



The Milton H. Erickson Foundation, Inc. NEWSLETTER

Bill O'Hanlon, Editor / P.O. Box 24471 / Omaha, Nebraska 68124

— BOARD OF DIRECTORS —

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

Volume 5, Number 2

Summer, 1985

NOTES FROM THE FOUNDATION

Staff Changes

John A. Moran, Ph.D., has resigned his position as Associate Director of the Erickson Foundation to enter full-time private practice in Phoenix. He served as Associate Director for one year, and his efforts on behalf of the Foundation are appreciated.

Dr. and Mrs. Moran are expecting their first child in August, 1985. The Board of Directors and the staff of the Erickson Foundation wish the best to Dr. Moran and his family.

Barbara Bellamy, Administrative Assistant of the Foundation resigned her position to move to Texas to join her family. Ms. Bellamy has worked for the Erickson Foundation on both a part time and full time basis since early 1980.

It is difficult to express the magnitude of appreciation we have for the extraordinary contributions that Ms. Bellamy has made to the Foundation. She shall be dearly missed and our warmest wishes go with her.

Benefit Workshops

Stephen R. Lankton, M.S.W., led a four-day workshop on "A Systems Approach to Ericksonian Hypnosis and Family Therapy" at the Erickson Foundation in February, 1985. The workshop was well attended and well received. Mr. Lankton conducted this workshop as a benefit for the Erickson Foundation, and other than a modest honoraria accepted by Mr. Lankton, all proceeds went to the Foundation.

Betty Alice Erickson Elliott and Roxanna Erickson Klein sponsored a workshop in clinical hypnosis with Dr. Stephen Gilligan and Dr. Paul Carter in April, 1985 in Dallas, Texas. All profits from the workshop, which reached its capacity of 75 paid registrants, are being donated to The Milton H. Erickson Foundation. Dr. Carter and Dr. Gilligan agreed to donate a percentage of their fees to the Foundation. Additionally, all organizational efforts and incidental expenses were donated by Roxanna and Betty Alice. The Foundation will receive a complete set of

Continued on Page 3

A Special Thank You

The Foundation extends a special note of appreciation to J. Charles Theisen, J.D., who has been generous enough to donate numerous hours of legal consultations and support to the Foundation. We greatly appreciate this service and want to express our thanks to Mr. Theisen.

Bronze Bust of Milton H. Erickson, M.D. Donated to the Erickson Foundation

The Milton H. Erickson Foundation is the proud recipient of an outstanding bronze bust of the late Milton H. Erickson donated by Elizabeth M. Erickson. The bust is a duplicate of a terra cotta bust owned by the Erickson family.

The bust depicts Dr. Erickson in a typical pose resting his chin on his right hand and elegantly captures Erickson's focused

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Editor's Notes

Welcome again to the newsletter. I ask any of you who have short case examples, short articles, book reviews or other material for the newsletter to send it along to me for consideration. **Thanks to all of you who wrote with congratulations on my marriage. We had a wonderful honeymoon on Barbados and a "family honeymoon" in Hawaii.**

The next issue of the newsletter will be expanded in size and number of copies especially for the Evolution of Psychotherapy Conference.

Business Matters: Closing date for submissions to the next Newsletter is August 1, 1985. All business and money matters, including subscriptions, should be addressed to the Foundation's offices in Phoenix.

The Evolution of Psychotherapy

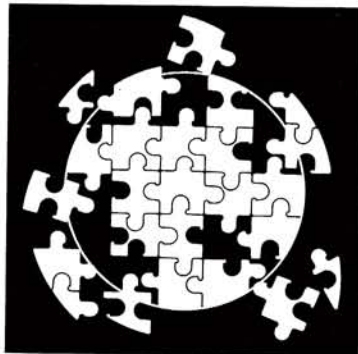
**December 11-15, 1985
Phoenix, Arizona**

The Erickson Foundation is honored to announce that Aaron Beck and Salvador Minuchin have joined the faculty of The Evolution of Psychotherapy Conference.

Response to the Conference has been tremendous! We expect the meeting to be a sell out.

We want our Canadian, Australian and European readers to know that AIT, the official travel agent for the Conference, has contracted with several international air carriers to provide the lowest possible roundtrip air fares. Arrangements have already been made for a special group flight from Frankfurt, West Germany. If response from other countries is sufficient, AIT will endeavor to negotiate additional international contracts. For further information, contact AIT, 6900 East Camelback Road, Suite 330, Scottsdale, AZ, USA 85251, Phone 602/944-0333 (call collect), Telex number 4951101.

The second early registration deadline for both national and international registrations is being extended from July 31 to August 31, 1985. We hope this extension will enable those interested to take advantage of the registration fee discount. **Join us in Phoenix for this extraordinary and historic meeting!**



A CONFERENCE.

PRESENTERS: Aaron Beck
 Bruno Bettelheim
 Murray Bowen
 Albert Ellis
 Viktor Frankl*
 Mary Goulding
 Robert Goulding
 Jay Haley
 Ronald Laing

Arnold Lazarus
 Cloe Madanes
 Judd Marmor
 James Masterson
 Rollo May
 Salvador Minuchin
 Zerka Moreno
 Erving Polster
 Miriam Polster

Carl Rogers
 Ernest Rossi
 Virginia Satir
 Thomas Szasz
 Paul Watzlawick
 Carl Whitaker
 Lewis Wolberg
 Joseph Wolpe
 Jeffrey Zeig

*Provisional

FORMAT: Emphasis will be placed on interaction among the faculty. Supervision Panels, Topical Panels, Invited Presentations, Workshops, Demonstrations, and more!

WHEN: DECEMBER 11 - 15, 1985

WHERE: PHOENIX, ARIZONA

ELIGIBILITY: Doctoral degree or Masters degree in the health professions, or graduate students in accredited programs.

APPROVED: The Milton H. Erickson Foundation is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

TUITION: **U.S. & Canadian**
 \$300 U.S. (\$200 for students*) for registrations postmarked on or before August 31, 1985.
 \$350 U.S. (\$250 for students*) for registrations postmarked on or before November 20, 1985.
 \$400 U.S. (\$300 for students*) for on-site registrations if space is available.

Other Foreign
 \$200 U.S. (\$100 U.S. for students*) for foreign registrations postmarked on or before August 31, 1985.
 \$250 U.S. (\$150 U.S. for students*) for foreign registrations postmarked on or before November 20, 1985.
 \$300 U.S. (\$200 U.S. for students*) for on-site registrations if space is available.

*Students must provide a certifying letter from their school or department on letterhead stationery, indicating proof of student status as of December, 1985.

No registration will be accepted if postmarked after November 20, 1985.

CANCELLATION FEE: \$25 if received in writing and postmarked by **November 20, 1985.** No refunds will be made after that date.

The Milton H. Erickson Foundation does not discriminate on the basis of race, color, national or ethnic origin.

REGISTRATION FORM

_____ I wish to receive further information about the Conference. Please send me the Final Program.

_____ Enclosed is my registration fee of \$ _____.

We honor _____ VISA _____ MasterCard

Account Number: _____ Expiration Date: _____

Name: _____ Degree: _____

Street: _____ Major: _____

City/State/Prov: _____ University: _____

Country: _____ License/Cert. Type & Number: _____

Zip/Zone: _____ Daytime Phone: _____

RETURN TO:

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

NOTES FROM THE FOUNDATION CONTINUED

Donated Bronze Bust

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intensity. He was 49 years old when the original mold was made.

Only two terra cotta busts were made from the original mold — one owned by the Erickson family and the other owned by David Cheek, M.D., a close friend of Dr. Erickson.

The artist was Charles B. Martin, a well-known Phoenix sculptor, artist and painter. Mr. Martin died several years ago.

Many months ago, Mrs. Erickson contacted the Martin family and asked them to locate the original mold and use it to cast an identical bust in bronze. Mrs. Martin and her youngest daughter, Susanne, have preserved Mr. Martin's studio, and after much effort located the mold in several segments. With the assistance of members of the artistic community in Sedona, Arizona, they were able to construct a second mold suitable for metal casting.

Two bronzes have been made from the second mold — one which Mrs. Erickson

purchased and donated to the Erickson Foundation, the other was purchased by Roxanne Erickson Klein for her collection. The mold has been retained by the Martin family and can be used in the future for additional castings.

The bust is on display at the Erickson Foundation.

Sherron S. Peters

Benefit Workshops

Continued from page one

video- and audiotapes of the workshop.

The Board of Directors of The Milton H. Erickson Foundation wishes to express its appreciation to Mr. Lankton, Dr. Gilligan, and Dr. Carter for their generous donation of time and energy on behalf of the Foundation. A note of special appreciation is extended to Roxanna Erickson Klein and Betty Alice Erickson Elliott for organizing and financing the Carter/Gilligan workshop, and for their continued support of The Milton H. Erickson Foundation.

DONATIONS

Since the Winter, 1985 issue of the Erickson Foundation's Newsletter, we have received \$4,036.34 in donations. We wish to express our appreciation to the following people for their support.

David E. Mullen
Leon Krier, Ph.D.
Eric Larsen, M.A.
Carole P. Smith, Ph.D.
Capt. T.R. Fielding, M.F.C.C.
Shirley E. Bliss
Donald Miskiman, Ph.D.
Jerry Amaya, M.A.
Lusijah Marx, M.S.N.
Michael B. Murphy
Leland J. Green, M.D.
Robert Curtner, M.A.
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Sterling Stott, Ed.D.
Michael S. Kotkin, Ph.D.
Willie S. Kelly

Susan Barrows
Carolyn H. Badila, M.S.W.
Rubin Battino, M.S.W.
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Elizabeth Reynolds
Dennis R. Wellwood, M.S.W.
Marilyn W. Bauer, M.A.
Akira Otani, Ed.D.
Malcolm Hart, Ph.D.
Marcha R. Ortiz, D.N.S.C.

Dava L. Weinstein, M.S.W.

PATRONS OF THE MILTON H. ERICKSON FOUNDATION

Roxanna Erickson Klein, daughter of Dr. & Mrs. Milton H. Erickson, became a Patron of The Milton H. Erickson Foundation in August, 1984. We are very honored to have Ms. Klein as a patron and wish to express our gratitude for her contributions and support.

The Board of Directors is extremely grateful to Ms. Shirley E. Bliss of the U.S. Foreign Service for her large donation to the Erickson Foundation. Ms. Bliss has been a long-time Patron of the Foundation and attends our Seminars and Congresses when possible.

The Patron's plaque at the Erickson Foundation now reflects the names of Roxanna Erickson Klein as a new Patron and of Shirley E. Bliss as a continued Patron.

TORONTO, ONTARIO

10th INTERNATIONAL CONGRESS OF HYPNOSIS AND PSYCHOSOMATIC MEDICINE

August 10-16, 1985

The International Society of Hypnosis invites Medical, Dental and Psychology professionals to attend. The Congress will present a diversity of introductory and specialized WORKSHOPS, and an extensive SCIENTIFIC PROGRAM. The program will present International Leaders in the field as presenters and faculty.

For information contact:

Secretariat
10th International Congress of
Hypnosis and Psychosomatic Medicine
200 St. Clair Ave. West, Suite 402
TORONTO, Ontario
Canada, M4V 1R1 416-922-8300

CONFERENCES

NATIONAL

A Workshop on a Afro-Spiritist Trance Healing for Health Professionals, June 21, 1985, will be held in Miami, Florida. For further information contact M. Richeport, Ph.D., University of Miami, Dept. of Psychiatry (D-29), P.O. Box 016960, Miami, Florida 33101. Phone (305) 547-5644.

INTERNATIONAL

The Milton H. Erickson Foundation is a co-sponsor of the International Congress on Hypnosis and Family Therapy, October 16-20, 1985 in Rome, Italy. For further information contact Camillo Loriedo, M.D., Centro per la Psicoterapia della Coppia e della Famiglia, Viale Regina Margherita 37, Rome, Italy. Phone: 852006-852130.

Ongoing Training Programs

The Milton H. Erickson Institute of Chicago is presently organizing a one year training program. It will be a combination study group/training and will use participants to teach segments of the program. THERE IS NO FEE FOR THE PROGRAM, but participants must be screened before being accepted. Contact Phil Welches, Northside Clinic, 2723 N. Clark Street, Chicago, IL 60614.

Matthew Loscalzo, M.S.W., offers a course entitled "Psychobehavioral Interventions: An Integrated Psychodynamic and Behavioral Approach to Psychotherapy," which includes some Ericksonian influences. The course is offered twice a year. For more information contact Loscalzo at Memorial Sloan-Kettering Cancer Center (Pain Service), 1275 York Avenue, New York, NY 10021, (212) 794-7796.

MEDIA OF INTEREST

Three books on Erickson's work were published by Irvington in January 1985—*Life Reframing in Hypnosis* edited by Rossi and Ryan, *The Wisdom of Milton H. Erickson* by Ronald Havens and *Ericksonian Hypnosis: A Handbook of Clinical Practice* by Lee C. Overholser.

Henry T. Close had an article entitled "Metaphor in Pastoral Care" published in the *Journal of Pastoral Care*, Vol. 38, #4, December 1984, pp. 298-305.

CONTACT/EXCHANGE

Bill O'Hanlon will be in the British Isles from September 9 to September 22 (9/13-15 already booked). Anyone interested in arranging a talk, presentation, workshop or private sessions with him should contact The Therapeutic Learning Center, P.O. Box 24471, Omaha, NE 68124. Telephone number from outside U.S. (0101) 402-391-4223.

Dr. Jan Swets, M.D., psychiatrist from the Netherlands, will be in the U.S. from June 15 to mid-July, 1985. He will be speaking to numerous organizations on topics such as:

1. Integration of hypnosis with other therapies.
2. Use of hypnosis with psychosomatic complaints.
3. Relapse prevention and motivating techniques for manic-depressive patients.
4. Language and trance: on phrasing of suggestions at symbolic level and symptom level.
5. Use of hypnosis in organic pain.

Dr. Swets is on the Board of Directors of the Netherlands Society of Hypnotherapy, directs their training program and supervises trainees. He heads the outpatient department of a large psychiatric hospital in Delft. His work includes individual therapy, systems therapy for couples and families, and an adolescent unit.

Anyone interested in having Dr. Swets address their group, please contact Dr. Kay Thompson, 24 Swallow Hill Rd., Carnegie, PA 15106, (412) 279-7265.

Ph.D. Counseling Psych. with MSW, ACSW, Clinical Member AAMFT, and three years practice, seeks paid, full-time position where family therapy and hypnotherapy skills can be used while completing post-doctoral hours. Willing to relocate. D. Miller, Ph.D., 5555 Lake Murray Blvd., #29, La Mesa, CA 92041, (619) 697-7708. Need to have a position by September at the latest.

ANNOUNCEMENTS

The Finnish Association of Mental Health is starting a new journal, *The Finnish Journal of Family Therapy* (Perhe Terapia). They are seeking papers on Ericksonian approaches and techniques, as well as other topics in family therapy. They are happy to accept papers which have previously been published in English in another journal as long as copyright questions are in order. Contact Ben Furman, M.D., Editor, Maskuntie 7 A1, 00280 Helsinki, Finland.

master therapists:



*In the beautiful
mountains of old Santa Fe....*

THE WORKSHOPS

Ernest Rossi, Ph.D. • July 13-14

Integrating the work of
Milton Erickson M.D. and Carl Jung M.D.

John Weakland, C.H.E. • July 16-17

Doing Therapy Briefly with
Families and Individuals

Joseph Barber, Ph.D. • July 19-20

Psychological Approaches to
the Management of Pain.

If you have any inquiries, or if you wish to register, please contact:
Stephen H. Wolinsky, M.S., Individual Family Counseling
122 Dartmouth South East, Albuquerque New Mexico 87106
(505) 265-0607 / (505) 255-3770

REGISTRATION
The Registration Fee is: Before June 15, \$425; after June 15, \$475; Canadians \$375 U.S. Please make checks payable to: Stephen H. Wolinsky, MS/Master Therapists Workshop. Since the workshop has a limited participation, the first preference will be given to those who desire to attend the entire workshop series. \$25 of the registration fee is a non-refundable processing fee.

POSITION ANNOUNCEMENT

Clinical Hypnosis Inc. is in the process of interviewing therapists interested in either part-time or full-time positions on our staff in the Chicago area. Applicants should be familiar with Ericksonian approaches to hypnotherapy, psychotherapy, have at least a Masters degree and have training in psychodynamic theory. Resumes should include any information regarding training in both of these orientations. In addition, a 300-500 word essay regarding professional intent and goals should be included. Forward all of the above to: Molly E. Bey, Psy.D. Candidate, Clinical Hypnosis, Inc. 1375 Remington, Suite K, Schaumburg, IL 60195.



"a different perspective"

The Milton H. Erickson Institute of San Diego

Announces

THE EXPERIENTIAL METAPHOR

with

Michael D. Yapko, Ph.D., and Beverly Hershfield, M.A.

in

Maui, Hawaii

October 21-25, 1985

For information contact the Institute:
2525 Camino Del Rio So., Suite 225, San Diego, CA 92108 (619) 295-1010

NEWS OF INTEREST

The San Diego Conference on Hypnotic and Strategic Interventions, organized by Dr. Michael Yapko, took place February 8-10, 1985, and was well-received. The featured speakers were Zeig, Rossi and Carter. Papers, workshops and demonstrations were also given by 17 other faculty members. Planning is already underway for the next conference in March 1986.

R. Reid Wilson, Ph.D. recently presented a 3-hour workshop on "Ericksonian Hypnosis within Phobia Treatment" at the 5th Annual

National Phobia Conference in Washington, D.C. All the proceedings of the Conference are available on audiotape. If any readers are interested in obtaining the 2-cassette set from Dr. Wilson's workshop, they may send \$18 to: Phobia Society of America, 5820 Hubbard Dr., Rockville, MD 20852.

The 11th Annual Workshops of the Southern California Society of Clinical Hypnosis included a panel discussion on Erickson's work with presentations by Carol Erickson, Ernest Rossi, Len Bergantino, John Hedenberg and T.E.A. Von Dedenroth. Tapes of the conference are available. Contact the SCSCCH, 5301 Laurel Canyon Blvd., Suite 219, N. Hollywood, CA 91607.

Herb Lustig reports that he is completing a book, co-authored with one of his patients, called *Tea with Demons: A Personal Triumph*. It is expected to be published by William Morrow and Company this August.

The University of Dayton is offering advanced and practicum courses in Ericksonian approaches. The courses, "Advanced Uncommon Counseling Techniques" and "Application of Uncommon Counseling Techniques" are taught by Thomas South, M.A.

Dr. Kay Thompson was elected Secretary of the PA Dental Association in May, 1984. Also that month, she participated in the European Hypnosis Congress in Padova, Italy. Dr. Thompson has presented courses during the past year for the Utah Society of Clinical Hypnosis, Ohio State University, the University of Pennsylvania, University of Pittsburgh, University of West Virginia, University of Minnesota and the Italian Medical Association for the Study of Hypnosis, where she received honorary membership.

TRAINING PROGRAM AT THE FOUNDATION

A 2-Day Workshop with Bill O'Hanlon, M.S. on

BRIEF THERAPY WITH COUPLES: A Directive Ericksonian Approach

The workshop will be held at the Milton H. Erickson Foundation in Phoenix on Saturday and Sunday, August 24 and 25, 1985 from 9:00 a.m. to 5:00 p.m.

The workshop will offer a model for working with couple and marital problems using directive (non-hypnotic) Ericksonian and strategic methods.

Topics to be included: Assessment; How to avoid unproductive arguments in the session; Task assignment; Reframing; Metaphors for couples; Pattern intervention.

Attendance at the workshop will be limited to 30 participants. The registration deadline is August 5, 1985.

Regular Registration Fee: \$120.00

Student Registration Fee: \$95.00

Bill O'Hanlon is the founding editor of the Erickson Foundation's newsletter. He coauthored with James Wilk a volume entitled *Shifting Contexts: The Generation of Effective Psychotherapy*, (Guilford, in Press). He was the organizer of the 1983 Pre-Congress Institute, sponsored by the Erickson Foundation.

Eligibility: The workshop 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 program 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 certifying their student status.

The Milton H. Erickson Foundation does not discriminate on the basis of race, color, national or ethnic origin.

REGISTRATION FORM

PLEASE COMPLETE:

Please find enclosed my registration fee \$ _____

(Payable to the Milton H. Erickson Foundation, Inc.)

We honor MasterCard VISA

Account # _____ Exp. Date _____

Name: _____

Street: _____

City/State/Prov./Zip: _____

Telephone: _____ Degree: _____

Lic/Cert.Type & Number: _____

Registration Deadline: AUGUST 5, 1985

There will be a \$25.00 cancellation fee if received in writing on or before August 5, 1985. No refunds will be made after that date.



Stephen R. Lankton
and Carol H. Lankton

Present their
Elaboration of

An
Ericksonian
Approach to
Therapy

This five-day training and experiential workshop highlights the Lanktons' theory of the logic and principles behind Dr. Erickson's systemic 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 the 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. The material in this workshop closely conforms to their text "The Answer Within: A Clinical Framework of Ericksonian Hypnotherapy."
Workshop eligibility: Masters or Doctorate degree in the helping professions.

CE credits from University of West Florida are available for psychologists and clinical social works.

Florida Dept. of Licensing Approves
this program for 3 CE credits in
all Professional Categories

OCT. 2-6, 1985
PENSACOLA BEACH, FLORIDA
tuition: \$350

For information write:

CAROL LANKTON, M.A.
P.O. BOX 958 • GULF BREEZE, FL 32561
904-932-6819

AUDIOTAPES OF THE 1984 SEMINAR

AVAILABLE BY MAIL ORDER

BASIC TRACK

- K325 Creating Hypnotic Inductions: An Overview of Induction Techniques**
B-1 \$9⁰⁰ Norman W. Katz, Ph.D.
- K325 Utilization Approaches to Hypnotic Induction & Therapeutic Suggestion**
B-2 \$9⁰⁰ Ernest L. Rossi, Ph.D.,
Michele Ritterman, Ph.D.
- K325 Hypnotic Language**
B-3 \$9⁰⁰ Jeffrey K. Zeig, Ph.D.,
Joseph Barber, Ph.D.
- K325 Resistance**
B-4 \$9⁰⁰ Kay F. Thompson, D.D.S.,
Sidney Rosen, M.D.
- K325 Varieties of Trance Phenomena**
B-5 \$9⁰⁰ Stephen G. Gilligan, Ph.D.
- K325 Metaphor**
B-6 \$9⁰⁰ Stephen R. Lankton, M.S.W.
- K325 Task Assignments**
B-7 \$9⁰⁰ Carol H. Lankton, M.A.,
Herbert S. Lustig, M.D.
- K325 Annotated Guide to the Ericksonian Media**
B-8 \$9⁰⁰ Bill O'Hanlon, M.S.

**ALL 8 BASIC TRACK TAPES
ONLY \$65.00***

INTERMEDIATE TRACK

- K325 Strategic Use of Trance Phenomena**
I-1 \$9⁰⁰ Carol H. Lankton, M.A.
- K325 Self-Hypnosis for Therapists**
I-2 \$9⁰⁰ Sidney Rosen, M.D.
- K325 Direct and Indirect Hypnotic Suggestions**
I-3 \$9⁰⁰ Ernest L. Rossi, Ph.D.
- K325 Integrating Hypnosis in Psychotherapy**
I-4 \$9⁰⁰ Joseph Barber, Ph.D.,
Bill O'Hanlon, M.S.

- K325 Pain Control Panel**
I-5ab \$15⁰⁰ Marion R. Moore, M.D.,
Stephen R. Lankton, M.S.W.,
Sandra L. Sylvester, Ph.D.
(2 tapes - The second tape is 30 min.)

- K325 The Language of Ericksonian Hypnosis**
I-6 \$9⁰⁰ Kay F. Thompson, D.D.S.,
Norman W. Katz, Ph.D.

- K325 Ericksonian Therapy**
I-7 \$9⁰⁰ Herbert S. Lustig, M.D.

**ALL 8 INTERMEDIATE TRACK TAPES
ONLY \$60.00***

ADVANCED TRACK

- K325 Assessment as Intervention**
A-1ab \$18⁰⁰ Bill O'Hanlon, M.S. (2 tapes)
- K325 Advanced Induction**
A-2ab \$18⁰⁰ Kay F. Thompson, D.D.S. (2 tapes)
- K325 Trance and Action**
A-3ab \$18⁰⁰ Michele Ritterman, Ph.D. (2 tapes)
- K325 Binds, Paradox and Indirect Suggestion**
A-4ab \$18⁰⁰ Stephen R. Lankton, M.S.W.,
Carol H. Lankton, M.A. (2 tapes)
- K325 How to Teach Hypnosis and Self-Hypnosis**
A-5ab \$18⁰⁰ Norman W. Katz, Ph.D. (2 tapes)
- K325 The Confusion Technique**
A-6ab \$18⁰⁰ Jeffrey K. Zeig, Ph.D.,
Stephen G. Gilligan, Ph.D. (2 tapes)
- K325 Psychological Approaches to Pain Management**
A-7ab \$18⁰⁰ Joseph Barber, Ph.D. (2 tapes)

**ALL 14 ADVANCED TRACK TAPES
ONLY \$100.00***

DEMONSTRATIONS

- K325 Ericksonian Psychotherapy for Sexual Abuse Trauma**
D-1 \$9⁰⁰ Herbert S. Lustig, M.D.
- K325 Nonhypnotic Approaches to Habit Control Using Symptom Contingent Task Assignment**
D-2 \$9⁰⁰ Bill O'Hanlon, M.S.
- K325 Automatic Writing**
D-3 \$9⁰⁰ Sidney Rosen, M.D.
- K325 Conversational Induction Techniques**
D-4 \$9⁰⁰ Kay F. Thompson, D.D.S.
- K325 Using Metaphor and the Interspersal Technique**
D-5 \$9⁰⁰ Jeffrey K. Zeig, Ph.D.
- K325 Unity, Complementarity, and Multiplicity: Principles for Generative Personality in Ericksonian Hypnotherapy**
D-6 \$9⁰⁰ Stephen G. Gilligan, Ph.D.
- K325 The First Therapeutic Treatment of Dr. B.**
D-7 \$9⁰⁰ Joseph Barber, Ph.D.
- K325 Use of Multiple-Embedded Metaphor for Psychological Reassociation**
D-8 \$9⁰⁰ Carol H. Lankton, M.A.,
Stephen R. Lankton, M.S.W.
- K325 Brother Sun and Sister Moon: Multiple Trances and Experiential Encounter Between Therapists**
D-9 \$9⁰⁰ Ernest L. Rossi, Ph.D.

**ALL 9 DEMONSTRATIONS TAPES
ONLY \$70.00***

**BUY THE COMPLETE SET OF
39 SEMINAR TAPES
FOR ONLY \$275.00***

*Includes FREE Vinyl Cassette Album

SPECIAL OFFER

POPULAR AUDIO CASSETTES

from the 1983 International Congress on Ericksonian Approaches to Hypnosis & Psychotherapy

KEYNOTE ADDRESSES

- P320-38 A Review of Ordeal Therapy,**
\$9⁰⁰ Jay Haley
- P320-73 Finding A Humorous Alternative,**
\$9⁰⁰ Cloe Madanes
- P320-144 Ericksonian Hypnotherapy Now And In The Future,**
\$9⁰⁰ Ernest L. Rossi, Ph.D.
- P320-121 Hypnotherapy Without Trance,**
\$9⁰⁰ Paul Watzlawick, Ph.D.
- GROUP INDUCTIONS**
- P320-153 Kay F. Thompson, D.D.S.**
\$9⁰⁰
- P320-130 Carol H. Lankton, M.A.**
\$9⁰⁰ Stephen R. Lankton, M.S.W.

WORKSHOPS

- P320-55AB Introduction To Ericksonian Hypnosis,**
\$18⁰⁰ Jeffrey K. Zeig, Ph.D.
- P320-60AB Working With The Hypnotically Unresponsive Individual,**
\$18⁰⁰ Joseph Barber, Ph.D.

DEMONSTRATIONS

- P320-85 Hypnotic Alteration Of Pain Perception,**
\$9⁰⁰ Joseph Barber, Ph.D.
- P320-82 Clinical Use of Trance Phenomena For Therapy And Pain Control,**
\$9⁰⁰ Stephen R. Lankton, M.S.W.

All 12 tapes for \$95.00. Includes free vinyl cassette holder.

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DATE	TITLE/LOCATION/LEADER	CONTACT
5/17-18	Trance Phenomena, Asheville, NC, Wilson.....	1
5/17-18	Intro. Ericksonian Hypnotherapy London, Members of London Society.....	8
5/18-19	Ericksonian Hypnosis, Omaha, NE, O'Hanlon.....	2
5/24-27	Ericksonian Hypn. and Metaphor, Chicago area, Freedman/Combs.....	3
5/31-6/2	Generative Personality, Chapel Hill, NC, Gilligan.....	1
6/2-20	Clinical Hypnosis, San Diego, CA, Yapko.....	12
6/7	Therapeutic Metaphor, Philadelphia, PA, O'Hanlon.....	4
6/8	Ericksonian/Strategic Marital Counseling, Philadelphia, PA, O'Hanlon.....	4
6/8-9,22-23	Ericksonian Hypnotherapy, Intro./Adv., La Jolla, CA, Beletsis.....	5
6/15-16	Ericksonian Psychotherapy, Brussels, Belgium, Zeig.....	21
6/19-23	Residential Clinical Hypnotherapy, Los Gatos, CA, D. Ross.....	10
6/21-22	Integrating Hypnosis Into Psychotherapy, Oxford, England, Lustig.....	8
6/21-22	Strategic Use of Hypnosis, Asheville, NC, Wilson.....	1
6/21-23	Ericksonian Psychotherapy, Paris, France, Zeig.....	20
6/23	Training in Self-Hypnosis, Oxford, England, Lustig.....	8
6/25-30	Ericksonian Hypn. & Psychother. I/A Res. Intensive, Santa Cruz, CA, Carter/Gilligan.....	5
6/26-29	Basic Ericksonian Ther./Hypnother., Naples, Italy, A. Saggino.....	6
6/26-30	Residential Clinical Hypnotherapy, Los Gatos, CA, D. Ross.....	10
6/28-29	Hypnotic Phenomena, Chapel Hill, NC, Wilson.....	1
7/8-9	Hypnosis with Pain Management, Chapel Hill, NC, Wilson.....	1
7/8-12	Therapy As Improvisation, Pittsfield, MA, Whitaker.....	7
7/8-19	Residential Clinical Hypnosis Intensive, Los Gatos, CA, D. Ross.....	10
7/11-14	Clin. Hypnotherapy/Ericksonian Emphasis, San Francisco, CA, Rossi/Field.....	26
7/13-20	Erickson & Jung; Brief Therapy; Pain Mgmt., Santa Fe, NM, Rossi/Weakland/Barber.....	11
7/15-19	Ericksonian Therapy and Beyond, Pittsfield, MA (Berkshires), O'Hanlon/Wilk.....	7
7/22-26	Tracking the Process of Change, Pittsfield, MA, Minuchin.....	7
7/25-28	Advanced Practicum in Clinical Hypnosis, Los Gatos, CA, D. Ross.....	10
7/26-28	Clinical Hypnotherapy Practicum, San Francisco, CA, Rossi/Field.....	26
8/5-16	Residential Clinical Hypnosis Intensive, Los Gatos, CA, D. Ross.....	10
8/8-11	Clin. Hypnotherapy/Ericksonian Emphasis, Santa Barbara, CA, Rossi/Field.....	26
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8/22-25	Supv. in Ericksonian Hypn. & Psychother., Copenhagen, Denmark, Carter.....	14
8/23-25	Clinical Hypnotherapy Practicum, Santa Barbara, CA, Rossi/Field.....	26
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9/28-29	Intro. Ericksonian Hypn./Ther., New York City, NY, Board Members of NYSEPH.....	9
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10/8-13	Adv. Residential Ericksonian Hypnosis, South Haven, MI, Carter/Gilligan.....	3
10/11-13	Ericksonian Hypnotherapy, Chicago, Illinois, Zeig.....	24
10/21-25	Experiential Metaphor, Maui, Hawaii, Yapko/Hershfield.....	12
10/22-27	Ericksonian Therapy, Penzberg, West Germany, Zeig.....	25
11/1-3	Adv. Ericksonian Hypn./Ther., New York City, NY, Gilligan.....	9

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- Philip Booth, Coordinator, London Society for Ericksonian Psychotherapy and Hypnosis, 18 Yarnells Rd., Oxford OX 2 OLY, England, Oxford (0865) 721597
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- Rossi-Field Center for Clinical Hypnotherapy, 5567 Reseda Blvd., Suite 115, Tarzana, CA 91356, (818) 708-3559.

ERICKSON MONOGRAPHS

The first issue of the *ERICKSONIAN MONOGRAPHS* went to the publisher in early April and will be out in a few months. The theme is **Elements and Dimensions of an Ericksonian Approach**. Articles related to various therapy, theory, and medical applications are included. Readers should contact Brunner/Mazel for information about purchasing a standing order subscription.

- Table of Contents of the First Issue:
 Foreword by Kristina K. Erickson, M.D.
 Editorial: Elements and Dimensions of An Ericksonian Approach, by Stephen R. Lankton.
 Certain Principles of Medical Hypnosis, by Milton H. Erickson, M.D.
 Elements of an Ericksonian Approach, by Carol H. Lankton.
 Memory and Hallucination (Part I): The Utilization Approach to Hypnotic Suggestion, by Milton H. Erickson with Introduction, Commentaries, and Discussion by Ernest L. Rossi.
 Hypnotic Suggestion for the Control of Bleeding in the Angiography Suite, by William O. Bank, M.D.
 A States of Consciousness Model of Ericksonian Hypnosis by, Stephen R. Lankton.
 A Cybernetic Model of Ericksonian Hypnotherapy: One Hand Draws

- the Other, by William J. Matthews, Ph.D.
 An Instrument for Utilizing Client Interests and Individualizing Hypnosis, by Coydon Hammond, Ph.D.
 Hypnotic and Strategic Approaches in the Treatment of Depression, by Michael D. Yapko, Ph.D.
 Book Review: Clinical Hypnosis: A Multidisciplinary Approach, by William C. Wester, II and Alexander H. Smith.
 Book Review: Healing in Hypnosis, by Milton H. Erickson. Edited, by Ernest L. Rossi.
 Book Review: The Silent Language of Psychotherapy, second edition, by Ernest G. Brier and David M. Young.

The theme of the second issue of the *MONOGRAPHS* is **Brief and Family Therapy**. Several exciting articles have been received and the submission deadline has been set for October 1, 1985. Authors should contact Stephen R. Lankton, editor, at P.O. Box 958, Gulf Breeze, FL 32561 for Letter of Advice to Authors or to submit manuscripts. Manuscripts must conform to the format found in the Letter of Advice.

Electronic pre-submission of manuscripts and retrieval of edited copy or letters of advice may be arranged for authors equipped with electronic data transmission capability. Call Stephen Lankton at 904-932-6819 (voice) to obtain data phone number, system parameters, and security password.

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Stephen R. Lankton, M.S.W. & Carol H. Lankton, M.A.
- Brother Sun and Sister Moon: Multiple Trances and Experiential Encounter Between Therapists**
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2. "Group Treatment of Children and Adolescents: Applications to Clinic and School," Saul Scheidlinger, Ph.D., in the Berkshires, August 5-9, 1985.
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Brief discussions of the nature of rapport between the hypnotist and patient; and hypnosis and memory.

Two lengthy question and answer periods covering a wide range of topics and including more case examples.

Acknowledgements: 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 Symposium 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, in press).

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"Advanced Techniques I: Permissive Language, Ordeal Therapy, Geometric Progressions." Dr. Erickson describes these techniques as applied in cases of sexual dysfunction, stuttering, aphasia, bed wetting, compulsive habits and acrophobia. (Tapes B and C)

"Advanced Techniques II: Double Binds." Dr. Erickson describes a variety of types and uses of double binds; case illustrations include patients with cancer, physical handicaps, childhood eating and speech disorders, and patients who are self-defeating. (Tape D)

The Milton H. Erickson Foundation wishes to express its appreciation to **Marion R. Moore, M.D.**, who donated both sets of tapes from his collection to the Foundation Archives.

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BOOK REVIEWS

Keys to Solution in Brief Therapy

by Steve de Shazer

\$18.50, 188 pp., Norton, April 1985

Steve de Shazer's second book (following *Patterns of Brief Family Therapy*, 1982) is a practical guidebook to doing brief therapy that contains some innovative conceptions about how to do therapy. It is firmly grounded in the work of Erickson, family therapy and interactional therapy, but goes beyond each of these approaches to provide a new framework for doing therapy.

The book contains both general conceptions of therapy and specific techniques. There are case examples aplenty for those who like that sort of thing. The case examples at times read like well-written detective stories, as Erickson's often did, that seem delightfully simple and obvious after one learns the solution.

There are several startling new ideas in this book. Sure to be one of the most controversial is the emphasis on "skeleton-key" interventions, i.e., general intervention techniques that can be used with a wide variety of different problems. At first blush, this seems antithetical to Erickson's individualized approach, but more careful consideration of these 'invariant prescriptions' (which Selvini Palazzola and Prata in Italy are now using as well) point out a new emphasis that is emerging from the brief/systemic approach. The emphasis is moving away from the nature of presenting problems and being focused more and more on the nature of solutions.

In fact, de Shazer told me recently that the book could be viewed as an attempt to reframe all of brief therapy as a variation on Erickson's famous "crystal ball technique," which involves getting people to generate their own solutions to problems by focusing on the desired result of therapy. De Shazer's point here is that too much time and emphasis in the past has been put on the origin and maintenance of problems, when all that may be necessary is to find a solution that fits the situation.

The book is short and well-written. About the only thing I didn't enjoy thoroughly was one very theoretical chapter about binds and loops that I could hardly make heads or tails of. Otherwise, I'd recommend this to you highly as one of the best clinical books I've read in years.

—Reviewed by Bill O'Hanlon

Self-Hypnosis, A Complete Manual for Health and Self-Change

by Brian M. Alman with Peter T. Lambrou

The book is divided into two sections. The first section deals with learning how to do self-hypnosis.

In Section I, the authors offer first a general understanding of self-hypnosis dealing with common misconception and fears that the novice self-hypnotist might have. They contend that there are very few limitations for self-hypnosis. Curiously, they cite age regression as the one trance phenomena that is not

accessible by self-hypnosis, when this reviewer has used self-hypnosis for that very purpose. After offering suggestions about relaxation, managing distractions, imagery, and post-hypnotic cues, Alman and Lambrou describe and give examples of seven methods of self-hypnosis. These techniques are progressive relaxation; the indirect language method; the eye-fixation method; guided imagery; the direct language method; the "Milton Erickson handshake technique;" and self-hypnosis with music.

The second section of *Self-Hypnosis* deals with using self-hypnosis for a wide variety of personal growth issues as well as the control of habits and physical symptoms. Growth issues cover such areas as decision making, stress management, assertiveness, fears, phobias, self-confidence and career success. The techniques for managing physical symptoms covered skin difficulties, asthma and allergies, jaw difficulties, and pain control. Habit control areas focus on smoking cessation and weight control. There were also chapters dealing with performance in sports, sex, and sleeping difficulties.

The book has a very clear writing style and there are useful summaries at the end of the chapters.

Dr. Erickson is frequently cited in the book and there seems to be a preference for indirect, personalized techniques. Dr. Erickson's techniques with sleeping problems are somewhat misrepresented. For example, it was said that when the insomniac could not sleep he was to get up and do something he "really disliked" (p. 241). This is not exactly a self-hypnosis technique and would probably not be as effective if not arranged within an interpersonal therapeutic setting. The emphasis on the "ordeal" aspect is also unfortunate; positive tasks also can be used. Recall the story of the insomniac lawyer who had always wanted to read the classics. Dr. Erickson gave the task of reading the classics when he couldn't sleep, a task the lawyer really liked. Also, Erickson's handshake induction was not a self-hypnotic technique; in fact, it is not clear whether Erickson ever taught his patients self-hypnosis, as he mainly relied on interpersonal influence techniques, not teaching, for hypnosis and therapy.

I sometimes felt that there was an attempt to get two books into one: one for professional and teachers of self-hypnosis, and one for people who wanted to learn self-hypnosis for the first time. If I were a beginning student of self-hypnosis, I suspect that having seven choices of ways to go into trance would seem like a novice cook being told there are seven ways to scramble eggs. I would anticipate a hasty retreat from the kitchen for all but the most courageous. As someone who has been teaching patients self-hypnosis for many years, I would not be eager to hand this to my patients, but I found it useful as a reminder of the many ways to utilize this technique with my patients.

Self-Hypnosis: A Complete Manual for Health and Self-Change can be ordered from International Health Publications, P.O. Box 17535, San Diego, CA 92117, for \$19.95 (plus \$2.50 shipping and handling).

—Reviewed by Patricia Hudson, Ph.D., Omaha, NE

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