

The Milton H. Erickson Foundation, Inc. NEWSLETTER

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John A. Moran, Ph.D., Associate Director

The Milton H. Erickson Foundation, Inc.
3606 North 24th Street
Phoenix, Arizona 85016
U.S.A.
Telephone: (602) 956-6196

— BOARD OF DIRECTORS —

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Volume 4, Number 3

Fall, 1984

NOTES FROM THE FOUNDATION

NEWSLETTER BUSINESS

Closing date for submissions to the next Newsletter is December 1, 1984. All business and money matters, including subscriptions, should be addressed to the Foundation's offices in Phoenix. Articles and informational notices should be sent to the Editor.

THE LETTERS OF MILTON H. ERICKSON

The Milton H. Erickson Foundation will publish *THE LETTERS OF MILTON H. ERICKSON, M.D.* (J. Zeig, Ed.). The volume will consist of five sections: historic letters (e.g. letters to Bateson and Mead); letters to colleagues; letters to students; letters to patients; and autographs in books.

If you possess any of the above materials, please send copies to the Erickson Foundation by October 15, 1984, so that they can be evaluated for inclusion.

NEW ERICKSON INSTITUTES

The Board of Directors has authorized the use of Dr. Erickson's name by five new institutes. They are:

The Milton H. Erickson Institute of Western Australia
60 Kings Park Road
West Perth 6005
West Australia 322-4206
Contact: George W. Burns, B.A. (Hons.)

The Milton H. Erickson Institute of Chicago
2723 North Clark Street
Chicago, Illinois 60614
Contact: Philip Welches, Ph.D.

The Milton H. Erickson Institute of San Diego
2525 Camino Del Rio S., Suite 225
San Diego, CA 92108
(619) 295-1010
Contact: Michael D. Yapko, Ph.D.

The Richmond Ericksonian Institute
1506 Willow Lawn Dr., Suite 200
Richmond, VA 23230
Contact: Robert N. Glenn, Ph.D.

The Milton H. Erickson Institute of Colorado
300 S. Jackson, Suite 200
Denver, CO 80209
Contact: Yvonne Dolan, M.A.

CONTRIBUTION TO THE ARCHIVES

Herbert S. Lustig, M.D. has donated a copy of his 16 millimeter film production of "The Artistry of Milton H. Erickson, M.D." to the Erickson Foundation Archives. His donation is appreciated.

VIDEOTAPES AVAILABLE FROM THE 1983 CONGRESS

Videotapes of demonstrations from the December, 1983 International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy are available for purchase through The Erickson Foundation. For information and order form, see page 9.

TRAINING PROGRAMS AT THE FOUNDATION

This year's training programs at the Foundation include a 4-day workshop with Stephen Lankton on "A Systems Approach to Ericksonian Hypnosis and Family Therapy." For details, see page 8.

THE TEACHING TAPES OF MILTON H. ERICKSON

The Milton H. Erickson Foundation is proud to announce that it is making available for purchase a series of audiotapes of Milton H. Erickson, M.D. Tapes selected for distribution will cover a broad assortment of topics and will concentrate on the years of Dr. Erickson's career when his voice was strong. The first issue of the series, the 1952 U.C.L.A. lectures, is described on page 2.

EULOGY: Frederick William Hanley

The Board of Directors of the Milton H. Erickson Foundation is grieved to report the recent death of Frederick William Hanley, M.D., due to complications following surgery. Dr. Hanley was a close friend of Milton Erickson. Dr. Erickson valued Dr. Hanley both personally and professionally.

Dr. Hanley served as a faculty member of the 1980 Erickson Congress. His paper for the 1983 Erickson Congress was presented in absentia due to his illness.

Dr. Hanley made significant contributions to the field of hypnotherapy. His expertise was in the areas of psychiatry, psychotherapy, and forensics. During 1973-1975, Dr. Hanley was a member of the Board of Directors of the Canadian Psychiatric Association. He had been a vice-president of the American Society of Clinical Hypnosis. He was a Life Fellow of the American Psychiatric Association.

Dr. Hanley was known as "Mr. Hypnosis" in western Canada. He was a warm and courteous man, and an astute clinician and teacher. His presence will certainly be missed. The Milton H. Erickson Foundation extends sympathy to Dr. Hanley's wife, Elaine and his other family members.

— Jeffrey K. Zeig, Ph.D.
Elizabeth M. Erickson

UPDATE ON THE ERICKSONIAN MONOGRAPHS

Stephen R. Lankton, M.S.W., is pleased to announce that Brunner/Mazel has been selected by the Board of Directors to publish **The Ericksonian Monographs**. The first issue is expected during the first half of 1985.

To receive advance notification of **The Ericksonian Monographs**, write Brunner/Mazel, 19 Union Square, New York, NY 10003. You will be placed on the standing order list and receive **The Monographs** at reduced prices.

The theme for the first issue is "*Elements and Dimensions of the Ericksonian Approach*." Several authors have submitted articles and others are anticipated covering topics such as specific interventions, diagnostic tools, hypnotherapy, and family therapy. For the first issue the deadline for submissions is October 31, 1984. Manuscripts should be mailed in quintuplicate (5) to Stephen R. Lankton, P.O. Box 958, Gulf Breeze, FL 32561. Articles are to be in accord with guidelines in the **Publication Manual of the American Psychological Association** (3rd edition). An advice and information letter for prospective authors is available upon request.

The Editorial Board of **The Ericksonian Monographs** is now complete with the addition of Associate Editors Bill O'Hanlon, M.S.; Robert E. Pearson, M.D.; Jeffrey K. Zeig, Ph.D. and International Advisory Editors: Michael Vancura, Dipl. Psych. (Czechoslovakia); Hans-Ulrich Schachtner, Dipl. Psych.; Gunther Schmidt, M.D.; and Bernhard Trenkle, Dipl. Psych. (Germany); Moris Kleinhaus, M.D. and Nachman Alon, M.A. (Israel); and Camillo Loricido, M.D. (Italy).

AUDIOTAPES OF MILTON H. ERICKSON, M.D.

NOW AVAILABLE FOR PURCHASE

1952 Lecture of Milton H. Erickson, M.D. on "Control of Physiological Functions by Hypnosis" and "Hypnotic Approaches to Therapy"

For the first time, audiotope recordings of Milton H. Erickson, M.D. are available for purchase from the Milton H. Erickson Foundation Archives. A series of lectures given by Dr. Erickson at U.C.L.A. in 1952 was recorded with exceptionally high fidelity. These tapes were donated to the Archives by Marion R. Moore, M.D. from his collection. During approximately 5 hours of presentations, Dr. Erickson gives 2 lectures, reports many interesting case examples, and responds to a variety of questions from the audience. The lectures are available on four cassette tapes for \$38.00, postage included.

ELIGIBILITY: These tapes may be purchased by professionals who meet the educational criteria of The Milton H. Erickson Foundation, Inc. as outlined in the Los Angeles Seminar program.

ORDERING INSTRUCTIONS: Send this order form and your remittance to The Milton H. Erickson Foundation, Inc., 3606 North 24th Street, Phoenix, AZ 85016. Allow 4 to 6 weeks for delivery. Make checks payable to The Milton H. Erickson Foundation, Inc.

(Each set contains four cassettes.
Single tapes not available)

NUMBER OF SETS ORDERED

COST OF SET(S) @ \$38.00 per set,
postage & handling included

OUTSIDE U.S.A. add \$3.00 for
additional postage & handling

6% SALES TAX (Arizona Residents Only)

TOTAL COST

(Payment must be in U.S. dollars.)

We honor MasterCard VISA

Account # _____ Exp. Date: _____

Name _____ Degree: _____

Address: _____ Major: _____

City/State/Prov: _____ Zip: _____

Phone: _____ Occupation: _____

The Milton H. Erickson Foundation is grateful to *The American Journal of Clinical Hypnosis*, Elizabeth Erickson, and Ernest L. Rossi, Ph.D. for granting permission to distribute the audiotapes of Dr. Erickson's lectures at the 1952 UCLA symposium. The texts of "Control of Physiological Functions by Hypnosis" and "Hypnotic Approaches to Therapy" were originally published in the July, 1977 issue of *The American Journal of Clinical Hypnosis* and then reproduced in *The Collected Papers of Milton H. Erickson, Vols II and IV* (E. Rossi, Ed.) respectively. Except for these lectures, the material on these audiotapes has not been published previously. An edited and annotated transcript of the 1952 Los Angeles Seminars will be published in *Mind/Body Connections In Hypnosis, which is Volume 3 of The Seminars, Workshops, and Lectures of Milton H. Erickson, edited by Ernest L. Rossi and Margaret O. Ryan* (New York: Irvington, 1985).

THE ARTISTRY OF MILTON H. ERICKSON, M.D.

and A PRIMER OF ERICKSONIAN PSYCHOTHERAPY AVAILABLE ON VIDEOTAPE

THE ARTISTRY OF MILTON H. ERICKSON, M.D.

Five years before his death and after several years of collaboration with his colleague Herbert S. Lustig, the late Milton H. Erickson completed an historic project: the creation of his definitive clinical documentary. That documentary is *The Artistry of Milton H. Erickson, M.D.*, a two-part audiovisual presentation showing Dr. Erickson conducting therapy with two patients and demonstrating his innovative combination of hypnosis and psychotherapy. *The Artistry of Milton H. Erickson, M.D.* was recorded in Phoenix, Arizona, at the facilities of a commercial television station. Thousands of students, clinicians and researchers in audiences throughout the world have viewed and acclaimed it.

PART ONE — Dr. Erickson dramatically elicits many of the classical hypnotic phenomena and integrates them into the therapy.

PART TWO — Dr. Erickson powerfully utilizes the trance experience to impart new attitudes and concepts.

A PRIMER OF ERICKSONIAN PSYCHOTHERAPY

In 1982, as part of his invited presentation at Temple University School of Medicine's 23rd Frontiers of Psychotherapy Conference, Dr. Herbert S. Lustig was commissioned to produce a videotape explicating the psychotherapy of his mentor and friend, Dr. Milton H. Erickson. The result is *A Primer of Ericksonian Psychotherapy*, a program demonstrating Erickson's fundamental clinical strategy. The program introduces and explains The Mastery Model of Erickson's therapy, and then shows Dr. Erickson and Dr. Lustig illustrating The Mastery Model in therapy sessions that they each conduct. *A Primer of Ericksonian Psychotherapy* was recorded in professional television facilities. It provides invaluable guidance to students of Dr. Erickson's clinical genius.

VIDEO STANDARDS AND FORMATS

The video tape presentations are in color and can be viewed with both color and black/white capable videotape players/recorders, adjusted for the **NTSC** standard of North American television or the **PAL** standard of Western European television, and are available in Beta II, VHS or U-matic videocassette formats.

Please fill out completely, enclose check or money order in U.S. funds, and mail to: Herbert S. Lustig, M.D., Box 261, Haverford, PA 19041 U.S.A.

FEE		PURCHASE	
Artistry: One (53 minutes)	\$225	Please prepay all orders in U.S. funds and designate the video standard and format desired. For overseas delivery, please add U.S. \$10 per program.	
Artistry: Two (51 minutes)	\$225		
Artistry: Set	\$400		
Primer: (32 minutes)	\$150		
Artistry Set and Primer:	\$475		

DISTRIBUTOR:

Herbert S. Lustig, M.D., Box 261, Haverford, PA 19041, U.S.A.
215/642-5755

"There's a whole biological history of the separation of the unconscious mind—which is a convenient concept, because it describes a certain type of behavior. The biological history of the human race discloses that a great deal of human behavior never comes to conscious awareness, yet it is employed extensively to govern people."

— 1961, "Utilizing Unconscious Processes in Hypnosis"
Healing in Hypnosis, p. 65

1958 Milton H. Erickson Hypnotic Induction

A newly discovered film of Dr. Erickson at work when he was physically at his best. Introduced by Jay Haley.

Rental: \$150.00 Sale: \$425.00
Format: Videotape, 3/4 inch or VHS

For information contact:

THE FAMILY THERAPY INSTITUTE OF
WASHINGTON, D.C.
5850 Hubbard Drive
Rockville, MD 20852
(301) 984-5730

NEWS OF INTEREST

Reid Wilson, Ph.D., one of our Editorial Board members for *The Ericksonian Monographs*, has relocated from Cambridge, Massachusetts to Chapel Hill, North Carolina. He will serve as Director of the Clinical Hypnosis Training Program, Southeast Institute and as Southern Regional Governor of the Phobia Society of America. His new address is Route 5, Box 214A, Chapel Hill, NC 27514.

George Sargent, Ph.D., will present at the American Association of Pastoral Counselors (Pacific Region) Fall meeting at the Franciscan Renewal Center in Phoenix, Arizona on October 12-14, 1984.

Laura Macht, Ph.D., who served as a demonstration subject for Joe Barber at the 1983 Pre-Congress Institute (and worked on her struggle to complete her dissertation) is pleased to announce she completed her dissertation in April. She can be congratulated at Martinez V.A. Hospital, Psychiatry Dept., 150 Muir Rd., Martinez, CA 94553. You may remember Laura as one of the photographers at the Congress.

An unaffiliated, informal study group on Ericksonian Hypnosis and Hypnotherapy meets periodically in the Los Angeles area for review of audio and video tapes, and to share and discuss problems, successes and work in progress. Professionals and graduate students in health related fields are invited to participate. Contact Ernest Levens, M.A., LM FCC, 13210-0 Fiji Way, Marina Del Rey, CA 90292, (213) 821-0184.

The University of Dayton Department of Counselor Education is offering a course on Ericksonian approaches this fall. It is titled "*An Introduction to Uncommon Counseling Techniques*" and is being taught by Thomas South, M.A.

TRAINING SERIES

For September 1984 through May 1985 the Brief Family Therapy Center (6815 W. Capitol Drive, Milwaukee, WI 53216, (414) 464-7775) is offering 3 training series: *Advanced Training in the Ericksonian Tradition*; *Introduction to Ericksonian Hypnotherapy*; and *Skill Building in Ericksonian Hypnotherapy*. The courses will be taught by James Wilk (who has recently joined the staff of BFTC after moving from England), Steve de Shazer and guest faculty, John Weakland and Bill O'Hanlon.

The Northwest Family Training Institute, now in its 21st year of program offerings, has scheduled Stephen Gilligan for *Introductory Training in Ericksonian Hypnosis* on January 25-26, 1985, and for *Advanced Training in Ericksonian Hypnosis* on January 27-28. Contact Marianne Guss, P.O. Box 1786, Tacoma, WA 98401, (206) 838-3689.

"To assume that the original maladjustment must necessarily come forth again in some disturbing form is to assume that good learnings have neither intrinsic weight nor enduring qualities, and that the only persisting forces in life are the errors."

— 1954, "*Special Techniques of Brief Hypnotherapy*"

MEDIA NOTES

As mentioned in the last issue of the Newsletter, the April 1984 *Readers Digest* contained an article on self-hypnosis which mentioned the Foundation as a referral source. Over 1,700 requests for referrals were received by the Foundation and responded to by providing three names from the Foundation's mailing list.

The proceedings of the Second Erickson Congress has been edited by Jeffrey K. Zeig, Ph.D., and will consist of 2 volumes (77 chapters). They are entitled **Ericksonian Psychotherapy, Vol. I: Structures; Vol. II: Clinical Applications**. The books will be published shortly by Brunner/Mazel Publishers, Inc., 19 Union Square, New York, NY 10003.

An article describing the use of Ericksonian hypnosis appeared in the *American Journal of Clinical Hypnosis* (Vol. 26, No. 3, January 1984). Authored by William Nugent, Nick Carden and Daniel Montgomery, it is entitled "*Utilizing the Creative Unconscious in the Treatment of Hypodermic Phobias and Sleep Disturbances*." Volume 26, No. 1, the July 1983 issue of that same journal, contains an article by J. Adrian Williams on "*Ericksonian Hypnotherapy of Intractable Shoulder Pain*."

The *Journal of Strategic and Systemic Therapies* (\$21/yr.; P.O. Box 2484, Station A, London, Ontario, Canada NGA467), Volume 3, No. 2, Summer 1984, has a section on "Reframing" with several articles relating to Erickson's work edited by Bill O'Hanlon.

A case study by David Calof, entitled "*An Exchange of Identities*" in which Ericksonian hypnosis is used in marital therapy was published in **The Family Therapy Networker** (new address: 7703 13th St. NW, Washington, D.C. 20012, \$15 yr. for individuals).

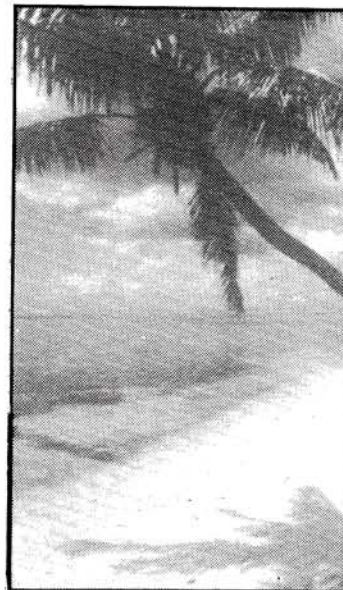
The NYSEPH Newsletter Volume 1, No. 4 (Feb. 1984) contained several items of interest to readers, including an interview with Virginia Satir (in which she discusses Erickson's work) and a book review by Sidney Rosen of Cooper and Erickson's **Time Distortion in Hypnosis**.

An article by D.W. Morgan in Portuguese on "Ericksonian Approaches Applied to Meditation" is available in English from the author. Contact address: Nanaimo Treatment Unit, Box 316, Nanaimo, British Columbia, Canada, V9R 5L3.

Todd Publications, P.O. Box 1097, Lenox Hill Station, New York, NY 10021 offers many of the Ericksonian books by mail order.

Trancework: An Introduction to Clinical Hypnosis, by Michael D. Yapko, Ph.D., is now available from Irvington Publishers and from **The Milton H. Erickson Institute of San Diego**.

The Indian Society for Clinical Hypnosis and Research has initiated a journal, the "*Indian Journal of Clinical Hypnosis and Research*". Contact the President, Dr. J.B. Athavale, 2/9 Sion Cosmopolitan Cooperative Housing Society, Plot Nos. 272/273, Sion, BOMBAY-400 022. INDIA.



Ericksonian Training
in

TAHITI

with

Paul Carter, Ph.D
January 18-27, 1985

Contact: M.E.T.A.
Institute; P.O. Box
2591; La Jolla,
CA 92038;
619/454-5638

Eligibility: Mental health professionals
with graduate degrees.

Seminar on Ericksonian Approaches

November 29 - December 2,

WEDNESDAY, November 28, 1984

7:00-9:00 p.m. REGISTRATION

THURSDAY, November 29, 1984

7:00-9:00 a.m. REGISTRATION
9:00-9:30 a.m. CONVOCATION

Each three hour segment consists of lecture, demonstration, and small group practice with faculty.

9:30-12:30 p.m. Basic Track:
Creating Hypnotic Inductions:
An Overview of Induction Techniques
Norman W. Katz, Ph.D.
Intermediate:
Strategic Use of Trance Phenomena
Carol Lankton, M.A.
Advanced:
Assessment as Intervention
Bill O'Hanlon, M.S.

2:00-5:00 p.m. Basic Track:
Utilization Approaches to Hypnotic Induction and
Therapeutic Suggestion
Ernest L. Rossi, Ph.D., and
Michele Ritterman, Ph.D.
Intermediate:
Self-Hypnosis for Therapists
Sidney Rosen, M.D.

Advanced:
Advanced Induction
Kay F. Thompson, D.D.S.
7:00-8:00 p.m. No-I lost Reception

FRIDAY, November 30, 1984

9:30-12:30 p.m. Basic Track:
Hypnotic Language
Jeffrey K. Zeig, Ph.D., and Joseph Barber, Ph.D.
Intermediate:
Direct and Indirect Hypnotic Suggestions
Ernest L. Rossi, Ph.D.
Advanced:
Trance and Action
Michele Ritterman, Ph.D.

2:00-5:00 p.m. Basic Track:
Resistance
Kay F. Thompson, D.D.S., and Sidney Rosen, M.D.
Intermediate:
Integrating Hypnosis in Psychotherapy
Joseph Barber, Ph.D., and Bill O'Hanlon, M.S.
Advanced:
Binds, Paradox, and Indirect Suggestion
Stephen Lankton, M.S.W., and
Carol Lankton, M.A.
7:00-10:00 p.m. Media Program

THE SEMINAR ON ERICKSONIAN APPROACHES TO HYPNOSIS AND PSYCHOTHERAPY

The Seminar provides a comprehensive, structured training program in Ericksonian hypnosis and psychotherapy that develops skills at the basic, intermediate, and advanced levels. The emphasis is on supervision of the participants as they practice the skills being taught. The Seminar offers a more "hands-on" rather than a "didactic" approach. Participants can expect a great deal of practicum experience and intense interaction with the trainers due to the structure of the Seminar and the relatively low student/teacher ratio.

The program is divided into three-hour segments. Each segment presents and develops a specific skill, and consists of lecture, demonstration, and small group practice sessions.

Participants will register for either the Basic, Intermediate, or Advanced Track. Switching tracks during the meeting will not be possible because registrants will be preassigned to practicum groups. Practicum groups will have a limited number of participants.

The BASIC track is designed for attendees who are either new to Ericksonian hypnotherapy or who want to ensure that they have good basic skills in the Ericksonian approach. The track has been designed to maximize the opportunity for supervised practice. The first hour consists of lecture and demonstration; the second two hours consist of small group practice.

The INTERMEDIATE track is designed for those who have basic knowledge and experience in Ericksonian hypnotherapy. One and one-half hours will be devoted to lecture and demonstration and one and one-half hours will be devoted to small group practice.

The ADVANCED track has been designed for those who have extensive knowledge and practice in Ericksonian hypnotherapy. It consists of two hours of lecture, demonstration, and discussion and one hour of small group practice.

Instructors and practicum supervisors for the Seminar are: Joseph Barber, Ph.D., Norman Katz, Ph.D., Stephen Gilligan, Ph.D., Carol Lankton, M.A., Stephen Lankton, M.S.W., Herbert Lustig, M.D., Marion Moore, M.D., Bill O'Hanlon, M.S., Michele Ritterman, Ph.D., Sidney Rosen, M.D., Ernest Rossi, Ph.D., Sandra Sylvester, Ph.D., Kay Thompson, D.D.S., and Jeffrey Zeig, Ph.D.

PROGRAM OBJECTIVES

Attendees will increase their overall communication skills by learning:

1. Techniques of inducing and utilizing hypnosis from an Ericksonian perspective.
2. To use naturalistic techniques of Ericksonian hypnotherapy in clinical practice.
3. Ericksonian principles of diagnosis thereby improving observational skills.
4. The use of multilevel therapeutic communication.
5. Methods of utilizing hypnosis in specific situations encountered in the practice of medicine, dentistry, psychiatry, psychology, social work, and counseling.

SITE AND ACCOMMODATIONS

The conference will meet at the Downtown Los Angeles Hilton Hotel. Room rates are \$50 per day (single or double). A hotel registration form will be sent to registrants with their letter of confirmation. If you choose to call the hotel for a registration, indicate that you are attending the meeting of the Milton Erickson Foundation so you can take advantage of the special rate. The phone number of the Downtown Los Angeles Hilton is: (213) 629-4321.

ELIGIBILITY

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

ACCREDITATION

The Milton H. Erickson Foundation is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians. This program meets the criteria for credit hours in Category One of the Physician's Recognition Award of the American Medical Association. Credit will be provided on an hour-for-hour basis. Hypnosis education credit hours for California MFCC's will be requested from the Board of Behavioral Science Examiners.

FINANCIAL DISPOSITION

Proceeds from the Seminar will be used by The Milton H. Erickson Foundation to foster educational and scientific efforts that pertain to Ericksonian hypnosis and psychotherapy. The Foundation provides travel and per diem expenses for some of the faculty. The faculty understands that their efforts support the activities of The Milton H. Erickson Foundation. Directors of The Milton H. Erickson Foundation are: Jeffrey K. Zeig, Ph.D., Sherron S. Peters, Elizabeth M. Erickson and Kristina K. Erickson, M.D.

VOLUNTEERS

In return for waiver of registration fees, a limited number of spaces have been reserved for students who volunteer time as monitors. Students who cannot afford to attend the Seminar and wish to volunteer should send a letter to that effect and include a completed registration form including verification of student status. Decisions will be made on a first come, first served basis. Selected volunteers will be asked to send a \$50 deposit which will be refunded after they complete their participation in the meeting. The purpose of the deposit is to ensure attendance and to avoid last minute cancellations. Volunteer cancellations are extremely time consuming for the Foundation staff.

to Hypnosis and Psychotherapy

1984; Los Angeles, California

SATURDAY, December 1, 1984

- 9:30-12:30 p.m. Basic Track:
Varieties of Trance Phenomena
Stephen Gilligan, Ph.D.
Intermediate:
Pain Control Panel
Marion Moore, M.D.,
Stephen R. Lankton, M.S.W., and
Sandra M. Sylvester, Ph.D.
Advanced:
How to Teach Hypnosis and Self-Hypnosis
Norman W. Katz, Ph.D.
- 2:00-5:00 p.m. Basic Track:
Metaphor — Stephen R. Lankton, M.S.W.
Intermediate:
The Language of Ericksonian Hypnosis
Kay F. Thompson, D.D.S., and
Norman W. Katz, Ph.D.
Advanced:
The Confusion Technique
Jeffrey K. Zeig, Ph.D., and
Stephen Gilligan, Ph.D.
- 7:00-10:00 p.m. One-hour Demonstrations of Ericksonian Hypnosis
and Therapy by Herbert Lustig, M.D.,
Bill O'Hanlon, M.S. and Sidney Rosen, M.D.

SUNDAY, December 2, 1984

- 9:30-12:30 p.m. Basic Track:
Task Assignments
Carol Lankton, M.A., and Herbert Lustig, M.D.
Intermediate:
One-hour Demonstrations of Ericksonian Hypnosis
and Therapy
Kay F. Thompson, D.D.S., Jeffrey K. Zeig, Ph.D.,
and Stephen Gilligan, Ph.D.
Advanced:
Psychological Approaches to Pain Management
Joseph Barber, Ph.D.
- 2:00-5:00 p.m. Basic Track:
Annotated Guide to the Ericksonian Media
Bill O'Hanlon, M.S.
Intermediate:
Ericksonian Therapy
Herbert Lustig, M.D.
Advanced:
One-hour Demonstrations of Ericksonian Hypnosis
and Therapy
Joseph Barber, Ph.D., Stephen Lankton, M.S.W.,
Carol Lankton, M.A., and Ernest Rossi, Ph.D.

REFUND POLICY

Requests for refunds must be made in writing and are subject to a \$25.00 administrative service charge. Full refund less the service charge will be made if the request is postmarked by November 1, 1984. No refunds will be made for requests postmarked after the refund deadline. Agencies billed should assume responsibility for payment of administrative charges if cancellations are made.

REGISTRATION

All checks should be in U.S. currency and drawn on an American bank. Checks should be made payable to: The Milton H. Erickson Foundation, Inc. Potential attendees should register in advance. Advanced registration deadline is November 1, 1984. If space is available, on-site registration will be held. However, space is limited and on-site registration may not be available.

Registration confirmation will be sent by return mail prior to the Seminar. Registration material and badges will be distributed at the Foundation's registration desk in the Downtown Los Angeles Hilton at the following times:

Wednesday, November 28, 1984 - 7:00 to 9:00 p.m.

Thursday, November 29, 1984 - 7:00 to 9:00 a.m.

SYLLABUS

Each registrant will receive a syllabus which contains descriptions and educational objectives for each session. A limited supply of additional copies will be available for purchase.

TAPE RECORDING

No tape recording will be permitted. Professionally reproduced audiotapes will be available for purchase. Some of the demonstrations may be professionally videotaped and made available for purchase.

BOOK EXHIBIT

Brunner/Mazel, Inc. will conduct the book exhibit. Publishers and authors who would like their books sold at the meeting should contact B.L. Mazel, 19 Union Square, New York, N.Y. 10003.

SMOKING POLICY

Smoking will not be permitted in any of the meeting rooms.

HOSPITALITY EVENT

There will be a no-host reception on Thursday, November 29, 1984, from 7:00 to 8:00 p.m. All attendees are invited.

PARKING

Parking is available at the Downtown Los Angeles Hilton. A special rate of \$3.50 per day is available for attendees who commute. Overnight guests receive a 50% discount on the regular overnight parking rate.

GROUND TRANSPORTATION

The Airport Express Bus goes from the Los Angeles Airport directly to the Downtown Los Angeles Hilton. The current rate is less than \$5.00 each way.

TRAVEL INFORMATION

American Airlines has been selected as our official carrier. Information on discount travel will be sent to registrants with their letter of confirmation. Your use of the seminar travel service is appreciated because it supports the Milton H. Erickson Foundation.

SEMINAR REGISTRATION FORM

Regular registration fee: \$300.00

Student registration fee: \$200.00 (A letter certifying full-time status in an accredited graduate program in a mental health field must be submitted.)

This seminar is a nonprofit endeavor for the benefit of The Milton H. Erickson Foundation. Advance registration is strongly recommended. As of September 15, 1984 there are only 100 registrations still available. Space limitations will probably preclude on-site registration. Please register at your earliest convenience.

All checks should be in U.S. currency, drawn on an American bank and made payable to: The Milton H. Erickson Foundation. Registration fees do not include meals, lodging, or transportation. All registrants will receive a letter of confirmation, a hotel registration form and travel information.

Cancellation Fee: \$25.00 if received in writing and postmarked by November 1, 1984. No refunds will be made after that date.

RETURN TO:

The Milton H. Erickson Foundation, Inc.
3606 North 24th Street / Phoenix, Arizona 85016 / U.S.A.
Telephone: (602) 956-6196

Please select the track you wish to be in:

BASIC INTERMEDIATE ADVANCED

Note: Changing tracks will not be possible because registrants will be preassigned to practice groups.

Enclosed is my registration fee \$ _____
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with

Bill O'Hanlon, M.S.

October 11-13, 1984
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THE 1985 ERICKSON FOUNDATION SEMINAR IN ITALY

The Erickson Foundation will co-sponsor a seminar on Hypnosis and Family Therapy in Rome, Italy, May 27-31, 1985. Interested professionals in the United States should write the Foundation for information. Professionals in Europe should write to Camillo Lorideo, M.D., Centro di Studi e di Ricerche per la Psicoterapia, Vialo Regina Margherita 37, Rome 00198, Italy.

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with STEPHEN R. LANKTON, M.S.W.
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CONFERENCES

INTERNATIONAL

The Milton Erickson Gesellschaft fur Klinische Hypnose (Tal 18, 8000 Munchen 2, West Germany, Telephone: (089) 220224) is holding a congress on hypnosis and Ericksonian hypnotherapy October 17-20, 1984 at the University of Munich, West Germany. Special invited guests include Sidney Rosen, Jeffrey K. Zeig, and Bernauer Newton.

An International Congress on *Folkloric Psychotherapy, Ritual Trances and Terpsichoretrance therapy* will be held in Rio de Janeiro, Brazil, December 28-31, 1984. Contact David Akstein, International Association for TTT, Av. Princesa Isabel, 150-GR. 204, Copacabana, Rio de Janeiro, 22.011 Brazil. The fee until October 31 is \$100 (U.S.).

The 13th International Balint Meeting will be held in Ascona, Switzerland, March 28-31, 1985. For information contact: Prof. Dr. Med. Boris Luban-Plozza, Piazza Fontana Pedrazzini, 6600 Locarno (Switzerland).

The Tenth Congress of the International Society of Hypnosis will be held in Toronto, Canada, August 10-16, 1985. For information contact: 10th International Congress, 200 St. Clair Avenue West, Suite 402, Toronto, Ontario, Canada M4V 1R1.

NATIONAL

The Society of Clinical and Experimental Hypnosis, October 22-27, San Antonio, Texas. For information contact: SCEH, 129-A Kings Park Drive, Liverpool, NY 13088.

The American Society of Clinical Hypnosis, November 3-7, 1984, San Francisco, California. For information contact: ASCH, 2250 East Devon, Suite 336, Des Plaines, IL 60018.

The Milton H. Erickson Institute of San Diego (2525 Camino Del Rio S., Suite 225, San Diego, CA 92108, (619) 295-1010) is sponsoring "The San Diego Conference on Hypnotic and Strategic Interventions", February 8-10, 1985. Featured presenters include Jeffrey K. Zeig, Ernest Rossi and Paul Carter. There will be a 5-day preconference workshop for those with little or no background in clinical hypnosis. The registration fee is \$185.

DONATIONS

Since the last issue of the Newsletter the Erickson Foundation has received a total of \$2,104.49 in donations. Heartfelt thanks to the following contributors.

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UPCOMING WORKSHOPS

(NOTE: The Erickson Foundation lists workshops as a service to newsletter subscribers. We cannot attest to the quality of training provided in these workshops.) A \$10.00 DONATION IS REQUESTED FOR EACH SEMINAR/WORKSHOP SUBMISSION, A BROCHURE CONTAINING ELIGIBILITY STANDARDS MUST BE SUBMITTED.

DATE	TITLE/LOCATION/LEADER	CONTACT
10/5-7	Basic Training Ericksonian Hypnotherapy, Nijmegen Holland, Hollander	20
10/5-8	Mastering Hypnosis, Denver, CO, Shane	5
10/10-15	Intermediate/Advanced Ericksonian Hypnotherapy, South Haven, MI, Carter/Gilligan	6
10/11-13	Advanced Ericksonian Therapy/Hypnotherapy, Syracuse, NY, O'Hanlon	7
10/12-13	Integrating Hypnosis & Psychotherapy, Salt Lake City, UT, Barber	21
10/12-13	Introduction to Hypnosis & Hypnotherapy, Baltimore, MD, Citrenbaum/Cohen/King	19
10/12-15	Mastering Hypnosis, Alexandria, VA, Shane	5
10/13-14	Hypnosis with Children & Adolescents, San Francisco, CA, Lehrer/Baumann	4
10/13-14	New Hypnosis, New York City, NY, Araoz	8
10/16-17	Unconscious Processes in Family Interaction, Boise, ID, Ritterman	9
10/18-21	Advanced & Supervision Training, Greenwood Lodge, CA Lehrer	4
10/19-20	Introduction to Hypnosis & Hypnotherapy, Pittsburg, PA Citrenbaum/Cohen/King	19
10/19-21	Advanced Training in Ericksonian Hypnotherapy, Nijmegen, Holland, Tanenbaum	20
10/20-24	Ericksonian Therapy, Rome, Italy, Zeig	1
10/20-21	Ericksonian Hypnotherapy/Therapy, LaJolla, CA, Beletsis	3
10/23-24	Psychosomatic Disorders & Ericksonian Therapy, Nijmegen, Holland, Tanenbaum	20
10/25-27	Introduction to Clinical Hypnotherapy, San Diego, CA, Yapko	23
11/2-3	Doing Therapy Briefly, Pittsburg, PA, Fisch	22
11/2-3	Introduction to Clinical Hypnotherapy, San Diego, CA, Yapko	23
11/2-4	Introduction to Ericksonian Hypnotherapy, Atlanta, GA, Carter/Gilligan	3
11/2	The Symptom as Gift, Milwaukee, WI, Ritterman	10
11/3	Strategic Pattern Intervention, Ft. Worth, TX, O'Hanlon	11
11/4	Ericksonian Strategic Approaches, Ft. Worth, TX, O'Hanlon	11
11/7-11	Hypnotherapy, Los Gatos, CA, Ross	12
11/8-10	Clinical Hypnosis, Boston, MA, Hill	13
11/9-10	Advanced Hypnosis & Hypnotherapy, Baltimore, MD, Citrenbaum/Cohen/King	19
11/9-10	Ericksonian Approaches, Charlotte, NC, O'Hanlon	14
11/9-12	Mastering Hypnosis, Boulder, CO, Shane	5
11/10-11	Advanced Ericksonian Hypnotherapy, LaJolla, CA, Beletsis	3
11/10-11	Hypnosis/Psychotherapy, New York City, NY, Araoz	8
11/16	Strategies of Ericksonian Psychotherapy, Miami, FL, Zeig	15
11/19-21	Pain & Psychosomatics, Los Gatos, CA, Rossi/Fields	12
11/29-12/1	Advanced Clinical Hypnosis, Boston, MA, Hill	13
11/30-12/1	Advanced Hypnosis & Hypnotherapy, Pittsburg, PA, Citrenbaum/Cohen/King	19
12/1-2	Ericksonian Hypnotherapy, New York NY, Enterline	16
12/7-8	Modern Hypnosis for Habit Disorders, Chicago, IL, Citrenbaum/Cohen/King	19
12/7-11	Ericksonian Therapy/Child Hypnotherapy, Washington, DC, O'Hanlon/Lehrer	17
12/13	Advanced Group: Habit Control, Baltimore, MD, Citrenbaum/Cohen/King	19
12/13-16	Advanced & Supervision Training, San Francisco, CA, Lehrer	4
12/14-15	Application of Hypnotic Techniques, New Orleans, LA, Zeig	2
12/14-15	Clinical Supervision in Hypnosis, San Diego, CA, Yapko	23
12/29-30	Health, Healing & Hypnosis, New York City, NY, Araoz	8
1/4-6	Self-Hypnosis at Esalen Institute	4
1/12-13	Introduction to Ericksonian Hypnotherapy, San Diego, CA, Beletsis	3
1/13-19	Training in Clinical Hypnosis, San Francisco, CA, Lehrer	4
1/18-20	Ericksonian Hypnosis and Family Therapy, Nijmegen, Holland, Lankton	20
1/18-27	Introduction to Ericksonian Hypnotherapy, Moorea, Tahiti, Carter	3
1/25-27	Ericksonian Hypnosis and T.A., Germany, Lounsbury/Winston	18

CONTACT ADDRESSES FOR UPCOMING SEMINARS/WORKSHOPS

1. Camillo Lorideo, M.D., Centro di Studi e di Ricerche per la Psicoterapia, Vialo Regina Margherita 37, Rome 00198, Italy.
2. Continuing Medical Education, Alton Ochsner Medical Fnd. 1516 Jefferson Highway, New Orleans, LA, 70121, (504) 838-3000
3. M.E.T.A. Institute, P.O. Box 2591, LaJolla, CA 92038, (619) 454-5638.
4. Medical Hypnosis Seminars (San Francisco), 1466 7th Ave., San Francisco, CA 94122, (415) 753-5968.
5. Discoveries, 2235 Broadway, Denver, CO 80302, (303) 449-0798.
6. Family Learning Center, (219) 232-1405.
7. David Shiverick, Dept. of Psychology, SUNY, Potsdam, NY 13676, (315) 267-2017.
8. M.H.E. Institute of Hypnosis of New York, 230 Hilton Ave., Hempstead, NY 11501, (516)485-9210.
9. Ken Perry, 377-1771.
10. Jim Gerher, 256-2600.
11. Beryl Bock, 927 8th Ave., Ft. Worth, TX 76104, (817)335-4763.
12. Medical Hypnosis Seminars (Los Gatos), 19845 Skyline Blvd., Los Gatos, CA 95030, (408)354-7738.
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18. Annette Korner, Christian-Belser-Strasse 75a, D-7000 Stuttgart 70, Germany, Tele: (0711)682468.
19. The Education Center at Shepard Pratt, P.O. Box 6815, Baltimore, MD 21204, (301)823-8200, Ext.2257.
20. IEP, Drs. Jaap Hollander, Staringstraat 1, 6511 Pl., Nijmegen, Holland, Tele: 080-230837.
21. UT. Soc. Cl. Hyp., D. Corydon Hammond, Ph.D., 2024 Hubbard Ave., Salt Lake City, UT 84108, (801)581-2267.
22. PASH, W.I. Cohen, M.D., 315 Melwood Ave., Pittsburg, PA 15213, (412)687-1133.
23. The Milton H. Erickson Institute of San Diego, 2525 Camino Del Rio S., Suite 225, San Diego, CA 92108, (619)295-1010.

EUROPEAN CONGRESS ON HYPNOSIS & PSYCHOTHERAPY & PSYCHOSOMATIC MEDICINE

The Third European Congress on Hypnosis and Psychotherapy and Psychosomatic Medicine was held May 22-27, 1984 in Abano Terme (Padova), Italy. It was organized by the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine and the Institute for Studies in Clinical Hypnosis and Psychotherapy "H. Bernheim" (Verona). Much of the success of the congress was due to the work of the congress chairman, Gualtiero Guantieri, M.D.

Eleven workshops were ably organized by workshop chairman, Peiro Roncaroli, Ph.D. Both clinical and research issues were discussed at the workshop. Workshop faculty with interest in Ericksonian approaches included Jeffrey K. Zeig, Ph.D. (U.S.A.), Basil Finer, M.D. (Sweden), Lars-Eric Unestahl, Ph.D. (Sweden), and Kay Thompson, D.D.S. (U.S.A.). Other workshop leaders included Bengt-Goran Fasth, Ph.D. (Sweden), Stanislav Kratochvil, Ph.D. (Czechoslovakia), and Campbell Perry, Ph.D. (Canada).

The scientific meeting was chaired by David Waxman, LRCP, MRCS (England). A keynote address was presented by Germain F. Lavoie, Ph.D. (Canada) current president of the International Society of Hypnosis. Presenting at the scientific sessions were a number of faculty who are well known among those with interest in the Ericksonian tradition including Richard Van Dyck, M.D. (Holland), Kees Hoogduin, M.D. (Holland), Simon Chiasson, M.D. (U.S.), and Camillo Lorio, M.D. (Italy).

Attendees were not only from Europe. In all there was participation by colleagues from 27 countries.

An announcement for the Fourth European Congress of Hypnosis in Psychotherapy and Psychosomatic Medicine will be featured in an upcoming issue of the Foundation's newsletter. It is hoped that more United States colleagues can attend and that those with an Ericksonian interest will offer to present their work.

—Jeffrey K. Zeig, Ph.D.

TRAINING PROGRAMS AT THE FOUNDATION

The Erickson Foundation is sponsoring two on-site training programs. Participation in these programs will be limited to Masters or Doctoral level mental health professionals and graduate students in accredited programs:

A 4-Day Workshop with Stephen R. Lankton, M.S.W. on

A SYSTEMS APPROACH TO ERICKSONIAN HYPNOSIS AND FAMILY THERAPY

The workshop will run for four days, February 21-24, 1985. The focus of the workshop will be on learning how to create interventions that reorganize family structure by using paradoxes, therapeutic binds, ambiguous function assignments, and homework assignments; develop treatment plans; balance the use of the individual's inner experience with systems interventions; and how to do family therapy with only one individual in sessions.

Attendance at the workshop will be limited to 30 participants. The registration deadline in February 1, 1985.

Regular Registration Fee: \$275.00

Student Registration Fee: \$175.00

(a letter must be submitted certifying full-time status in an accredited program in a mental health field.)

For registrations received or postmarked on or before November 15, 1984.

Regular Registration Fee: \$225.00

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Name: _____

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Telephone: _____ Degree: _____

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Registration Deadline: February 1, 1985

There will be a \$25.00 cancellation fee if received in writing on or before February 1, 1985. No refunds will be made after that date.

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TRAINING AND CONSULTATION GROUP

John A. Moran, Ph.D. Associate Director of the Foundation, will lead an ongoing group for professionals who seek training and consultation in Ericksonian psychotherapy and strategic family therapy. Live supervision, didactic presentations and case discussions will be offered.

The group will meet the 3rd Friday of each month 11:30 a.m. to 1:30 p.m. The fee is \$25.00 per meeting. For information contact the Foundation.

Ericksonian approaches to psychotherapy

Clinical Application Intensive Workshop



This five-day advanced training workshop highlights the logic and principles behind Dr. Erickson's approach to diagnosis and treatment of individuals, and families. Stephen and Carol teach the diagnostic format they use in their Ericksonian work. They discuss, demonstrate and teach Erickson's use of resistance, confusion, conscious, unconscious dissociation, symptom prescription, paradoxical double binds and strategic interventions using complex embedded metaphors, hypnosis and the strategic use of trance phenomena. Workshop eligibility: Masters or Doctorate degree in the helping professions.

by Stephen Lankton, M.S.W., and Carol Lankton, M.A.
authors of *The Answer Within: A Clinical Framework of Ericksonian Hypnotherapy*

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Videotapes Available from the Milton H. Erickson Foundation

I. Training Tapes:

1 — The Process of Hypnosis Induction: A Training Videotape Featuring Inductions Conducted by Milton H. Erickson in 1964
 Jeffrey K. Zeig, Ph.D. discusses the process of hypnotic induction and describes the microdynamics of technique that Erickson used in his 1964 inductions.

Length: 2 hours \$150.00 Beta or VHS 1/2" (1 tape);*
 \$200.00 U-Matic 3/4" (2 tapes)

2 — Symbolic Hypnotherapy

Jeffrey K. Zeig, Ph.D. presents information on using symbols in psychotherapy and hypnosis. Segments of hypnotherapy conducted by Milton Erickson with the same subject on two consecutive days in 1978 are shown. Zeig discusses the microdynamics of Erickson's symbolic technique.

Length: 2 hours, 40 minutes \$200.00 Beta or VHS 1/2" (1 tape);*
 \$275.00 U-Matic 3/4" (2 tapes)

II. Professionally Produced Video Demonstrations from the 1983 Erickson Congress (1 hour):

1. Clinical Use of Trance Phenomena for Therapy and Pain Control, Stephen R. Lankton, MSW
2. Indirect Techniques of Hypnotherapy, Jeffrey K. Zeig, Ph.D.
3. Utilizing Different Parts of a Person Simultaneously, Stephen Gilligan, Ph.D.
4. Hypnotic Alteration of Pain Perception, Joseph Barber, Ph.D.
5. A Fail Safe Double Bind Induction Procedure, Ernest Rossi, Ph.D.
6. Conversational Induction with Utilization of Spontaneous Trance, Kay F. Thompson, D.D.S.

Prices: 1/2" Beta or VHS - \$70.00 each; 3/4" U-Matic - \$80.00 ea.*

III. Professionally Produced Video Demonstrations from the 1981 and 1982 Seminars on Ericksonian Approaches to Hypnosis and Psychotherapy (1 hour):

FROM 1981 SEMINAR:

- A. Naturalistic Approaches to Hypnosis: Utilizing Hypnosis in Pain Treatment in Psychotherapy, Joseph Barber, Ph.D.
- B. Induction with Children and Adolescents, Franz Baumann, M.D.
- C. The Parts Model: Demonstration of Work with Phobias and Anchors, Paul Carter, Ph.D.

- D. The Varieties of Ericksonian Hypnotic Suggestion, Stephen Lankton, M.S.W.
- E. Ericksonian Induction Strategies, Robert Pearson, M.D.
- F. Conversational Introduction to Trance, Kay Thompson, D.D.S.

FROM 1982 SEMINAR:

- G. Utilizing Hypnosis in Psychotherapy, Joseph Barber, Ph.D.
- H. The Initial Interview in Brief Psychotherapy, Richard Fisch, M.D.
- I. Accessing Unconscious Processes, Stephen Gilligan, Ph.D.
- J. A Dual Induction Using Dissociation, Stephen Lankton, MSW, & Carol Lankton, MA
- K. The Constructive Use of Hypnotic Phenomena, Marion Moore, M.D.
- L. Ericksonian Induction Methods, Robert Pearson, M.D.

- M. A Conversational Induction with Fixation on Ideas, Bertha Rodger, M.D.
- N. A Quick Utilization Approach to Hypnotic Inductions, Sidney Rosen, M.D.
- O. A Fail Safe Double Bind Approach to Hypnotic Induction, Ernest Rossi, Ph.D.
- P. A Conversational Induction and the Utilization of Spontaneous Trance, Kay Thompson, D.D.S.
- Q. Accepting the Subject's Cognitions as A Basis for Therapy, Richard Van Dyck, M.D.
- R. The Effective Utilization of Multilevel Communication, Jeffrey Zeig, Ph.D.

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- P320-38** **Keynote Address: A. Review Of Ordeal Therapy**, J. Haley
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BASIC WORKSHOP OUTLINE DAY 1: 10:00 a.m.-5:00 p.m.

Orientation
Facilitating rapport
Pacing and leading techniques
Myths and realities of hypnosis
Indications and contraindications
Relaxation and stress control techniques
Demonstration of traditional induction
Deepening methods
Introduction to hypnotic phenomena
Facilitating a learning context
Diagnostic considerations in hypnosis
Language, imagery and trance
Supervised practicum

BASIC WORKSHOP OUTLINE DAY 2: 9:00 a.m. - 5:00 p.m.

Ericksonian approaches to hypnosis and therapy
Demonstration of indirect methods of induction
Self hypnosis
Utilization of trance
The use of hypnosis in individual, group, marital and family therapy, including applications to such issues as: smoking, weight control, pediatrics, stuttering, sexual dysfunction, phobias and ego strengthening, insomnia, pain control, drug and alcohol abuse
Group hypnosis
Multi-level communication
Supervised practicum

INTERMEDIATE WORKSHOP OUTLINE: 9:00 a.m. - 4:30 p.m.

Prerequisite: The Basic Workshop or its equivalent
Ericksonian approaches to hypnosis continued
The structure of the therapeutic trance
Demonstration of non-verbal inductions
Use of confusion techniques
The use of symptoms in therapy
Cognitive and behavioral approaches
Use of binds and double binds
Facilitating amnesia
Managing resistance to change
Reframing
Supervised practicum

ADVANCED WORKSHOP OUTLINE: 9:00 a.m. - 4:30 p.m.

Prerequisite: Intermediate Workshop or equivalent
Strategic hypnosis
Use of hypnosis in pain control and pediatrics
Utilization of various hypnotic phenomena such as: time distortion, regression and progression
Paradox
Utilization of deep trance
Metaphor as communication
The hypnotically unresponsive person
Pseudo orientation in time
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Videotape presentation of Erickson's work from the 1950's and the 1970's (optional)
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ERICKSON PHOTOGRAPHS AVAILABLE

The Erickson Archives has made available for purchase photographs of Dr. Erickson drawn from the Erickson family's photo albums. Pictures include Dr. Erickson during his childhood, college days, the first time he

stood without crutches following his first attack of poliomyelitis, and other candid and portrait pictures of Dr. Erickson taken throughout his career.

The photographs are available in 5"x7" (\$5.00) and 8½"x10" (\$7.50) black and white formats. All proceeds from photographs sales go to the Foundation's scholarship fund. A catalogue of photos is available upon request. For more information write the Foundation.

BOOK AND TRAINING TAPE REVIEWS

ORDEAL THERAPY: Unusual Ways to Change Behavior. By Jay Haley. Published by Jossey-Bass, March 1984, \$18.95.

Jay Haley's newest book is a gem, especially for those interested in Erickson's work. Most of the recent publications about Erickson have emphasized his work with hypnosis. As in *Uncommon Therapy*, this book focuses on the nonhypnotic aspects of Erickson's work, as well as on Haley's extensions of the use of ordeals.

Several "new" Erickson cases are reported, and others previously reported are given in more detail. It makes one look forward to the rumored upcoming publication of transcripts of the conversations between Erickson and Haley in the 1950's and 60's.

Haley views most (if not all) therapy as the

imposition of a "benevolent ordeal" on the client so that it is easier for the client to give up the presenting complaint than to keep it. Haley's ordeal therapy includes metaphorical, paradoxical and family organizational aspects to enhance effectiveness, but often all that is needed is the ordeal of being in therapy.

Haley's wry humor is in evidence, especially in his asides about therapy. He notes that theories are often cast in such a way as to be impossible to disprove, giving them a fair chance of living forever, if there's money in it.

The introduction is a succinct discussion of the stages and types of ordeals, and ordeals as a theory of change. This is followed by case examples which are well-written and illustrate diverse aspects of ordeal therapy. The final chapter is a fictional account based on an

actual case; it provides a nice ending to the book.

My only objection to the book is Haley's insistence that symptoms have functions, especially that they are evidence of confusion in the family hierarchy. This explanation is not parsimonious. The technique is great. However I prefer mine straight (without the explanation).

This volume is high protein. There's no fluff here, no long-winded analyses or summaries. Despite the small objection, this is Haley's best book in recent years. It is succinct, readable, and useful.

A PRIMER OF ERICKSONIAN PSYCHOTHERAPY. 31 minutes. Produced by Herbert Lustig, M.D., Box 261, Hayward, CA 94601. \$150.

This videotape shows excerpts from the "Monde" tape (Part 1 of The Artistry of

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Milton H. Erickson, M.D.) and from Lustig's work with "Phyllis," a patient whom Lustig

worked with for one session and followed for two years (the results lasted). Lustig offers a clear, simple model of how he and Erickson worked (the Mastery Model) and illustrates it with video segments of the therapy sessions.

Lustig's style is conversational—he makes it look easy. This may strain the tape's credibility. But the purpose of the tape is to demystify Erickson's therapy and to make it as easy as it was. People have skills and resources and the therapist's job is to access those resources. There's no need for mystification.

Both Erickson and Lustig are shown working with women with anxiety problems which limits the range of techniques used. Both sessions are aimed at accessing comfort and competence.

Including both Lustig's and Erickson's work does show, however, the range of style that can be used. Lustig is explicit and comes across like a coach. Erickson is less explicit and comes across like a friendly grandfather.

The Mastery Model has 4 steps: 1. To LEARN or remember some skill or experience; 2. To PRACTICE using that skill or accessing that memory; 3. To MASTER using that skill; and 4. To EXPAND beyond the practice situation and the session to future situations where the skill is needed. It is a simple, clear model which makes sense of the bewildering array of Erickson's work in a way that can make the approach accessible to both the beginner and intermediate student. The tape illustrates the model clearly and explicitly and is a good starting place for people who want to master (and personalize) Erickson's approach.

—Bill O'Hanlon

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