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THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

VOL. 41, No. 2

AUGUST 2021

INTERVIEW

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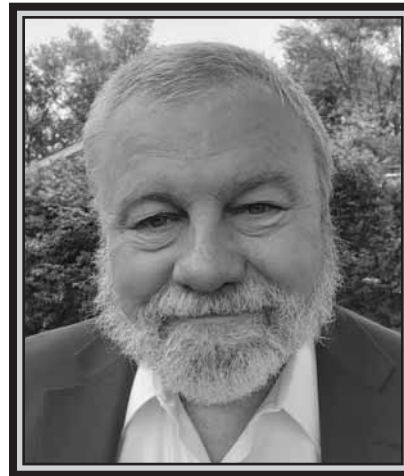
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John Lentz, D. Min.

Interviewed by Roxanna Erickson-Klein

John Lentz, D. Min. is director of the Milton Erickson Institute of Jeffersonville, Indiana where he teaches and maintains a therapy practice. He is both an ordained minister and a licensed marriage and family therapist. He has held positions as a church pastor and chief chaplain of a women's prison. For 18 of his 20-plus years at the prison, he was adjunct professor at the Louisville Presbyterian Theological Seminary. A passionate author, he has written 15 books. His series of self-help CDs addresses how to overcome anger, shame, sleep disorders, loneliness, and a host of other limitations.

Though retired for two years from his role in the church, Lentz continues to produce weekly sermons and frequently receives positive feedback.



John Lentz

For more than 20 years, Lentz has contributed to the Erickson Foundation newsletter. In 2019, he was made media reviews editor. He lives with his wife in Shepherdsville, Kentucky in the same log cabin they built more than 40 years ago.

Roxanna Erickson-Klein (REK): John, you have an interesting professional background that brings together clinical work with education, inspiration, and a down-to-earth lifestyle. I am fascinated that your sermons are influenced by your Ericksonian background.

John Lentz (JL): I have been writing sermons since I worked in the prison. In fact, Jeff Zeig helped me craft sermons that are helpful and hypnotic. Milton Erickson was and continues to be a great influence on my therapeutic approach.

REK: How did you first come to identify yourself as Ericksonian?

JL: One of my earliest supervisors had a set of the Erickson-Rossi books. It is a therapeutic orientation that made a lot of sense to me. Learning about the way Erickson worked, helped me to understand that I could be effective in working with prisoners. Ericksonian approaches seem to have a respectful and natural way to connect with others, both on a personal level and theologically.

REK: Can you explain how you approach therapeutic problem solving?

JL: I conceptualize trances as being both positive and negative—expanding or narrowing awareness. From my perspective, problems arise when someone has narrowed their focus and is not using all their resources. I simply expand awareness. I steer the person in a direction that lets them know they have choices and resources, as well as abilities that they may not have realized.

REK: Do you ever use the opposite—narrowing attention—perhaps with someone with anxiety or who is hypervigilant?

JL: It is important to recognize appropriate awareness—what is inside and what is exterior to the individual. Problems arise internally from external situations. I like to work with hypnosis in informal ways, going into self-reflective trance and working with whatever arises between me and the client. But I believe that expanding the options is most therapeutic.

REK: Tell me more about In the Spirit of Therapy—the column that you created for the Erickson newsletter.

JL: I saw a divide between psychology and spirituality, with distrust on both sides. I sought the opportunity to speak with experts in the field, to find out if they incorporate spirituality into their practice. And if so, how they do that. I purposely use language that is universal and not specific to any denomination or religion.

Bill O'Hanlon has a real talent for stating things concisely, and he characterizes spirituality as compassionate, connected, and committed. Those three elements are central in therapeutic work, and present in the manner that Erickson himself taught.

REK: Tell me about your work at the prison.

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EDITOR'S COMMENTS

Much of what is considered psychotherapy today started out as philosophy. Philosophers ask the hard questions for which there are no easy answers, e. g., “What is the nature of...” “What does it mean to be human?” “What is change?”

In many therapies, specifically evidence-based therapies, these types of questions have evolved to produce measurable answers. And as the questions become more testable, the science becomes cleaner. Ironically, in the practice of modern psychotherapy, this is an intermediary stage.

But even though psychotherapy now relies more on science and results, it is still an art, and one that is relational and spiritual. Metaphorically, therapy has become a dancefloor upon which the therapist and client dance an I-Thou waltz.

I recently finished rewatching the 2020 Evolution presentations. Since I was born before dirt was invented, I have been able to follow many of the presenters through their evolution from philosophers to scientists and ultimately to humanistic-artists-with-scientific-scaffolding. Watching the demonstrations, it is often difficult to tell who is leading and who is following.

In preparation for the 2021 Evolution Conference in Anaheim, California in December, this issue is dedicated to elements that are an impetus for that evolution.

We begin with our featured interview of John Lentz, an ordained minister, MFT, and our media reviews editor. For more than 30 years, Lentz has been developing Ericksonian principles using his spiritual wisdom. He is a remarkable person and friend.

For *In the Spirit of Therapy*, Lentz interviews Sandra Jain, a popular presenter at Evolution 2020. Her professional focus is influenced by an expanded version of the medical model where she honors an individual's definition of spirituality.

In *Case Reports*, Ruben Battino and Michael Hoyt present “On the Therapeutic Importance of (Sometimes) Being Shocking,” where they share their version of Erickson's “shock therapy” to facilitate creative moments. It reminds us to know our audience.

In *Hypnosis: Historical Reflections*, Jeff Zeig writes about Robert Linder, who was instrumental in bridging psychoanalysis and hypnotherapy.

Continuing with historical reflections, Foundation staff member, Joyce Bavlinka writes her first article for this newsletter: “Investigative Hypnosis: The Beginnings of Police Psychology at The Los Angeles Police Department.” It's a fascinating look at how Martin Reiser, author of *The Handbook of Investigative Hypnosis*, developed hypnosis and psychology in law enforcement. Please see “Devoted Ericksonian Joins Foundation—Again” to read about how Joyce is affiliated with the Foundation.

In this issue, we are treated to several examples of Erickson's humor. The first is from the Erickson biography, *An Epic Life: Professional Contributions*, in which Erickson uses a creative intervention with David Calof. The second is in “Eric the Badger—Alive and Well in the 21st Century.” For several years, Erickson contributed to H.C. L. Jackson's popular column in the Detroit News, under the pseudonym, Eric the Badger.

Also in this issue, Jeff Zeig introduces us to his Emotional Impact Project, which focuses on helping people move beyond knowing something intellectually, to realizing it evocatively. I learned long ago that giving people information rarely has impact. Zeig drives this point home and talks about how our modeling artists can help us become better communicators.

Our book reviews for this this issue stay true to the evolution theme. John Lentz selected four to review.

We start with his review of Betty Freedson's *Other Realms, Other Ways: A Clinician's Guide to the Magick of Intuition*. Bridging the world of psychics and psychologists, Freedson reminds us that using more intuition, especially in therapy, can be effective.



In his review of *Changing Minds with Clinical Hypnosis: Narratives and Discourse for a New Health Care Paradigm* by Laurence Irwin Sugarman, Julie Hope Linden, and Lee Warner Brooks, Lentz writes, “After reading this book, you may never think of Erickson's work in quite the same way.” I would have to agree.

For his review of *Happy Is the New Healthy* by Joan Neehall, Lentz includes a quote by Neehall: “I believe that happiness is something that should not be hunted down; rather it should be a state of being, and something we come by naturally, just like breathing.” Neehall explains how we often get in our own way of eliciting that natural state within.

In his review of *Understanding Ericksonian Hypnotherapy: Selected Writings of Sidney Rosen* edited by Victor Kiarsis, Lentz writes, “By selecting and editing the papers of Sidney Rosen, Victor Kiarsis offers a loving gift to therapists and the field of psychotherapy. This book is wonderful not only because offers a unique perspective of Erickson, but it also delves into how to use the techniques and tools for which he was well known.”

Given my interest in treating trauma, I am especially appreciative of Kate Hubert Bilotta's review of *Rethinking Trauma Treatment: Attachment, Memory Reconsolidation, and Resilience* by Courtney Armstrong. Bilotta points out that Armstrong summarizes some of the best insights from effective methodologies and how multiple perspectives can result in a unique multidimensional perspective.

Finally, we have a special review by Roxanna Erickson-Klein of Michael

EDITOR'S COMMENTS continued on page 8

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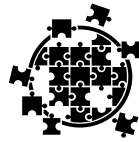
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IN THE SPIRIT OF THERAPY

Interview with Sandra Jain

By John D. Lentz, D.Min.

Saudra Jain, MA, PsyD, LPC, is an adjunct clinical affiliate with School of Nursing at The University of Texas at Austin. Her interest is the impact of positive psychology on client outcomes. She explores the connection between wellness and its anti-inflammatory effects, as well as improvement in disease and wellness markers. She is also researching the intersection between psychedelics and wellness. In 1992, she launched a private therapy practice and currently provides services for a wide range of mental health issues.

Dr. Jain is a co-creator of the WILD 5 Wellness Program, which combines five elements of wellness—exercise, mindfulness, sleep, social connectedness, and nutrition—with positive psychology practices. In doing so, she offers a simple, prescriptive, wellness program.

Jain is coauthor of two well-received workbooks: KickStart30: A Proven 30-Day Mental Wellness Program, and LiveWell90: A Proven 90-Day Mental Wellness Program; and coauthor of The Science and Practice of Wellness: Interventions for Happiness, Enthusiasm, Resilience, and Optimism (HERO), published by Norton in 2020.

John Lentz: Sandra, you and your husband are the epitome of the medical model. Yet, in addition, you research and present wellness-based programs that enhance a person's life rather than just treat disease. You deserve credit and are still pushing the envelope. It seems that you have managed to integrate spirituality into your practice. Can you tell us more about the evolution of your work?

Sandra Jain: Thank you for the kind words, John. During my academic training in the early '80s, wellness was not part of the curriculum. What a missed opportunity! In clinical practice, it became clear that many patients improved symptomatically and functionally. I am big believer in measurement-based care, and a wellness screener revealed that even in these patients, wellness scores were quite low. This realization opened up the world of wellness for me, and led to developing an evidenced-based wellness program called WILD 5 Wellness—a 30-day prescriptive and trackable program.

One of the wellness-enhancing practices of the program is mindfulness. In this 30-day program, we recommend 10 minutes of daily mindfulness meditation and I'm happy to report we've found positive results based on pre-post measurements of mindfulness. If we go with Dr. Jon Kabat Zinn's definition of mindfulness—paying attention in a particular way, on purpose, in the present moment, and without judgement—I believe that this taps into a spiritual space for many. Being fully present and filled with connection and compassion is both mindful and spiritual.

JL: Because of your respect for your patients' relationship with God or lack of one, you have managed to encourage spirituality without advocating any particular religion. Could you speak to how you understand this?

SJ: Let me share a quote from Michael Singer, an acclaimed author and spiritual teacher, as he answers this question quite nicely: "The highest spiritual path is life itself." Psychotherapists, or anyone in a helping profession, has a responsibility to hold space for patients. It would be inappropriate for us to project our beliefs and opinions—whether religious or political—onto those in our care. I do my best to remain aware of my own biases and continually create a space of safety and curiosity, in hopes of better understanding my patients. I'm

not a religious scholar by any means, but I believe that when we create this type of psychotherapeutic environment, we allow our patients to find their true path.

JL: You emphasize a wellness approach/program that includes five wellness-enhancing practices and a positive psychology exercise. How do you manage to elicit the patients' strengths across many domains, including mindfulness?

SJ: I believe that wellness is a state of being that evolves from a way of living. Our program is based on five wellness-enhancing practices, including exercise, mindfulness, sleep, social connectedness, and nutrition. In addition, we have included daily positive psychology exercises about happiness, enthusiasm, resilience, and optimism (HERO exercises), and we include gratitude exercises. We encourage patients/research participants to avoid aiming for perfection, by telling them that perfection is not the goal of the program. We encourage self-compassion throughout the program.

I spoke earlier about the mindfulness practice, which for many is a bit of challenge, as it is often a new and unfamiliar practice. We encourage openness and a willingness to try all of the practices for 30 days, and then evaluate their results. At that point, they can make an informed decision about how they want to incorporate these practices into their daily lives.

JL: One definition of wellness that I came across in your materials seemed wonderful because it is so broad and influenced by positive psychology. You talk about it being more than individual behaviors. You say it is a mindset. Can you speak about this?

SJ: I love the World Health Organization's definition of wellness given in 1948: "...a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This really says it all. It is a holistic approach to wellness—the whole person—and not just a disorder or a clustering of symptoms. I'm not saying those things aren't important in terms of treatment, but it doesn't seem like a complete treatment plan without the inclusion of wellness. As clinicians, I believe that in taking care of patients, we must incorporate wellness into our thinking and our treatment

plans.

JL: Do you advocate spirituality to your students to use in their work? If so, how?

SJ: Let me answer your question this way. In all my interactions with others, I stress the importance of wellness, good self-care, self-compassion, curiosity, and openness. I believe this approach opens the door for our patients, as well as our students, friends, family, neighbors, and colleagues, to find their true path, whatever that may be.

JL: You have wonderful stories of mindfulness, wellness, and spirituality. Would you be willing to share one?

SJ: I would love to. There are so many that come to mind. I'm reminded of a participant from one of our WILD 5 Wellness studies. She has rheumatoid arthritis and was referred to the study by her rheumatologist. She was in a lot of pain and had to retire early due to disease-related disability. Before beginning the wellness program, she told her rheumatologist that she was "sick and tired of being sick and tired." She said, "Nothing I have done up to this point seems to be getting me over the hump both mentally and physically." After completing the study, here is what she shared: "Being on the program has made me mindful, present, and has increased my gratitude, my awareness, and my listening skills. It has decreased my pain, my anxiety and depression, and has even regulated my high blood pressure."



Sandra Jain

INSPIRING MOMENTS WITH THE MASTERS

Jay Haley: Perspectives on the Masters

By Jeffrey K. Zeig

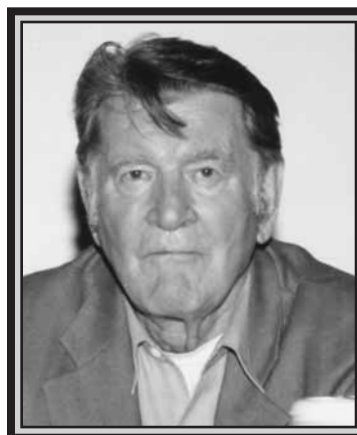
Out of all the psychotherapy teachers I have learned from in the last 50 years, Jay Haley stands as one of the most important. Haley was neither my undergrad teacher nor was he my graduate teacher. I first learned from Haley by reading his books. He edited a compendium of Erickson's papers that is no longer in print. That work introduced me to Milton Erickson. It also sent me on search to learn more by reading Haley's writings. After I earned my professional degree, I began attending his workshops and lectures.

Haley was one of the founding fathers of brief and family therapy. He was the architect of the strategic model of psychotherapy. He did not have an explicit theory of human behavior. Rather he had methods of intervention whereby the therapist took responsibility for promoting change.

As member of the Bateson Project in the 1950s, Haley was one of the authors of the project's seminal paper on the double bind theory. He eventually left California and moved to Philadelphia to work with Salvador Minuchin at Philadelphia Child Guidance. From there he moved to Washington D.C. where he collaborated with his wife, Cloé Madanes, to advance strategic therapy.

I attended as many workshops as I could. Haley and Madanes were bellwethers in psychotherapy training. We were all were eager to learn from them. Their workshops were in high demand and the venue was always packed with students.

In December 1973, as I traveled to meet Milton Erickson for the first time, I had a copy of Haley's newly published book, *Uncommon Therapy*. That book not only put Erickson on the map as one of the leading proponents of a strategic approach to psychotherapy, but it also prepared me for my first encounter with him. At that time, Erickson's position was starkly different from two widely accepted approaches: the humanistic approach and psychodynamic method.



Jay Haley

After reading *Uncommon Therapy*, Jay Haley—one of Erickson's most accomplished students—became one of my idols in the field. In early 1980, I finally met him, and, following Erickson's wishes, I invited him to keynote the first International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. When he arrived for the event, I greeted him at the Hyatt Hotel in Phoenix. We walked across the street to Symphony Hall at the Phoenix Convention Center where he would be speaking to more than 2,000 professionals. As we made our way down the aisle toward the stage, I timidly asked him if he ever got nervous speaking in front of large groups. He quipped, "large groups?" meaning that any size group made him

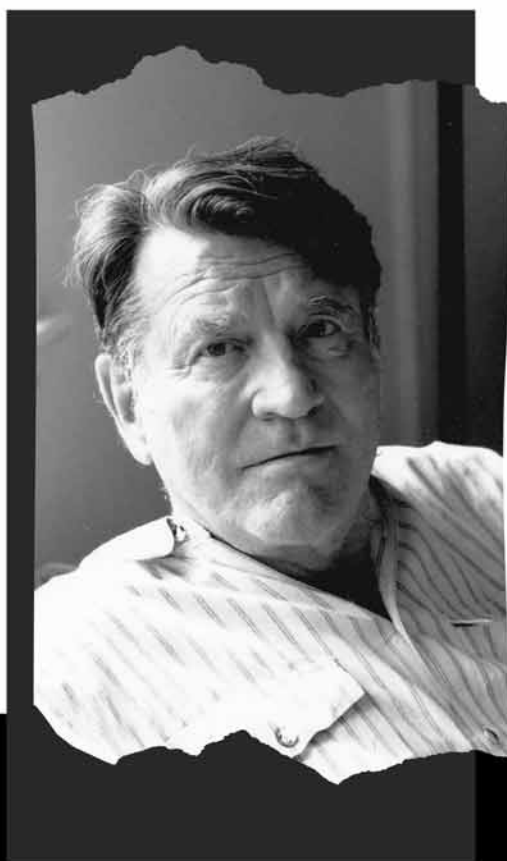
nervous. For a moment, I was awash in relief that he had vulnerabilities that I experienced.

Haley's keynote address at the Erickson congress was stellar. With wit, wisdom, and heartfelt emotion, he spoke about the recent passing of Milton Erickson and how much Erickson had impacted him and the field of psychotherapy. It was a poignant tribute. Here is a link to the text of that speech: <https://www.erickson-foundation.org/erickson-use-storytelling-jay-haley/>

Over the years, I had several opportunities to share the podium with Haley. At times, I was tentative. I remember being on a panel in Germany with him, Salvador Minuchin, and Gianfranco Cecchin. All three men were incisive geniuses with imposing styles. To use a hand-to-hand combat analogy: Haley wielded a rapier and Minuchin a hefty club, while Cecchin employed judo. I was young and intimidated, but I knew enough to bob, weave, and duck.

In 1985, I organized the Evolution of Psychotherapy Conference, and, of course,

INSPIRING MOMENTS continued on page 7



JAY HALEY

For anyone who is a fan of the late Jay Haley or who wants to understand why he had so many fans, this team of contributors clarifies and celebrates the significance of his work: past, present, and future. The book is a kind of journey, meandering through the lively perspectives of those who have known him as a teacher, a mentor, and a friend. The many voices represented here pause to reflect on how much Haley has given to them and to the field. The contributors are Roxanna Erickson-Kline, Jeffrey Zeig, Salvador Minuchin, Wendel Ray, Betty Alice Erickson, Stephen Lankton, Camillo Lorieo, Wesley Crenshaw, David Barnum, Madeleine Richeport-Haley, Judith Mazza, George W. Burns, David Eddy, Michael Yapko, George stone, William Fry, Jerome Price, Neil Schiff, and Richard Whiteside. Also included is a bibliography of works by Jay Haley.



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HISTORICAL HYPNOTIC PROCEDURES

Robert M. Lindner

By Jeffrey K. Zeig

In this column, Jeffrey Zeig reviews historical books to shed light on the evolution of hypnotherapy.

Psychiatrist, Robert M. Lindner (1914 -1956), M.D., was instrumental in bridging psychoanalysis and hypnotherapy.

In the first half of the 20th century, psychoanalysis was the predominant form of mental health therapy. The roots of psychoanalysis, of course, date back to the 19th century when Sigmund Freud believe that analyzing one's past was imperative for the patient to move forward into the future. Freud believed that hypnosis disrupted transference, which is predominant in psychoanalysis, and he did not champion the use of hypnosis.

Hypnosis lay in dormancy until after WWII, and the ground was fertile for the development of hypnoanalysis. Lindner, a colleague and collaborator of Milton Erickson, was key in that development. Although little is known of Lindner and Erickson's collaborations, there is a silent film of them working together on an experiment concerning the hypnotic induction of a subject with colorblindness.

Analyzed by Theodore Reik, Lindner wrote several books, including *The Fifty-Minute Hour* (1955), a collection of psychiatric tales, and his most known published work, *Rebel Without a Cause: The Hypnoanalysis of a Criminal Psychopath* (1944), the annotated transcript of 46 sessions of hypnoanalysis with a single patient.

(Of Note: In 1955, James Dean starred in a movie about an emotionally confused middle-class youth, the title of which was derived from Lindner's book.)

In the preface to *Rebel Without a Cause*, Lindner expresses his gratitude to Milton Erickson who at the time of the book's publication was 42 years old. Lindner writes that Erickson is "a source of inspiration and encouragement."

Lindner describes hypnoanalysis as "a compound of psychoanalysis and hypnosis." He says that "using the interpretive core of psychoanalysis," hypnosis validates the data of analysis and provides "a fixative means for the therapy without which analysis is no more than an exercise in diagnosis." (pp. 15)

In subsequent chapters in the book, Lindner discusses the psychogenesis of the criminal psychopathic state, and its "dynamic centralism of such mo-

tivants as the unresolved Oedipus situation or castration anxiety." (pp. 285). By the end of the book, Lindner's patient displays signs of better adaptation in society.

Lindner's view of hypnosis was common to psychoanalysts. He maintained that hypnosis and "suggestive therapy" could be seen as limited to symptom amelioration. "In the enthusiasm for 'cure,' the obligation to discover and deal with causes has been studiously and conveniently ignored by all except such flinty pioneers as Janet and the French school, and in this country, Erickson and Kubie, as well as various assorted daring souls." (pp. 16)



Robert Lindner

Lindner notes that hypnosis is often criticized for offering only a temporary cure. He writes: "Anna Freud stated that in hypnosis, the ego could take no part in the therapeutic procedure, implying that the patient was robbed of the cathartic working-through of the precipitating events." (pp.17) Hypnoanalysis, therefore, was the proper method.

According to Lindner, psychoanalysis has a "ritualistic character, its insistence upon punctilious cant, and unrelaxed ceremony." (pp. 16) In comparison to time-consuming psychoanalysis, hypnoanalysis is often accomplished in three or four months.

The first few weeks of a patient's hypnoanalysis with Lindner, were typically dedicated to trance training and deepening, using post-hypnotic suggestion, which then led to the hypnotic revivification of memory. In the next phase, he used hypnotic recall to facilitate free association.

As to the memories called forth by hypnoanalysis, Erickson described two forms: regressive and revived. Regressive memories are the patient's memories of the past. With a revived memory, the patient revives a buried or suppressed memory, and often relives the experience.

Robert Lindner was the right man at the right time, holding analysis in one hand and hypnosis in the other. Erickson, of course, carried forth the torch of hypnosis while psychoanalysts continued to focus on causative factors.

SPIRIT OF THERAPY *continued from page 4*

It is not possible for me to share in this short interview the importance and profound impact of wellness. Granted, not every patient will have the degree of positive impact that this woman had, but her story deserves our attention.

JL: You know quite a bit about hypnosis, and understand how to utilize it in indirect ways. Do you teach those approaches to your students directly, or only through modeling?

SJ: I value hypnosis a great deal both personally and professionally. I see it as an effective modality that is under-utilized. I benefitted greatly from hypnotherapy in my early 30s in dealing with the fear of public speaking. I'm grateful to the practitioner for allowing me via a trance-state to release and reformulate my fears. From that point forward, I have referred my patients to clinical hypnotherapists for specific work that has proven beneficial from this modality. In teaching about mindfulness, I almost always include some sort of experiential practice, but I've not done that with hypnosis. Thanks for planting that idea, John.

JL: It was a joy talking with you.

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VIRTUAL COUPLES CONFERENCE MINI REVIEW

By Jeffrey Zeig

The Couples Conference 2021 was virtually held in early June. Attendees were uniformly appreciative of the diversity of topics in the speeches and panels.

Conference organizer, Ellyn Bader, opened the program with an engaging and informative multimedia presentation on the therapy of couples who work together. She discussed the need for relational structure and defining roles. She also presented six skills that these couples need to employ to be more effective as partners, including commitment and negotiation. She stressed that interdependence works best when all issues are openly addressed.

One highly rated panel featured Martha Kauppi, Shawn Giammattei, and Stan Tatkin. They discussed working with sexuality in an online world and offered ad-

vice to non-binary and LGBTQIA people.

Bill Doherty discussed polarization in intimate and civic life. He included methods of working with couples of differing political orientation.

In his keynote, Stan Takin covered the explicit principles that guide relationships to grow, including shared mythologies, devotion to safety and security, and common purpose.

Other distinguished faculty, including Terry Real, Harville Hendricks, Helen LaKelly Hunt, Joseph Winn, and Carolyn Welch, discussed topics such as highly reactive couples, gender affirmative relationships, desire, working with men, and mindfulness.

To stream the content, see couplesconference.com.

INSPIRING MOMENTS

continued from page 5

invited Haley and Madanes. A bit naive, I scheduled Haley as the discussant for the Masterson's paper on the object relations approach to therapy. In other words, I mixed oil and water, or rather flint and steel. Fortunately, my friendship with both men was not affected. (A side note: I also scheduled Masterson as the discussant for Murray Bowen. Live and learn!)

Of Masterson's paper, Haley said that psychoanalysis had died in the middle of the 1950s. He rebuked the diagnosis of "borderline," calling it basically irrelevant. He criticized inpatient treatment of adolescents and favored family therapy. He wondered out loud how renowned experts could have such polar positions. (Those interested, can find the dialogue between the men in *The Evolution of Psychotherapy*; Zeig, J.K., Ed., Routledge, 1987.)

In 1986, I organized an Erickson congress as a tribute to Jay Haley and his work, honoring him as a giant in the field. The proceedings from that conference were pub-

lished in *Changing Directives: The Strategic Therapy of Jay Haley* (Zeig, J. K., Ed., 2001).

I continue to be mesmerized by Jay Haley's work. He offers remarkably astute analyses in an admirable writing style. And he continues to impress me because his contributions have proved timeless.

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Jeffrey Zeig



Lillian Borges



Stephen Lankton



Brent Geary



Dan Short

CASE REPORT

On the Therapeutic Importance of (Sometimes) Being Shocking

By Rubin Battino and Michael F. Hoyt

In 1973, Ernest Rossi published “Psychological Shocks and Creative Moments in Psychotherapy,” five cases in which Milton Erickson safely and successfully used “shock therapy” to facilitate creative moments.

Rubin Battino: I was so impressed by a case involving two very prudish university professors who had been unsuccessfully trying to have a child, that I dramatized it as “Procreative Shock Therapy” (Battino, 2008).

Here are two “shock” cases of our own, with commentary:

Case One: “You Are the Stupidest Smart Person I Know”

Battino: I had seen Jason, an out-of-town client, a number of times at long intervals. While he appeared to get what he came for, he would return with a similar complaint of self-sabotage and things going wrong. When he recently scheduled a session, he told me he was losing another job. It seemed tiresome, “more of the same.” I decided to meet via FaceTime and to use shock therapy to “jolt” him out of self-sabotaging. When we spoke I told him this:

Jason, I believe the only thing that will help you at this time, maybe the last time we get together, is shock therapy. You are undoubtedly the stupidest smart person I know, or maybe just the smartest stupid person. You are a real fuck-up, someone who knows how to convert opportunity after opportunity—things which you have earned—into shit. Just close your eyes now and listen. [He did so easily since he had gone into trance many times before with me.] Continue breathing easily while I shock the shit out of you. Just listen.

It’s true, many things in your past—like relations with your father—influenced you to be a fuck-up. Here you are— still fucking up—when you have achieved many things. There may be only one thing left to help you get rid of all that shit that you believe controls your life.

You have one chance to stop sabotaging your life and career. It’s something very simple, and you know it: L-O-V-E. That’s it, LOVE. It’s the love you have for your wife and the love she has for you. Being a fuck-up is eroding your life. She depends on you, she loves you, and you love her. This is it. You have one chance now. Stupid Jason is going to stop being a fuck-up and eroding the love in his life.

And you know, Jason, I love you because I know that somewhere in you there is love and the ability to give up all of that screwed-up behavior. You can feel that, can you not? And, to remind yourself that love is there to guide you whenever a fuck-up situation arises ... I want you to hold two fingers together now, and that is your signal. Any time there is danger of fucking up, just think about Marilyn and love; Marilyn and love.

That’s it. Just L-O-V-E. You can take a deep breath or two now, blink your eyes, and come back to this room. Thank You. Send me an email some time. And that’s it for now. Love.

I smiled, then disconnected from FaceTime. With Jason I used oxymoronic re-framing. I called him “stupidest smart” and “smartest stupid.”

I waited four months to follow up, then got in touch to ask how he was doing. He had a new job and was finishing up obtaining a license in a different field. He had also been seeing a local psychotherapist.

Case Two: “The Kick of Approval”

Michael Hoyt: I saw Richard intermittently. We met when his first marriage was ending; then later, when he was dating and when he met a woman and was

going to get married. Much later, he came to tell me that they had married and were happy. But near the end of the meeting, he hesitated. He said he had met a very attractive woman through work who was flirting with him, and he was tempted. He looked at me, smiled, and said, “What do you think?” I looked back and said, “RICHARD, ARE YOU OUT OF YOUR FUCKING MIND!?” He looked startled, then laughed and said, “I didn’t think you’d give a thumb’s up.” We shook hands. That was our last session.

About three years later, I went to a movie. I got there early and went for a walk. I heard someone say, “Hey Michael!” It was Richard. We chatted. I said, “Whatever happened after our last session?” Richard smiled. He took out his cellphone and showed me some pictures of his wife and two young children. “I owe you a big thank you. I remembered what you said when I needed it. You gave me the kick of approval.”

I’m not saying that therapists should swear and curse at clients, but Richard and I knew each other well and I don’t think it would have had much impact had I said something anodyne.

Authors’ Comments:

As Dan Short (2020) said about shock therapy, “Erickson would strategically create experiences that communicated therapeutic ideas and that were delivered in an emotionally provocative manner. As observed by William James (1902), “Emotions that come in this sudden explosive way seldom leave things as they found them.”

“Shock” methods should be used carefully. Be smart and do no harm (Hoyt & Bobele, 2019). As Jay Haley (Crenshaw, 2004) said when asked how he knew to use a certain intervention at a certain time, “You wouldn’t use it on someone it wouldn’t work on!”

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EDITOR’S COMMENTS *continued from page 2*

Yapko’s *Process-Oriented Hypnosis: Focusing on the Forest, Not the Trees*. Her review is also a tribute to Yapko as a significant force in the field of psychotherapy. She writes: “Yapko’s works help readers to better understand the art of living well and provides a deeper understanding how hypnotic processes are woven into every form of therapy. This book offers a rich understanding of how to integrate hypnosis into professional healthcare practices and it goes beyond technique and instruction.”

What Yapko is doing brings us back to the theme of this issue: The evolution of a rigorously researched paradigm elevated to the level of art. Erickson-Klein ends her review with appropriate praise: “I find *Process Oriented Hypnosis* to be among the most significant contributions of the half century in which I have maintained a serious interest in hypnosis literature.”

Rick Landis, Orange, CA

HISTORICAL TIMES

Investigative Hypnosis: The Beginnings of Police Psychology at The Los Angeles Police Department

By Joyce Bavlinka, M. Ed., LISAC

As we reorganize the Foundation's book collection, I have come across several noteworthy books featuring those who have made strides in the fields of hypnosis and psychotherapy.

One such book was discovered in our historic book collection. It is the *Handbook of Investigative Hypnosis* (1980) by Martin Reiser, Ed.D. Reiser was director of Behavioral Science Service (BSS) for the Los Angeles Police Department (LAPD) and founder and director of the Law Enforcement Hypnosis Institute. He also served as president of the Los Angeles Institute and Society for Psychoanalytic Studies.

In 1968, Reiser was appointed staff psychologist for the LAPD, the first such position offered at a major U.S. police department. His tasks were to meet the psychological needs of 9,000 department employees and their families. He developed a model for training, hostage negotiation, and management of job-related stress that is still in use today.

In 1972, Reiser initiated a program on investigative hypnosis, and in 1975, began training police investigators to use non-therapeutic hypnosis with witness and victims in criminal cases. Reiser consulted on high-profile cases, including the late-1970s case against Kenneth Bianchi, aka, the Hillside Strangler. Reiser's career took off when police departments began to utilize hypnosis for interviewing witnesses, but courts questioned the use of it. Due to possible confabulation, it is not recommended to use hypnosis to refresh the memory of witnesses.

The home page of the BSS website (www.lapdbss.online) credits Reiser as being the father of modern police psychology. Reiser presented at the first two Ericksonian congresses in 1980 and 1983. He wrote many articles for professional journals

and authored three other books, including *The Police Department Psychologist* (1972); *Practical Psychology for Police Officers* (1973); and *Police Psychology: Collected Papers* (1982).

At the first congress, Reiser presented "Erickson and Law Enforcement: Investigative Hypnosis." The transcript can be found in *Ericksonian Approaches to Hypnosis and Psychotherapy* (Zeig, 1982, Chapter 31, pp. 349-356). It is also included as a chapter in *Police Psychology*. Reiser states that Erickson considered hypnosis to be "... a most valuable tool in securing correct information from witnesses and victims of crime." Reiser also discusses that hypnotized witnesses were sometimes disqualified from testifying due to hyper-suggestibility, confabulation, accuracy of recall, and memory distortion.

At the 1983 Erickson congress, Reiser presented "Investigative Hypnosis: Scientism, Memory Tricks and Power Plays." This can be found in *Ericksonian Psychotherapy, Vol. I: Structures* (Zeig, 1985, Chapter 31, pp. 511-523). Reiser discusses the use of hypnosis in victim and witness recall and investigative hypnosis. He says, "Investigative hypnosis is a specialty within the police science arena rather than a therapy domain ... and memory is not tainted by hypnosis."

In Chapter 18 of the *Handbook of Investigative Hypnosis*, entitled: "Additional Induction Techniques, Direct and Indirect," Reiser includes a lengthy section on Erickson's naturalistic induction techniques that was taken from Erickson's article published in the *American Journal of Clinical Hypnosis* (1958, Vol. 1, pp. 3-8). He also discusses Erickson's indirect rehearsal observation, and pantomime techniques. The bibliography includes seven citations from Erickson's writing and a citation of a personal correspondence in 1978. The book includes transcripts of a hypnosis session and sketches made by artists of witnesses under hypnosis.

Reiser's legacy lives on through the many psychologists he trained and supervised.

(This article has been condensed for the newsletter. To read the entire article, see: <https://www.erickson-foundation.org/investigative-hypnosis-the-beginnings-of-police-psychology-at-the-los-angeles-police-department/>)

INTERVIEW

continued from page 1

JL: For more than 20 years, I worked as a chaplain in a women's prison. While the setting made it impractical to use more traditional forms of hypnosis, I used informal trancework every day. In a setting like that, it is important to go back to the fundamental view of what trancework entails, and to optimize opportunities to offer encouragement and therapeutic support.

I only used formal trancework on three occasions. Once was with a woman who was a cutter. The prison officials wanted behavior modification to work, but it did not. I was not supposed to therapeutically do anything to help. I had asked woman about the sequence of events that led up to her cutting. So, we prayed, asking for God to help her with items on the list but I scrambled the sequence of events. When we finished, I told her that she would free of cutting—and she was.

The scramble technique I used with that woman was highlighted in the

newsletter's Case Report column. [Readers can learn more in *The Scramble Technique* (Lankton, S., 1987); and in *Central Themes and Principles of Ericksonian Therapy, Ericksonian Monographs*, (S. Lankton, Ed., Number 2, pp. 56-68)]

In another case, a woman had part of a lung removed and was reluctant to use pain medication. With a few suggestions I was able to help her get through the interval. [See: *Introduction to the Study and Application of Hypnosis for Pain Control* (Erickson, M.H., 1965/2010); and *The Collected Works of Milton H. Erickson, M.D.*, Vol. 7 (Rossi, E. L., Erickson-Klein, R. & Rossi, K., Eds.)]

REK: We had a conversation a year ago about how the teachings of Erickson sometimes evolve into stories very different from what he originally told or wrote.

JL: I was recently reading what Er-

ickson had written about pain management. His technique of separating both the fearful anticipation of pain and the memory of pain from the actual experience of pain, can reduce distress by a third or less.

REK: It is gratifying to hear that you keep going back to Erickson's teachings. It is also interesting that those who studied directly with Erickson came away with different perspectives on his ideas than those who had not. There have been several efforts made to consolidate core principles of Erickson's work. One of the most recent is directed to support evidence-based examination. (<https://www.erickson-foundation.org/core-competencies>)

JL: The effort to identify core principles that most speaks to me is a chapter written by Stephen Lankton in *The Collected Works*. [For more information, see: *A Basic Footprint of Milton H. Erickson's Process of Change*,

(Lankton, 2010) in *The Collected Works of Milton H. Erickson, M.D.*; and *Classical Hypnotic Phenomena Part 2, The Collected Works of Milton H. Erickson, M.D.* (E. L. Rossi, R. Erickson-Klein, & K. L. Rossi, Eds. Vol. 6, pp. 345-357).]

REK: Tell me about your role as the media reviews editor for this newsletter.

JL: I appreciate the opportunity to serve in this role. It is gratifying to give individuals the opportunity to write a review and then have it published. A process of professional affirmation and validity comes with the experience of putting something out for peer evaluation. With the pandemic, it has been difficult to get people to commit to writing reviews. [See the article on our call for media review writers in this newsletter. If you are interested, contact John Lentz at Lentzhome@aol.com.]

REK: You have written a lot. Tell
INTERVIEW continued on page 20

STORIES WITH ERICKSON

Eric the Badger—Alive and Well in the 21st Century

In the mid-20th century, H.C. L. Jackson wrote a popular column on the back page of the *Detroit News* called “Listening in on Detroit.” He would often publish stories written by readers and Erickson was a frequent contributor, writing under the pseudonym, Eric the Badger. Erickson graduated from the University of Wisconsin and the university mascot happens to be Bucky Badger. Jackson’s columns were eventually published into books and they include Erickson’s contributions.

Here is one of Erickson’s stories:

Grampa and His Bike Blitz

Eric the Badger thinks the time has come to talk about Grampa, the Pestiferous Pup and the Bike Blitz. It was more than a year ago that Grampa, who is still as nimble as a slightly rheumatic flea, brushed his long white whiskers aside and announced to his assembled family: “It’s time I did some war work.”

“Oh, but Father,” his daughter started, and...

“I am not too old,” snapped Grampa. “I am not a baby to be babied. I am a grown man and there is manpower shortage and by gum, I’m gonna work. I’ve even got a job.”

“Where?” sighed daughter.

“I gotta job as night watchman in Jones & Factory,” said Grampa.

“Nothing’ to do but keep awake, an’ I can’t sleep anyhow with the way my joints ache!”

“But how are you going to get there?” daughter demanded.

“I’m gonna ride Willie’s Bike,” said Gramp.

Daughter repeated, rather blankly, “Willie’s bike?”

“Willie certainly don’t need it,” Grampa snorted.

“Not with him bein’ in New Guinea, or somewhere, where them girls wear grass skirts and I bet they itch. I’ll ride Willie’s bike.”

“But do you know how to ride?” inquired son-in-law.

“Do I know how to ride!?” Grampa sounded scathing. “I was ridin’ a bicycle an’ doin’ the century too, when you was yellin’ for a lollypop. You was,” he added gratuitously, “about the homeliest baby I ever seen—and the squallingest.”

On that high note the discussion stopped. That very evening, Grampa started for work, and the family is still convinced he’d been practicing up secretly, because he trundled the bike from the garage to the sidewalk, stood on the pedal, got up speed with a few preliminary one-foot pushes, and swinging his leg over the crossbar with graceful ease, he went sailing down the street with a casual flirt of the hand and his white whiskers rippling in the

slipstream.

So that was that, and Grampa became the pride of the neighborhood. Little children stopped their play to watch Grampa go importantly past. High-Panted-Know-It-Alls paused to inform each other: “The old coot’s strictly on the beam!”

Well, a whole year spun under Grampa’s bicycle wheels. Then came spring, and the pup.

Him having been graduated from chewing up carpet slippers in the house six doors down the street, heeded the call of spring and came out in the big world to see. And the first thing he saw was Grandpa on his bike.

We do not know whether he merely was shocked, or maybe Grampa’s breeze blown whiskers got him excited. The fact is, he let out one yap and started after Grampa.

The pup emitted a view halloo. Grampa tried to overlook him. But the bike wobbled a bit. It is very difficult to retain your dignity on a bike with a pesky pup barking at you.

But it didn’t last long. The pup retired to his yard and Grampa gave over the muttering of words he must have learned in the village pool shop. But ... next night, Mr. Pup was right there to hound Grampa. And ... he had more courage, and voice. And well, night by night, Mr. Pup got fresher, and Grampa had a harder time maintaining his dignity.

Came the recent evening when Grampa appeared as usual, but then rode off in the opposite direction. Mr. Pup was delighted with this innovation. He chased Grampa harder than ever.

Next night, Grampa left way early. He got up speed and coasted past Mr. Pup’s residence. Mr. Pup tried to bite Grampa’s ankle. And then ... in the soothing sunshine of the following evening, Grampa boarded his bike. He rode his regular route with head erect and dignity in his shoulders and “yap, yap, yap,” and Mr. Pup was coming at him.

Grampa abruptly swerved his bike, aiming it at the oncoming pup. He stood up on the pedals and pumped like hell. He also let out the rootinest, tootinest cowboy yell that’s ever been heard in them thar parts.

Mr. Pup stopped so fast his ears flopped. He reversed. His toenails scrambled wildly on the concrete trying to get up speed. Grampa was bearing down on him. Mr. Pup started in high and went wailing through his master’s tulip garden. Grandpa was right on his tail, gaining at every pump and whooping like three Comanches with firewater.

Mr. Pup went into the back yard and kited under the back porch. He whined in a high B-flat. Grampa rode right around the house back to the sidewalk, and with unflustered dignity resumed his trip. Well ... each evening since, Grampa has pedaled sedately down the street. Each evening, the pup has been on his owner’s front walk. And ... each time, Mr. Pup has spotted Grampa, he’s sat right down and elaborately scratched an ear.

With his whiskers a flaunting white banner in the breeze, Grampa has, we are sorry to say, fired at the poor cringing Mr. Pup. Each time he has gone past a long, loud, common sound—a razzberry as wet as a watermelon.

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ERICKSON BIOGRAPHY

In 1994, Jeff Zeig interviewed David Calof for the Erickson biography, *An Epic Life*. Calof edited and revised the transcription. The following is an excerpt from biography.

David Calof: One session stands out to me vividly to this day. I remember it was not only helpful, but also pleasant and humorous. In that session, I complained to Erickson about my compulsions. Specifically, I said, “I’m having a little trouble controlling my expenditures. I have tried this, that, and the other thing, and wondered if perhaps with hypnosis....”

Of course, buried beneath this riskless gambit was the wish that Erickson would somehow magically transform me. I might have only to dust myself off slightly, none the worse for the wear, and begin my new life.

Decades later, I recognize that stereotypic wish—I see in so many clients of mine. In any event, my rote line about my problem surely must have signaled to Erickson how rigidly I clung to my definition of my *spending problem*. So rather than entertain my limited view of the problem, he instead intervened at the level of my rigidity.

At the time, I wore my hair past my shoulders. It had never been a topic of conversation in all the years I had known him -- until then. After pouring out my story with all the appropriate affect, I sat back and prepared to be held—no, carried to a new level of function and integration. I visibly reclined. I dutifully loosened my belt—as I had seen him ask various subjects to do—and cleared my throat. And just when I thought I would be *carried* off, Erickson screwed up his face quizzically and asked with utter sincerity, as though it were the most interesting thing in the world to him in that moment, “Why do you wear your hair so long?”

His question broke my dysfunctional trance in an instant. My whole rehearsed story disappeared, and I was unable to think clearly. I felt exposed. My quarrel with my father over the length of my hair suddenly took my mind off my *problem*.

Desperate for a safe harbor, I dissociated. I expect I must have been showing telltale signs of a trance in that moment because I was unable to garner my earlier story as a defense. I was unable to gather my former mind. In fact, I mumbled and stammered and attempted to say a couple of words, but I could not intelligibly speak.

I do know I felt a whirlwind of emotion in my gut as I struggled to make sense of his question, obviously attributing great importance to it, and not wanting to be seen as *not getting it*. But, before I could muster words into a sentence, he was on the [guesthouse] phone calling urgently for visiting friend and psychiatrist, Marion Moore, to wheel him back to the [main] house. When I tried to speak again, Erickson looked away and quickly began to wheel himself out of the room, not making eye contact and saying only, “Think about it tonight and I’ll see you again tomorrow.” Before he was all the way out the door, Dr. Erickson said to Dr. Moore, “Quickly Marion.”

With that, he vanished from sight. I sat immobilized in the trance chair for a long time, until I finally left to go to dinner. The trance remained throughout the evening. I vividly dreamt, slept soundly, and woke up refreshed the next morning, somehow feeling lighter.

The next day, I went prepared with the rehearsed story of what I thought it meant that I wore my hair long. But, before I could offer any of it, Erickson, with a mischievous, avuncular look, said to me kindly, as if I had been on his mind constantly since he had last seen me, or as if no time had intervened: “David, I think it’s wonderful that you spend money. I think it’s wonderful that you spend money on books. And I think you should enjoy reading those books before you buy new ones. I think it is wonderful that you buy music for yourself, and you should enjoy all that music before you buy new music. And I think it is wonderful that you should want to buy nice things for yourself. I think you should buy nice things for yourself. As a matter of fact, I think you should buy yourself a savings account.” The idea was instantly delicious.

Rather than seeing savings as deprivation—a *have-not*—I saw it as something I could ‘have.’ Shortly after, I found myself getting my first serious savings account.

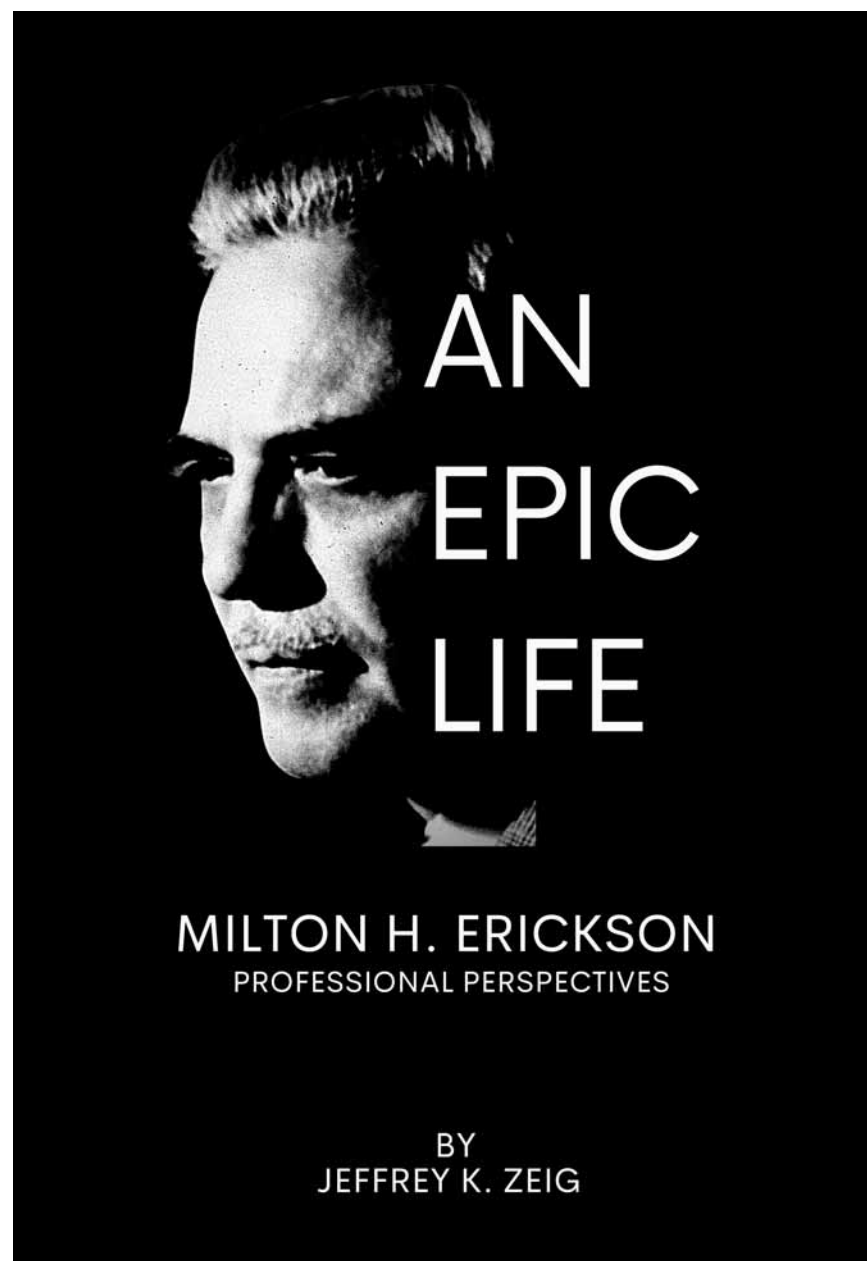
The crucial intervention was only a sentence long, but Erickson took days preparing a state of readiness in me. It was like the touchless throw in Aikido—utterly beautiful in its elegance and simplicity.

Biography on Erickson Published in 2021

An Epic Life: Professional Perspectives, the much-anticipated biographical study of Milton Erickson written by Jeff Zeig is scheduled for publication at the end of this year. It is the first in a two-part series of the life of Erickson. This first book centers on personal perspectives from colleagues. The second book will cover personal perspectives from family, friends, acquaintances, and patients.

We hope to offer a special collector’s edition in hardback copy. See our winter issue of this newsletter for updates.

Sign up for the new book release information: <https://mailchi.mp/erickson-foundation/new-book-releases>



FOUNDATION NEWS

Devoted Ericksonian Joins Foundation—Again

Approximately a year ago, the Foundation brought in Joyce Bavlinka, M. Ed., LISAC, to help part time with continuing education and to assist Jeff Zeig with several miscellaneous projects. Although Joyce holds no formal title at the Foundation yet, she offers much in the way of her curiosity and tenacity as she investigates archival materials. She says she trusts her unconscious to find meaning in assignments.

When asked what attracted her to the Foundation, Joyce replied, “Thirty-five years ago, I read a book where some of Erickson’s techniques were discussed, and I was fascinated by his approach.”

In the 1990s, Joyce volunteered at the Foundation’s former headquarters. “My interest in Erickson,” she explains, “has been consistent over the years and I have attended and/or volunteered at 10 congresses and Evolution of Psychotherapy conferences. I had the pleasure of meeting Jay Haley and Bob Pearson at my first Erickson event.”

Currently, Joyce is working on the Foundation’s sale of historic books. Her first newsletter article about the investigative use of hypnosis in police work in this issue.

Joyce is licensed in Arizona as a substance abuse counselor. For 15 years, she was the director of a library and tutoring center for the City University of New York. She has worked for the New York City Board of Education writing large grants for community school districts and worked in program development and contract administration. She has studied with Sidney Rosen and she has coordinated many workshops for Albert Ellis.

Born and raised on Long Island, New York, Joyce returned to Arizona in 2020 to escape the cold, damp weather. She has one son and two granddaughters. Outside of work she likes to walk and stay in shape, and enjoys “espresso and sunshine,” barbecuing, reading nonfiction, especially exploration, and collecting and wearing one of her more than 100 unique and interesting jewelry pins. Joyce is always up for training or learning more through reading and she also enjoys urban photography has been selected for juried competitions. Active in the Heard Museum Guild, she serves at their photographer. She prefers Celtic rock, bluegrass, and Americana music.

“It is wonderful to be part of an organization whose mission is to keep Erickson’s work alive,” Joyce says. “And as I watch videos of Erickson and discover interesting items in the archives, I continue to develop both professional and personal skills.”

Foundation Offers Fellowship Opportunity

The Erickson Foundation is searching for a Research Fellow to work in the Foundation archives sorting through archived media for publication. This position would also require organizing and coauthoring books. This is a two-year, full-time, non-clinical position.

Candidates should be a post-graduate in any mental health field, and possess strong writing and organization skills, as well as the ability to work independently. A background in hypnosis and/or the work of Milton Erickson is desirable. English must be candidates’ native language.

If you are interested in this position, please email Jeff Zeig at jeff@erickson-foundation.org.



Joyce Bavlinka

Book Reviewers Wanted for Newsletter

As our newsletter readers are aware, we try to bring you informed reviews of current and relevant books and media in the field.

“Due to the pandemic, it has been a bit difficult to get people to commit to writing reviews,” says John Lentz, who has served as media reviews editor since March of 2019.

If you enjoy reading and writing and would like to work as one of our newsletter media reviewers, please contact John Lentz at: Lentzhome@aol.com. Reviewers will get a complimentary copy of the book or DVD they are reviewing.

“It is gratifying to give individuals the opportunity to write a review and then to see their own words published,” Lentz says. “A process of professional affirmation and validity comes with the experience of writing a review and putting it out for peer evaluation.”

The Collected Works Sets Selling Out

The Foundation is nearly sold out of the hardcover complete set of *The Collected Works of Milton H. Erickson, M.D. Vols. 1-16*. Only three sets are available for purchase.

However, 50 sets of volumes 1-8 are still available at \$399. Volumes 1-8 are a collector’s edition, a comprehensive anthology of the published papers of Milton Erickson. It is the authoritative collection for those who want to learn from Erickson’s writings and research. The books cover topics including deep hypnosis and its induction, using hypnotic phenomena, and clinical approaches, for example working hypnotically with pain.

To order: <https://catalog.erickson-foundation.org/bundle/collected-works-vol-1-8-hard-cover>.

Also available is a collector’s edition of volumes 10,11, and 12: *Hypnotic Realities, Hypnotherapy and Experiencing Hypnosis*. These three books are required reading for those who wish to learn the practicalities of Erickson’s methods.

Ernest Rossi, PhD, came to Erickson in the early 1970s eager to learn but with little experience with hypnotic methods. As a result, Erickson and Rossi authored the three books in which Erickson teaches Rossi the essential nature of hypnosis and its clinical applications with a wide variety of human problems. Case studies and annotated transcripts are included.

The Collected Works series is an ongoing commitment to gather and assemble the vast scope of material contributed by Milton Erickson. These volumes cast Erickson’s five decades of work in a neuroscience framework and are rich with his knowledge, insight, techniques, and discoveries, made readily accessible to students, researchers, clinicians, and educators in the behavioral and health sciences. The current editors are Kathryn Rossi and Roxanna Erickson Klein. *The Collected Works* preserves Erickson’s legacy and furthers his mission of advancing psychotherapy.

Thank You Generous Museum Donors

By Marnie McGann

As we mentioned in the last newsletter, donations are needed for the Erickson Historic Residence (museum). Our goal is \$15,000 and as of this writing \$9,000 has been recently donated. These donations will be used to fix cracks in the foundation, replace beams and soffits, and put a fresh coat of exterior paint on the home. We will also use the money to make the museum more visually appealing for visitors, replacing a bird bath and purchasing and

continued next page

FOUNDATION NEWS

planting seasonal flowers and foliage for the two outdoor planters.

Thank you to Manami Hori, and Kazuyuki Tsukada for each donating \$500; Helen Erickson and Helen Zeng who both donated \$1,000; and Takahito Ko, who personally donated \$1,000 and donated a total of \$3,000 from his companies (each with a donation of \$1,000). Takahito's companies include the Association for Change and Growth Communication Advancement (ACGCA); Analogia; and Lemma Co., Ltd.

For those who donate \$1,000 and more to the museum, your name will be engraved on a bronze plaque and displayed on our donors' gate on the west side of house. You will also receive a certificate of appreciation that can be framed.

We are grateful for any amount to further our mission of keeping Milton Erickson's legacy alive.

To donate to the Erickson Historic Residence, please visit: <https://www.erickson-foundation.org/donate/>

Or you can mail your check to:

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Foundation Offers Spanish Books

The Foundation recently released two more books in Spanish: *The Insight May Cause Blindness—El Insight Puede Causar Ceguera*; and *The Habit of a Happy Life—El Habito De Una Vida Feliz*.

To order these books, see:

<https://www.zeitgucker.com/product/el-insight-puede-causar-ceguera/>

<https://www.zeitgucker.com/product/el-habito-de-una-vida-feliz-espanol/>

Follow this link to order all Spanish media and books from the Foundation:

<https://catalog.erickson-foundation.org/page/publicaciones-en-espanol>

Office for Lease at Foundation

The Erickson Foundation, located at 2632 E. Thomas Road in Phoenix, has an office for lease. The Erickson building is centrally located less than a half mile from the 51 freeway.

The Foundation's 130-square foot office has sound conditioned walls and ceiling with a solid core door (for sound reduction), a private entrance, waiting room, testing and observation room, and bathroom. Covered parking is available. The rent for the space is \$500 per month. If you are interested in leasing this office, please email Marnie McGann at marnie@erickson-foundation.org.

NEW PROJECT

Emotional Impact Project

By Jeffrey K. Zeig

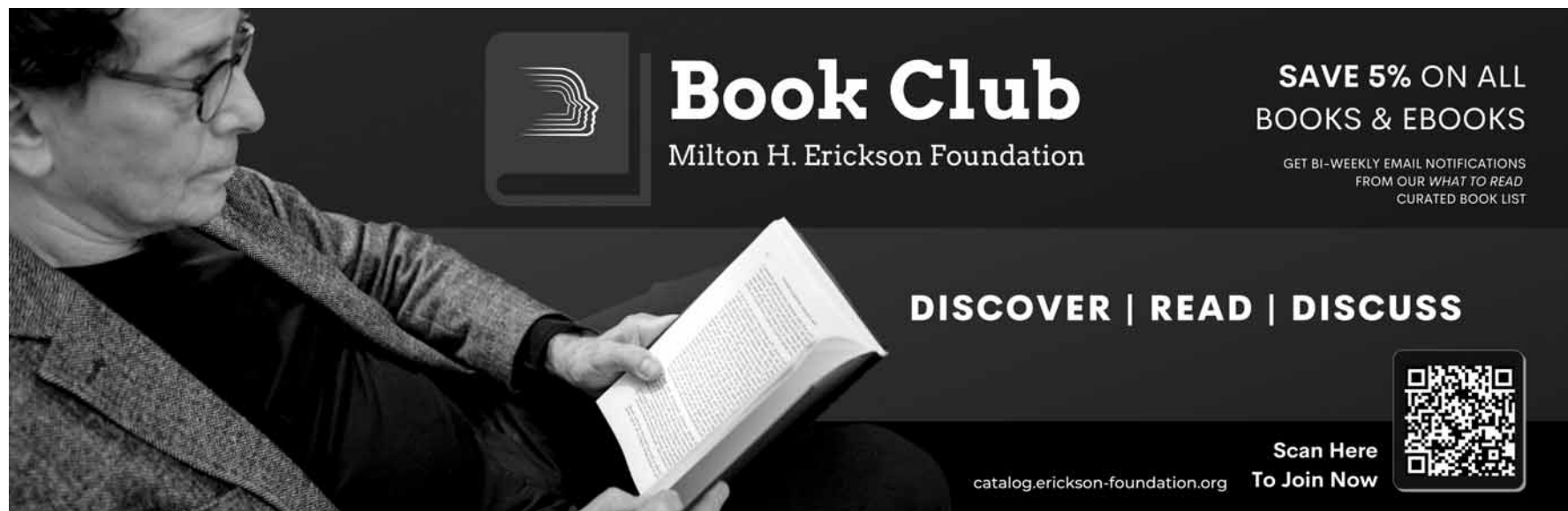
This is a brief introduction to the Emotional Impact Project. My project centers on defining and illuminating principles of evocative communication, such as attunement, strategic development, being experiential rather than informative, orienting toward, multilevel communication, elaborating, and destabilization. These influencers are central to the work of Milton Erickson. They are also used in the arts where there is temporal advancement, i.e., choreography, literature, filmmaking, music composition, painting, and poetry. Using these influencers, artists explore the possibilities within the domain of their discipline, which can lead to an evocative effect. These influencers could also be used in the art of effecting hypnosis and psychotherapy when the goal of the therapist is to evoke the


realization of a concept.

I am dedicated to advancing the art of psychotherapy. Much of my therapeutic artistry was learned from my studies with Erickson. Eventually, I began to study how artists communicate and have impact, and to better understand them, I began interviewing them. So far, I have met a lot of interesting people, like Stan Lee, comic book writer, editor, publisher, producer, and former head of Marvel Comics. Artists like Lee have helped me be to a better therapist and teacher, and to better communicate.

The recorded interviews I have done with artists are posted on my website. I hope that in viewing these, you will also become a better communicator.

To see the full interview with Stan Lee (at no cost), please visit: emotionalimpact.net.






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BOOK REVIEW

Out of My Mind: Quotations that Delight, Dazzle, and Confound

By Leslie Miklosy
Kindle Direct Publishing
[amazon.com](https://www.amazon.com)
Copyright©2020 by Leslie Miklosy
ISBN 9798692840455

Reviewed by Joseph Carlton, LMFT, Louisville, KY

Out of My Mind! What a title and what an introduction to the wonderings and musings of an insightful author with an inventive style.

Avid readers are familiar with the basic structure of a book, whether it is a mystery, novel, or nonfiction. At the beginning, we learn the characters or the foundation for what it is come. Then the writing unfolds to the main points. At the end, most books have a conclusion. But Leslie Miklosy shifts away from that limited structure. Instead, with precise thrusts—much like a 19th century cavalry officer wielding his sword—the author advances, with deeply, meaningful ideas and concepts, presented in unexpected one-liners, short essays, and illustrations intermingled with his musings. He also intertwines humor with serious thought, creating a space for the reader to both laugh and reflect along the journey. And he does this in a manner that allows the reader to explore beginning to end, or easily move about the book reading bits and pieces of interest.

The book begins with Miklosy's reflections on creativity, which is appropriate considering how creatively this book is put together. He then covers sub-

jects such as temptation, the self, success, problems, suffering, religion, mystery, and more. He invites the reader to engage with him; to break with the expected and be open to broader ideas and possibilities. Miklosy does not direct the reader, but rather invites and guides us.

My favorite part of the book are the two short essays, both only two pages long and quite easy to read. The first is titled, "Myself and I, for Better or Worse," and the other is, "Would You Like to Come Out and Play?" In the first essay, in his precise manner, the author shares an honest personal reflection, admitting that he still has a lot of work to do. As he shares his reflection, the reader is invited to also self-reflect and be accepting and loving of themselves.

This essay reminds me of something I once heard Betty Alice Erickson say about intimacy: "Intimacy is taking all of who you are, including your faults, your failings, and your imperfections, and offering yourself to someone anyway." We often do not think of this as being applicable to our own lives, yet Miklosy reminds us that it can be, by sharing his self-reflection.

The second essay, "Would You Like to Come Out and Play?" is a gentle reminder that life is to be enjoyed. The author reflects on being a middle-aged man who still loves to play. He shares examples of silly, playful (maybe in this case it should be play-full) subtle ways he engages in life in a joyful manner. One cannot help but to be reminded that life is not only about responsibilities and serious activities, but also about being yourself and enjoying play.

This is certainly a book that readers will want to keep near, to refer to often, discovering something new each time. I also recommend this book to clients. In fact, it would make a great coffee table book for your waiting room, because many quotes included are thought-provoking. Most importantly, this book is a fun read that offers opportunity for reflective thought.

BOOK REVIEW

Happy is the New Healthy

By Joan Neehall (with Laura Morton)
Forefront Books, a division of Simon & Schuster
Copyright 2020 Joan Neehall
ISBN 978-1-948677-70-7

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

In this easy-to-read book, you will go on a journey of discovery, confirmation, and gentle awakening.

Author, Joan Neehall offers tips about life and a practical understanding of happiness, illustrating with interesting stories. For example, in the first chapter, the author writes, "I believe that happiness is something that should not be hunted down; rather it should be a state of being, and something we come by naturally, just like breathing." She also provides a language for discussing happiness and motivation, with the distinction made between extrinsic motivation and intrinsic motivation. Extrinsic means that you are engaged in external reward or trying to avoid punishment. Most of us would easily agree with this definition. But the author goes on to say, "Think of doing something because someone else is providing outside encouragement or applying pressure to do it." Ouch. That one touches home.

The second chapter deals with comparing, the third chapter with loneliness, and the fourth with negative addictions. In each of the chapters, the authors speaks frankly and with insight, while sprinkling in stories that speak to their experience, authenticity, and wisdom. In the chapter on comparing, we are encouraged to compare in positive terms the ways that will assist us, instead

of getting in our way. In chapters five and six, the value of connections is addressed, and the case is made that addiction is the opposite of connection. Neehall recommends choosing people to bring into our circle who are positive, reliable, and trustworthy. We are also encouraged to have an alternative place where we can meet likeminded people, not just our home or office.

Chapter Seven deals with blocks to our connection, and we are offered tips that will be beneficial to our clients. Chapter Eight is about positive addictions, which foster a sense of accomplishment. Chapter Nine discusses motivation for a happier life. One tip offered especially resonated: "When studying or doing something that is done sitting, it would be wise to intersperse it with action and activity, to keep both the motivation for the inactive behavior as well as the physical one." This book is chalk full of tips and bits of truths. For example, did you know that our external experiences predict only 10 percent of our total happiness, and that our DNA accounts for just 50 percent? So that means 30 percent of our happiness rests on our perceptions.

The tenth and final chapter deals with surviving and thriving, even in difficult times, especially times of ambiguity. It is about relying on our internal GPS. Fun fact: The five countries in the world where people claim to be the happiest and most satisfied with their lives are Finland, Denmark, Switzerland, Iceland, and Norway. And the one thing these countries all have in common besides lots of snow, is that the citizens trust in public institutions and social connection. Therefore, it is safe to say that trust, connection, and perception play a big part in one's happiness.

I appreciate that the author uses meaningful quotes. She writes in a way that encourages us to feel good about our decisions and believe that we can make even better ones in the future. I also appreciate that each chapter has listings in the back of the book—the sources for the ideas presented. This makes the book, and Neehall seem transparent and trustworthy—and that is wonderful.

BOOK REVIEW

Process-Oriented Hypnosis: Focusing on the Forest, Not the Trees

By Michael D. Yapko, PhD

W.W. Norton & Company

264 pages, includes Foreword by Jeffrey K. Zeig

ISBN: 978-1-324-01633-5

Reviewed by Roxanna Erickson-Klein, Dallas, Texas

Process-Oriented Hypnosis is the latest in an impressive string of literary contributions by Michael Yapko. In the foreword written by Jeffrey Zeig, it is noted that Yapko's contributions to the field of psychotherapy have been considerable, far beyond the specifics of this or other works. Therapy is described as an art, the same way that adaptive living is an art and should therefore involve creativity, spontaneity, and tailoring to individual needs. Yapko's works help readers to better understand the art of living well and provides a deeper understanding how hypnotic processes are woven into every form of therapy.

This book offers a rich understanding of how to integrate hypnosis into professional healthcare practices and it goes beyond technique and instruction. Yapko presents an integrated approach of case conceptualization through a recognition of patterns. This is a very different view of what has been previously offered. His approach illustrates how attention to an individual's specific perspective, combined in the context of the larger picture, can result in a uniquely incisive approach to problem resolution.

Yapko can connect with a broad audience of readers, ranging from those who are not familiar with hypnosis, to seasoned clinicians like myself who practice hypnosis professionally on a regular basis. The text begins with basic foundational information about the nature of hypnosis. It then swiftly moves into a discussion that is easily accessible to readers. Yapko carefully paces his ideas as building blocks that compel a reader to continue with a feeling of discovery. He invites the reader to self-reflect and examine the ways in which his suggested shifts in style can enhance one's practice.

Over the decades, Michael Yapko has honed his skills as a clinical psychologist, author, international presenter, and teacher. His background in strategic and cognitive behavioral approaches, enhanced by his own passion for wisdom and ongoing commitment to expansive learning, have evolved into a gentle personal style that is simultaneously nurturing, inspiring, and informing. When he lectures, his tone conveys patience and attentiveness. He has a remarkable talent to communicate to large audiences and to generate a sense that one's ideas are being attended to. Yapko's ability goes beyond the spoken presentations. In his writing, there is an embedded realism in discussion of matters that give readers a sense of being on the same page as him.

In this book, Yapko discusses how hypnosis can be used to reach beyond one's fundamental orientation; to engage a subject's internal resources in a manner that is both broad and straightforward. He emphasizes that while hypnosis itself is not a therapy orientation, its function is to be therapeutic. Reaching beyond the current parameters of most educational tools that lean either overtly or subtly on one's psychological orientation, this book leapfrogs past the common stumbling blocks of orientation bias. The author effectively addresses that while a hypnoanalyst works differently than a solution-focused clinician and psychodynamics differ from mindfulness, each orientation can effectively integrate hypnosis into its practice. In fact, each of these differing orientations can and often do embrace hypnosis as a tool that can accelerate and enhance the healing process. Yapko demonstrates the effectiveness of his approach, whether one's orientation calls for revisiting the earlier life events that contributed to maladaptation, or whether the orientation places empha-

sis on a desired future outcome. This is done with explanation, philosophical discussion, cognitive common sense, and case examples.

A series of concepts are developed as general building blocks, including flexibility, adaptability, building expectancy, encouraging acceptance, tolerance of ambiguity, and defining responsibility. Readers can use the table of contents to jump to any chapter of interest. Each part of this book is sufficiently explained and provides a balanced overview of immediate and proximal problem solving. The concepts described are annotated in a thoughtful, clear, and detailed manner. The ideas are organized in a logical sequence and further summarized in a series of tables that can be useful, even for highly experienced clinicians. Many of the basic ideas presented are further annotated with case examples and pragmatic illustrations, putting the concepts into action. As Yapko offers some session transcripts as examples to illustrate points, he emphasizes that to make work effective, every individual, element, and moment, must be integrated into what is taking place within that session.

While *Process Oriented Hypnosis* is clearly targeted at the professional practitioner, Yapko's writing style makes information available to any serious reader who seeks to better understand the power of hypnosis. This work is valuable to clinicians, as well as those who seek self-help resources. Several of Yapko's earlier works have also spanned their ability to simultaneously inform both the public and the professional. Key among these resources are *Mindfulness and Hypnosis* (2011, Norton) and *Depression is Contagious* (2009, Free Press).

Most notable among Yapko's earlier works is his classic text *Trancework*, originally published in 1984, and now in its fifth edition (Routledge, 2019). It is among the most widely read of all textbooks on the topic of clinical hypnosis. *Trancework* offers readers a comprehensive overview of the nature of hypnosis, with distinctions made among various orientations and hypnotic styles (traditional vs. hypnoanalysis vs. cognitive hypnosis vs. Ericksonian). Yapko's attunement to what is lacking in the literature, and timely responsiveness, has resulted in numerous, varied, and valuable books that have open the doors to educating both professionals and the public at-large.

In this work, Yapko explores tailoring, an element that has become identified as a core Ericksonian approach. Tailoring involves listening carefully to the words, phrases, and expressions of the client, then subsequently adapting the direction of therapy to the specific needs, wants, and desires of the subject. Yapko takes this basic concept and turns the whole picture upside down and inside out. And in so doing, he may have arrived at the most Ericksonian of all approaches: that of looking at the forest—not just the trees—and working within the context of the bigger picture.

This reminds me of my youthful days and the many times I found myself confused in interpersonal relations. I used to ask my father for advice, and I can still hear his voice: "Quit listening to the words and look at the actions. The message is clear!" He was always right. While it may seem paradoxical to downplay expressed concerns of the subject, it was Milton Erickson's ability to look beyond the immediate concerns into the larger context that allowed him to develop his reputation for rapid and dramatic shifts in a subject's thoughts, feelings, behaviors, and perspectives.

Yapko's ongoing learning and professional growth has put him beyond any single professional orientation. While he retains key elements of strategic and cognitive behavioral approaches, incorporates aspects of traditional approaches, and has clearly been heavily influenced by Milton Erickson, he truly teaches with broad integrated brush strokes. Over the years and the decades, Michael Yapko has become recognized for the contributions he has made to the literature on hypnosis, as well as to the psychological well-being of the broader population. I find *Process Oriented Hypnosis* to be among the most significant contributions of the last half century—the time in which I have maintained a serious interest in hypnosis literature.

BOOK REVIEW

Understanding Ericksonian Hypnotherapy: Selected Writings of Sidney Rosen

Edited by Victor Kiarsis
Routledge Taylor & Francis Group
Copyright 2020 Sidney Rosen
ISBN 978-0-367-33884-8

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

By selecting and editing the papers of Sidney Rosen, Victor Kiarsis offers a loving gift to therapists and the field of psychotherapy. With an obvious affection for Rosen, Kiarsis was able to secure from him cooperation to publish these papers and we, the readers, are the beneficiaries.

This book is wonderful not only because offers a unique perspective of Erickson, but it also delves into how to use the techniques and tools for which he was well known. And it captures the uniqueness of Rosen. The also book contains photos of Rosen, Rossi, and Erickson back in the day. It seems obvious how much the three men liked each other.

Rosen's practical and unique perspectives on hypnosis and therapy make Erickson's ideas and approaches understandable and useable. For example, he

says that any loss or negative experience can be concretized, and then let go. He learned that from Erickson, yet his emphasis on it brings more awareness to this tool.

Kiarsis brilliantly captures Rosen's way of thinking. An example is Rosen's unique perspective on concretizing a symbol. This can be used to help a person to stop smoking, or to alter their feelings of pain or anxiety—and doing so in a fluid conversation with the therapist. Rosen did not promote NLP, but rather a seamless and easy way of talking using principles from hypnosis.

Rosen emphasizes how suggestions offered in a strong, even voice in a particular setting, may be more effective than when a person feels they are in a deep trance.

There is a lot of practical information packed into this small 148-page book. Readers get Rosen's perspectives on Erickson's hypnotic approaches, and his evocative language. The reader is treated to Rosen reflecting on being with Erickson and it is obvious that he was filled with affection and awe for Erickson. And yet he talks about Erickson as if he were just a friend doing therapy, which makes what Erickson did more understandable.

Despite having read many books about Erickson, none have offered the unique insights that this one does. I not only recommend this book to students and professionals but have created a class curriculum based on it.

BOOK REVIEW

Other Realms, Other Ways: A Clinician's Guide to the Magick of Intuition

By Bette J. Freedson, MSW
Ianttella Books
Copyright 2021 Bette Freedson
ISBN 978-1-7360298-0-0

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

Freedson worked as a psychic before getting her MSW, so, it makes sense that in this book she offers clairvoyant-type words for experiencing sensations from others or sending sensations to others. (I had no idea there were so many!) And while the author does not mention mirroring neurons as a means for this intuitive experience, she does provide a colorful vocabulary. For instance, she mentions *clairtangence*, *clairaudience*, and *clairgustance*, and she not only defines these psychic/psycho words but claims that we have done them. She also teaches how to use intuition and encourages us to utilize it more in our practice. In fact, she introduces us to new ideas and ways of thinking about intuition that may not have been considered. For instance, in the title of the book, she spells magic as *magick*, and that is our first clue that Freedson used creativity in putting this book together. The word *magick* is an archaic spelling of the word *magic*, and according to something I found on the Internet [what differentiates] "...the occult from performance magic, is defined as "the science and art of causing change to occur in conformity with will."

Bridging the world of psychics with the world of psychotherapy, Freedson refers to her ideas using psychotherapeutic language. But when she describes a clinical demonstration by Erving Polster, she uses psychic grammar.

Using an intuitive approach, Freedson has done a marvelous job of healing people with PTSD, depression, and other issues. She believes that we are all psychic and should use our intuition more. She teaches us to breathe, invites us to go into trance, and encourages us to visualize healing, and she does all of this with a twist. For example, she teaches using the old hypnosis approach of imagining eating a lemon—noticing its taste and texture and the changes that occur in your mouth. It is a useful exercise for helping us understand the power of imagination. She then tells us that this is what happens to your body when intrusive anxiety takes over. It is a poignant metaphor that gets our attention.

This book is peppered with influences from many realms of wisdom, as every chapter begins with a quote from a psychologist or psychic. Freedson mentions Milton Erickson, Norman Vincent Peale, Ernest Rossi, Carl Whitaker, Michael Yapko, and Jeff Zeig. She also credits her psychic teachers, Herb Dewey and Ramona Garcia.

Freedson's style of writing is inspiring, educational, colorful, and interesting. She makes her ideas seem respectful and inclusive, and she has clearly done her homework. She writes that she began her educational journey to achieve legitimacy for her work, and I assume recognition from academics as well as psychics. This is a professionally written book that champions intuition, and it offers much to anyone willing to broaden their understanding. It was a delight to read, and it is affirming to ideas and approaches that many of us use by different names. Freedson's approach is unique and colorful. I highly recommend this book.

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

BOOK REVIEW

Rethinking Trauma Treatment: Attachment, Memory Reconsolidation, and Resilience

By Courtney Armstrong
W.W. Norton & Company, Inc.
Copyright Courtney Armstrong 2019
ISBN 9780393712551

Reviewed by Kate E. Hubert Bilotta, LCSW, Louisville, KY

Every few years, an abundance of research surfaces, promoting the “latest and greatest” modalities for treating trauma, which is often confusing and overwhelming for practitioners. Therapists will therefore appreciate that in *Rethinking Trauma Treatment*, Courtney Armstrong summarizes some of today’s best insights from effective methodologies. This book can be used as a reference guide to diverse symptoms of trauma and how to promote true healing.

Armstrong teaches readers, as the title suggests, to rethink how we view trauma; to see it as a strength rather than weakness, which offers more options. She notes in her introduction that, “Research has shown a large number of people have developed increased inner strength, greater appreciation for life, closer relationships, spiritual growth, and an openness to new possibilities after trauma.”

The book is formatted in such a way that readers can easily move back and forth between chapters, finding what is relevant to their practice and ways of thinking. It is outlined in three phases, which makes navigating it straightforward. There is Phase I: Create Safety, Hope, and Therapeutic Alliance; Phase II: Transform Traumatic Memories; and Phase III: Facilitate Post-Traumatic Growth. I felt respected by the individualized structure and the fact that Armstrong encourages us to use what is personally meaningful and meaningful to our clients.

Armstrong discusses different ways of exploring trauma: through science and better understanding of the brain; through attachment theory and forming new healthy bonds; and through dealing with our own stress, residual trauma, and compassion fatigue. Throughout the book are tools and questions to assess clients’ attachment styles. There are also exercises for determining specific types of trauma and tips for how to assist with rehabilitation.

Armstrong writes in a simple, yet brilliant manner, which assumes that the reader is capable of understanding. She questions traditional treatments, like exposure therapy, suggesting that they can often be re-traumatizing. Instead, she would ask the client to recall an implicit memory, while simultaneously evoking a new experience that she calls a “mismatch experience.” This updates a person’s prior learning and changes their understanding. Armstrong notes what many of us have learned: that elevated cortisol levels reduce the size of a baby’s developing hippocampus. She teaches that this hindrance can be reversed through exercise, nutrition, positive life experiences, and antidepressant medication. The brain can be structurally transformed. Many of us also know that children learn to shut down parts of their brain to blunt sensations of terror, which can cause difficulty with functioning later in life. Armstrong explains how forming a secure attachment is the antidote.

This book provides tools for assessing a client’s particular attachment style and how to approach each one. The author says that the therapeutic relationship and forming a healthy bond is what will ultimately help the client heal. She emphasizes building secure attachments, which is paramount in trauma work. She writes that “the brain changes through the heart” and clinicians can have “confidence in knowing that offering skills of empathy, authenticity and positive regard” will influence their clients’ emotional well-being “more than any specific technique.”

I know I will be referencing the chapters of this book on many future occasions and feel encouraged knowing that no matter the technique, I am already doing what is most healing for clients—by just being with them.

BOOK REVIEW

Changing Minds with Clinical Hypnosis: Narratives and Discourse for a New Health Care Paradigm

By: Laurence Irwin Sugarman, Julie Hope Linden & Lee Warner Brooks
Routledge, Taylor & Francis Group
New York and London
Copyright Laurence I. Sugarman, Julie Hope Linden, Lee Warner Brooks 2020
ISBN 978-0-367-25195-6 pbk
ISBN 978-0-367-25667-8 hbk

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

It’s no wonder that Ernest Rossi and Kathryn Rossi call this book a masterpiece. By using engaging and memorable vignettes, its authors have created a book that not only makes hypnosis more understandable, but also offers practical tools to clinicians.

The authors have a unique understanding Erickson’s and Rossi’s work and share their vast and in-depth perspectives. In fact, you may never think of Erickson’s work in quite the same way.

To give an idea of what the book covers, the title for Chapter Two is: “What is Hypnosis? What is it Now? What is it Becoming?” And a story sets the tone for the multilayered answers to follow. Readers are given a sense that hypnosis has radically changed—how today it is more easily inserted into everyday life. There is lin-

guistic and emotional power that comes from understanding hypnosis—something that therapists can use to improve their practice.

By understanding hypnosis in a more universal and multidimensional way, we can more easily influence people who believe their future is futile. Hypnotic language helps to change minds and brings about healing, even for those who have not had previous success with therapy.

The authors believe that the future of medicine will include a broader understanding and use of hypnosis. A simpler and more nuanced understanding of hypnosis, combined with other forms of alternative medicine, benefit everyone.

The 12 chapters in this 327-page book, include how we make up our minds, how we change our minds, and how we can work with both resistance and acceptance. Trauma, chronic disease, relationships, and modeling are addressed. The authors demonstrate how to evoke resilience, and we are taught about parenting, as well as paradigms that go beyond the biopsychosocial model.

This book demands several readings. And to help readers locate a specific idea or passage, there is an afterward, an appendix, a glossary, subject index, and authors’ index.

I have spontaneously quoted from this book in my classes and in my conversations with colleagues. In addition, the number of passages I highlighted, as well as my notes written in the margins, are testimony to the impact this book has had on my thinking.

I appreciate the authors’ world views, insights, skills, and forward thinking, and I like that the book is coauthored because it highlights individual differences. I highly recommend *Changing Minds with Clinical Hypnosis*.

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2021		
8/21-22	International Master Class: Ericksonian Brief Therapy – Mexico / Online / Zeig	1.
8/27-29	International Master Class: Ericksonian Brief Therapy – Mexico / Virtual / Zeig	2.
9/1-10/27	Intensive Training Online – Level F / Virtual / Dan Short, Ph.D.; Stephen Lankton, LCSW; Zeig	3.
9/8-11	Master Class in Ericksonian Therapy - Taiwan / Virtual / Zeig	4.
10/5-9	Master Class - China / Virtual / Zeig	5.
10/28-31	Master Class - New York City, NY / Zeig	6.
11/12-14	Master Class - Denmark / Virtual / Zeig	7.
12/1-5	Evolution of Psychotherapy / Anaheim, CA / Invited Faculty	8.
2022		
1/5-12/28	Intensive Training Online – Levels A-F / Virtual / Lilian Borges, MA, LPC; Brent Geary, Ph.D.; Wei Kai Hung, M.Ed., LMHC; Lankton; Short; Zeig	3.
1/23-4/3	Art of Psychotherapy – Rounds 9 & 10 / Virtual / Zeig	3.
4/15-9/16	Grandmasters' Approach (one class per month) / Virtual / Zeig	3.
6/24-26	The Couples Conference / Burlingame, CA / Invited Faculty	3.

Contact Information:

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- 2) For information: Email, sandra@ccipmexico.com
- 3) 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.
2022 Intensive Training Program, Art of Psychotherapy, Grandmaster's Approach to Psychotherapy: www.erickson-foundation.org
Couples Conference 2022: www.CouplesConference.com
- 4) For information contact Jeffrey Tsai: Email, mdjeffreysai@gmail.com
- 5) For information contact Mike Huang: Email, 1250947144@qq.com
- 6) For information contact Stacey Moore: Email, SJMTJM@msn.com
- 7) For information contact Klaus Pederson: Email, klauspederson.dk@gmail.com
- 8) Evolution of Psychotherapy Conference: www.EvolutionofPsychotherapy.com; Evolution questions? Email, registration@evolutionofpsychotherapy.com

Note: Due to the current global public health situation some of the above trainings may be postponed, cancelled, or modified. Please use the contact information listed for the most updated information.

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 Upcoming Training listing is required. Deadline for the December 2021 issue (mailed early December) is October 5, 2021. All workshop submissions are subject to approval by the Erickson Foundation.

CONFERENCE NOTES

**Due to the current global health situation some of the dates and venues for the following conferences may change. Please contact each organization directly for the most updated information.*

The Society for Clinical and Experimental Hypnosis (SCEH) is holding the 72nd Annual Workshops and Scientific Program: Protests, a Pandemic & Political Unrest: Hypnosis to Weather the Storm, October 13-17, 2021. The event will be held online. The conference includes Introductory, Intermediate/Skills and Advanced Clinical Hypnosis Workshops plus a Scientific Program. For information and to register: <https://www.sceh.us/2021-conference-details>

The Evolution of Psychotherapy Conference will be held November 30 - December 5, 2021, at the Anaheim Convention Center in Anaheim, Calif. Since 1985, the Evolution of Psychotherapy conference has attracted worldwide attention as the most respected gathering of master practitioners in the field. For complete information including faculty, program, hotel and travel, and to register visit: www.EvolutionOfPsychotherapy.com For questions: Email, registration@evolutionofpsychotherapy.com or Tel, 800-766-6014.

The American Society of Clinical Hypnosis (ASCH) will hold its annual Scientific Meeting and Workshops, March 3-6, 2022 in Jacksonville, Florida. For more information visit: <https://www.asch.net/aws/ASCH/pt/sp/annual-meeting>; Email, info@asch.net; or contact ASCH: Tel, 410-940-6585

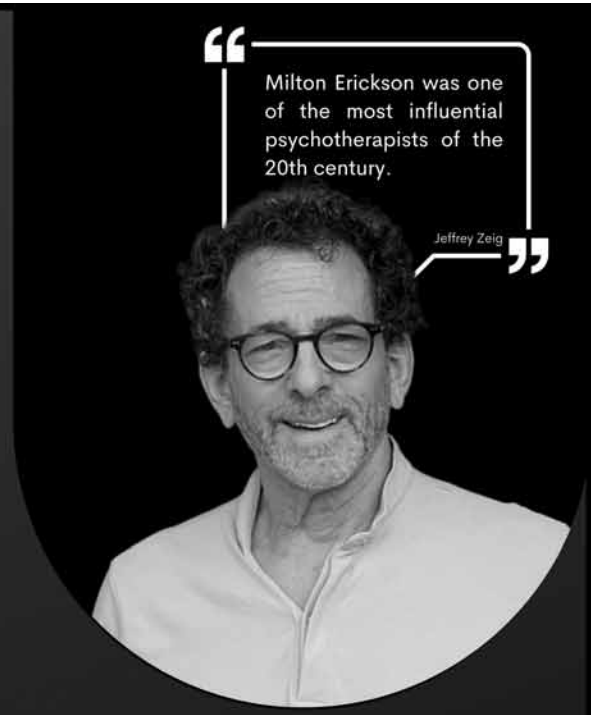
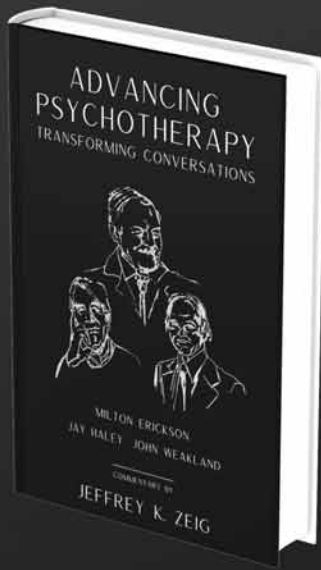
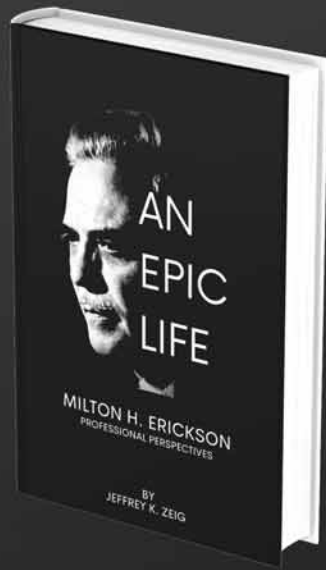
The 2022 Psychotherapy Networker Symposium is planned for March 10-13, 2022 in Washington, D.C. The symposium will be held both live at the Omni Shoreham in D.C. and virtually. For more information visit: <https://www.psychotherapynetworker.org/>; or contact Psychotherapy Networker: Tel, 800-844-8260

The American Counseling Association (ACA) is planning the 2022 ACA Conference and Expo, April 7-10, 2022, in Atlanta, Georgia. More information will be available soon. Visit: <https://www.counseling.org/conference/conference-2022>; or contact ACA: Tel, 800-347-6647

The International Society of Hypnosis (ISH) and the Polish Milton H. Erickson Institute will hold the XXII World Congress of Medical and Clinical Hypnosis, "Cooperation in Hypnosis. Challenges and Benefits," will be held June 8-11, 2022, in Krakow, Poland. The Congress will be held at the Auditorium Maximum, the conference center of Jagiellonian University. For information visit <https://www.hypnosis2021.com/en> or Email, info@pie.pl

The Couples Conference will be held June 24-26, 2022, in Burlingame, California. The Conference is sponsored by The Milton H. Erickson Foundation, Inc. with organizational assistance provided by The Couples Institute, Menlo Park, California. Conference information will be available in coming weeks at www.CouplesConference.com To receive information as soon as it is available sign up for the Erickson Email list at www.Erickson-Foundation.org. For more information or to add your name to the mailing list for a brochure when it is available contact The Milton H. Erickson Foundation: Email, support@erickson-foundation.org; Tel, 602-956-6196.

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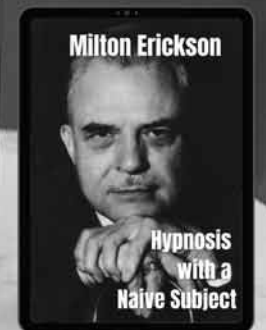
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INTERVIEW*continued from page 9*

me about this aspect of your work.

JL: I enjoy writing and have authored 15 books. I started self-publishing in 2002, when I wrote *How the Word Heals: Hypnosis in Scriptures*. I particularly enjoy writing short, useful books that address difficult topics and have the potential to impart hope and possibilities. Readers of self-help books often do not finish reading the book. If I can capture attention with a shift in framework, it may impart a needed message.

I am now wrapping up *Therapeutic One Liners*. Not only was Erickson known for his one-liners, but other colleagues, including Bill O'Hanlon and Jeffrey Zeig, have shown me how simple words can have a lasting impact.

I am also excited to be working with Bart Walsh. We conceptualized an audiobook that brings together broad topics with the experience of listening to music. It is opportunity for emotional stabilization, self-therapy, and new perspectives. Bart composed and played all the music himself.

REK: Wow, that sounds exciting. What would you like to be doing five years from now?

JL: I want to continue teaching and writing. I also enjoy seeing people in my practice, and never tire of the feeling of reward when I learn that I have had impact.

I recently saw a couple who I had not seen for four or five years. They told me how I had helped revolutionize their marriage; how I saved it. I thought they stopped seeing me because they were unhappy with the counseling. At the time I was seeing them, they were both angry and wanted to rehash what had gone wrong. I encouraged them to recognize that they were both right, and to move forward with positive, productive, and open hope.

REK: Thank you for a most stimulating interview. It will undoubtedly inspire others.

JL: I am pleased to be interviewed on behalf of my students, both the ones who I am now teaching and the ones who I have not yet met.

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