

# THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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## INTERVIEW

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### Helen Fisher

Interviewed by John Lentz, D.Min.

*Helen Fisher, PhD, is a biological anthropologist, a Senior Research Fellow at The Kinsey Institute and Chief Science Advisor to Match.com. She uses brain scanning (fMRI) to study the brain systems associated with the sex drive, romantic love, attachment, romantic rejection, love addiction and partnership happiness. Using a survey of 60,000 single Americans, as well as her data from anthropology and neuroscience, Fisher discusses courtship in the digital age. She has written six books on romantic love and sex, including: *Why We Love; Why Him? Why Her?; and Anatomy of Love (2ND ed)* Her books have been widely translated. Fisher is currently studying the biological basis of personality and is a pioneer in examining the neurochemistry of team building, selling,*

*innovation, and leadership—based on her fMRI brain scanning and data collected from her questionnaire, the Fisher Temperament Inventory, now taken by more than 15 million people in 40 countries. Fisher is a TED All-Star with more than 21 million views of her TED talks. She appears regularly on national and international TV, radio, print and podcasts, and she was chosen in 2015 by Business Insider as one of the “Fifteen Most Amazing Women in Science.” (See Fisher’s full CV at: [www.helenfisher.com](http://www.helenfisher.com).)*

**John Lentz:** Helen, I am so pleased to be talking today with you because you are the most quoted relationship researcher in the world.

**Helen Fisher:** (Laughs) That is what people tell me.

**JL:** This interview has a combined purpose. It will be used for our Featured Interview as well as the *In the Spirit of Therapy* column. Since the purpose of my column is to look at the spiritual dimension of psychotherapy, what aspects of spirituality did you want to discuss?

**HF:** When I looked up the definition of spirituality, it was the individual’s connection with the supernatural, or with the soul, with the spirit. Given that, the best that I can do is talk about love. That is what I study. I study love, and I study the brain. I think that we have three distinctly separate brain systems that are all related to reproduction. The first is the sex drive, the second is romantic love, and the third is deep attachment to another person.

I study romantic love. It has a specific brain system, and a specific group of characteristics. When I wrote my first academic paper on it, one of the four peer reviewers said, “You can’t study this; it is part of the supernatural.” And I thought to myself, “Now wait a minute. Anger is not part of the supernatural, and fear is not part of the supernatural. Most of psy-



Helen Fisher

chotherapy is not part of the supernatural and the mind is not part of the supernatural.” We come into the world with certain dispositions and our culture molds our dispositions. This is knowable material, and spirituality is dealing with the unknowable, the unseeable. I deal with the knowable. Although I do have to say there is a lot of people who would say that love is not knowable. I think it is knowable.

**JL:** Yes, and you make that very clear in your talks. You offer facts that selectively emphasize things that change the way people think and the way that they relate. You make a difference in people’s lives, and you do it with enthusiasm.

**HF:** This is an evergreen topic. We live for love, we kill for love, and we die for love. It is one of the most powerful brain systems that the human animal has ever evolved, and we are all involved in it. Love is very important whether it is a first love or a last love. Most of us want someone to hug and kiss us, to support and respect us, and spend time with us, to be attracted to us, and to laugh with us. People who

INTERVIEW continued on page 8

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## EDITOR'S COMMENTS



Throughout the 1980s and 1990s, my colleagues Gary Ruelas, Terry Argast, and I would often invite people from the Mental Research Institute and Milan Systemic Family Therapy group, and renowned students of Dr. Erickson's to give us private trainings. During one of those times with Kay Thompson, a first generation Ericksonian and esteemed expert, we were tossing around the concept of what were indicators of wisdom. After a moment of thought, Kay said, "Wisdom is found in knowing the right question, not necessarily the right answer. If you ask the wrong question, no matter how impressive, the answer is usually irrelevant. If you ask the right question, the answer is

often inevitable." That insight has followed me throughout my clinical career. Today, a central element in my clinical approach is helping clients ask better questions.

In that context, I was delighted to read John Lentz's combined *Featured Interview/In the Spirit of Therapy* discussion with Helen Fisher. In the interview, Fisher says that every year for the last 12 years, she and her colleagues meet to create 200 questions that guide their research for the coming year. These questions are in the service of a scientific understanding of the physiological and psychological elements of love. Fisher adds "brain science" to complement Bill O'Hanlon's definition of spirituality: compassion, commitment, and connection.

In a very real way, these combined understandings are intended to lead to better, more meaningful relationships in the real world. Fisher offers us a taste of her wisdom in this interview. She will be a keynote speaker at the upcoming Evolution of Psychotherapy Conference in Orlando Florida this December.

Jeff Zeig's book review of Daniel Siegel's *IntraConnected: Mwe (Me + We) as the Integration of Self, Identity, and Belonging* is a perfect complement to Fisher's Interview. In his book, Siegel expands on the spiritual, physiological, and psychological nature of connection, encompassing the self, the couple, and humanity at large. I highly appreciate the way he integrates information from so many different domains to create an expanded perspective that is easy to understand. And even more, his writing invites me to discover more questions that keep the journey exciting. Daniel Siegel is also a keynote presenter at the Evolution Conference.

In our *Theoretically Speaking* column, Rubin Battino presents an integration of his Secret Therapy and Guided Imagery Therapy. Again, his article centers on asking the right questions. The first question pertains to the specific information Battino needs, and the second question is a simple and highly sophisticated question he has his clients ask of themselves to set the therapy session into motion. Brilliant. No wonder so many of Battino's interventions are single sessions.

In a variation of his Secret Therapy, in *Case Report* Battino offers "The Curious Case of Diana and Her Uncle Charlie's WW II PTSD." Here again, Battino asks the important questions that make the difference, letting the client's guided inner experiences do the rest.

While the right questions can lead us to important perspectives, it is not always easy to accept the new or expanded perspectives just by being told of them. Two of our other book reviews provide excellent examples of the process of

transferring that knowledge.

John Lentz reviewed Sarah Peyton's *Affirmations for Turbulent Times*. The book starts with the observation that "human brains can be a little difficult to make peace with." It follows with the strategic use of questions that prepare the brain to obviate relentless self-criticism and self-blame. For example, "Is it okay for me to invite a positive point of view of myself and the world?" Even the affirmations often have the form of answers, as though we had silently just asked the right questions. The affirmations are not just intended to temporarily make us feel good. They actually change how the brain works.

Jeff Zeig reviewed *Brief Therapy Conversations: Exploring Efficient Intervention in Psychotherapy* by Michael Hoyt and Flavio Cannistra. Hoyt and Cannistra's format demonstrates the power of two friends sharing wisdom. When I am told something directly, my brain lights up to evaluate the information, and I often miss a lot of the content. However, when I am privy to the discussion between two exuberant friends asking important questions and sharing their experiences, my brain is less critical of the information and just absorbs it—presuppositions and all. In *Brief Therapy Conversations*, Hoyt and Cannistra finish each section with take-away reviews of the conversation so that the conscious mind can then do the evaluation. It is effortless learning.

I can appreciate Richard Feynman's greatest fear of waking up one morning to discover that he had nothing left to learn. Fortunately, I am nowhere near that, yet. I am looking forward to acquiring another year's worth of learning from the Evolution of Psychotherapy Conference held in Orlando, Florida this December 14-17. And given that it will be in person, I am looking forward to reconnecting with many colleagues and friends and meeting new ones. The learning journey continues... Let's keep asking the important questions.

Rick Landis, Orange, CA

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# INSPIRING MOMENTS WITH THE MASTERS

## Bruno Bettelheim

By Jeffrey K. Zeig, Ph.D.

I only met Bruno Bettelheim once, when I organized the 1985 Evolution of Psychotherapy Conference in Phoenix. Even today my remembrances of him remain indelible.

Here are memories concerning Bettelheim from that groundbreaking conference.

### Discussion of Rollo May

Bettelheim was a towering intellect, impressively so.

Each of the faculty presented a paper and was assigned a discussant. Bettelheim was asked to discuss the paper by Rollo May. I gave him May's paper to read on Saturday, a day before the assigned event.

May's paper drew from the humanities, noting that therapy should focus on what makes life worth living. The goal of therapy was to pursue meaning, not a change in one's situation or personality. May cited the work of Sophocles and Giraudoux, a 20th century French writer.

In a tour de force of intellect and what seemed to be off the cuff, Bettelheim "corrected" May about the themes of Sophocles' plays, emphasizing "the curse of Oedipus." He pointed out that existential philosophy and therapy could be traced to Freud's concept of the death tendency of Thanatos, and he traced the concept's lineage from Freud to Husserl to Sartre. To close the loop, he analyzed the Evolution Conference, and critiqued modern trends in the field of psychotherapy. A staunch advocate of lessons he learned from Freud, Bettelheim indicated, "The Oedipal killing of the father is still going on. The solid wine of psychoanalysis has been so watered down to such a degree that everything of its substance and essence has been washed away and only the dregs remain." (Zeig, 1985, *Evolution of Psychotherapy* p. 220)

### Conversation Hour

Each of the faculty members had the opportunity to hold a conversation hour. I attended Bettelheim's.

There were challenging questions from the audience and Bettelheim met the challenges head on. He established conditions about what he would discuss and not discuss. For example, when asked about challenges related to Bettelheim's role at the Orthogenic school, a residential treatment center for emotionally challenged children, Bettelheim explained that he had already discussed it. When asked about Theodore Reich, he said that Reich was his friend, and that he would not discuss controversies. Later in the hour, he seemed to soften and open up.

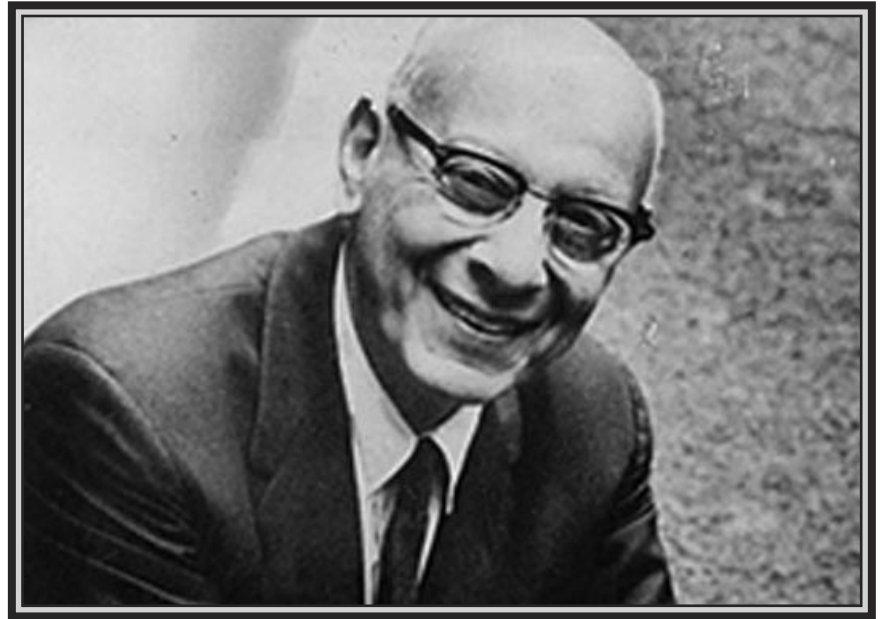
Bettelheim demonstrated the benefits of initially establishing ground rules, a foundation in psychoanalysis. I remember how adroitly he handled challenges and set boundaries. I absorbed that principle and it continues to serve as a reference experience in my life.

### Freud Panel

Bettelheim was a late addition to a program and kindly agreed to serve.

Special evening conversation hours were organized at the conference, meant to symbolize mending of old rifts, and representing a move toward integration—a philosophical underpinning of the evolution conference

Grandchildren of Sigmund Freud and Carl Jung were contracted and invited to participate in the event. Each was to describe what it was like to grow up in their respective households. Sophie Freud, PhD, then a professor of social work at Simmons College, and Dieter Bowman, MD, then in private practice in Zürich, agreed to attend. Alfred Adler's son was also invited but could



*Bruno Bettelheim*

not participate. At the last minute, Adler's only grandchild, Margo Adler agreed to join the panel. Margo worked for public radio and was covering the conference as a member of the press.

Sophie Freud could not attend the first night due to an air traffic delay and Bruno Bettelheim took part in discussing Freud's Vienna. The following night Sophie Freud took part in the discussion.

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# EVOLUTION CONFERENCE

## Evolution of Psychotherapy Orlando: Building on a Rich History; Evolving for the Future

By Jeffrey K. Zeig, Ph.D.

Director, The Milton H. Erickson Foundation

In 1985, the first Evolution of Psychotherapy conference was held in celebration of the 100th anniversary of psychotherapy. In 1885, Dr. Sigmund Freud first became interested in the psychological aspects of medicine.

At that first Evolution of Psychotherapy meeting 37 years ago, more than 7,200 people came to Arizona to learn, to grow professionally, and to celebrate the anniversary of the field. The meeting was featured in *The New York Times*, the *LA Times*, and *TIME Magazine*, which hailed it as “the Woodstock of psychotherapy.”

Since then, the conference has grown and evolved to adapt to an expanding and changing field. In developing the educational agenda, we look for commonalities that underlie successful clinical work. Today the conference is organized around clinical demonstrations and workshops —learning opportunities that our attendees have told us that they value.

This format, a core program of workshops and demonstrations, is the centerpiece of Evolution of Psychotherapy Orlando. And this year we are building on this foundation with our reTHINK speakers, who will discuss inspiring and novel perspectives that will not only examine the current challenges in mental health, but also uncover new paths to treatment through innovative strategies.

We want the Evolution of Psychotherapy Orlando to span as much of the scope of psychotherapy and shared expertise from the masters as we can, as well as provide innovative learning opportunities for the future leaders of our field. Evolution 2022 will feature more than 20 globally renowned speakers over the course of four days, allowing participants to earn more than 25 continuing education credits.

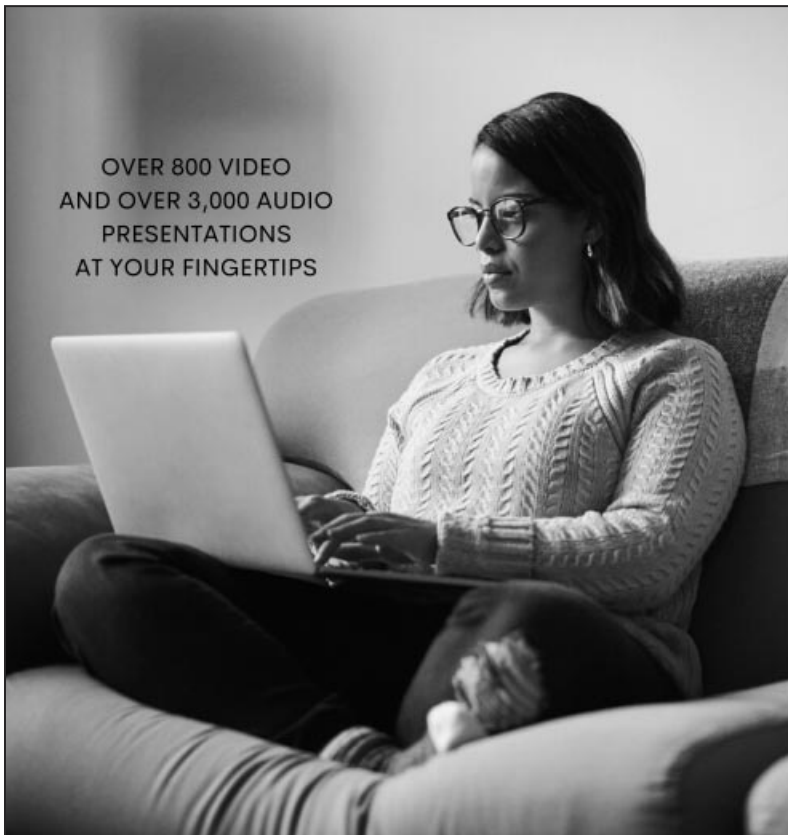
Another highlight this year is the location. Attendees can take advantage of being in Orlando during the holiday season with its family-oriented attractions. Unlike the longer Evolution of Psychotherapy meetings in years past, the shorter conference in 2022 will be denser, focusing on specific topics that will guide psychotherapists to better their craft.

It is exciting to bring people together for our first in-person meeting since 2017. Evolution of Psychotherapy Orlando will be the most anticipated psychotherapy event of 2022, and it will allow clinicians to connect and engage with colleagues to reinvigorate their passion for the field. It will be a valuable educational experience with an ultimate goal of improving outcomes for our patients.

To view the full agenda, speaker lineup and to join me in Orlando, visit: <https://www.evolutionofpsychotherapy.com/>

*Evolution of Psychotherapy Orlando is produced by HMP Global's Psychiatry & Behavioral Health Learning Network, the leading behavioral health-care conference organizer. The conference's educational advisor is the Milton H. Erickson Foundation, a federal nonprofit corporation formed to promote and advance the contributions to the health sciences by the late Milton H. Erickson, MD.*

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# HISTORICAL HYPNOTIC PROCEDURES

By Jeffrey K. Zeig, Ph.D.

William Wesley Cook, MD was a professor of physiological medicine at the National University of Chicago. His book, *Practical Lessons in Hypnotism and Autosuggestion* was first copyrighted in 1901, the year Milton Erickson was born.

Reading this book helped me to understand how the practice of hypnosis has rapidly evolved from an authoritarian method to an elicitation (Ericksonian) method.

The following passages elucidate the author's perspective.

Cook defines hypnosis as "the science and art of mentally controlling the thoughts and actions of others." (p. 209)

In the induction, the operator dictates that the subject pay "close attention to some object with the idea of concentrating the subject entirely upon it... When the subject is in this passive condition, the operator quickly and sharply utters a suggestion." (p. 20)

Indicating that no professional standards are needed, Cook differentiates the qualities of the hypnotist from that of the subject:

Concerning the qualifications of a hypnotist: "All healthy persons possessing intelligent self-confidence can, by practice, exercise hypnotic power over others to a greater or less degree, according to their natural ability." (p 36) To hypnotize, the hypnotist "must manifest great self-confidence and aggressiveness. (p 82)

As far as the characteristics of a good subject are concerned: "A person accustomed to absolutely obey orders without question nearly always makes a good hypnotic subject." (p. 47) According to the author, farm laborers are not readily placed under hypnosis "because the character of their work gives them more time to think and requires less concentration of thought." He also reports that the Dutch

are difficult subjects because they are culturally stoic and independent. He goes on to say that Americans make good subjects, especially American girls who are "of a romantic turn of mind." (p. 49)

Cook recommends that for induction, objects are to be used to attract attention: "The operators hands held above the level of the subject's eyes will often answer the purpose of an object to fix the attention upon. Indeed, a great many hypnotists prefer this method elevating their outstretched arms and allowing the hands to droop from the wrist while their fingers are separated. Assuming a position close to the subject, the operator with his hands thus placed, moves backwards 6 or 8 feet, commanding the subject to keep his eyes intently fixed on the fingers. Some subjects will declare they can experience magnetism from the tips of the fingers drawing them forward. A slight trembling in the hand will often add to the effectiveness of this method." (pp. 82-83)

According to Cook, there are degrees of hypnosis. The first degree is drowsiness. The second degree is a light sleep. The third degree is deeply asleep. The fourth degree is absolute obedience. The fifth degree is somnambulism. The sixth degree is catalepsy. And finally, the seventh degree is lethargy. The author explains that while in the fifth degree of hypnosis many subjects can achieve clairvoyance.

This book includes a chapter on animal magnetism and magnetic healing, as per Mesmer. There is also a chapter on hypnotizing animals and Cook uses snakes as an example. He notes that "many animals possess natural hypnotic powers and exercise them over other animals that are their physical inferiors." (p. 196)

It's no wonder that myths about hypnotic practices continue to exist; they are deeply rooted in history. The beginnings of hypnosis center on an "outside-in" approach where suggestion is implanted in a passive subject. Erickson can take credit for the "inside-out" method, whereby an evocative elicitation in the *hypnotic conversation* can prompt the subject's realization of a dormant resource.

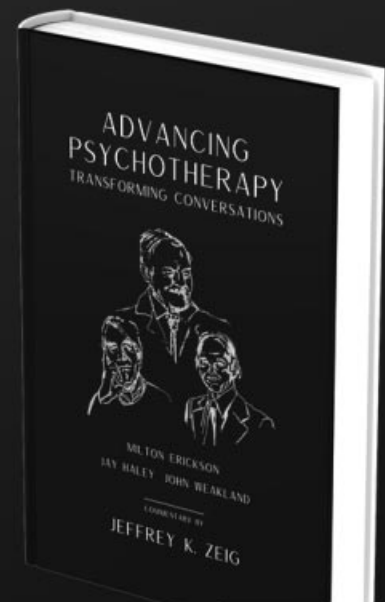
## WHEN GREAT MINDS MEET, WE ARE PRIVILEGED TO LEARN FROM THEIR EXPLORATIONS...

COMMENTARY BY  
JEFFREY ZEIG

As part of a communications project conducted in the mid-1950s and spearheaded by anthropologist Gregory Bateson, Jay Haley, and John Weakland went to Phoenix, Arizona to learn from and collaborate with Milton Erickson. The meetings of these three great minds were recorded. Their explorations together both advanced the Bateson Project's Double Bind Theory and helped to develop more effective approaches in psychotherapy.

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# FROM THE ERICKSON ARCHIVES

## Unseen Erickson—From the Erickson Archives

By Jeffrey K. Zeig, PhD

André Weitzenhoffer (1921-2004) was a collaborator and friend of Dr. Erickson's. Weitzenhoffer was also an expert in hypnosis, as well as a prolific researcher and writer on the subject. And like Erickson, his career spanned more than 40 years. Weitzenhoffer collaborated with Ernest R. Hilgard in developing the Stanford Hypnotic Susceptibility Scales.

In 2005, the following letter was donated to the Erickson Foundation archives by André's wife, Mildred Weitzenhoffer. The letter is written by Erickson in his signature purple ink. The letter provides information about the "field experiments" Erickson used to understand interpersonal dynamics and to hone his perceptiveness.

Dear Andre:

*I liked your foreword very much and so did Betty.*

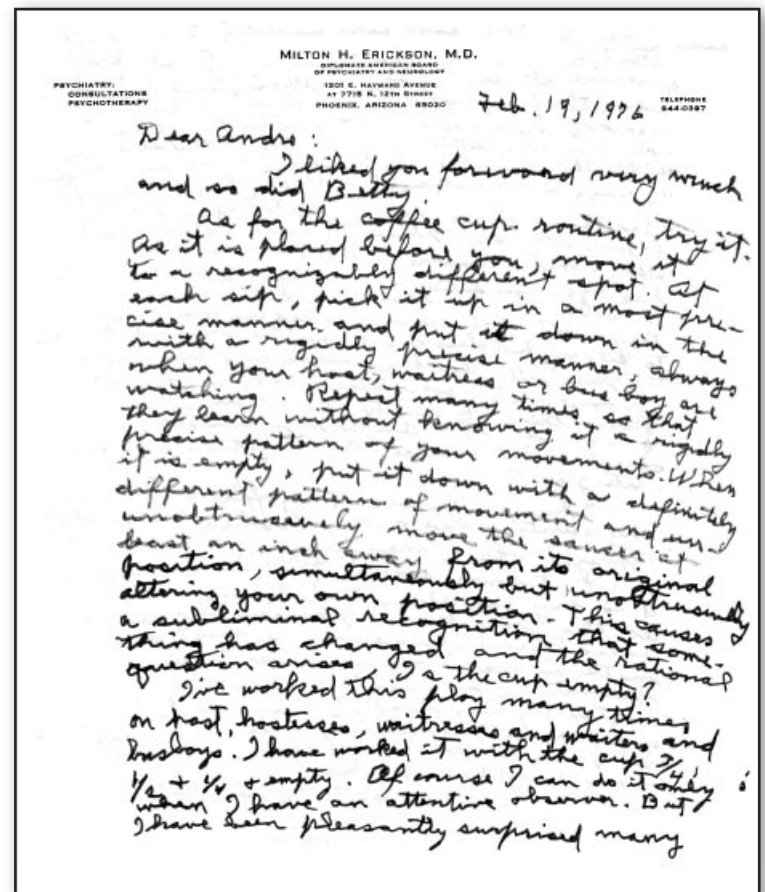
*As for the coffee cup routine, try it. As it is placed before you, move it to a recognizably different spot. At each sip, pick it up in a most precise manner, and put it down in a rigidly precise manner, always when your host, waitress or busboy are watching. Repeat many times so that they learn without knowing it a rigidly precise pattern of your movements. When it is empty, put it down with a definitely different pattern of movement and unobtrusively move the saucer at least an inch away from its original position, simultaneously but unobtrusively altering your own position. This causes a subliminal recognition that something has changed, and the rational question arises: "Is the cup empty?"*

*I've worked this ploy many times on host, hostess, waitresses and waiters and busboys. I have worked it with the cup  $\frac{3}{4}$ ,  $\frac{1}{2}$ , and  $\frac{1}{4}$  empty. Of course, I can do it only when I have an attentive observer. But I have been pleasantly surprised many times by the ease with which I could get attention from the inattentive. I made frequent queries at the waiters, waitresses and busboys when they approached to fill my coffee cup at various levels of fullness. After the usual trite reply, I would question "Just what was it that made you think that I wanted more coffee?" The vague answer: "Things didn't look right," "Thing (sic) looked different," "Something seemed wrong," "I looked and tried to figure out what I hadn't done right" and other similar answers. I had the most fun with busboys whose duties were supplying butter patties and ice water. They are limited in duties and hence they limit their vision. I've had busboys rush over to fill my full glass of water and be confused by finding the glass full. One prize remark by a busboy was "Honest mister, every time I look at your water glass, I think it's empty. I'm not trying to work you for a tip." Another prize remark: "I'm awfully absentminded because I keep forgetting I filled your water glass."*

*I had a drawer in my office to which only my secretary had a key. When I saw what I thought was a meaningful minimal clue I wrote it down, sealed it in an envelope, gave it to my secretary to date and lock up. As the years passed, I became increasing (sic) expert. I also learned of my errors. A most important matter in learning is never to use your observations on friends or family. Never get emotionally involved. I knew when patients were pregnant, sometimes before they did but I had to be told before I would see it in my daughter-in-law.*

*The best to you both.*

*Milton*



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**INTERVIEW***continued from page 1*

are in positive relationships live five to seven years longer in comparison to people who are isolated and don't have strong personal relationships. We were built to love.

When you are in a positive relationship, your blood pressure and cholesterol are lower. When you are in a positive relationship you have better memory, mood, and agility. When you get hugs from someone it drives up the oxytocin in the brain and gives you a sense of calm. When you laugh with someone it increases your optimism and motivation and boosts the circulation system. It is even good for brain growth. When you laugh with someone it helps with planning and decision making and it reduces pain. The bottom line is that we are built to love. We seek life's greatest prize: a mating partner, and anything that helps people along that path is something that they are going to do. Someday I will die, but all this knowledge will pass on to other academics and people around the world, and that is what is interesting to me.

**JL:** How so?

**HF:** When I first started graduate school, I was going to be a social worker. But when I was on the steps of the social work school at NYU in New York filling out the forms, I suddenly thought that I would rather try to understand people than to see if I can fix their situation and go into their homes. I have always loved sociology and psychology and social work. So, it was on those steps that I realized that I could do more.

People ask me why I study love. It started when I was getting my PhD and people were telling me in the late '60s that all behavior was learned. They said that the mind was an empty slate, and the environment carved our personalities. I was positive that this wasn't true because I was an identical twin. I thought if there is any part of human behavior that has a biological origin it would have to do with our reproduction system and patterns. As Darwin would have said, if you have four children and I do not, then you live on, and I do not. So, if there were behavioral patterns of forming a partnership and sending your DNA into tomorrow, there would have to be some patterns for it in the brain—motivation systems that would drive us to

fall in love and send our DNA into tomorrow. It was my belief that this was a world that could be explored.

**JL:** What you are saying reminds me of Bill O'Hanlon's definition of spirituality—that it is compassion, commitment, and connection.

**HF:** Now you are talking about real things. Connection and commitment are tied to the oxytocin system in the brain, which can also give a feeling of deep attachment to something or someone. In my view, commitment and connection are about love for various reasons. People can fall madly in love with someone and feel deeply attached to them. But if the loved one is from the "wrong" religion or background, they might feel a deep attachment but not be able to commit to that person.

So, I think both attachment and commitment are involved and go together in terms of the connection. When you are deeply in love with someone, you feel committed to them. Psychologists say that the more you get to know someone, the more you think they are like you. And so, you are building a connection. We have all been in love with someone who was not in love with us. In that case, we felt a connection and they did not. When both partners love each other, it is extremely powerful, and they both feel deeply connected. It is one of life's great thrills. When you find that mutual connection, you are going to live longer and pass on your DNA. And if you sustain a good partnership, you will live longer.

**JL:** So, what are you saying relationally?

**HF:** I am saying that you can feel committed to someone when they are not committed to you, and you can feel connected to someone when they are not connected to you. But generally, those relationships are going to fail. You will go on to find someone who does want to connect with you and who does want to commit and who does feel deeply connected. The brain is built for all of this. No wonder we spend so much of our lives either trying to find a relationship or stay in a relationship. We are built for this.

**JL:** You have collected a lot of research and you have spoken about the science of commitment, connection,

and compassion. From my perspective, when a relationship reaches a point of overlap between commitment, connection, and compassion, it moves to a spiritual level. And without needing to name it, you seem to teach this with your characteristic enthusiasm, providing accessible information that helps people stay in love. This changes people's lives.

**HF:** Thank you. I certainly hope so.

**JL:** When I share this information with people, they get a glazed look, and then they say, yes that is really true.

**HF:** (Laughs) Which is great!

**JL:** I came up with a similar idea, but for a very different reason. Brushing aside any so-called mistakes and so-called flaws that our partner has is a way of emphasizing our compassion, connection, and commitment.

**HF:** That is right. That is a lovely way to see it.

**JL:** I like that what you do through the avenue of science. And yet from my perspective, everything you are doing is about people being able to fall in love and stay in love. Even that research project you did with Match.com is about how to understand and further relationships.

**HF:** No question about it. In about five days I will go to Dallas again where we do a project called "Singles in America." Every year some of my colleagues and I create approximately 200 questions about things we want to know about love and things that we believe other people want to know about love. It is a national poll based on the U.S. census. For the past 12 years we have polled around 5,000 Americans. Currently, we have data on 55,000 Americans. I feel as if it has given me the pulse of the American animal.

**JL:** So, what are you looking for?

**HF:** What we, as humans, want and what disappointments us: How we feel about one-night stands and friends with benefits. How many people have sex on the first date. What we are looking for in a partner.

I have been deluged in data and I have been able to get all that data to the Kinsey Institute where it will be archived and hopefully made avail-

able to the public. What is the point of data unless people can use it. Yes, I have quite a bit of data right now and this coming week we will farm it out and start to get our answers. I have data for single people from before the pandemic and data from after the pandemic. This is valuable. If I had to sum it up in one phrase, "Cupid beat Covid."

One of the interesting data points was that we are still eager to find a partner; perhaps even more eager to find a partnership. To look for trends, we asked some of the same questions in 2019 that we did in 2021. For example, in 2019 we asked, "Would you like to find someone who wants to get married?" In 2019, 58 percent of people said yes. Then in 2021, we asked the same question and 76 percent wanted to find someone to marry. That is an 18 percent jump!

Singles want to settle down. The number one thing they want in a partner is emotional maturity. And they want someone who makes as much money as they do, and someone who has the same level of education. And they want someone who is emotionally mature. The bad boy and bad girl is outdated. Not only do we want someone good in bed, but we need to know if they are patient, if they are kind, and if they can listen. So, the bottom line is that you cannot lock up a whole world for two years. This pandemic has sobered up the world, and love has won.

**JL:** You did something on how to find love on the internet. The number one thing that I hear as a therapist is, "How in the world am I supposed to find someone on the internet?" My clients tell me horror stories of meeting people not being interested in real relationships.

**HF:** When we ask every year, "What do you want? What are you looking for?", we get a list of five things and one of them is a committed relationship. Every year about 10 to 13 percent say, "I just want to meet a lot of people." The rest, almost 90 percent, are looking for a committed relationship. Of course, the ones who walk into a therapist's office are the ones who are struggling with that. So, a certain percentage is not finding success.

*INTERVIEW continued on page 18*



## CASE REPORT

### The Curious Case of Diana and Her Uncle Charlie's WW II PTSD

By Rubin Battino, MS

Diana is 75 years old and has had lifelong terrors from the stories her Uncle Charlie told her of his being a prisoner in WW II. Over her lifetime she has frequently experienced terror, which has grown stronger. Diana has consulted many helping professionals over the years. My challenge when I recently saw her was how to help her to get over these terrors. I could have asked about the nature of her terrors—but they are hers. All I needed to know was that she had them. She did not need to recount and relive them again.

I began by telling Diana about my volunteer work with individuals with life-changing diseases. I told her that I believe in miracles and that I always have hope. I also told her that I have witnessed a number of miracles, such as people “graduating” from hospice. I mentioned Carol, who was a religious Catholic. Carol had shown her support group what she had written about her treatments, and how she felt about them. The group held a ceremony in which Carol read her statement, burned the paper, then collected the ashes in a bag that Carol threw in the trash. Carol told her oncologist that she would not have any more treatments. Then she left hospice and lived another 17 years.

Having set the stage, I suggested that Diana first write about what she wanted to permanently remove from her memories and life. Then, she was to get a group of friends and family together and read to them what she wrote. She was then to dispose of what she had written, go on with her life, free of Uncle Charlie’s terror, since it was his terror and not hers, and because he was long gone. This ceremony made sense to Diana, and she said she was going to do it.

I asked Diana if she felt over the years that there was a voice or an evil spirit or demon, even an ogre within her that had gotten her to hear Uncle Charlie repeat his horrific story. As in Narrative Therapy, where we give a name to the controlling spirit, we decided this one would be called “Sub Con” or “S.C.” I told Diana I was going to do an “exorcism” of S.C. She told me that her exorcizing power would be a “Universal Healing Spirit.”

I hypnotized Diana by asking her to close her eyes and pay attention to her breathing. Diana had experienced this with me before. Then I suggested that she go into her mind into to her own special healing and protective place. Over the next 20 minutes I slowly introduced her Universal Healing Spirit, saying, “And now, somehow, you become aware of this healer being near you and getting gently closer.” The Healing Spirit got closer, gently entered her body, found wherever S.C. was within her, removed S.C. from her body, took it outside, threw it up into the sky. S.C. was hurled at the speed of light into the sun where it disintegrated and vanished forever in the sun’s heat. From that time forward, Diana would be forever free of S.C. I told her that this experience was now an indestructible and integral part of her mind/body, and that she could relive it if she ever needed. Details of how the powerful and knowledgeable Universal Healing Spirit did all of this were woven in. At the end I thanked her for her attention, trust, and confidence.

Diana looked happy and peaceful when she opened her eyes. I offered a small smooth stone from my collection as a remembrance. She smiled, asked for a hug, then she left.

I was surprised that we had been together for only 45 minutes. The two things I had suggested were what Diana wanted and needed to be rid of her lifelong terrors. Many clients readily accept the idea of an exorcism to rid them of controlling spirits. They have tried to get help from therapists who use evidence-based approaches, but exorcism is ceremonial, exotic, unusual, , and surprisingly unexpected. And the unexpected can open doors.

I recently contacted Diana to ask how she was and to get her permission to write this column. She had carried out the ceremony and felt it was significant in ridding her of her lifelong terrors. She told me that there are still some moments of terror, but she easily gets over them by paying attention to her breathing.

Significant change can be both surprising and fast.

### Commentary

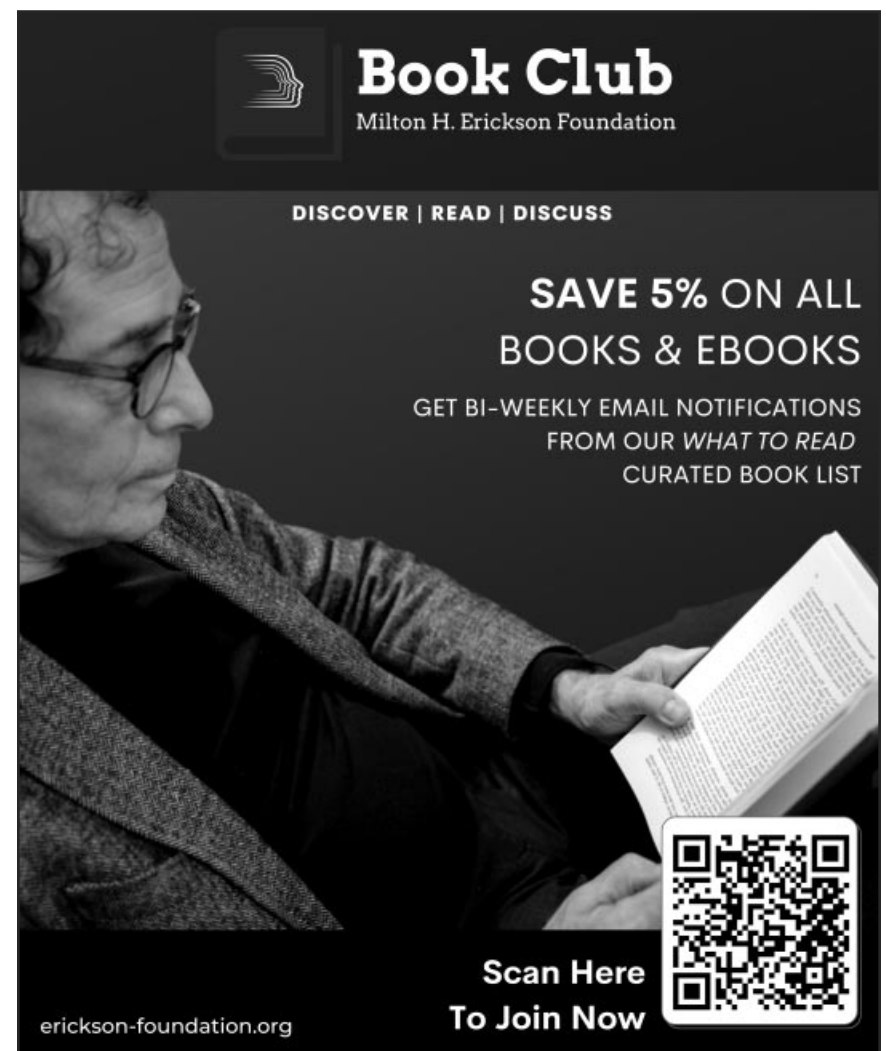
By Eric Greenleaf PhD

Rubin Battino was trained in science and he taught science. So, it is no surprise that his evocative and unexpected words to patients have the gentle air of obvious facts. He combines Erickson’s loving empathy and surprisingly powerful interactions, using medieval methods to exorcise the terror of a modern horror.

Utilizing literate means to therapeutic ends, Battino helps his patient by using trance and strategic brief approaches. In a charming and rapid interaction, the patient is able to leave behind her uncle’s PTSD.

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# FACETS & REFLECTIONS

## Secret Therapy and Guided Imagery Therapy (GIT)

By Rubin Battino

Over the years my practice has evolved into doing single-session therapy with my clients, although they do have the choice of seeing me again if they wish. I let them know that this is what I do, and since I work for myself (and do not see many clients) there is no time limit to our sessions. (A typical session lasts 90 minutes.) Thus, it is my expectation that my clients will be guided into whatever changes they desire in one session. Knowing this, creates a similar expectation in my clients. We are then both ready to work, without doing an extensive intake or getting a long list of what it is that has *troubled* them.

Traditional psychotherapy generally requires obtaining a history and related information. I do not accept insurance. I do not need to make a diagnosis and therefore do not need information that serves those ends. Also, my attitude is that all my clients are temporarily troubled. My intake form obtains basic contact information, a bit about relevant relationships, a *brief* statement of what is troubling the client, and their goal for the session. I then know if they are depressed, anxious, or have performance anxiety, etc.

My opening questions let me know how long they have been troubled, without comprehensive details. This is effectively *secret therapy*, since my clients know the history and details about what is bothering them, and I do not.

This method of operating is also based on my belief (and that of many therapists) that clients already have a good idea of how they need to change their lives, and what is realistically possible. The Guided Imagery Therapy (GIT) approach effectively works by the client being *guided* to find and discover their own solutions to problems. My opening statement (which I learned from Mary Goulding) exemplifies this: “Just let this question kind of rattle around the back of your mind during this session: *What are you willing to change today?*” Now, I do not go back to this question during the session since it is embedded in the unconscious mind.

The essential part of GIT is that I totally rely on the client supplying me with the three things I need for a GIT session. GIT is designed to have the client tell me what it is that will effectively and realistically change their behavior in ways that are specific and unique to them. I need no further information.

I consider GIT to be a “global” change approach. By global I mean that it is similar to other approaches I use, namely: ceremonies and rituals, the miracle question, and guided metaphor. These global methods are designed to bring about changes to more than just one part of a client’s behavior. They change a client’s way of thinking about themselves and how they behave in more than one area. (In this essay I only provide details about GIT.)

### Guided Imagery Therapy (GIT)

Guided imagery was first developed by the Simontons (Simonton, et al. 1980) to work with cancer patients in a group setting. I used it for many years in my volunteer work with people who had life-challenging diseases. In the past few years, I have adapted the basic approach to doing psychotherapy with clients in a rapid manner. Basically, the way I do this is to guide the client into telling me what will help and change them, and then use hypnosis to have them deeply experience these changes.

For this process I need four pieces of information. The first, is a brief description of the problem. The other three are: (1) their preferred method of relaxation; (2) a brief description of a safe haven (real or imaginary) that is

uniquely theirs; and (3) who or what will bring about the changes they desire (a healing or change entity).

For most of my clients (1) is simply paying attention to their breathing. Examples of (2) are: a beach, a forest, their garden, bedroom, or another place at home. The change agent or agency (3) can be healing touch, healing light, a healer, for example, a religious figure (or a healing entity or spirit), or an animal. Details are elicited for (2) and (3) since they will be vivified and expanded upon in the hypnosis segment. That is, in (2) and (3) they experience how they feel safe and protected, and what or who will bring about their desired changes. In essence, my clients *tell me* what change agents work for them. I follow their lead and guide them through *their chosen* healing path. GIT works within the client’s reality and does not involve methods like CBT or EMDR.

My recent book (Battino, 2020) contains 15 case studies, most of which I utilize GIT. To better illustrate this approach, the following is a recent case (text reconstructed):

### Jack and His Performance Anxiety

Jack is 68 years old, works in a healing profession, plays a wind instrument in local music groups, and has had mild performance anxiety (PA) for many years. A concert was coming up in two months where he would play a solo. He was nervous about this even though he was getting instruction from a teacher. Jack chose breathing as his relaxation mode, a dining room in a monastery as his safe haven (he had been there several times on retreats), and the Divine Spirit as his healing entity. Here is a transcript of the session:

“Jack, we can start with you getting comfortable in that chair. If you are comfortable closing your eyes, please do that. And now, pay attention to your breathing. Notice each breath as it comes in and goes out. Just one breath at a time. One heartbeat at a time—slowly, easily, naturally. And, with each inhale, your chest and belly will softly rise. And then, with each exhale, all of those muscles will relax. You might think of each inhale as breathing in comfort and ease, and each exhale as a kind of cleansing or clearing breath. That’s right. This breath, and the next one. If at any time you need to move a bit to be more comfortable, please do that. This is your time now; a healing and learning time.

And, within your mind now, you can drift off to that special restful, safe, and peaceful place: the dining room at the monastery. Enjoy being there. Look around in that quiet, comfortable, safe place. This breath and the next one. There’s something especially peaceful about that dining room, is there not? It is a healing and learning place. Quiet. Peaceful. This breath and ...

While you are there, you notice that something interesting is happening. Somewhere near you sense a presence; the presence of the Divine Spirit. And the Divine Spirit knows you, and just what to do to help with what has been troubling you for a long time. Yet somehow, over the years you have managed to comfortably play music with your friends and fellow musicians, even with the little anxieties that crept in occasionally, did you not? Right now, you need extra support, and the Divine Spirit is with you to provide that. The Divine Spirit comes closer to you, and gently touches your shoulder. You can sense the love and care and knowledge of the Divine Spirit. Continue to breathe softly and easily. The Divine Spirit is now sending into you wherever it is that you need: a deep sense of calm and peace and the knowledge that you can certainly play the solo easily and simply. To remind you of



## FACETS & REFLECTIONS

this gift, gently touch two fingers together on one of your hands. Before you practice your music and are ready to play with your friends, hold those two fingers together for a short time. Then you will feel calm, comfortable, and competent, and you will easily be able to play your solo and the rest of the music—for you know that the Divine Spirit is with you at that time. This breath and ...

At this time to be certain, imagine that you are with your colleagues getting ready to play. Touch those fingers together, sense the presence and love of the Divine Spirit, and calmly prepare for the music that you know so well.

Within your mind now, thank the Divine Spirit for being with you and helping you. He smiles at you and you at him, and then he gently leaves for He has more work to do.

You know, Jack, that your mind is like a recorder, and you will remember what has happened here today. To re-experience this, find a quiet place, pay attention to your breathing, drift off to the monastery dining room, and recall and remember this experience. Also, practice touching those two fingers together.

I want to thank you now for your trust and attention, and whenever you are ready, just take a deep breath or two, open your eyes, stretch a bit and come back to this room, here and now. Thank you.

(Note: I did not indicate where I paused in the actual hypnosis session or which words or phrases I emphasized.)

I ran into Jack a few weeks after his solo performance, and he told me that it went well. He also told me that he especially liked the idea of touching his two fingers together when needed.

### Commentary

The transcript of the session with Jack incorporated his own healing ideas. That is, *he told me* what it was that would work for him to be comfortable playing music with his friends (including solos). The “secret” part of this work is that all I knew was that he had performance anxiety and no other details. Thus, I guided Jack into finding a way to be comfortable within his own beliefs and reality. You always need to work within the belief system of your client. This might be considered an example of “psychological judo,” where you use the personal knowledge and belief systems of your client to bring about the change(s) they desire.

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Honest, clear, brilliant... Cloé Madanes presents her own story and, in the process, explains how a psychotherapist is born, develops and contributes. She weaves a tapestry of her personal history, her social context and the politics of the time. The book is a gift to all who hope to understand the role of the past in who we become.

*Not By Accident* reflects Madanes' conviction that free will and a system that follows its own rules exist simultaneously, and that the human spirit has the capacity to triumph in the face of all kinds of adversity. This conviction is central to Madanes' account of her own life journey. In *Not By Accident*, she shows us how her therapy strategies evolved from her unshakeable belief in the power of people to drive each other sane and the power of words to change the world. The book is a no-nonsense exploration of the hard truth about how Madanes went about constructing her own life. She captures contradiction, paradox and the complexity of the human experience in ways that will resonate with her readers' own experiences and life stories.





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## IN MEMORIAM

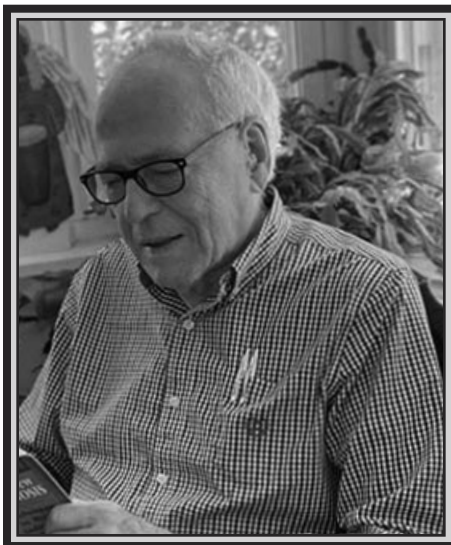
### Daniel Araoz

Dr. Daniel L. Araoz (1930-2022) was born in Argentina and moved to New York in 1951 as a Jesuit. He left the priesthood four years later, married, and had two children. With a PhD in family therapy from Columbia University, he worked as a professor at Long Island University until his retirement in 2012. He also maintained a private practice until 2019.

Throughout his distinguished career, Dr. Araoz wrote numerous articles and published 13 books, including *The New Hypnosis: Techniques in Brief Individual and Family Psychotherapy* (1977). He also published on psychodynamic topics.

He is survived by Dr. Marie Carrese, his wife of 31 years, his son Lee and wife, Jeanine, and his daughter Nadine and her husband Dr. Robert Beuka. He also had seven grandchildren, as well as nephews and nieces living in Argentina and Paris.

Dr. Daniel Araoz made significant contributions and was an avid friend of the Erickson Foundation.



*Daniel Araoz*

## IN MEMORIAM

### Farewell Former Museum Tour Guide

Cecile (Ceil) Gratz served as concierge and tour guide for the Erickson Historic Residence for several years. She retired from this position in the mid-2000s. Upon her retirement, she wrote: "Every day will be a holiday for me! Wishing you good luck and good health. I will miss you. With all God's blessings. Love, Ceil."

Ceil passed away the evening of August 30, 2022. She was 82 years old. She is survived by her son Kevin and her daughter-in-law Jennifer.

Ceil loved people and had an outgoing, warm, and adventurous spirit. She would often say, "I just met a new friend." Throughout her time at the museum, she provided wonderful tours to people from all over the world. And with her love for gardening, she beautified the grounds with flowers and shrubs.

"Ceil was a dedicated employee who took her position very seriously," said Roxanna Erickson Klein. "She was an excellent guide for the museum, and we were lucky to have her."



*Cecile Gratz*

## FOUNDATION NEWS

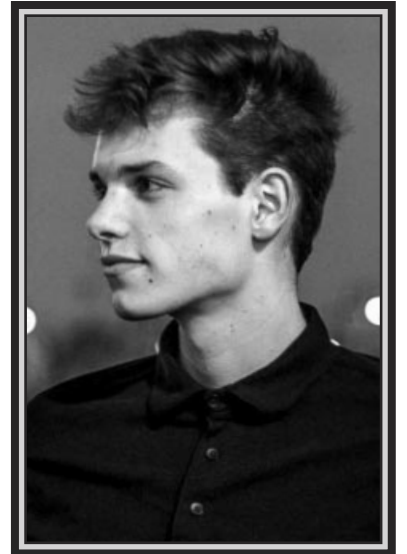
### The Foundation's "Ship" Moves Steadily Forward

In the past several months, the Foundation's staff has shifted and grown. Joy Zhou moved from a part-time intern position to a part-time position as administrative assistant and Jack Stevenson was hired as digital marketing intern.

Jack is originally from Thousand Oaks, California. He moved to Arizona to attend Arizona State University. He is currently a junior studying business administration.

"What brought me to the Foundation was an opportunity to get my foot in the door of the marketing world. After years of studying business, I have discovered that marketing is my favorite area," Jack says. "My work at the foundation as a digital marketing intern has only confirmed that this is the right area for me. My goal is to increase the number of followers on social media and learn as much as I can."

Outside of work Jack is passionate about playing soccer, working on cars, playing video games, and working out. Although he admits that going to the gym is time consuming, the reward is great: "I enjoy seeing my strength progressively increase, and the gym truly relieves my stress."



*Jack Stevenson*

Joy Zhou is from Tianjin, China. Ten years ago, she moved to Arizona where her husband began a PhD program at ASU. The couple's daughters are now 8 and 12. "They are the best gifts of our lives," Joy says.

Before moving to the U.S., Joy taught Chinese to college students in both Poland and China. She had an interest in psychotherapy as an undergraduate. In 2020, when she was learning NLP, she discovered that the Erickson Foundation is headquartered in Phoenix.

"At the beginning of 2021," Joy recalled, "I met Jeff and asked him about volunteering at the foundation. It turned out to be a great opportunity to learn from him, Erickson, and other teachers. I began translating the subtitles on the videos of Erickson's teaching seminars into Chinese. In the process, I realized that I was approaching the project in the same way as Erickson when he approached therapy. What he did was much more than the mechanical application of techniques. He developed an art! I hope that I can contribute to bridging the cross-cultural gap between Erickson's art and the understanding that Chinese practitioners have of it."

To me, the foundation is like a ship, a vehicle for conveying Erickson's vision, and I am glad to have a small part in taking good care of it."

In Joy's spare time she enjoys camping and reading. She is part of an online reading group that tackles one book a month and she describes camping as "appreciating nature, breathing in fresh air, and being reminded of how wonderful the world is!"



*Joy Zhou*





*Photo of Squaw Peak, by: Alec Sills-Trausch, used with permission*

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# The Collected Works of Milton H. Erickson, MD Digital Version



Edited by: Ernest Rossi, Roxanna Erickson-Klein, Kathryn Rossi

Editors have carefully updated & digitized these timeless writings. Volumes 1-4 are now electronically searchable & available for immediate download on Amazon Kindle or print-on-demand paperbacks. Additional volumes 5-16 will be similarly available in the near future. Visit our website to stay up to date at:  
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## BOOK EXCERPT

The following interview with Walter M. Mills was conducted in 1992. This excerpt is from Jeff Zeig's soon-to-be-published book:

### *An Epic Life: Personal Perspectives*

<https://www.erickson-foundation.org/books/p/anepiclife>

**Jeff Zeig:** Tell me about your time with Dr. Erickson.

**Walter Mills:** I saw Dr. Erickson for about two and a half years. He said I had a “mercurial personality,” and we laughed about it. Mercury is a volatile substance apt to go off any time.

**JZ:** What is your occupation?

**WM:** I am a psychological counselor. I work with juvenile delinquents and ex-offenders.

**JZ:** Did you seek out Dr. Erickson as an undergraduate?

**WM:** He was recommended by Bill L., a prior patient. Bill told me that Erickson was the man I should talk to, so I called him up. He lived on Cypress Street. I remember a hound dog barking at a jet flying overhead and Dr. Erickson said, “Yeah, that’s my dumb dog, Roger.”

**JZ:** And what was your impression of him?

**WM:** Well, he was not non-directive. He hit it on the nose. When I said something or had a question, he had an explanation. His parables were beautiful, and they are still bubbling up inside me. He talked about the Indian who chipped away at an arrowhead and spent hours fashioning this piece of beauty, and then suddenly it cracked. Dr. Erickson said, “This arrowhead maker looked at what he had and then fashioned a smaller arrowhead.” Dr. Erickson called this “the principle of abiding by a flaw.” And that hooked me.

Those who worked in the psychology department at ASU were lying in wait for Dr. Erickson because he was going to give a lecture at the student union. The night of the lecture, there were around 300 people in attendance—most from the sociology and psychology departments. Dr. Erickson began lecturing and he gave a meaningful presentation, but you could tell they were waiting to take their shots at him. After the first or second question, he discussed hypnosis and how unnatural it is for people to wear socks. He said socks are uncomfortable and warm and certainly unnatural to the feet. And in about five minutes, the whole audience was clawing and scratching at their feet. Everyone had hot feet. It was delightful. And he buried their questions like butter.

He told me that when he first got to Phoenix, after his stint at the state hospital, which was a fiasco, there was a lot of professional jealousy. He said the psychiatrists in the Valley (Phoenix) wanted him to join their professional organizations and he blew them off, with a smile, of course, and that infuriated them. Because he was one of them and was not social with the professional community of psychiatrists, they were offended.

**JZ:** Why do you think he told you these things? Could it be because you are a maverick and a fighter too and he was giving you an example of being okay with this characteristic?

**WM:** Exactly. For example, he described how it was at Wayne University when he was teaching there in the late 1940s. He said, “The young vets came from the war, and they were angry. And they wanted to get ahead. In the little township, there was a core of backward thinking businessmen, who gave no voice nor an ear to any of the returning vets. And the vets had legitimate causes and projects in the community.”

And Dr. Erickson said they got together and found a vet, “Joe,” who had an IQ of about 45 and was likeable. They elected Joe to the town council, with his name first on the ballot. The founding fathers—so to speak—went to the vets and said, “Look here... let’s make a compromise.” But by that time, it was too late. The vets said, “No. We’re going with Joe.” And Joe won, with the understanding that Joe only listened to the vets. The vets ramrodded projects through and gained a lot of respect by virtue of this strategy.

**JZ:** What do you make of that?

**WM:** It goes back to “abiding by the flaw.” You do not have to be a straight arrow. There are roundabout ways of taking care of business.

**JZ:** Did Dr. Erickson ever hypnotize you?

**WM:** No. The last time I saw him I said, “We have spent about two and half years together and you are one of the leading hypnotists in the world. Why don’t you employ hypnosis with me?” He said with a toothy smile, “Walter, in about 1,000 hours of more therapy, you may be ready.”

**JZ:** What did you make of that?

**WM:** That I am not very suggestible. I have a strong personality and resist any unsophisticated approach at suggestion; it rolls off like water on a duck’s back. Which is not to say that this very sophisticated man did not utilize several types of hypnosis of which I am unaware.

**JZ:** What is your perspective on his health and physical limitations?

**WM:** I saw him as a vital man who took his disability and damn well did what he pleased with it. As an example, he was teaching medical school at Wayne State University, and he described to me how essential it was to see both shapes and coloration under a microscope. He went around that by focusing on the shapes.

**JZ:** Because he could not see the color.

**WM:** Right. I thought that was fascinating. He was also non-rhythmic, and he described how he could put his hand on a piano being played and pick up the rhythm. He felt rhythm was a necessity to human beings.

**JZ:** Did he find a way to reach you at your core?

**WM:** I have a way of avoiding that point that is very skillful. Anyone who catches me has to be very bright. And once they catch me, I’m theirs. We spent all our time together playing several of my “games,” mainly because I realized that I had met a superior force.

**JZ:** What other recollections do you have about Dr. Erickson?

**WM:** One time I was in love with a woman named Judy. She was a beautiful 19-year-old blonde with blue eyes. She would go out with other guys, and I would catch her and say, “This just can’t be.” I wore her down to the point where she recognized that she had to marry me and focus on just me. At this point, Dr. Erickson said, “Walter, why don’t you bring her over and introduce her to me?” I thought that was a good idea, so I convinced her to go with me. She took it as a challenge.

The three of us sat in a session I paid for, and Dr. Erickson said to her, “Look Judy, Walter is a nice guy. But do yourself a favor: Go out and find yourself somebody who is really super—someone you really like and who will lavish you with money and good times.”

Well, I was thunderstruck. Sometimes I just could not believe what I was hearing, so I had to play it out and see where it was going. Now mind you, my friends and family warned me not to marry Judy, but it was not a forgone conclusion. Everyone knew it except Judy and me. And since I am a dominant personality, we did get married, but it lasted two or three months.

**JZ:** Do you have any other thoughts on Erickson?

**WM:** He was an extremely bright, complicated man with insight who said to me, “There is nothing wrong with you and don’t forget that. In the future, remember that insanity is not a part of your makeup. Constitutionally, you are not endowed in that respect.” He also warned me not to be a mediocre person.

He would offer little lessons to me in a capsule form to digest. He defined the essence of personality as constitutional hereditary endowments blended with constitutional experiential endowments. I have read different definitions and talked to many people, but that hits it right on the head.

I have met geniuses, and I realize superiority. When it’s there, it’s there. Erickson was one of those people.



## BOOK REVIEW

### ***IntraConnected:***

#### ***Mwe (Me + We) as the Integration of Self, Identity, and Belonging***

By Daniel J. Siegel

W.W. Norton & Company

336 pages (paperback)

ISBN-10: 0393711692

ISBN-13: 978-0393711691

Reviewed by  
Jeffrey K. Zeig

Dan Siegel is author of numerous articles, chapters, and internationally acclaimed books. His publications have been translated into more than 40 languages. The architect of the field of interpersonal neurobiology, Siegel received his medical degree from Harvard University and completed his post-graduate medical education at UCLA. His work extends into many areas of psychiatry.

To his readers, Dan Siegel is an “ophthalmologist,” one who corrects er-

rors in vision and perception.

With his most recent book, *Intraconnected*, Siegel shares his vast wisdom and all-encompassing perspective. This book is a clarion call, encouraging us as social creatures to refocus on our intelligence from “I” to “We.” Rather than allowing us to slumber in accepted generalities, *Intraconnected* awakens us to orientations that can initiate humane shifts on all levels of society.

Offering personal reflections and physiological research on the human brain, Siegel discusses how interconnectedness is our natural state in the world. We are not alone; we are never alone. We belong to a bigger whole. We are connected to others and the natural world. Our identity is not only in the “I” but in the “we” of belonging. If there was a silver lining to the coronavirus pandemic, it is that we understood from isolation that we need each other and we are all together in this thing we call life.

Dan Siegel is undoubtedly brilliant. One aspect of his stellar intellect is his ability to make complex concepts readily understandable so they can have immediate utility. We are blessed to have Dan Siegel as beacon for higher human consciousness.

Read *Intraconnected*. It is a cure for myopia.

## BOOK REVIEW

### ***Affirmations for Turbulent Times: Resonant Words to Soothe Body and Mind***

By Sarah Peyton

W. W. Norton & Company

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ISBN 978-1-324-01961

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

In this 178-page book, Sarah Peyton has written an amazing array of affirmations for turbulent times. And her affirmations are poetic. They, invite you to immerse yourself in the words, which can lead to emotional healing. Her words invoke calm, relief, healing, and help. I found myself reading and rereading many parts of this book.

In this book, Peyton offers themes instead of chapters. There are themes for Living with Chaos and Uncertainty, Health and Well-Being, Loneliness and Community, Work and Contribution, Family and Home, Mourning Our Losses, Loving the Planet, Emotions and Longings, Living the Creative Life, Caring for Our Energy, Helplessness and Choice, and Stepping into Celebration. For each category she presents affirmations that counterbalance the emo-

tions that arise with turbulence.

In the introduction, Peyton writes that the affirmations are based in science and written to assist people stuck in a quagmire of unpleasant emotions. I found myself allowing the affirmations to inform and reform stagnate emotions.

Under the category of waiting for someone who does not come, the affirmation begins with these words: “I accompany myself with love in the empty space. Even the emptiness of not knowing. I do not leave myself.” (p. 43) This passage evokes a positive mindset.

Peyton has created a wonderful book for inspiration, creativity, and healing, that readers can turn to in turbulent times. She gives power to the affirmations by weaving in the need for accepting responsibility for actions and thoughts, with personal power to alter them. It is an honest and creative way of altering how we feel. Peyton has also built in a dozen final invitations, which seem like blessings. For example, “May I enjoy myself in both company and when I am alone. May I feel my community with me even when I am separated from it. May I experience being met with authentic welcome in my life.” (p. 172)

I love this book and have read it twice. I marvel at how well the author uses words to bring about change. I especially like how she offers insights with her words. As I read the book, I thought of other people who could benefit from reading it. I recommend this book. It touched my heart and was a breath of fresh air bringing with it a pleasant feeling of being enough.

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VIDEOS OF MILTON ERICKSON AT HIS TEACHING SEMINARS.

## BOOK REVIEW

### ***Brief Therapy Conversations: Exploring Efficient Intervention in Psychotherapy***

By Michael Hoyt and Flavio Cannistra

Routledge, 2022

194 pages

ISBN: 9781003307709

Reviewed by  
Jeffrey K. Zeig

The foundation of psychotherapy is the impactful conversation between therapist and client. Colleagues Michael Hoyt and Flavio Cannistra demonstrate, in dialogue, how to make a conversation important as a device for students of psychotherapy to improve their therapeutic practice.

Hoyt is a California psychologist and renowned contributor to the literature of psychotherapy. In addition to advancing brief therapy, he is an originator of single-session therapy. With a towering intellect and an encyclopedic knowledge of research and historical trends, he shares his wisdom and the wisdom of others who have modernized psychotherapy in *Brief Therapy Conversations*.

Cannistra is a psychologist based in Rome, Italy. Published in both English and Italian literature, he provides postgraduate training and clinical services. His perspectives on contemporary practice are impressive.

These two international experts tackle topics that range from therapeutic methods and the importance of the therapeutic relationship to the role of diagnosis and the therapist's mindset. They also discuss specific techniques and guiding logics, therapist development, and trends in psychotherapy, with the focus on brief and single-session therapy. Their dialogue is witty and engaging and the text is reader friendly. The result of their collaboration is edifying.

Therapists of all disciplines will benefit from reading *Brief Therapy Conversations*. Doing so will enrich your practice.

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In *Case Consultation*, Dr. Brent Geary focuses on the application of Ericksonian concepts and techniques in clinical practice. Cases are presented and partici-

pants become engaged with individualized feedback and observation of how hypnotic methods can be utilized. Topics include assessment geared to hypnotic intervention, dynamics of dissociation, utilization of hypnotic phenomena in treatment planning, and the incorporation of anecdotes and metaphors.

In the *Art of Psychotherapy*, Dr. Jeffrey Zeig offers a unique master class featuring live demonstrations of psychotherapy sessions. Zeig will implement various strategies in dealing with common patient issues. Participants will understand how to effectively use experiential methods to elicit conceptual realizations and prompt clients to realize hidden potentials.

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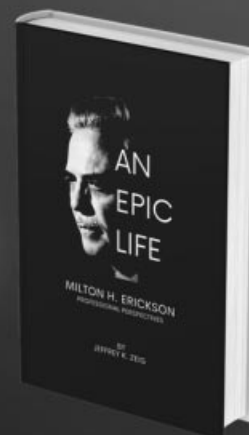
## New Releases



### Not By Accident

Honest, clear, brilliant ... Cloé Madanes tells her own story, and, in the process, explains how a psychotherapist is born, develops and contributes.

**Cloé Madanes**



### An Epic Life

Throughout his professional life, Milton H Erickson attracted a diversity of critics and supporters, and this book gives all a voice.

**Jeffrey Zeig**



### Advancing Psychotherapy

As part of a communications project conducted in the mid-1950s and spearheaded by anthropologists, Gregory Bateson, Jay Haley, and John Weakland went to Phoenix, Arizona to learn from and collaborate with Milton Erickson.

**Jeffrey Zeig**

[www.erickson-foundation.org/books](http://www.erickson-foundation.org/books)

## UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
<b>2022</b>		
12/14-17	Evolution of Psychotherapy / Orlando, FL / Invited Faculty	1.
<b>2023</b>		
1/12-15	Master Class in Ericksonian Clinical Hypnotherapy / New York City, NY / Jeffrey K. Zeig, Ph.D.	2.
1/26-2/24	Intensive Training Online – Level A (Fundamental) / Virtual / Lilian Borges, M.A., LPC; Brent B. Geary, Ph.D.; Stephen Lankton, LCSW, DAHB, FASCH; Dan Short, Ph.D., Zeig	3.
2/4-2/12	Art of Psychotherapy of Jeffrey K. Zeig, Ph.D. / Virtual / Zeig	3.
2/19-26	Master Class and Workshop on Fundamental Hypnosis (Spanish) / Mexico City, MEXICO / Zeig	4.
2/28-4/12	Case Consultation with Brent B. Geary, Ph.D. / Virtual / Brent B. Geary, Ph.D.	3.
3/3-4/28	Intensive Training Online – Level B (Fundamental) / Virtual / Borges, Geary, Lankton, Short, Zeig	3.
4/13-16	Master Class in Ericksonian Clinical Hypnotherapy / New York City, NY / Zeig	2.
5/12-6/30	Intensive Training Online – Level C (Intermediate) / Virtual / Borges, Geary, Lankton, Short, Zeig	3.
7/7-8/25	Intensive Training Online – Level D (Intermediate) / Virtual / Borges, Geary, Lankton, Short, Zeig	3.
9/1-10/20	Intensive Training Online – Level E (Advanced) / Virtual / Borges, Geary, Lankton, Short, Zeig	3.
9/16-9/24	Art of Psychotherapy / Virtual / Zeig	3.
10/27-11/22	Intensive Training Online – Level F (Advanced) / Virtual / Borges, Geary, Lankton, Short, Zeig	3.

### Contact Information:

- 1) For information: Web, [www.EvolutionOfPsychotherapy.com](http://www.EvolutionOfPsychotherapy.com)
- 2) For information contact Stacey Moore: Email, [stacey@erickson-foundation.org](mailto:stacey@erickson-foundation.org); For information on virtual programs with Jeffrey Zeig including virtual courses with Spanish translation visit: [www.jeffzeig.com](http://www.jeffzeig.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](mailto:support@erickson-foundation.org); Web, [www.erickson-foundation.org](http://www.erickson-foundation.org)  
2023 Intensive Training Program, Case Consultation, Art of Psychotherapy [www.erickson-foundation.org](http://www.erickson-foundation.org)
- 4) For information: Email, [psicoequilibra@live.com.mx](mailto:psicoequilibra@live.com.mx)

**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 <https://www.erickson-foundation.org/newsletter-archive> or contact Karen Haviley: [karen@erickson-foundation.org](mailto:karen@erickson-foundation.org). A \$25 fee per Upcoming Training listing is required. Deadline for the April 2023 issue (Mail Date: mid-April) is February 10, 2023. All workshop submissions are subject to approval by the Erickson Foundation.

## CONFERENCE NOTES

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

*The Evolution of Psychotherapy Conference* will be held December 14-17, 2022, at the Gaylord Palms Resort and Convention Center in Orlando, Florida. Faculty will include Diane Ackerman, Denise A. Beagley, Helen Fisher, Steven C. Hayes, Otto F. Kernberg, Lynn Lyons, Cloé Madanes, Donald Meichenbaum, Scott D. Miller, Stephen W. Porges, Terry Real, David L. Shapiro, Daniel Siegel, Stan Tatkin, Lenore E. Walker, Michele Weiner-Davis, Jeffrey K. Zeig. For the conference agenda including two pre-conference offerings, online registration, hotel and travel information visit [www.EvolutionOfPsychotherapy.com](http://www.EvolutionOfPsychotherapy.com)

The Psychotherapy Networker Symposium will be held March 16-19, 2023, at the Omni Shoreham Hotel in Washington, D.C. and also will be available online. Presenters to include Nedra Glover Tawwab, Bessel van der Kolk, Alanis Morissette, Richard Schwartz, Eve Rodsky, Lori Gottlieb, Kate Chard, Mona Delahooke, Kenneth Hardy and many more. For information and to register visit: <https://www.psychotherapynetworker.org/>

The 2023 American Counseling Association Conference and Expo will be held March 30-April 1, 2023, in Toronto, Ontario, Canada. Attendees will be able to choose from hundreds of educational sessions. For information on accommodation, travel, and to register visit the conference site: <https://www.counseling.org/conference/toronto-2023>

The European Society of Hypnosis (ESH) will hold the XVI ESH Congress, *Hypnosis Food for Body and Mind: an Integrated Approach to Healing*, will be held October 26-29, 2023 in Istanbul, Turkey. Online options also will be available. For complete information on the Congress and to register with early rates visit <https://esh2023.org/>

**2024** – 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,” June 12-15, 2024, in Krakow, Poland. (Note: The Congress was scheduled for June 2022 but due to the global health situation the organizers have moved the gathering to June 2024.) For complete information visit <https://www.ishhypnosis.org/> or Email, [info@pie.pl](mailto:info@pie.pl)

## INTERVIEW

*continued from page 8*

**JL:** How do you use the internet to find someone?

**HF:** For the last 12 years we have asked people how they met their last first date. A couple of years ago, 40 percent of people said that they met their last first date on the internet. And more than 25 percent said off the internet. They met the person either from a friend, or in a bar (6 percent). The internet is the primary way for people to meet. This is the way people are doing it these days. It is the most common way of meeting. But I read an article that said if you meet someone on the internet, you are more likely to divorce. That didn't make any sense to me, so I looked at my own study of people who had met on the internet, as opposed to meeting

them off the internet. As it turns out, those people who are dating on the internet as opposed to off the internet are more likely to be fully employed with a higher education. And they are more likely to be looking for long-term commitment. The internet is the primary way for people of all ages to meet. And it seems to be the most successful way because these people seem to be better educated and better employed and are looking for a long-term relationship. They are more likely to get married and stay married.

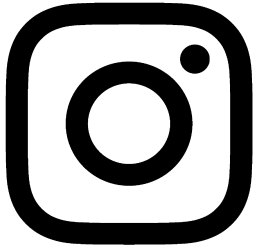
What is interesting about it is that it is so new that people misuse it.

**JL:** How so?

**HF:** There is nothing wrong with  
*INTERVIEW continued on page 20*



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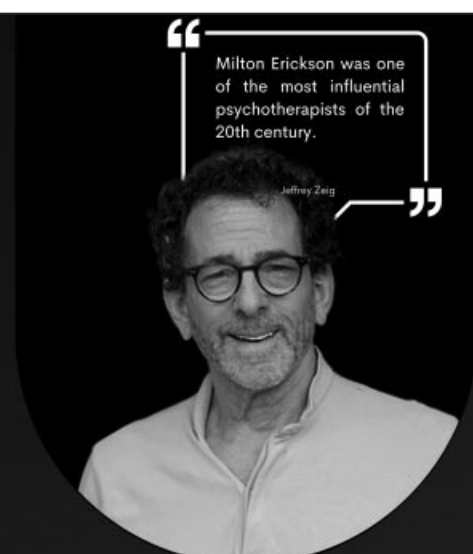
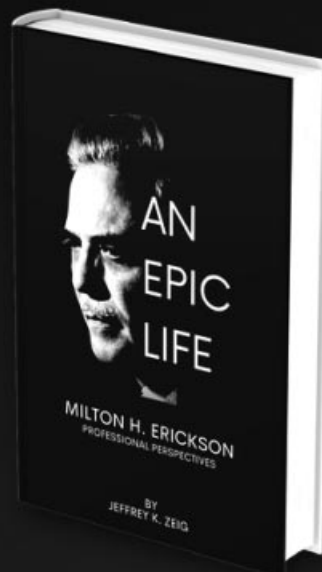
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**INTERVIEW***continued from page 18*

the dating websites. They are actually introduction sites. That is all they do: they introduce people. And after you meet someone on video chat or in person, you smile and laugh the way you always did; you assess the person the way you always did. It is amazing that many academics think there is something different in the way you meet online vs. offline. There is no difference. A million years ago, you might have met someone at a watering hole, or closer to this time, at a farm dance, or a college get together. You meet them and if you like them, you date. The foremost mistake people make is that they people-binge, and we are not built for bingeing. This is not what my data shows. The brain can cope with five to nine choices. After that, a person's brain gets deluged. It is cognitive overload or a paradox of choice. We then just don't choose anyone. Some people say "I haven't found anyone. I went out on a different date every day last month, and I didn't find someone." I want to tell them that is the reason they didn't find someone.

They would have gotten a lot more data by spending more time with less people. After you have met nine people, stop! Get off the dating site and focus on one or more of these. The data shows that the more you get to know someone, the more that you like them, and they like you.

The second thing is the form. You don't count someone as part of your nine if they are 40 years older than you or are a different size or shape than is acceptable to you. Get five to nine people who are in the ballpark. You don't even need chemistry with them. Get to know these people you have selected.

**JL:** So, how does a person find someone to which they feel connected?

Think of reasons to say "yes." The problem is at first you know very little about them and you give too much weight to who you think they are and any critical thing you might notice. If you crack a joke, and they don't laugh, or they say something a

little wry, you suddenly think they are not acceptable. Or they might say they like cats and you only like dogs, so you exclude them without getting to know them.

We tend to give too much weight to the few things that we know about the person. The brain is built to say no. There is a huge brain region in the pre-frontal cortex that operates on negativity bias. We remember the negative. We go out to dinner, and we remember a negative thing that someone said to us. We go out to a dinner party, and we are having a great time, where people like us and we like them, and one person says, "Have you gained a little weight?" So, when you go home, that is what you remember.

**JL:** That is a great example!

**HF:** We are built to remember the negative. Get over it. Overlook the negative and focus upon the positive. Find things that you like about this person. When we asked people in our polls, "Do you expect to feel chemistry on the first date?" Almost 50 per-

cent of the people said they did not. This gave me confidence that they are grown up and don't have to have the instant fire in the belly and in the brain. And that they would like to get to know someone. Over 50 percent believe that you can fall in love at first sight. But only a small percentage of people say that that happened to them. You have to allow people to get to know each other.

**JL:** This may be one of the more popular of my columns. I am so enamored with the kinds of material that you find interesting, and I am impressed that it gives people useful information so that they can change their lives by making better decisions. In the TED talk and other lectures that I have seen you offer, I was amazed at how you have such a therapeutic grasp for what is useful. And instead of being a therapist to a handful of people, you do therapy for hundreds of thousands of people.

**HF:** Well, that is a beautiful thing to say to me. Thank you very much. This has been a lovely conversation.

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