORE:
WWW.ERICKSON-FOUNDATION.ORG

Contact Information:

- 1) The Milton H. Erickson Foundation: 2632 E Thomas Rd, Ste 200, Phoenix, AZ 85016 6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, support@erickson-foundation.org; Web, www.erickson-foundation.org; Masters of Psychotherapy (monthly sessions): <https://www.erickson-foundation.org/masters-of-psychotherapy-online-2020/>; Intensive Training Program: www.erickson-foundation.org/intensive-training/; Phoenix Master Class: <https://www.erickson-foundation.org/masterclass/>; International Erickson Congress: www.EricksonCongress.com; Couples Conference: www.CouplesConference.com
- 2) For information: Email, Stacey Moore: sjmtjm@msn.com
- 3) For information: Email, sandra@ccipmexico.com
- 4) For information: Email, wangsuqinbj@163.com
- 5) For information: Email, gracenlp@163.com
- 6) For information: Email, teresagarcia.chi@gmail.com
- 7) For information: Email, geaninacluhan@gmail.com

For Upcoming Trainings, ad rates / specifications visit www.erickson-foundation.org (click *Media > Newsletter*). Or contact Karen Haviley: karen@erickson-foundation.org. A \$25 fee per listing is required. Deadline for the April 2020 issue (mailed mid-April) is February 5, 2020. All workshop submissions are subject to approval by the Erickson Foundation.

Online Master Class with Jeffrey Zeig

in Experiential Psychotherapy and Ericksonian Hypnosis

- Hosted by Sue Pinco -

Each online session is designed to improve your clinical skills through direct experience, lecture and discourse. Core elements of experiential therapy will be unpacked and embroidered. You will be exposed to an abundance of clinical, scientific and artistic concepts that will take you to next level in terms of your own personal and professional development.

These 1.5 hour sessions are held once a month, on Fridays. Sessions run from 10:30 EST- Noon EST

The cost is 300\$ per round (6 sessions)

For more info, visit:
<http://ow.ly/DiVO50wSAGa>



Session Dates

Round 1:
 Jan 10, Feb 7, Mar 6,
 Apr 17, May 8, June
 19

Round 2:
 July 24, Aug 7,
 Sept 11, Oct 16,
 Nov 20, Dec 4

"Jeff's artistry is awe inspiring; learning from talented colleagues is joyous." SC

"I feel more empowered and self-assured doing hypnotherapy now." JN

"I am a senior clinician and I keep coming back for more Master Classes with Jeff." FJ

CONFERENCE NOTES

Centro Ericksoniano de México and Emergences Institut announce the first *Congreso Franco-Mexicano De Hipnosis Ericksoniana*, November 20-23, 2019, in Cancun, Riviera Maya, Mexico. The Congress will be held at Hotel Emporio. All workshops and sessions will be translated into French and Spanish. For information including the list of French and Mexican presenters and their topics visit:

http://www.grupocecm.edu.mx/cecm/congreso_cancun2019.html or contact Centro at: Email, congresocancun@grupocecm.edu.mx; Tel, +5543566083 or +5544487604.

The *Thirteenth Congress on Ericksonian Approaches to Hypnosis and Psychotherapy* will be held December 12-15, 2019 at the Hyatt Regency Phoenix, Phoenix, Ariz. Keynotes include Robert Dilts, Roxanna Erickson-Klein, Stephen Gilligan, Steve Lankton, Scott Miller, Bill O'Hanlon, Michael Yapko, and Jeffrey Zeig. For hotel and onsite registration information visit www.EricksonCongress.com or contact The Milton H. Erickson Foundation: Email, support@erickson-foundation.org; Tel, 602-956-6196; Toll free, 877-212-6678; Fax, 602-956-0519; Mail, 2632 E Thomas Rd, Ste 200, Phoenix, AZ 85016.

The 2019 Annual Convention of the Arizona Psychological Association (AzPA), "Greater Than the Sum of Our Parts: Integrating Research and Practice," will be held October 31-November 2, 2019 at the Hyatt Regency Phoenix, Phoenix, Ariz. Online registration will be available in coming weeks. For information contact AzPA: Web, https://azpa.org/2019_Convention; Tel, 480-675-9477; Mail, 107 S. Southgate, Chandler, AZ 85226.

The Arizona Counselors Association (AzCA) will hold their annual Counselor Conference January 31-February 1, 2020 at the Courtyard Scottsdale Salt River in Scottsdale, Ariz. Presenters include Dean Aslinia, Michael Aurit, Keith Cross, David Engstrom, Michael Hartley, Christina Paschall, Arianne Roy, Richard Yep, Tobi Zavala, and Jeffrey Zeig. For more information and to register visit: <https://www.azca.org/conference> or contact AzCA: 28150 N Alma School Rd, #103-503, Scottsdale, AZ 85262; Email, Info@AZCA.org; Tel, 480-485-9968

The American Society of Clinical Hypnosis (ASCH) will hold the 62nd Annual Scientific Meetings and Workshops, March 19-22, 2020, at the Nugget Casino Resort, Reno/Tahoe, Nevada. The theme for the conference is "Igniting the Fire: Nuances of Creativity and Flow in Hypnotic Applications—Research, Education, Application." For complete information contact ASCH: Web, www.asch.net; Email, info@asch.net; Tel, 630-980-4740; Fax, 630-351-8490; Address, 140 N Bloomingdale Rd, Bloomingdale, IL 60108.

The Psychotherapy Networker Symposium, "Nourishing the Soul of Psychotherapy: The Art of Healing in an Anxious Time," will be held March 19-22, 2020, at the Omni Shoreham Hotel in Washington, D.C. Featured speakers include Bryan Stevenson, Tara Brach, Peter Levine, Esther Perel, Alfiere Breland-Noble & Lori Gottlieb. For complete information and registration visit <https://www.psychotherapynetworker.org/symposium/2020> or contact Psychotherapy Networker: Tel, 888-851-9498; Fax, 800-554-9775.

The Couples Conference: Commitments, Connections, Challenges, sponsored by The Milton H. Erickson Foundation and organizational assistance provided by The Couples Institute (Menlo Park, CA), will be held April 3-5, 2020, at the Hyatt Regency SFO in Burlingame, CA. Faculty include Janis Abrahms Spring, Eilyn Bader, William Doherty, Steve Frankel, Sean Giammattei, Harville Hendrix and Helen LaKelly Hunt, Martha Kauppi, Peter Pearson, Terry Real, Stan Tatkin, Caroline S Welch, Joseph Winn, and Jeffrey Zeig. For information visit: www.CouplesConference.com or contact the Foundation: Email, support@erickson-foundation.org; Tel, 602-956-6196; Fax, 602-956-0519.

The American Counseling Association (ACA) 2020 Conference and Expo, "Breakthrough: For Yourself, Your Profession and Your Clients," will be held April 16-19, 2020, at the San Diego Convention Center, San Diego, Calif. For information visit <https://www.counseling.org/conference> or contact The American Counseling Association: Tel, 703-823-9800; Fax, 703-823-0252.

The National Association of Social Workers (NASW) will hold their national conference, "Social Workers Make a Difference," will be held June 14-17, 2020, at the Washington Hilton Hotel in Washington, D.C. For information visit <https://www.socialworkers.org/Events/NASW-Conferences/2020-NASW-National-Conference> or contact NASW: Tel, 800-742-4089; Email, naswconference@socialworkers.org

The 15th ESH Congress of Clinical Hypnosis and Research, "Building Bridges and Travelling Crossroads," will be held August 26-29, 2020, in Basel, Switzerland. For information visit www.esh2020.ch or contact the European Society of Hypnosis (ESH): Email, mail@esh-hypnosis.eu

The triennial Congress of the International Society of Hypnosis (ISH), "XXII World Congress of Medical and Clinical Hypnosis," will be held June 10-13, 2021, in Cracow, Poland. The Congress will be held at the Auditorium Maximum, the conference center of Jagiellonian University. For information visit <http://www.p-i-e.pl/konferencje-trainings/> or Email, info@pie.pl

JOIN THE CONVERSATION ON FACEBOOK,
TWITTER, AND INSTAGRAM!

INTERVIEW*continued from page 1*

1978, Stierlin and his team began to work with Mara Selvini and her Milano team, and together they developed what is known today as: “systemic family therapy.”

JZ: Today you are primarily known in the world of hypnotherapy. How did this happen?

BT: It was good luck, fate, who knows. How you do make God laugh? Tell him your plans.

In 1978, around Christmas, a young M.D. of Heidelberg University Clinic phoned me and said, ‘I heard you are interested in the work of Milton Erickson. There is a workshop in Munich early in January. Someone working with Dr. Erickson will be showing films of Erickson working. I have a paid registration, but my boss is not allowing me to travel, because too many on our team are sick or on Christmas and New Year’s vacation. So, I have to stay to do my work in the university clinic. Would you like place in the workshop?’ I immediately said yes. And then I called Gunther

Schmidt, who decided to join me. The workshop teacher was you — Jeffrey Zeig. That the same year, Gunther and I attended two more workshops — one with Paul Carter and an NLP workshop with Cathy Conheim.

And in January 1980, you came for the first three-day workshop in Heidelberg. After that, you held many workshops in Heidelberg and Rotweil. Gunther Schmidt and I also organized many Ericksonian workshops with Steve and Carol Lankton, Deborah Ross, Marc Lehrer, Paul Carter, Steve Gilligan, Michelle Ritterman, and others.

JZ: Which experts influenced you — and how?

BT: Helm Stierlin was the reason I changed my studies from economics to psychotherapy. Without a doubt, you have been the most influential for my work in hypnotherapy. You have also been my mentor and helped me in my career. Steve and Carol Lankton have helped me better understand Ericksonian approaches, and Deborah

Ross and Marc Lehrer have been important in learning medical hypnosis.

JZ: Who in Germany and Europe have influenced you?

BT: My friends and colleagues have been influential in my development, especially Gunther Schmidt. He is the pioneer of the hypno-systemic approach, combining Ericksonian hypnosis with systemic thinking and approaches. In his presentation for the second Erickson Congress in 1983, he described his innovative approach. In our practical work with clients we have different styles, but we have taught together many times. His approach gives me the opportunity to reflect on my own work and style. The lectures and writings of Burkhard Peter and Dirk Revenstorf have influenced me. They have done a lot for developing and understanding modern hypnotherapy. I have also learned from Camillo Loredio in Italy, Kris Klajs in Poland, and Eva Banyai and the Hungarian colleagues who developed active alert hypnosis.

JZ: What other important developments do you remember?

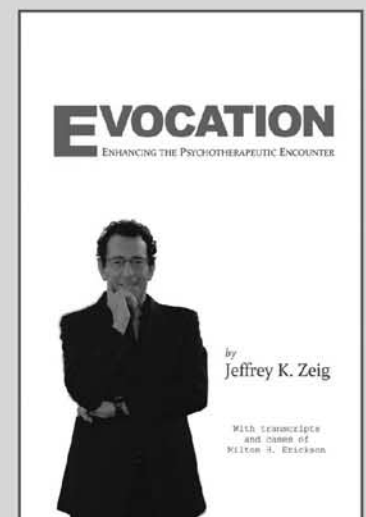
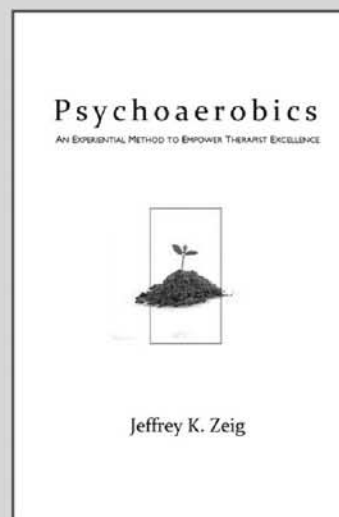
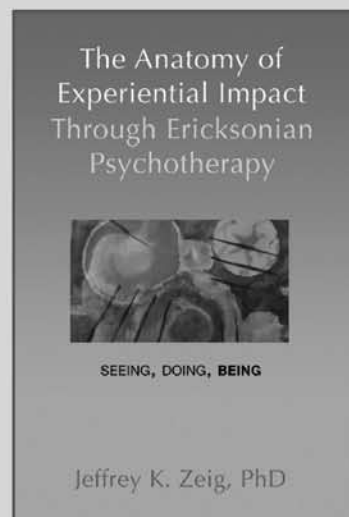
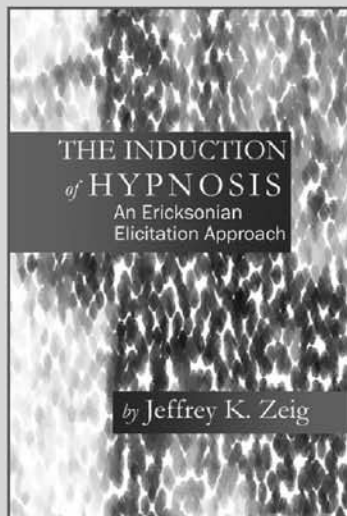
BT: In 1989, Gunther Schmidt and Burkhard Peter organized the First European Congress of Ericksonian Hypnosis and Psychotherapy in Heidelberg. It drew 1,100 participants and was a big step in the development of hypnotherapy. It was important because it was the first time Eastern European colleagues met with Western European colleagues. Six weeks later, the Berlin Wall fell; it was a fascinating time.

In the early ‘90s, Kay Thompson pointed out that the field of hypnotherapy was male-dominated. We developed the idea to organize a congress with only women as faculty. Kay made this happen in U.S. and I brought the idea to Germany. I motivated Liz Lorenz-Wallacher to organize a congress, and it was big success. It was the beginning for many women colleagues to start a teaching and writing career in the German lan-

INTERVIEW continued on page 23

The Empowering Experiential Therapy Series

In his newly completed four book series, Dr. Zeig captures Erickson’s sophisticated principles and practices. Each book can stand alone, but together the series unpacks Erickson’s techniques into a collection of easy-to-follow guidelines to take your practice to the next level!



Available in print and ebook at catalog.erickson-foundation.org/



THE MILTON H. ERICKSON FOUNDATION PRESS

INTERVIEW*continued from page 22*

guage. Also around this time, I invited you to teach colleagues in a workshop called 'Teach the Teachers.' The goal was to train teacher to teach good hypnosis workshops. To my surprise, you later named this didactic workshop 'The Rottweil Laws,' because you taught this for the first time at the Rottweil Milton Erickson Institute.

JZ: You were also successful with child hypnosis congresses.

BT: Yes. But again, it may have been good luck. Around 1988, three colleagues in one of our training groups asked me to invite a child hypnosis trainer for an introductory seminar. Now this was a problem because I knew four that I could ask, and when I asked one of them, two others were disappointed. So, I decided to invite all four. That soon grew to eight, and by November 1990, there were 20 colleagues teaching at the first child hypnosis congress. The success was overwhelming. There were 300 attendees, so we organized the second congress two years later in Heidelberg, and that drew 450 attendees. Then, you and I organized the 1994 European Evolution of Psychotherapy Congress and that had 6,000 attendees. That congress legitimized hypnotherapy in Germany and Europe.

1995, I co-organized the second European Congress of Ericksonian Hypnosis and Psychotherapy, which was held in Munich. There were 2,000 attendees. The Child Hypnosis Congress was held in Heidelberg in 1997, with 1,100 participants. This year, in November, we will have the ninth congress. Since 2002, there has always been between 1,200-2,000 attendees. It's a remarkable success story. We've had up to 120 faculty members for the child hypnosis congress, and for 25 years we've had a child hypnosis curriculum in several cities in German language countries.

JZ: Can you talk about the development of MEG and its structure.

BT: MEG was founded one year before the Milton H. Erickson Foundation. We have more than 2,500 members and 15 training institutes around Germany. Last year we celebrated our 40-year anniversary. The society is strong, and its development

is amazing. Every year since 2003, the society has held an annual meeting with more than 1,000 attendees. Additionally, the regional institutes, like the institute of Gunther Schmidt or my Milton Erickson Institute, are organizing other congresses and some congresses have had up to 2,000 attendees. It is a golden generation with colleagues combining their different talents. Despite many conflicts, we have stayed together and developed the field of hypnotherapy in Germany. Many of the leading MEG people have had dual careers. Gunther Schmidt is economist and M.D.; Paul Janouch, who was the president after me, is a psychologist and teacher; Wolfgang Lenk is a psychologist and mathematician; and I am a psychologist and economic engineer. Many perspectives have helped develop effective structures.

JZ: Can you give us an example of one of the principles that helped create such a successful society.

BT: Many psychotherapy approaches, such as EMDR or somatic experiencing, and technologies, like NLP have a structure similar to the Catholic Church. There is a hierarchy with priests, bishops, cardinals and a pope. And why is this? Because typically in this type of structure, the recently trained people will train beginners. The advanced people are supervising and training trainers. And, at the end, to get the certificate, you have to book one or two expensive seminars with the founder of the approach, or one of the top cardinals.

But with MEG we did the opposite. The most experienced trainers teach the introductory seminars because they can answer questions that the non-advanced cannot. The most advanced in MEG are teaching the entire basic curriculum of eight seminars. To get the certificate, you have to book four advanced topical workshops, such as: Hypnosis and Pain; Hypnosis and Sleeping Disorders; Hypnosis and Overcoming Trauma, etc. Each of the 15 MEG training institutes is free to invite whoever they want to teach the workshops. For example, there was one young hypnotherapist who was married to a midwife. She kept sending women to

him who had lost their babies. Within 10 years, this psychologist had immense experience in this specialized field. And his workshop got such good feedback, he was invited to other places to speak. When we find a special teaching talent, we try to develop it.

Not all of what we've done with MEG was consciously planned; some rules developed accidentally or intuitively.

JZ: Can you please talk about ISH and its role in hypnosis?

BT: ISH is a leading organization where serious licensed psychotherapists, medical doctors, scientists, and researchers from around the world work together. ISH is a platform to coordinate and organize international meetings, define standards of training, and collect and document research data. In the past 30 years, ISH has been primarily an American, European, and Australian society. Today, the Asian countries, including China and Iran are active. But regarding psychotherapy, Asian and South American countries have different standards than many European or North American countries. It is not easy to coordinate a meeting and to respect the different levels of development and differing standards.

JZ: Can you please talk about your presidency and goals for ISH.

BT: It was never my goal to be active in the international world of hypnosis. I like to teach, and I was quite happy doing this in Germany and a few times in Switzerland, Austria and Poland. But when my friend, Camillo Loriedo, was elected as ISH president, he asked me to support him and serve in ISH BOD. I agreed because of our friendship. Since 2006, I have been in the BOD. Camillo began to do one meeting every year. This created a good working atmosphere and also motivated BOD members. So, I became more fascinated with working internationally. I have been president of MEG for six years and a MEG BOD member for 19 years. And this BOD of ISH was and is a remarkable group of colleagues. Many of the BOD members have been or still are presidents in their home countries. It is a pleasure to work with a group of

people who are so competent, relaxed, and humorous.

My original goal as president was to use my many contacts to motivate more colleagues to become ISH members, and also to motivate some countries to join ISH with their national society. In the first year as president, I have found that it is necessary to build up new administrative structures, which will support development of the society in the future. This seems to be my destiny. As MEG president, I am also creating a new administrative office and structure, which is important for the development of MEG. I found a great new administrator, Shady Tonn, and we just installed new software which will make the organization of the society much easier and more effective.

JZ: What is the concept of whoISHwho?

BT: I plan to connect leading colleagues in the field on one internet platform with their CV, photo, and a list of publications. Such a platform has many possibilities. Colleagues with similar fields of expertise can locate each other and communicate. Congress or symposium organizers can more easily find hypnosis experts working in an area of interest. Patients looking for an expert for a rare medical condition can more easily find one. Students or colleagues writing articles, papers, and books can find rare papers and maybe unpublished scripts relevant for their field of research. Currently, ISH is trying to get to a higher degree of acceptance and recognition in the World Health Organization [WHO]. To reach such a goal, a platform like whoISHwho.com can be helpful. If I find colleagues who will support me, we can later add a hall of fame, with profiles of Franz Anton Mesmer, Pierre Janet, Milton Erickson, Ernest Hilgard, and, of course, many not-so-well-known but important pioneers of hypnosis.

JZ: Can you please talk about past ISH meetings and the next ISH meeting.

BT: The first international ISH congress was held in Paris in 1989. Among the participants were Sig-

INTERVIEW continued on page 24

INTERVIEW*continued from page 23*

mund Freud and William James. In 1965, the first modern congress was held in Paris. Milton Erickson taught at that congress.

In 2012, my team, young son, and I organized the biggest hypnosis congress yet held, with 2,300 attendees. In 2015, I supported Claude Virost with a congress in Paris and we topped that record with 2,500 attendees. In 2018, we had a great congress in Montreal, Canada. In 2021, Kris Klajs and his team will organize the congress held in the historic city of Krakow, Poland. You can register at: www.hypnosis2021.com.

My dream is to have the 2024 ISH congress in Beijing, where there is now a strong Ericksonian-oriented hypnosis society with more than 600 members. It's been a long time since a congress was held in Asia, and that would be the first time in China.

JZ: Where do you see the future of hypnosis and hypnotherapy?

BT: There is a lot research going on worldwide. Brain scan technology is giving us more insight into what is happening in the body and mind. Also, in last 20 years, interest in hypnosis has shifted from the U.S. and Australia to Europe and Asian countries. And in Europe and Asia more professionals outside of the fields of psychotherapy and psychiatry are becoming interested in hypnosis, including anesthesiologists, gynecologists, internists, orthopedics, radiologists.

Since Milton Erickson, the field of hypnosis has not been restricted to hypnosis per se but is much broader. It now includes the fields of coaching and mental training. The focus in these fields is non-trance techniques, such as storytelling, indirect suggestion, resource orientation, solution-focused work, systemic thinking, and utilization.

THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

2020 ADVERTISING RATES

Full Page	• 9 1/4"w x 11 1/4"h	• \$1200
1/2 Page/Vert.	• 4 1/2"w x 11 1/4"h	• \$750
1/2 Page/Horiz.	• 9 1/4"w x 5 1/2"h	• \$750
1/4 Page	• 4 1/2"w x 5 1/2"h	• \$500
1/8 Page	• 4 1/2"w x 2 5/8"h	• \$300

Frequency discounts available!

Circulation: 8,500 (U.S.) | 20K+ Email | Online

Order Form with Rates & Design Specifications Available Online: www.erickson-foundation.org

Space Reserve / Art Deadline for the April 2020 issue: February 5, 2020 (Mail Date: mid-April)

Questions? Email, karen@erickson-foundation.org
The Milton H. Erickson Foundation
2632 E. Thomas Road, Ste. 200, Phoenix, AZ 85016
Fax, 602/956-0519 • Tel, 602/956-6196

Newsletter Subscription and Donation Form

PLEASE MAKE YOUR SELECTION(S) BELOW:

- Please find my donation of \$_____ to support the activities of The Milton H. Erickson Foundation, Inc. (The Foundation is a non-profit corporation and donations may be tax deductible within IRS guidelines.) **To make an online donation please visit: <https://www.erickson-foundation.org/donate/>**
- I am not currently on your U.S. mailing list. Please add my name so that I may receive the *NEWSLETTER* and other information about activities sponsored by The Milton H. Erickson Foundation.* (NOTE: Students must supply a letter from their department indicating full-time graduate student status in an accredited program.)
- I prefer to receive the Foundation Newsletter via Email and NOT by mail/post. Please remove my name from your mailing list and add me to the Foundation Email list.**
- I have moved, please correct my address as stated below.
- I no longer wish to be on The Milton H. Erickson Foundation mailing list. Please remove my name from your list.

***PLEASE NOTE: The Milton H. Erickson Foundation Newsletter is no longer mailed outside of the United States. To our friends outside the U.S., please view the online Newsletter at: www.erickson-foundation.org**

Eligibility: The *NEWSLETTER* is available to professionals in health-related fields including physicians, doctoral-level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (e.g., AMA, APA, ADA). The *NEWSLETTER* is also available to professionals with mental health-related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Applications from graduate students in accredited programs leading to a degree in the above fields will be accepted if they supply a letter from their department on letterhead stationery certifying their student status.

Please accept my donation of: \$_____

- VISA MasterCard AMEX DISCOVER

Account Number: _____ Exp. Date: _____ Cardholder's Signature: _____

- Other (PLEASE, DO NOT SEND CASH): _____ (Checks made payable to *The Milton H. Erickson Foundation*, in US Funds, drawn on an American Bank)

PLEASE PRINT CLEARLY:

Name: _____ Highest Degree: _____

University where highest degree earned: _____ Major: _____

Street Address: _____

City: _____ State: _____ Zip/Postal Code: _____

Phone: _____ Fax: _____ E-Mail: _____

RETURN COMPLETED FORM TO:

The Milton H. Erickson Foundation, Inc., 2632 E. Thomas Road, Ste. 200, Phoenix, AZ 85016
Phone, 602/956-6196 | Fax, 602/956-0519 | E-Mail, support@erickson-foundation.org

TO MAKE AN ONLINE DONATION PLEASE VISIT:
<https://www.erickson-foundation.org/donate/>