



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

The Milton H. Erickson Foundation NEWSLETTER

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

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Volume 6, Number 3

Fall, 1986

Erickson Foundation Workshops and Training Programs

I. Sessions with the Masters

The Milton H. Erickson Foundation, Inc. is organizing a series of weekend workshops entitled, "Sessions with the Masters." The first program on experiential family therapy entitled "Staying Alive as a Family Therapist," led by Carl Whitaker, M.D., will be held March 15 and 16, 1987 in Phoenix. The second program entitled "Essential Principles and Practices of Behavior Therapy," with Joseph Wolpe, will be held April 4-6, 1987. Both workshops will be held in Phoenix. Fees for the Whitaker program are \$150/\$100 (graduate student) if received by February 13. Fees for the three-day Wolpe program are \$225/\$150 if received by March 6, 1987. Registration form on page 2.

Special: Deduct 20% for registrations postmarked by 12-8-86. Deduct 30% for

registrations for **both workshops** postmarked by December 8, 1986.

II. Ongoing Training in Ericksonian Psychotherapy

A one-year comprehensive experiential training program in Ericksonian therapy, led by Jeffrey K. Zeig, Ph.D., will be held on a monthly basis on Fridays, 1:00-5:00 p.m. at the Erickson Foundation in Phoenix. The program includes didactic presentations, role playing, live supervision working with peers, demonstrations, behind-the-glass supervision, and discussion of videotapes of Milton H. Erickson, M.D. Topics include hypnotic induction, techniques of Ericksonian therapy and individual, couples, and family approaches. The first five meetings are scheduled January 16,

February 13, March 13, April 14 and May 1. The next seven meetings are tentatively scheduled June 12, July 10, August 14, September 11, October 10, November 13 and December 11.

The cost for the program is \$1,200. A \$300 deposit is due with registration. Payment can be made in installments of \$300 due April 10, July 10 and October 9.

Enrollment is limited to 12. The registration deadline is December 8, 1986. Registration form on page 2.

Eligibility

The programs are 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 programs also are open to professionals with mental health related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Applications will be accepted from full-time graduate students in accredited programs in the above fields if they supply a letter from their department on letterhead stationery, certifying their student status as of January, 1987. Student verification letters **must** state the level of degree you are working toward, the area of study and the projected graduation date.

The Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy December 3-7, 1986 — Phoenix, Arizona

In less than two months, mental health professionals and students will gather in Phoenix for the Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy.

With 135 faculty members, the event promises again to be stimulating and exciting. Invited addresses, three-hour workshops, accepted papers and accepted short courses are among the scheduled activities.

Keynote presentations will be given by Virginia Satir, A.C.S.W.; Heinz von Foerster, Ph.D.; Paul Watzlawick, Ph.D.; and Albert Ellis, Ph.D. A keynote panel, consisting of Kristina Erickson, M.D.; Lance Erickson, Ph.D.; Stephen Lankton, M.S.W., and Ernest Rossi, Ph.D. also will be highlighted.

Ms. Satir's keynote, scheduled for Thursday, December 4, from 1:30 to 2:30 p.m., is entitled "The Tools of the Therapist."

Dr. von Foerster's address, set for 1:30 to 2:30 p.m., Friday, December 5, is called

"Objects, Language and Reality: Reflections on an Operational Magic."

The keynote debate, featuring Dr. Watzlawick and Dr. Ellis, promises to be interesting and informative. The two will discuss "Indirect versus Direct Approaches to Psychotherapy." The keynote debate will be held from 1:30 to 2:30 p.m., Saturday, December 6.

Keynote panelists will discuss "Erickson's Use of Humor" from 1:30 to 2:30 p.m., Wednesday, December 3. Kristina Erickson, Lance Erickson, Stephen R. Lankton and Ernest Rossi, will look at Milton Erickson's special humor.

Congress Continued

If you have not yet registered and wish to attend the Congress, please submit your registration immediately. The deadline for registering is November 11, 1986. There currently are more than 1,700 people committed to attend the event.

Volunteers Needed

There are vacancies for volunteers. Volunteer status enables full time graduate students to attend and gain an insider's perspective on this major hypnosis conference. Persons who would like to volunteer may call Lori Weiers at the Erickson Foundation, (602) 956-6196 immediately for further information. Volunteers must attend the entire Congress.

We're looking forward to having you with us in December in Phoenix.

Erickson Foundation Workshops and Training Programs

REGISTRATION FORM

Please register me for the following (please check):

I. SESSIONS WITH THE MASTERS:

1. _____ Carl A. Whitaker, M.D., March 15-16, 1987, Phoenix, AZ, "Staying Alive as a Therapist"

Professional _____ \$120.00* postmarked before Dec. 8 _____ \$150.00 postmarked after Dec. 8	Student _____ \$80.00* postmarked before Dec. 8 _____ \$100.00 postmarked after Dec. 8
_____ Students Only — Enclosed is my certifying letter of full-time student status. *Represents a 20% discount.	

2. _____ Joseph Wolpe, M.D., April 2-4, 1987, Phoenix, AZ
"Essential Principles and Practices of Behavior Therapy"

Professional _____ \$180.00* postmarked before Dec. 8 _____ \$225.00 postmarked after Dec. 8	Student _____ \$120.00* postmarked before Dec. 8 _____ \$150.00 postmarked after Dec. 8
_____ Students Only — Enclosed is my certifying letter of full-time student status. *Represents a 20% discount.	

3. _____ Please register me for both the Whitaker and Wolpe Workshops

Professional _____ \$262.50* postmarked before Dec. 8 _____ \$375.00 postmarked after Dec. 8	Student _____ \$175.00* postmarked before Dec. 8 _____ \$250.00 postmarked after Dec. 8
_____ Students Only — Enclosed is my certifying letter of full-time student status. *Represents a 30% discount.	

II. ONE-YEAR TRAINING PROGRAM IN ERICKSONIAN THERAPY

1. _____ Ongoing Training in Ericksonian Psychotherapy, Jeffrey K. Zeig, Ph.D.
Milton H. Erickson Foundation, Phoenix, AZ Enrollment is limited to 12 participants.

Fees: \$1,200.00 — A \$300.00 deposit is required on or before December 8, 1986, with installment payments of \$300.00 each due: April 10, July 10, and October 9. _____ Enclosed is \$1,200.00 payment in full for the one-year training program. _____ Enclosed is a \$300.00 deposit for the one-year training program.

Checks should be payable in U.S. CURRENCY, drawn on an AMERICAN BANK and made payable to: **THE MILTON H. ERICKSON FOUNDATION.**

We honor: _____ VISA _____ MASTERCARD—Account No.: _____ Exp. Date: _____

Please complete all the information requested below:

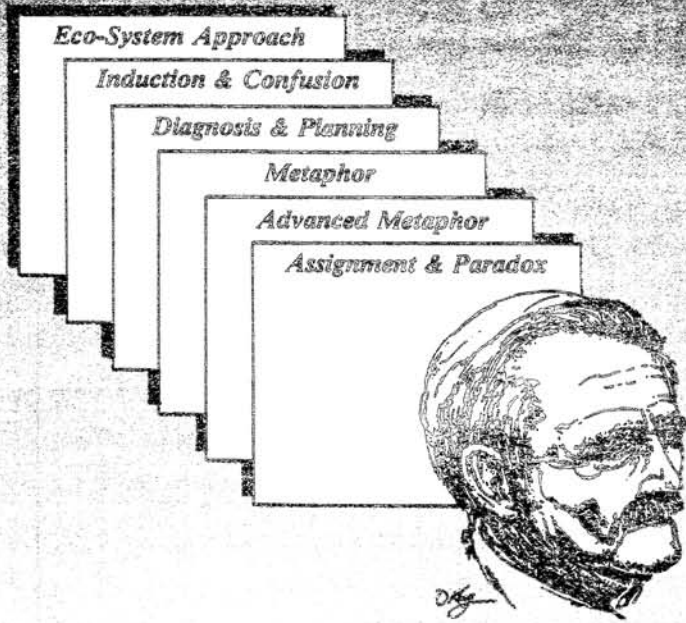
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University: _____

Registration Deadlines: Sessions with the Masters — Whitaker, 2/13/87
Sessions with the Masters — Wolpe, 3/6/87
One-Year Training Program — Zeig, 12/8/86

Cancellation Policy: Sessions with the Masters — \$25.00 (*per workshop*) cancellation fee will be charged for cancellations postmarked 30 days prior to the beginning of the workshop. No refunds will be made after the 30-day deadline.

No refunds can be made for cancellations to the one-year training program.

Return to: The Milton H. Erickson Foundation Inc.
3606 North 24th Street, Phoenix, AZ 85016, Telephone: (602) 956-6196



Stephen Lankton & Carol Lankton

“An Elaboration of

Ericksonian Approaches to Therapy”

Five-Day Basic Intensive

CE credits (3.0)

Eligibility: Masters or Doctorate
in Mental Health Disciplines.

April 1-5, 1987

Pensacola Beach, FL

Tuition \$350

Four Advanced Training Days

CE credits (2.4)

Eligibility: Must have attended at
least five days previous training
with the Lanktons.

April 23-26, 1987

Pensacola Beach, FL

Tuition \$250

For information & registration, write or call: Carol Lankton,
P.O. Box 958, Gulf Breeze, FL 32561, (904) 932-6819.

The Editor's Notes

I'm just back from a visit to Ireland and England. It is nice to teach both here in the States and overseas and not have people ask me anymore about the "7 stages of man" when I tell them I teach about Erickson. I wonder if the people who teach about Erik Erikson ever get people that come to their seminars expecting to hear about hypnosis and strategic therapy these days? In any case, it is heartening to know that knowledge about Erickson's work is spreading. What used to be fringe is now becoming much more mainstream.

On business matters, including subscriptions and mailing list matters, remember to write the Erickson Foundation offices in Phoenix. Regarding items to be included in the Newsletter, write directly to me. See you at the Congress.

—Bill O'Hanlon, M.S., Editor

The Evolution of Psychotherapy Conference Scholarships

The process to select recipients of two \$2,500 Evolution of Psychotherapy scholarships is under way.

The Milton H. Erickson Foundation, administrator for the awards, received 56 completed applications. Deadline to apply for the scholarships was Sept. 26, 1986.

The scholarship selection committee is reviewing the applications, and winners will be announced in the next issue of the newsletter. The two scholarships for the 1987 academic year will be awarded to full-time graduate students in accredited mental health programs.

The Erickson Foundation is extremely grateful to the Scholarship Committee consisting of six members: Sharon Cottor, M.S.W.; John Racy, M.D.; F. Theodore Reid, M.D. of the Evolution Conference Steering Committee; Sherron Peters and Jeff Zeig, Ph.D. of the Milton H. Erickson Foundation, Board of Directors; and Mel Hector, M.D., member of the Continuing Education Committee of the Milton H. Erickson Foundation.

An additional two \$2,500 scholarships will be awarded for the 1988 academic year. Announcements regarding submission dates for scholarship applications will appear in the next issue.

The funds for the four scholarships came from the sale of commemorative items at the 1985 Evolution of Psychotherapy Conference.

Contact and Exchange

Jeffrey K. Zeig, Ph.D., is researching the life of Milton Erickson for an authoritative professional biography. If you have interesting anecdotes or information you would like included, please send it to Dr. Zeig, c/o the Erickson Foundation.

Introducing 3 of Your Best Professional Tools from Brunner/Mazel

ENCHANTMENT AND INTERVENTION IN FAMILY THERAPY Training In Ericksonian Approaches

By Stephen R. Lankton, M.S.W. & Carol Lankton, M.A.

"More than a new book on Ericksonian approaches. Steve and Carol Lankton provide a systemic framework for understanding Ericksonian interventions through the entire process of family therapy."
—Maurizio Andolfi, M.D.

This valuable book emerges from what the authors believe are the most representative of the numerous family workshops they have conducted in the United States.

In *ENCHANTMENT AND INTERVENTION IN FAMILY THERAPY: Training in Ericksonian Approaches*, the Lanktons provide a systemic framework for understanding Ericksonian interventions in family therapy. Taken into account are the various dynamics—from the social to unconscious level—that inevitably affect families.

Specific interventions are presented, analyzed, and then built together systematically into even more complex combinations of interventions. The Lanktons present an actual interview to demonstrate the final collage of the various component approaches and interventions as they help a family with serious problems.

ENCHANTMENT AND INTERVENTION IN FAMILY THERAPY concludes with a group induction providing both a demonstration of techniques and a learning experience that complement and extend the training.

(This is the companion volume to *The Answer Within*.)

336 pp. LCN 86-4240 \$30.00 List
First Press \$25.95

THERAPEUTIC METAPHORS FOR CHILDREN AND THE CHILD WITHIN

By Joyce C. Mills, Ph.D. & Richard J. Crowley, Ph.D.
In collaboration with Margaret O. Ryan

"A book with heart, daring, and mind that is a therapeutic experience in itself to read . . . opens the door to a new understanding of the entire process of problem-solving and growth facilitation in psychotherapy."
—E. L. Rossi, Ph.D.

Here is a highly innovative volume that describes the directed application of therapeutic metaphor, through the telling of stories that are the product of the therapist's observations, learnings, intuitions and goals; designed to leave the child with an important therapeutic message. Chapters discuss the history and nature of metaphor and the dynamics of its use; application of metaphor in child and family in therapy; the process of creating original metaphors that incorporate the child's unique inner resources; the use of Artistic Metaphors based on a variety of training strategies; and, finally, the use of Cartoon Metaphors where well-known cartoon characters serve as "ready-made" metaphors to help children cope with a wide range of childhood problems.

Throughout, the authors provide many examples of how actual metaphors are constructed and used. This is an approach that can be applied in individual, family and group therapy, as well as in classroom and hospital situations. Includes 52 children's drawings used in Artistic Metaphor.

288 pp. LCN 86-9700 \$27.50 List
First Press \$23.95

Special Advance Publication Announcement . . .

The Complete Presentations and Discussions from this History-Making Conference

THE EVOLUTION OF PSYCHOTHERAPY

Jeffrey K. Zeig, Ph.D., Editor

Almost 8000 mental health professionals were informed, stimulated, delighted, and even astonished at this extraordinary conference which brought together the leading theoreticians and clinicians of virtually every type of psychotherapy in a remarkably illuminating meeting—and clash—of minds.

Now this tremendous volume makes available the complete text not only of the basic presentations but also of the candid, no-holds-barred critical discussions between the presenters themselves and with the audience in lively Q&A sessions. The noted thinkers and practitioners gathered at this conference present a far-ranging picture of psychoanalytic, behavioral/cognitive, Gestalt and TA, group, family, psychodrama and Ericksonian psychotherapies as they are currently practiced.

Never before has there been such a revealing interplay of minds and personalities, such a comprehensive presentation of the state of psychotherapy today and the many possibilities ahead. Every mental health professional will want this volume.

PARTICIPANTS: Aaron T. Beck, M.D., Bruno Bettelheim, Ph.D., Murray Bowen, M.D., Albert Ellis, Ph.D., Mary Goulding, MSW, Robert L. Goulding, M.D., Jay Haley M.A., Ronald D. Laing, M.D., Arnold A. Lazarus, Ph.D., Cloe Madanes, Judd Marmor, M.D., James F. Masterson, M.D., Rollo R. May, Ph.D., Salvador Minuchin, M.D., Zerka Moreno, Erving Polster, Ph.D., Miriam Polster, Ph.D., Carl R. Rogers, Ph.D., Ernest L. Rossi, Ph.D., Ruth Sanford, M.A., Virginia M. Satir, M.A., Thomas S. Szasz, M.D., Paul Watzlawick, Ph.D., Carl A. Whitaker, M.D., Lewis R. Wolberg, M.D., Joseph Wolpe, M.D., Jeffrey K. Zeig, Ph.D.

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UPCOMING TRAINING

(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 fee is required for each workshop submission.

DATE	TITLE/LOCATION/LEADER	CONTACT
2/6-7/87	Self-Hypnosis for Ericksonian Hypnotherapists, New Orleans, LA, Haven & Walters	1
2/22-25/87	Masters of Psychotherapy at Work, Rottweil, West Germany, Zeig	2
3/8-12/87	Ericksonian Therapy & Hypnosis, Kauai, HI, O'Hanlon	3
3/13-14/87	Mind-Body Healing: Ericksonian Perspectives, Miami, FL, Rossi, Richeport, Weideman, Mutter	4
3/15-16/87	SESSIONS WITH THE MASTERS: Staying Alive As A Family Therapist, Phoenix, AZ, Carl Whitaker	5
3/20-22/87	Ericksonian Psychotherapy, Intermediate Level, U of C, Santa Cruz, Zeig	6
3/27-28/87	Hypnotherapeutic Approaches of Milton Erickson, Miami, FL, Havens & Walters	1
4/1-5/87	An Elaboration of Ericksonian Approaches to Therapy, Basic Intensive, Pensacola Beach, FL, Lankton & Lankton	7
4/2-4/87	SESSIONS WITH THE MASTERS: Essential Principles and Practices of Behavior Therapy, Phoenix, AZ, Joseph Wolpe	5
4/18-20/87	Hypnotherapy, Hong Kong, Zeig	8
4/23-26/87	An Elaboration of Ericksonian Approaches to Therapy, Advanced, Pensacola Beach, FL, Lankton & Lankton	7
4/24-25/87	Hypnotherapeutic Approaches of Milton Erickson, Boston, MA, Havens & Walters	1
4/25-26/87	Ericksonian Psychotherapy, Hong Kong, Zeig	8
5/8-9/87	Self Hypnosis for Ericksonian Hypnotherapists, Chicago, IL, Havens & Walters	1

CONTACT INFORMATION

1. Professional Training Resources, 1500 S. Seventh, Springfield, IL 62703, (217) 522-8006.
2. Bernhard Trenkle, Peter Wenzel Weg 38, 6500 Heidelberg, West Germany.
3. Therapeutic Learning Center, P.O. Box 24471, Omaha, NE 68124, (402) 391-4223 or 330-1144.
4. Dr. Marcy Ullom, School of Continuing Studies, Univ. of Miami, Allen Hall, P.O. Box 248005, Coral Gables, FL 33124, (305) 284-3933.
5. The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016, (602) 956-6196.
6. George Ingram, Continuing Education Specialist, Univ. of California Extension, Santa Cruz, CA 95064.
7. Carol Lankton, P.O. Box 958, Gulf Breeze, FL 32561, (904) 932-6819.
8. George Zee, Wah Yan College, 56, Waterloo Rd., Kowloon, Hong Kong, Phone: 841038-9.

Innovations in Clinical Hypnosis 9-Day Workshop

Norma and Philip Barretta will lead a 9-day workshop entitled "Innovations in Clinical Hypnosis" at the Disneyland Hotel in Anaheim, CA on the following dates: November 1-2, November 22-23, December 13-14, and January 23, 24 & 25, 1987.

For more information, contact: Peggi Bongiovanni, Program Director, 929 Barhugh Pl., San Pedro, CA 90731, phone (213) 833-4234.

*Brunner/Mazel, Inc. Presents An Exciting Two-Day Seminar
Led by the Lanktons in New York City! . . .*

ERICKSONIAN APPROACHES TO HYPNOSIS AND FAMILY THERAPY: Enchantment & Intervention in Family Therapy February 20 & 21, 1987



Stephen R. Lankton, M.S.W. and Carol H. Lankton, M.A.—widely recognized authorities on the work of Milton H. Erickson—will present an intensive two-day workshop to shed light on Erickson's important, yet often baffling work.

The Lanktons will demonstrate the principles and attitudes toward families and client difficulties that are compatible and consistent with Dr. Erickson's approach. The Lanktons will also systematically relate the skills of designing and delivering the most powerful Ericksonian interventions with a unifying theory of the system-wide impact being achieved.

Extensive use of demonstration, role-playing, worksheets, and practice exercises throughout the seminar will help each participant grasp the valuable techniques necessary to practice with families and individuals.

WHEN: Friday & Saturday, February 20 & 21, 1987, 9 a.m.–5 p.m.
Registration: Friday, 8 a.m.–9 a.m.

WHERE: Grand Hyatt Hotel (Park Ave. & 42nd St.), N.Y.C. (212) 880-1234.

TUITION: \$175.00 per person (before 1/1); \$200.00 thereafter
\$325.00 per couple (before 1/1); \$375.00 thereafter
\$150.00 per person (with 3 or more from same organization attending)
\$125.00 per student (proof required)

Also (Optional): Banquet Luncheon with the Speakers on Friday,
February 20—\$25.00 per person.

TO REGISTER: Write Brunner/Mazel, Inc., 19 Union Square West, New York, NY 10003. At: Seminar Coordinator. Or call with credit card information (Visa, MasterCard, or American Express): (212) 924-3344. Advance registration strongly advised. Registration at door limited to space available. Hotel accommodations are not included. Refunds must be requested at least one week prior to seminar and are subject to \$25.00 service charge. CEU's available for marriage & family counselors, nurses, social workers, and psychologists. Pending for MD's.

News of Interest

Dawn White, Ph.D., is a psychologist who took a considerable amount of training under Dr. Erickson. For the past several years, she has done counseling at the Public Health Service Hospital in Whiteriver, Arizona, for the Apache Guidance Center.

Recently, Dr. White has been writing a column for the *Fort Apache Scout*, the official newspaper of the White Mountain Apache Tribe. This column, called "Mental Health Questions," addresses the concerns of persons who write to Dr. White with personal problems. She details for them the options such as individual and group counseling and its value, and points out that a significant initial step, in itself, is the recognition of the problem.

Madeleine Richeport, Ph.D. (P.O. Box 7556, Santurce, Puerto Rico 00916), an anthropologist who has studied with Dr. Erickson, writes that she has shown her film "Macumba" to the Coast Salish Indians on Vancouver Island. She describes the event:

"Macumba, Trance and Spirit Healing" is a film which depicts the beliefs and practices of millions of Brazilians as they go into trance in their Afro-Spiritist religions. In it, I apply Erickson's view of hypnosis to the ritual trances. I had the opportunity to show the film to a group of Coast Salish in their Native Friendship Center in Nanaimo, B.C. The comments afterwards related to similarities of their initiation ceremonies and spirit dancing to the Brazilian trances. Unexpectedly the film also led to an informal conversation about their own supernatural anxieties. One of the local healers in the tribe remarked to me after the film that she had a very bad pain in her arm and was being treated by a medical doctor. During the last treatment, the doctor began to shake her as she seemed to be unconscious and he was worried. The healer said to him, "I'm fine, doctor. Just go ahead and do your business." She confessed to me, however, that she was up at the light bulb looking down as the doctor worked on her arm. Evidently she was very familiar with this kind of dissociation from her own healing work. Nobody had to teach her to adapt it to the medical setting.

The XXI Congreso Interamericano de Psicología (XXI InterAmerican Congress of Psychology) is to be held in Havana, Cuba, on June 28-July 3, 1987. For more information: Dr. H. Betancourt, ISP, Secretary General, Department of Psychology, Loma Linda University, Riverside, CA 92515, USA.

The psychotherapy center at Gopikrishna Piramal Memorial Hospital is setting up a psychotherapy training resource center and is soliciting donations of books, journals, recordings of workshops, training materials and information on therapy training abroad for their students. The hospital is a charitable hospital and the psychotherapy center is oriented toward family therapy, brief strategic therapy and hypnotherapy. If any therapists are planning to travel in the area, they would be glad to provide accommodations in exchange for workshops. Contact Harish Purohit, Gopikrishna Piramal Memorial Hospital, Morarjee Mills Compound, Ganpatrao Kadam Marg, Lower Parel, Bombay—400 013, India.

Course on Ericksonian Psychotherapy

Ronald Havens, Ph.D., associate professor of Psychology at Sangamon State University in Springfield, Illinois, teaches a master's level course "Ericksonian Approaches to Psychotherapy," which includes advanced training in metaphors, double binds, paradoxes and experiential learning assignments. It has been a regular part of the curriculum since 1984.

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AMERICAN GROUP PSYCHOTHERAPY ASSOCIATION

31st Annual Institute • 44th Annual Conference
February 3-7, 1987
at the
Sheraton New Orleans Hotel
New Orleans, Louisiana

The Annual Meeting Institute which is devoted to small group teaching includes psychodynamic group process and many specific interest sections. A variety of formats including open sessions (featuring panels, papers and demonstrations), large and small workshop groups as well as plenary sessions are available through the Annual Meeting Conference.

Program presenters are authorities in the field of group psychotherapy. Opportunity for in-depth study will be available for those who wish to pursue training in special areas including group psychotherapy for families, children & adolescents, marital & couples therapy, transactional analysis, gestalt, object relations, psychodrama as well as the fundamentals of group psychotherapy.

AGPA is approved by the American Psychotherapy Association and the Accreditation Council for Medical Education to offer continuing education credits and for AMA Category I credit.

- I would like to know more about the AGPA Annual Meeting please send me the 1987 Program brochure.
- I am interested in AGPA membership.

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Hear the Contemporary Greats in Psychotherapy... Uncut and Unedited From: The Evolution of Psychotherapy: A Conference Phoenix Arizona, December 11-15, 1985

On Audiocassette Tapes

InfoMedix was honored to provide our professional recording service at the Evolution of Psychotherapy: A Conference sponsored by the Milton H. Erickson Foundation, Inc.

PROGRAM NO. L330

INVITED ADDRESSES			
L330-1 \$9.50	The Need for Technical Eclecticism, Science, Breadth, Depth, and Specificity, Arnold Lazarus, (Cloe Madanes, Disc.)	L330-17 \$9.50	Therapy: A New Phenomena, Jay Haley, (S. Minuchin, Disc.)
L330-2AB \$19.00 (2 tapes)	Psychodrama, Role Theory and the Concept of the Social Atom, Zerka Moreno, (Carl Whitaker, Disc.)	L330-18 \$9.50	Strategic Family Therapy, Cloe Madanes, (P. Watzlawick, Disc.)
L330-3 \$9.50	Mind/Body Connections and the New Languages of Human Facilitation, Ernest Rossi, (Lewis Wolberg, Disc.)	L330-19 \$9.50	The Nautre of the Psychotherapeutic Process, Judd Marmor, (A. Beck, Disc.)
L330-4 \$9.50	Therapeutic Patterns in Ericksonian Psychotherapy, Jeffrey Zeig, (Murray Bowen, Disc.)	L330-20 \$9.50	The Evolution of Psychotherapy: Future Trends, Lewis Wolberg, (A. Lazarus, Disc.)
L330-5 \$9.50	Psychotherapy-Past, Present & Future, Murray Bowen, (James Masterson, Disc.)	L330-21 \$9.50	Gestalt Therapy: Evolution & Application, Miriam Polster, (R. Goulding, Disc.)
L330-6 \$9.50	My Many Voices: Personal Perspectives on Family Therapy, Salvador Minuchin, (Zerka Moreno, Disc.)	L330-22 \$9.50	Escape from the Present: Transition & Storyline, Erving Polster, (C. Rogers, Disc.)
L330-7 \$9.50	If You Desire To See, Learn How To Act, Paul Watzlawick, (Ernest Rossi, Disc.)	L330-23 \$9.50	Rogers, Kohut & Erickson: A Personal Perspective on Some Similarities and Differences, Carl Rogers, Ruth Sanford, (M. Polster, Disc.)
L330-8 \$9.50	Using Social Phenomenology & Existential Philosophy in Psychotherapy Ronald Laing, (Thomas Szasz, Disc.)	L330-24 \$9.50	Existential Therapy and the Future, Rollo May, (Bruno Bettelheim, Disc.)
L330-9 \$9.50	Transactional Analysis & Redecision: A Short-Term, Focused Approach to Change, Mary Goulding (Jeffrey Zeig, Disc.)	L330-25 \$9.50	The Evolution of Rational-Emotive Therapy & Cognitive Behavior Therapy, Albert Ellis, (M. Goulding, Disc.)
L330-10 \$9.50	Group Therapy: Mainline or Sideline? Robert Goulding, (Virginia Satir, Disc.)	L330-26 \$9.50	A Dialogue on Cognitive Therapy with Beck and Hausner, Aaron Beck, Stowe Hausner
L330-11 \$9.50	Going Behind the Obvious-The Psychotherapeutic Journey, Virginia Satir, (E. Polster, Disc.)		
L330-12 \$9.50	The Family as Deduced from Twenty Years of Families Only, Carl Whitaker, (A. Ellis, Disc.)		
L330-13 \$9.50	The Therapeutic Milieu: Therapy in a Residential Setting, Bruno Bettelheim, (R. Laing, Disc.)		
L330-14 \$9.50	The Evolution of the Developmental Object Relations Approach to Psychotherapy, James Masterson, (J. Haley, Disc.)		
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Media Of Note

An original book about Erickson has been published in Spanish entitled, *Un Acercamiento Al'Enfoque Ericksoniano* (An Approach to Ericksonian Technique). It is authored by Carlos Zalaquett, Pontificia Universidad Catolica De Chile, Escuela De Psicologia, Casilla 6177, Santiago 22, Chile. Professor Zalaquett will be a faculty member of the 1986 Erickson Congress.

A special issue of the French journal GENITIF, edited by Jenny Lodeon, includes translations from Milton Erickson taken from his original writings, *The Teaching Seminar, My Voice will Go with You*, and other sources. For information contact: GENITIF, 91 rue Jouffroy, 75017 Paris, France.

The Milton Erickson Gessellschaft fur Klinische Hypnose (M.E.G.) publishes a journal *Hypnose und Kognition*. The April 1986 issue includes a special 106-page supplement which is a bibliography on the psychophysiological aspects and treatment of pain. It is written in English and many of the entries include abstracts. The journal is edited by Burkhard Peter and Christoph Kraiker. For information contact: M.E.G., Konradstr. 16, 8000 Munchen 40.

Excerpts from the article on The Evolution of Psychotherapy Conference by Lorenzo W. Milam, entitled "The Lourdes of Arizona," which originally appeared in the *Fessenden Review*, Box 7272, San Diego, CA 92107 were published in the September/October 1986 issue of *The Family Therapy Networker*. This issue includes a number of articles on strategic therapy including a feature on Cloe Madanes. Contact *The Family Therapy Networker*, 7703 13th St., N.W., Washington, DC 20012.

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- I. LIVE DEMONSTRATIONS (One Hour)**
- | | |
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| <input type="checkbox"/> CP3 A Case of Social Anxiety, Joseph Wolpe
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- II. TOPICAL PANELS (One Hour)**
- | | |
|---|--|
| <input type="checkbox"/> P1 Schizophrenia (Bettelheim, Laing, Szasz, Whitaker)
<input type="checkbox"/> P3 Symptom-Based Approaches vs. Growth Facilitation (Bowen, Rossi, Wolberg, Wolpe)
<input type="checkbox"/> P4 Psychotherapy Research (Beck, Bugental, Rossi, Wolpe)
<input type="checkbox"/> P5 Dreams (Bettelheim, Moreno, M. Polster, Rossi)
<input type="checkbox"/> P6 Training Psychotherapists I (R. Goulding, Lazarus, E. Polster, Wolberg)
<input type="checkbox"/> P7 Psychotherapy & Social Issues (Laing, Marmor, Watzlawick, Wolpe)
<input type="checkbox"/> P8 Language of Human Facilitation (E. Polster, M. Polster, Rogers, Rossi) | <input type="checkbox"/> P9 Training Psychotherapists II (Bugental, M. Goulding, Haley, M. Polster)
<input type="checkbox"/> P10 Resistance (Lazarus, Masterson, E. Polster, Zeig)
<input type="checkbox"/> P11 Group, Individual or Family Therapy II (Ellis, R. Goulding, Minuchin, Moreno)
<input type="checkbox"/> P12 The Role of the Therapist/The Role of the Client (May, Rogers, Satir, Szasz)
<input type="checkbox"/> P13 History of Psychotherapy (May, Rogers, Szasz, Whitaker)
<input type="checkbox"/> P14 Therapeutic Uses of Humor (Bowen, Ellis, R. Goulding, Laing)
<input type="checkbox"/> P15 Brief vs. Long-Term Therapy (M. Goulding, Marmor, Masterson, Watzlawick) |
|---|--|
- III. CONVERSATION HOURS (One Hour)**
- | | |
|--|--|
| <input type="checkbox"/> CH3 Ronald Laing
<input type="checkbox"/> CH4 Carl Whitaker
<input type="checkbox"/> CH5 Murray Bowen
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<input type="checkbox"/> CH16 Joseph Wolpe |
|--|--|
- IV. SPECIAL PANELS (One and one-half hours)**
- | | |
|---|--|
| <input type="checkbox"/> SP1 Some Perspectives on the Masters (Bettelheim, Baumann, M. Adler) | <input type="checkbox"/> SP2 Grandchildren's Personal Perspectives on the Masters: Freud, Jung, Adler (S. Freud, D. Baumann, M. Adler) |
|---|--|
- V. THREE-HOUR WORKSHOPS**
- | | |
|---|--|
| <input type="checkbox"/> W1 Theoretical and Practical Aspects of Psychotherapy, Ronald Laing
<input type="checkbox"/> W5 The Client-Centered Approach, Carl Rogers & Ruth Sanford (includes a live-demonstration)
<input type="checkbox"/> W21 The Practice of Rational-Emotive Therapy, Albert Ellis (includes a live demonstration) | |
|---|--|

NOTE: Videotapes of some invited addresses, cases discussions and supervision panels from The Evolution Conference can be made available. Contact The Foundation for information.

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I. Training Tapes:

- The Process of Hypnotic 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 Demonstration from the 1981-1984 Erickson Conferences:

FROM 1981 SEMINAR:

- Naturalistic Approaches to Hypnosis: Utilizing Hypnosis in Pain Treatment in Psychotherapy, Joseph Barber, Ph.D.
- Induction with Children and Adolescents, Franz Baumann, M.D.
- The Parts Model: Demonstration of Work with Phobias and Anchors, Paul Carter, Ph.D.
- The Varieties of Ericksonian Hypnotic Suggestion, Stephen Lankton, M.S.W.
- Ericksonian Induction Strategies, Robert Pearson, M.D.
- Conversational Introduction to Trance, Kay Thompson, D.D.S.

FROM 1982 SEMINAR:

- Utilizing Hypnosis in Psychotherapy, Joseph Barber, Ph.D.
- The Initial Interview in Brief Psychotherapy, Richard Fisch, M.D.
- Accessing Unconscious Processes, Stephen Gilligan, Ph.D.
- A Dual Induction Using Dissociation, Stephen Lankton, M.S.W. & Carol Lankton, M.A.
- The Constructive Use of Hypnotic Phenomena, Marion Moore, M.D.
- Ericksonian Induction Methods, Robert Pearson, M.D.
- A Conversational Induction with Fixation on Ideas, Bertha Rodger, M.D.
- A Quick Utilization Approach to Hypnotic Inductions, Sidney Rosen, M.D.
- A Fail Safe Double Bind Approach to Hypnotic Induction, Ernest Rossi, Ph.D.
- A Conversational Induction and the Utilization of Spontaneous Trance, Kay Thompson, D.D.S.
- Accepting the Subject's Cognitions as A Basis for Therapy, Richard Van Dyck, M.D.
- The Effective Utilization of Multilevel Communication, Jeffrey Zeig, Ph.D.

FROM 1983 CONGRESS:

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

FROM 1984 SEMINAR:

- The First Therapeutic Treatment of Dr. B., Joseph Barber, Ph.D.
- Unity, Complementarity and Multiplicity: Principles for Generative Personality in Ericksonian Hypnotherapy, Stephen G. Gilligan, Ph.D.
- Use of Multiple Embedded Metaphor for Psychological Reassociation, Stephen R. Lankton, M.S.W. & Carol H. Lankton, M.A.
- Brother Sun and Sister Moon: Multiple Trances and Experiential Encounter Between Therapists, Ernest L. Rossi, Ph.D.
- Conversational Induction Techniques, Kay F. Thompson, D.D.S.
- Using Metaphor and the Interspersal Technique, Jeffrey K. Zeig, Ph.D.

PRICES:

1/2" Beta or VHS — \$70.00 each*
3/4" U-Matic — \$80.00 each*

*PAL copies of some programs are available at additional cost. Write to The Erickson Foundation for information.

ORDERING INSTRUCTIONS: After checking the box of the tape(s) desired, checking the format required to playback on your equipment, send this order form and your remittance to the Milton H. Erickson Foundation, 3606 North 24th Street, Phoenix, Arizona 85016. Make checks payable to The Milton H. Erickson Foundation.

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VIDEOTAPE REVIEWS

"The Process of Hypnotic Induction"

by Jeffery K. Zeig, Ph.D.

103 minutes; price: \$150 in VHS/Beta; \$200 in U-Matic.

Available through the Milton H. Erickson Foundation, 3606 North 24th Street, Phoenix, Arizona 85016.

In this latest training tape from the Erickson Foundation, Jeff Zeig contrasts the traditional approach to hypnosis with the Ericksonian approach of naturalistic utilization. Zeig illustrates principles of induction with two hypnotic inductions done by Erickson in 1964. These two inductions are actually part of a Ciba-Geigy film which included, in the original version, a demonstration of self-hypnosis done by Mrs. Erickson. Observers will notice Mrs. Erickson sitting with the subjects in the videotape.

Zeig's comments are aimed at the sophisticated audience, clinicians experienced in hypnosis who are looking to refine skills. The comments reach this group despite occasional repetition. Zeig appears somewhat "stiff" initially, however, later in the tape he is effective. A group of clinicians who knew nothing about hypnosis viewed this tape and found it a very positive learning experience.

My graduate students in classes on Ericksonian hypnosis have previously found Zeig's material useful. However, this presentation is too long to be well used in a classroom setting. Many who buy the tape may want to use separate parts of it, as I did. The first part of the tape, before Erickson's inductions, might be used early in a class or on the first day of a basic seminar. The second part, hypnotic styles and trance commentaries, is better suited for a more advanced group.

In testing this tape with mental health professionals, Zeig's comments were perceived as useful in understanding what Erickson is doing. However, some instructors will want to make their own commentary on Erickson's work. These people would be more likely to use the tapes produced by Lustig, Rossi, and lately by Haley. Perhaps the Foundation will also release the entire 1964 tape, without commentary, to address the needs of this group.

I highly recommend this tape. There is much here of value, which repeated viewings will allow the student to discover. The price for a tape of this quality is reasonable. Compared with the price of going to another city to attend a basic workshop, a case can be made for students buying their own copies. Certainly, anyone giving classes or workshops should have a copy.

— Reviewed by Lynn D. Johnson, Salt Lake City, Utah

"1958 Milton H. Erickson Hypnotic Induction"

Introduced by Jay Haley

34 Minutes; price \$425.00

Available through the Family Therapy Institute, 5850 Hubbard Drive, Rockville, Maryland 20852; Phone (301) 984-5730.

This videotape, released by Jay Haley, is from a film made in November 1958, as part of the Communication Research Project, by Gregory Bateson at Stanford University. The video opens with a short narration by Haley, explaining the background of the original film. Haley offers no further narration, leaving the viewer to draw conclusions about Erickson's techniques. This is a surprising and refreshing position from one who is so clearly qualified to comment. The poor audio quality of Haley's comments is also surprising; he sounds like he is speaking from a bathtub.

Erickson is working with a student named Gordon whom he had met the night before. In the induction, he first orients Gordon to

the meeting, describing the surroundings, and the people present may have been in the room as he and Gordon were talking. He then substitutes other visualizations and begins a series of hallucinations with Gordon, first with a simple screen and then with more elaboration.

Erickson's purpose seems to be to demonstrate a variety of indirect suggestion techniques. At times, Erickson describes them and challenges Gordon to understand what he is doing. This is a familiar pattern, one Erickson used as a ratifying technique in the 1970s. The importance of ratification is thus emphasized, a lesson valuable even today.

There are several nice vignettes of Erickson warmly congratulating Gordon on being able to respond to indirect suggestions without knowing consciously what his response means. Gordon is able to experience deep trance and demonstrates age regression very nicely. At the same time, Gordon insists on amnesia, thus demonstrating independence from Erickson.

Erickson gives some rather pointed comments about misuse of two-way mirrors, and the necessity of thoughtfulness on the part of the experimenters. Later in the film, it sounds as though plumbers are attacking pipes, and Erickson shoots a severe look in the direction of the camera. Gordon, however, manifests rapport only with Erickson.

This video is charming and valuable. It is marred by an unnecessarily wide camera angle, so very little detail is visible. The camera remained stationary throughout the procedure, maintaining a large frame around the subjects. If we could travel back in time, we would want two cameras to intercut Erickson and Gordon. We would also want a discussion between Erickson and the Communication Project team about the film. Unfortunately, we do not have these.

Given the simplicity of production and the spartan comments, it is incomprehensible to me why Haley is charging \$425 for this tape. The only frame I can imagine for that is that he actually prefers the videos produced by Lustig, Rossi, and Zeig, and by pricing this one so high, he hopes to stimulate sales of the others. Therefore, I will follow the indirect directive and recommend the others. For those who can afford it, I also recommend this one most highly. It is a pearl of great price, which every serious student of hypnosis should mortgage the Saab for.

—Reviewed by Lynn D. Johnson, Salt Lake City, Utah

BOOK REVIEW

Clinical Hypnosis and Therapeutic Suggestion in Nursing

Edited by Rothlyn P. Zahourek

Published by Grune and Stratton

When I received this book review, I thought it unlikely it would be relevant to enough of our readers to warrant a review. Boy, was I wrong! This book contains some excellent articles about hypnosis in general, hypnosis for pain, hypnosis in obstetrics and gynecology, hypnosis for the treatment of specific clinical problems (smoking, weight, hypertension, death and dying issues and fears). My favorite parts were the sections on Ericksonian approaches, which were excellent summaries. It is nice to see this material being integrated with the entire field of hypnosis. This is not a good book for nurses. This is a good book for clinicians in general.

—Reviewed by Bill O'Hanlon, M.S.

Conferences

The 11th International Congress on Hypnosis and Psychosomatic Medicine will be held August 13-19, 1988, in Leiden, The Netherlands. Information is available from the Congress Secretariat, P.O. Box 16065, 2301 GB Leiden, The Netherlands.

International Congress on Family Therapy "The Patterns Which Connect," Prague, Czechoslovakia, May 11-15, 1987 featuring Maurizio Andolfi, Edgar Auerwald, Mary Catherine Bateson, Donald Bloch, Luici Boscolo, Gianfranco Cecchin, Josef Duss-von Werdt, Momy Elkaim, Kitty La Perriere, Salvador Minuchin, David Reiss, Virginia Satir, Mara Selvini-Palazzoli, Carolos Sluzki, Helm Stierlin, George Vassiliou, Jurg Willi, Lyman Wynne and Jeffrey Zeig.

For additional information please contact: Czechoslovak Medical Society—ICFT 1987, Vit unora 31, P.O. Box 88, 12026 Praha 2, Czechoslovakia, c/o Dr. P. Bos, Secretary General.

IN MEMORIAM

The Erickson Foundation regrets to report the death of Neil J. DiCapua, D.D.S.. Dr. DiCapua was a strong supporter of the Erickson Foundation and served on the faculty of the 1983 Congress. He was a frequent member of the national teaching faculty of the American Society of Clinical Hypnosis and served as president of the Southern California Society of Clinical Hypnosis. Dr. DiCapua died July 21, 1986, just a few days short of his 50th birthday. Professionally he was one of the world's leading experts on dental hypnosis. Personally he was a deeply caring and intensely sincere individual. His presence will be sorely missed.

Book Reviews

Tea With Demons: A True Story

By Carol Allen with Herbert Lustig, M.D.

Published by William Morrow and Co., 1985, \$17.95

This is a book in the vein of *Operators and Things* and *I Never Promised You a Rose Garden*. It tells the story of a woman who undergoes a breakdown and recovers to write about it. Not much new there. What is new is the way in which the "breakdown" was treated. The therapist here is a "solution-oriented" therapist. Herb Lustig was a student of Dr. Erickson and this book shows evidence that he not only learned his stuff from Erickson, but he took it and applied it in his own unique way. Dr. Lustig's approach to Carol is captured well by her evocative writing and much of the book is devoted to the therapeutic sessions that played such an important part in her recovery. Lustig comes across as confident, provocative, playful, but most of all respectful of his patient and of her inner strengths and abilities. Much of this type of literature is based on traditional psychoanalytic or psychotropic treatment models. Here, finally, is an alternative. Carol Allen's story is worth reading, not only for the moving human drama, but for its illustration of the best of Ericksonian work. The challenge for those of us who were influenced by Erickson is to take his principles and spirit and make them our own, without imitating Erickson. Lustig has obviously done this, and those who would do the same can look to this book for inspiration.

— Reviewed by Bill O'Hanlon, M.S.

Therapy is primarily a motivation of the unconscious to make use of all its many and varied learnings.

—Milton Erickson, 1978

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