

The Milton H. Erickson Foundation NEWSLETTER

Michael D. Yapko, Editor / 2525 Camino del Rio S., Suite 265 / San Diego, CA 92108

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

Vol. 10, No. 3

Winter 1990

Interview

An Interview with Jeffrey K. Zeig, Ph.D.



Jeffrey K. Zeig, Ph.D., is a clinical psychologist in private practice. He has conducted workshops on Ericksonian techniques on four continents. He edited and wrote commentary for *A Teaching Seminar with Milton H. Erickson*, edited *Ericksonian Approaches to Hypnosis and Psychotherapy* and *Ericksonian Psychotherapy* (Volumes I & II), and authored *Experiencing Erickson*. Dr. Zeig organized the four International Congresses on Ericksonian Approaches and the Evolution of Psychotherapy Conference held in 1985.

Y — I want to start by getting some biographical information about you up to the point of meeting Erickson. Then, we'll go from meeting Erickson as a transitional point to everything else you've done since.

Z — I grew up in New York City in the Bronx. My family later moved to Hicksville, New York, a suburb in Nassau County. From there, I went to Michigan State University. After Michigan State, I worked for a year at a psychiatric hospital in Lansing. In 1970, I moved to Palo Alto, Calif., to do political organizing at the Institute for the Study of Non-Violence, which was organized by Joan Baez and Ira Sandperl. That was the Viet Nam era, and we were organizing mostly against the war and doing some draft resistance, but also we were organizing against institutional violence, as for example, institutional medicine. I gradually moved out of political organizing and into psychology. I got my master's degree at San Francisco State in Clinical Psychology in 1973. Shortly after that I went to Phoenix for the first time and met Dr. Erickson.

Y — I notice you skipped over your childhood. Go back and offer some com-

mentary about little Jeff Zeig.

Z — I honestly have enough childhood amnesia that there's not much that stands out in my mind right now.

I am the oldest of three. I have two sisters; one is 3½ years younger, and the other is 9½ years younger. I grew up in a lower middle-class family. My father worked for the Post Office, and we had a one bedroom apartment in the Bronx—it was a four-story walk-up. My sister and I slept in the bedroom, my parents slept on a roll-out couch in the living room. After my little sister was born, when I was 10, we moved to Long Island and got a family home. Then my father bettered himself by entering into a sales profession.

Y — Is there nothing you can share about your childhood interests or the things you used to do, things you remember fondly from your youth?

Z — Instrumental things that shaped my life? . . .

Y — Even things that weren't necessarily

Continued on page 10

Archives Closes for Conference Preparation

The Archives of The Milton H. Erickson Foundation will be closed for the remainder of the year.

The facility is not available for use due to the efforts by The Erickson Foundation staff to prepare for the upcoming Evolution of Psychotherapy Conference.

Special circumstances may make it possible for persons to visit the Archives, but each case will be reviewed before reservations can be made.

The Archives is open to persons with master's degrees and above in mental health fields from accredited institutions. Graduate students in mental health fields also may visit the Archives if they provide a letter from their department on letterhead stationery verifying their full-time student status.

The facility will reopen in January 1991. Reservations are required. A cost of \$5 per person per hour is charged for use of the Archives.

For information, contact The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, Ariz. 85016 USA; (602) 956-6196.

Evolution of Psychotherapy Conference Promises Something for All

The second Evolution of Psychotherapy Conference will offer an opportunity for attendees to learn from the seminal leaders in the field of psychotherapy, according to Conference Organizer Jeffrey K. Zeig, Ph.D.

"By bringing together the leaders in many disciplines, we hope to develop conciliation among schools of thought," Zeig said. "Many of the presenters at the 1985 conference met for the first time there, and a step toward that conciliation was taken."

This year's conference is scheduled for December 12-16, 1990, in Anaheim, Calif. The program is designed to maximize the opportunity for interaction among the faculty and between faculty and participants.

The Conference is sponsored by The Milton H. Erickson Foundation, and co-sponsored by The University of California, Irvine - Department of Psychiatry and Human Behavior and California State Uni-

versity at Fullerton - Department of Psychology.

Training events include invited Addresses, Workshops, Clinical Presentations, Panels and Conversation Hours. Keynote Addresses also will be highlighted.

Speakers at the Conference are Aaron Beck, Murray Bowen, James Bugental, Albert Ellis, William Glasser, Mary Goulding, Robert Goulding, Jay Haley, James Hillman, Helen Singer Kaplan, Arnold Lazarus, Alexander Lowen, Cloé Madanes, Judd Marmor, James Masterson, Rollo May, Donald Meichenbaum, Salvador Minuchin, Mara Selvini Palazzoli, Erving Polster, Miriam Polster, Ernest Rossi, Thomas Szasz, Paul Watzlawick, Carl Whitaker, Joseph Wolpe and Jeffrey Zeig.

Keynote addresses will be presented by

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Drawing Winners Announced

The Milton H. Erickson Foundation sponsored a special drawing for the Evolution of Psychotherapy Conference.

Persons who registered before April 30 were eligible for prizes, which were donated by Conference vendors and suppliers. Registration was not necessary to enter the drawing.

The winners are as follows:

Grand Prize (Complimentary registration, domestic airfare, accommodations in a suite at a Conference hotel): Julie MacCarin, Short Hills, N.J.

First Prize (Complimentary Set of Conference Audiotapes): Margaret Canavan, Houston, Texas.

Other prizes (Complimentary Registra-

tion—Three winners): Kathleen Pecuch-Kate, Phoenix, Ariz.; Sally Rasmussen, Portland, Ore.; James Johnson, Bloomington, Ind.

Five free nights in a conference hotel (room and tax) (Five winners): Dennis McGuire, Lake Jackson, Texas; Joanne Sweeney, Atlanta, Ga.; Ann Salisbury, Perrysburg, Ohio; Norman Ackerman, Great Neck, N.Y.; and Melinda Morgan, Big Bear Lake, Calif.

Four tickets to Disneyland Park (One Prize): Edith Kane, Solana Beach, Calif.

Complimentary Videotape of Conference Demonstration (Five Prizes): Susan Goodell, Del Mar, Calif.; Audrey

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Linda
Carr-McThrall



Notes from The Foundation

Readers of *The Milton H. Erickson Foundation Newsletter*, as well as other mental health professionals, have received information regarding The Evolution of Psychotherapy Conference, of which we are sponsors.

Many professionals received several brochures; we apologize for the duplication of effort. We ask that you share the information with colleagues who may not have received the flyers.

We have included a page in this issue of *The Newsletter* which could be used as a poster. If you have places where this page could be posted, we would appreciate your assistance in publicizing the Conference.

The Erickson Foundation staff has concentrated much of its efforts in preparing for the Evolution Conference, scheduled December 12-16, 1990, in Anaheim, Calif. The event promises to be one of great learning and experiences. The response from the mental health professionals planning to attend the meeting has been tremendous; we look forward to seeing you in Anaheim and to providing you the opportunity to see these leaders.

The presenters have expressed their enthusiasm for this meeting, and we are pleased to have such a wide array of knowledge.

The time and energy required to coordinate a meeting of this type is paramount to the end result. We think those of you attending will be pleased, and we hope to see many of our friends in Anaheim. Your continued support of activities sponsored by The Milton H. Erickson Foundation is greatly appreciated.

Obituary —

Dr. von Dedenroth Dies

T.E.A. von Dedenroth, M.D., personal physician, colleague, and friend of the late Milton H. Erickson, M.D., died July 9 in Camarillo, Calif. He was 65.

Dr. von Dedenroth served on the faculty of the First International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy.

He lived in Camarillo, where he practiced psychiatry. Dr. von Dedenroth received his medical degree at Jefferson Medical University in Philadelphia in 1949. He later went to Tucson, Ariz., to complete his medical internship and residency. He practiced in that city for 16 years.

During his medical career, Dr. von Dedenroth, after moving to California and taking a residency there, turned from general medicine to psychiatry, and became known for his use of hypnosis, and his expertise in forensic psychiatry.

Michael
Yapko



Editor's Viewpoint

Well, at least now I know what it takes to get readers involved. I'm *still* getting mail about the Jay Haley/Albert Ellis controversy! I'm a little perplexed by all the attention Ellis garnered merely by sprinkling criticisms of Erickson's work and followers with some earthy language. I'm *more* than a little perplexed, though, on how extreme the reactions of the readers were who wrote to me; they were either very much for or very much against giving space to an Erickson critic. The majority of those who wrote supported the open expression of opinion, which I appreciated.

The Foundation has taken an active position of building bridges between widely divergent groups of theorists and practitioners. The Second *Evolution of Psychotherapy* conference coming up this December is more than an excuse for a "Woodstock of Psychotherapy" party. It is an opportunity to validate the worth of virtually opposite approaches; and to take steps to associate, in a healthy way, dissociated parts of the therapy world. While the Foundation, and its newsletter, is dedicated to promoting Ericksonian approaches, it will also include commentary from significant voices.

Newsletter Business

The Newsletter is published three times per year. The closing dates are April 15, August 15, and December 15. This means all items to be included must be received by those dates. *The Newsletter* is posted approximately six to eight weeks later. As always, send all advertising directly to The Foundation in Phoenix. Training events, announcements and other information should be sent directly to me at the San Diego address on the front page.

He was active in professional organizations, and sponsored Dr. Erickson's participation in a number of courses and lectures given to such groups, both in Tucson and Camarillo. In fact, the last course Dr. Erickson gave before limiting his teaching solely to the Phoenix area, was in 1969, to staff members of Camarillo State Hospital, arranged by Dr. von Dedenroth. The course was successful, but Dr. Erickson did not undertake any further travel.

Dr. von Dedenroth is survived by his wife, the former Louise Wagner, sons Teddy and Brian, both of Camarillo, and John of Pinon Hills, Calif., and daughters Mary von Dedenroth of Camarillo, Claire von Dedenroth of San Francisco and Lulu von Dedenroth-Garton of Vail, Colo.

Letters to the Editor

Dear Readers:

More mail on the Haley/Ellis controversy was received than could be included in this column. For those of you who wrote, thank you for writing. Sorry we couldn't include all your letters.

M.Y.

Dear Editor:

I was saddened and somewhat disillusioned by Jay Haley's letter of protest over your interview with Dr. Albert Ellis. As a long time admirer of Haley, I never expected him to express such dogmatic, intemperate, and pejorative sentiments. But far worse, Haley is advocating censorship and seems to be promoting cultism when he writes: "However, for an Erickson newsletter to quote Albert Ellis is simply inexcusable." He adds: "Nor is it excusable for The Erickson Foundation to publish this kind of attack on the integrity of Dr. Erickson without comment." With heavy-handed sarcasm, Haley recommends publication of such interviews in comic books, and he expresses the view that anti-Ericksonian speakers should not be invited or published by the Erickson Foundation.

One is reminded of a paper by the late Dr. Karl Dallenbach pointing out that when a school of thought is vigorously promoted and its adherents wear the cloaks of disciples, critics will inevitably be subjected to the slings and arrows of outraged and furious followers. Many clinicians have noted the deification that followed the demise of Dr. Erickson. Indeed, the Ericksonian school of thought is widely viewed as a cult, or a *Fach*. Thus, I was delighted to read the Yapko/Ellis interview which led me to conclude that criticisms of Erickson's followers would surely be quelled by their willingness to publish such an unbridled attack in an official newsletter. I thought it showed courage, openness, and a respect for freedom of speech to do so.

I emigrated from South Africa in 1966 because I deplore censorship. Please don't make the dreadful regressive and suppressive error of only printing the party line from now on.

Sincerely,
Arnold A. Lazarus, Ph.D.
Distinguished Professor,
Rutgers University

Dear Editor:

Did Albert Ellis' interviewer have a hidden agenda? Did he deliberately goad Ellis into making a fool of himself in public in order to discredit him? If that was his intent, he was certainly successful, and I think Milton probably would have enjoyed the whole thing.

Sincerely,
Henry Close, Th.M.
Milton H. Erickson Institute of Atlanta

Dear Editor:

... The major question that both the Ellis interview and the response letters raise is

not only about the function of the Newsletter, but about the focus of the Foundation and of Ericksonian thinkers and practitioners. That question appears to be, is it the function of the above to merely continue to celebrate Erickson, to reify that which is represented as his thinking and his work, or is it time to take a more critical look? What is it about that which is represented as Ericksonian that is meaningful and important, that assists clients to reorganize; and what is it about those things that are represented as Ericksonian which are apparently no better or no more useful, or perhaps less useful, than other interventions?...

... It is time, I would think, for the Next Generation. Such a Next Generation of Ericksonian thinkers and practitioners will be concerned with 1) empirical questions concerning the assumptions underlying Ericksonian positions, 2) the relationship of the Ericksonian position with the field of clinical hypnosis, 3) critical evaluation of the Ericksonian position to establish what in fact makes a difference, and 4) an openness to the critique of the Ericksonian position by other positions in the field of psychotherapy and hypnosis...

Sincerely,
Rodger Kessler, Ph.D.
President, Milton H. Erickson Institute of Vermont and Northern New England

New Directions in Ericksonian Psychotherapy

with
Stephen G.
Gilligan, Ph.D.

October 17-21, 1990
Boulder, CO

Key Ideas will Include:

The Interpersonal Mind
The Mind as the Bridge
Between the Person and
the Community
Therapeutic Rituals
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Six New Institutes Receive Approval

During its ten-year history, the regional educational and training efforts of The Milton H. Erickson Foundation have been enhanced by the work of Erickson Institutes and Societies. Some of these organizations applied to The Foundation and were approved by its Board of Directors to use Dr. Erickson's name in the title of their organizations. Others were sanctioned by Dr. Erickson himself. Institutes/Societies independently provide clinical services and professional training, observing guidelines and eligibility requirements established by The Foundation. A few are involved in programs of research. Many are connected with educational, medical or social service institutions.

The Foundation recently approved six new institutes. The new affiliations are with Institut Milton Erickson d'Avignon, France, led by Patrick Bellet, M.D.; The Milton H. Erickson Institute of Honolulu, headed by Irv Cohen, MSW, BCD, Stephen E. Gainsley, MSW, Ph.D., and Charles H. Bogdahn, MSW; The Milton H. Erickson Institute of Mexico City, under the supervision of Teresa Robles-Urbe, Ph.D., Jorge Abia-Guerrero, M.D., and Marta Fernandez de Cerruti, Ph.S., at the Centro Mexicano de Investigacion y Clinica; The Milton H. Erickson Institute of Montreal, Quebec, directed by Liliana Cane, Ph.D., Andre Gregoire, M.A., and Jean-Roch Laurence, Ph.D.; The Milton H. Erickson Institute of Quebec City, headed by Gaetan Nadeau, M.D., and The Milton H. Erickson Institute of Springfield, Illinois, organized by Ronald A. Havens, Ph.D., Theresa Eytalis, MSW, Richard Dimond, Ph.D., and Catherine Walters, MA, MSW.

The addition of six new institutes brings the total of Erickson Foundation affiliates to 43. Of these, 19 are located in foreign countries. One is in Argentina, two in Australia, two in Belgium, four in Canada, one in Czechoslovakia, one in England, two in France, five in Germany, and one in Mexico. Just 18 of the 50 states are represented in the remaining 24 institutes/societies located in the United States. They are California (three); Colorado; Delaware; Florida; Georgia; Hawaii; Illinois (three); Maryland; Michigan; Missouri; New Mexico; New York (three); Ohio, Oklahoma; Pennsylvania; Texas; Vermont; and Virginia.

Most of the institutes/societies primarily are involved in peer education and training in Ericksonian approaches. Many of them sponsor lectures, workshops and training events, often with skilled Ericksonian trainers as guest facilitators. Health care professionals in their communities may attend, adhering to the same eligibility requirements as for Foundation-sponsored events. However, institutes must agree not to establish "certificate programs," which is in keeping with Milton Erickson's philosophy that certification programs are impossible to monitor for uniform quality and educational integrity. The Erickson Foundation does not endorse certification programs in Ericksonian hypnotherapy. Events organized by affiliated institutes and societies may be publicized in The Founda-

tion Newsletter in the "Upcoming Training" section.

Professionals who are qualified and experienced in Ericksonian approaches, who are interested in forming an institute or society, may contact Martha Padgett, Institutes Coordinator at The Foundation, to receive a copy of *Guidelines for the Use of Dr. Erickson's Name to Establish a Milton H. Erickson Institute*. The guidelines outline, the requirements and documentation necessary to submit an application for consideration by The Erickson Foundation Board of Directors.

Evolution *continued*

Robert Coles ("Moral Life of The Young"); Viktor Frankl ("From Concentration Camp to Existentialism"); Norman Cousins ("The Landscapes of Health"); and Betty Friedan ("The Heritage of Today").

In addition to the educational program at the conference, hospitality events include a "Welcome to Anaheim" reception.

A special private party at Disneyland Park is scheduled for Thursday, December 13. Each registrant automatically will receive one complimentary ticket to the Park. Additional tickets are available for \$20 each. The Park will be closed to the public, and only Conference attendees and their guests will be permitted in the gates.

Other specially planned activities are luncheons and a banquet. The luncheons are planned for Wednesday through Saturday and are for the convenience of Conference attendees. Due to the tight schedule and few proximate restaurants, it is recommended that attendees sign up for the luncheon package. Meals are \$75 per person for four meals including tax and gratuities. Luncheon tickets cannot be purchased on site.

The Conference Banquet will be held Saturday, December 15 at 7:30 p.m. The event will feature dinner and dancing. The \$40 ticket includes the meal, wine, tax and gratuities.

A special authors' hour will be held Friday, December 14, from 6:00 to 7:00 p.m. Some of the faculty who have written or edited books will be available to autograph their works.

A diverse group of exhibits will be open throughout the meeting. Brunner/Mazel Publishers, Inc., will operate a bookstore featuring a wide variety of publications on psychotherapy.

Audio- and videotapes of the sessions held during the conference will be available for sale at the event.

Continuing education credits will be available for psychiatrists, psychologists, counselors and other health care professionals. A maximum of 34 contact hours will be provided. Contact The Erickson Foundation for complete information.

Registration for the meeting is still open. Persons wishing to attend may contact The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, Ariz. 85016 USA; (602) 956-6196.

STEPHEN LANKTON

Tales of Enchantment: A Workshop USING HYPNOSIS AND METAPHOR IN THERAPY

OCT. 13-14, 1990
MIAMI BEACH, FL

DEC. 1-2, 1990
WASHINGTON, DC

APR. 6-7, 1991
BOSTON, MA

OCT. 27-28, 1990
RALEIGH, NC

FEB. 23-24, 1991
NEW YORK, NY

MAY 18-19, 1991
ORLANDO, FL

NOV. 10-11, 1990
ATLANTA, GA

MAR. 9-10, 1991
ATLANTA, GA

JUNE 8-9, 1991
CHICAGO, IL

Twelve credit hours, 1.2 CEU's, are provided for MFT, PSY, SW, and MHC by The Univ. of West Florida Depts. of Psych. (P-004-92) and S.W. (CM-215-90) & Ericksonian Training Seminars (CM-018-90, P-51-92).

Tuition is \$150 one month prior to workshop. Late registration is \$180.

Eligibility: Master's degree or Doctorate in mental health disciplines
For more information and to register, contact:

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The Institute for Advanced Clinical Training

Frozen in Time: Solution-Oriented Treatment of Adults Sexually Abused as Children

w/William Hudson O'Hanlon, MS

Sat & Sun, December 1-2, 1990, Philadelphia

Contents include: Non-Pathological Assessment, Setting Achievable Goals for Healing, Helping Clients to Become Unstuck, Relationship Issues in the Therapeutic Process, Use of Solution-Oriented Hypnosis, Metaphor, Symbols & Rituals for Healing, Video-tapes, Case Consultation.

Friday, November 30, 1990 — Pre-Workshop Seminar
Basics of Ericksonian Hypnosis: A Primer for Beginners
with Robert Schwarz, PsyD

Register:	Before Oct 1	Before Nov 8	After Nov 8
Sat & Sun	\$145	\$190	\$220
Fri-Sun	195	240	270

30% off for full-time grad students. Call for group rates.
CE Credits: Approved for NBCC credits. NASW, APA, CME pending.
Eligibility: Doctoral or Masters Degree in Mental Health Fields.
For a brochure & more information, contact: Dr. Robert Schwarz at
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**Trancework:
An Introduction to the
Practice of Clinical Hypnosis**

by Michael D. Yapko, Ph.D.
Published by Brunner/Mazel, Inc.
446 pages, \$42.50.

Trancework: An Introduction to the Practice of Clinical Hypnosis is the newly released second edition introductory hypnosis textbook written by Michael D. Yapko. Michael Yapko is the Erickson Foundation Newsletter editor, and is the Director of the Milton H. Erickson Institute of San Diego. This new edition of *Trancework* is a clearly written and engaging text designed to accompany training in clinical hypnosis. I am not aware of any other introductory hypnosis textbook appropriate for group or individual training, therefore, *Trancework* fills a real need for those of us who conduct classes and workshops in clinical hypnosis.

Trancework thoroughly covers a wide range of topics one would expect to see covered in an introductory textbook focusing on techniques of clinical hypnosis. The book is divided into two sections; the first is theoretical, the second practical. While Yapko's orientation to hypnosis is clearly one that favors Ericksonian approaches, he does a good job of orienting the reader to the fact that there are differing viewpoints, and thoughtfully considers each as he makes his points about techniques and theories of hypnosis. To enhance the learning

process, each chapter concludes with discussion points and practical exercises. These add significantly to the value of the text by amplifying in a practical way points made throughout the chapter. Furthermore, this new edition includes, "Frame of Reference" sections in which leading figures (Ernest Hilgard, André Weitzenhoffer, Jay Haley, and others) in the field of hypnosis offer insights and valuable perspectives about different aspects of the practice of hypnosis.

New to the second edition are actual transcripts of hypnotic sessions. One chapter presents a complex verbatim transcript of Yapko conducting a single-session intervention with a terminal cancer patient. Yapko's commentary and analysis is included. The session is profound in its scope and is intensely moving as a clinical demonstration. Brunner/Mazel also sells this videotaped demonstration to accompany *Trancework*.

The book includes thoughtful forewords from Jeffrey Zeig and André Weitzenhoffer. It also contains 20 information tables, and an updated bibliography on relevant works on hypnosis. In short, *Trancework* is an enormously practical and comprehensive volume for learning the skills of clinical hypnosis. It is a much needed and welcome addition to the field and will likely be considered the leading text for conducting training in clinical hypnosis.

— Reviewed by Marian J. Richetta, M.A.
San Diego, Calif.

**BRIEFLY NOTED:
Changing Problem Behavior
in the Schools**

by A. Molnar
and B. Lindquist
Published by Jossey-Bass Publishers,
San Francisco, CA, 1989. \$19.95.

This is a fine collection of strategic therapy techniques in dealing with school-age children. The work seems aimed at teachers and other school personnel, but I believe it would be useful for anyone dealing with child behavior problems. The writing is clear and concise, and the examples are excellent. Their explanation and examples of reframing are as useful and clear as anything I have seen.

True to their roots, they cite deShazer and colleagues, as well as Haley, but never include a citation of Erickson. This is an indication that our field is maturing, since those who have stood on Erickson's shoulders are now being cited as primary authorities. Child-oriented therapists would enjoy

**The Best of 1985
Conference Tapes
To Be Available**

Audio- and videotapes from the 1990 Evolution of Psychotherapy Conference will be available for sale through *The Milton H. Erickson Foundation Newsletter*.

The tapes will be sold at the meeting and then will be sold through notices in *The Newsletter*. Tapes will be sold by mail order beginning in January 1991.

For information contact The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, Ariz., 85016, (602) 956-6196.

this basic-level book, but general practitioners may find it most useful. The people at Jossey-Bass told me there is an audiotape version of this work, but I haven't heard it yet.

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

**Theory and Practice
of Brief Therapy**

by Simon H. Budman
and Alan S. Gurman
Published by Guilford, New York,
1982. \$30.00.

This is a useful handbook, presenting a coherent theory of brief therapy broad enough to meet the needs of counseling centers, HMOs, and mental health centers. The authors present a diagnostic scheme, treatment methods, and a discussion of treatment of difficult situations, such as personality disorders.

Perhaps the reason this book attracted me is that the authors draw from such a broad range of technique, from some analytic ideas to behavioral and hypnotic techniques for specific symptoms. I enjoy testing various models and keeping what I find useful; this book is written by kindred, albeit more advanced, spirits.

One of the things I especially enjoyed was their citations now and again of Milton Erickson. I have grown weary of reading articles on brief and eclectic therapy which ignore Erickson's contributions. While those who write the articles don't acknowledge him, I can tell you from meeting therapists and presenting workshops around the country, that the ordinary therapist is very interested in Erickson. In fact, I think for readers of this periodical, this book review could be called, "Erickson meets the Mainstream."

As with any work which is broad, there is the danger of shallowness. The chapter

on treatment of marital problems is primarily about dealing with extramarital sexual affairs, a narrow view of marriage problems. One is left with little doubt the authors have much more to say about marital and family therapy. Again, the chapter on treatment of personality disorders merely whets our appetite. This is a problem throughout the book. On the other hand, the citations were excellent and certainly point one in the direction of learning more, if the topic interests one.

I was privileged to meet Simon Budman at the 1988 Brief Therapy Congress, and found him to have a grasp of Ericksonian thought. He is a competent hypnotist, able to use Ericksonian approaches to deal with specific symptoms such as anxiety, weight, smoking and pain. He also can use insight and working through models, such as his work with "David" whose therapy transcript is at the end of the book.

Unless you have been bowling with little men in the mountains, and have been asleep for the past 20 years, you are aware of the pressures on therapists to do more in less time. Budman and Gurman's work is a worthwhile handbook to help us do just that. Many of the books on brief therapy are too narrow for application in the real world, such as requirements which say that only 20 percent of outpatients are suitable for brief therapy. Budman and Gurman take on everyone who comes through the door, and they have a reasonable treatment ready and waiting. I highly recommend this book.

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



Sample Copies Available
hypnos

Swedish Journal of Hypnosis in
Psychotherapy and Psychosomatic Medicine
and Journal of European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine

International Editor:
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This is the SSCEH Journal—Journal of European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine. The ESHPPM (abbreviated ESH) is a society of 21 confederated national hypnosis societies. The ESH is working in collaboration with the International Society of Hypnosis and with the same Code of Ethics.

Published 4 times a year the journal will provide a forum for the critical discussion of ideas, theories and procedures associated with the topic of hypnosis, psychotherapy and psychosomatic medicine.

Contributions from authors throughout the world are welcome, and the articles are reviewed by a large team of specialists. The distinguished editorial board includes members from several ESH societies.

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**A SELECTION OF PAPERS FROM THE
CURRENT VOLUME**

Evans: Hypnosis and chronic pain. Barolin: Neurophysiological understanding of hypnotic states. Rhue-Lynn: Research on the fantasy-prone person. Carlsson: Two Problem-solving methods in strategic psychotherapy. Torem: Management of dissociative disorders. Hunter: Dissociative techniques in pain relief. Levithan-Harbaugh: Hypnoanalgesia and hypnotizability. Waxman: Hypnosis and the irritable bowel-syndrome. Bongartz: The use of trance by Shamans in Borneo. Wark: Selfhypnosis to improve reading problems. Heap: NLP- a British perspective. Hoogduin: Hypnotizability in obsessive-compulsives. Arnell-Finer: Therapy with borderline patients. Murray Jöbbs: Case studies with borderline and psychotic patients. Shafer: Hypnosis- a tool of diagnosis. Dunninger-Kunzelmann: Hypnosis and dental anxiety. Rossi: Mind-Body Therapy. Spencer: the playful use of words in therapy. Olness: Hypnosis for pediatric reflex sympathetic dystrophy.

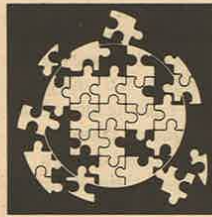
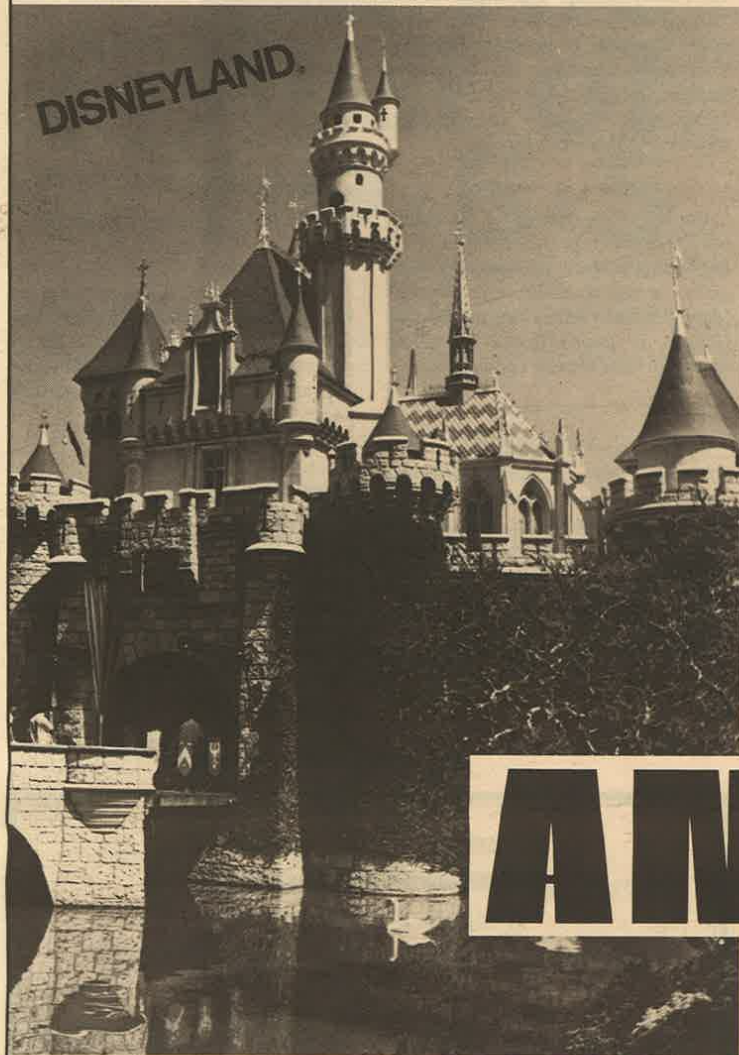
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KEYNOTE ADDRESSES

- "Moral Life of The Young" — **Robert Coles**
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The Monographs

Currently, the *Ericksonian Monographs, Number 8*, is being completed and is expected to go to press soon. I have co-edited it with Stephen Gilligan, Ph.D., and Jeffrey Zeig, Ph.D. *Monograph Number 8* concerns "Brief Therapy." Authors and articles contained in the issue include Peter Brown, M.D., on "Oral Poetry: Toward an Integrative Framework for Erickson's Clinical Approaches;" Jean Godin, M.D., Ph.D., on "Myths in Action in Hypnosis;" Michael Vancura, Dipl. Psych. on "Crisis Intervention of Schizophrenic Patients;" Emanuele Del Castello, Dipl. Psych. and Mariarosaria LaManna, Dipl. Psych. on "Well Begun if Half Done: Techniques of Evaluation and Modification of Clients' Attitudes, Motivations, and Expectations about Therapy;" Manfred Prior, Dipl. Psych., "Ericksonian Hypnosis in the Treatment of Clients with Exam Panic;" Janet Sasson Edgette, Psy.D., "Multiple Short Term Therapies with Long Term Teens;" Kiichi Miyata, M.A., on "Strategies for the Child to Accept a Position as the Eldest Brother," and others.

Monograph, Number 9, is being co-edited with Ernie Rossi and deals with research findings and clinical connections between naturalistic hypnosis and ultradian rhythms.

Articles on these or other topics pertaining to the scope of the *Ericksonian Monographs* are welcome and should be sent, in APA format, for blind review to Stephen Lankton, M.S.W., BCD, P.O. Box 958, Gulf Breeze, Florida 32562, USA. I can be contacted by phone at (904) 932-6819 or by fax at (904) 932-3118. A letter of "advice to authors" is available upon request and outlines important format and style considerations.

Media of Note

Did you see the critical book review by Bill O'Hanlon of *The February Man* by Milton H. Erickson and Ernest Rossi that was published in the July/August issue of *The Family Therapy Networker*? Called "Erickson's Shadow Side," the review raises a number of questions regarding Erickson's techniques and intentions. Stephen Gilligan comes to the rescue, though, with a rejoinder that effectively addresses O'Hanlon's concerns.

* * *

The edited proceedings of the Fourth International Congress, a volume entitled *Brief Therapy: Myths, Methods, and Metaphors*, is now available from Brunner/Mazel. Edited by Jeffrey Zeig and Stephen Gilligan, it features papers by leading experts in brief therapy approaches.

Common experience has demonstrated repeatedly that unconscious attitudes toward the body can constitute potent factors in many relationships. Learning processes, physical and physiological functioning and recovery from illness are, among others, examples of areas in which unrecognized body attitudes may be of vital significance to the individual. [1960]

(In Erickson, 1980, Vol. II chap. 21, p. 203)


A comprehensive new volume entitled *The Handbook of Hypnotic Suggestions and Metaphors*, edited by Cory Hammond, Ph.D., is now available from W.W. Norton. The book contains an exceptional collection of hypnotic procedures for a wide variety of problems, contributed by leading practitioners in the field. The book is done in connection with the American Society of Clinical Hypnosis (ASCH), to whom all royalties will be donated. ASCH was founded by Milton Erickson and continues to be the leading professional society dedicated to promoting clinical hypnosis.

* * *

Symbol, Story and Ceremony is a new book by Gene Combs and Jill Freedman, published by Norton. It addresses the use of metaphor in individual and family therapy, and does so in a clear and practical way.

* * *

Brunner/Mazel has just published a unique book: *Psychological Consulting to Management: A Clinician's Perspective* by Lester L. Tobias. The volume frequently references Ericksonian and Brief Therapy approaches as they relate to organizational consulting. Replete with anecdotes, the book describes an approach to organizational consulting that is grounded in the ways psychotherapists view change and their roles as change agents.



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How to Interview Clients
and Identify
Problems Successfully**

by Jay Haley

Published by Jossey-Bass Publishers,
San Francisco, CA., 1989.
Two-Audiotope Set. \$19.95

I let my subscription to *Audio Digest - Psychiatry* lapse last fall. I don't know why... maybe I had listened to one too many tapes on medical management of the schizophrenic patient. In any case, when Jossey-Bass advertised these Haley tapes, I bought them. As I drove back and forth to work and home, Haley and an unnamed female co-announcer kept me company. It was good to be listening again.

In the opening moves of a therapy relationship, the thrust and outcome often are determined. On tape one, it's indicated that the initial interview task is to create a positive relationship and define a solvable problem. On tape two Haley discusses the involuntary client, and then goes on to reveal some of his favorite prescriptions. This material is drawn from *Problem Solving Therapy 2nd Edition* which also is published by Jossey-Bass.

The production quality on this tape is excellent. They are more worthwhile than many tapes I have. Technically the energy level on the tape is high and I can easily listen to them in a noisy environment. Haley's comments are introduced by an announcer's voice which is smooth and confident, and there are some musical themes which are very enjoyable. Listen-

ing to Haley is even better than reading him, since you can hear the sound of his tongue being firmly placed in his cheek from time to time.

There are few gripes. Haley and his commentator use the word "skill" too many times for my taste, and I wondered why. I know I am not as skilled as Haley; I don't need to be reminded. Some of his comments seem more political than instructional. These are minor complaints, and I recommend the product. Buy these tapes and you too can ride to work with Jay Haley.

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

A young man says, "It's a nice day today." His frame of reference is a picnic with his sweetheart. A farmer says, "It's a nice day today." His frame of reference is that it is a good day to mow hay. Totally different meanings, yet you could understand them when you knew their frame of reference.

(Erickson & Rossi, 1981, p. 255)

The body learns a wealth of unconscious psychological, emotional, neurological, and physiological associations and conditionings. These unconscious learnings, repeatedly reinforced by additional life experiences, constitute the source of the potentials that can be employed through hypnosis. [1971]

(In Erickson, 1980, Vol. IX,
chap. 24, p. 238)

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DATE 1990	TITLE/LOCATION/LEADER	CONTACT
9/7-9	Brief Therapy of Depression, Ottawa, CANADA, Michael D. Yapko....	1
9/7-17	Ericksonian Hypnosis and Therapy (Advanced), San Diego, CA, Chris Beletsis and Irv Katz.....	2
9/8	Intermediate Training Program with Supervision and Case Consultation in Ericksonian Hypnosis and Psychotherapy, Chicago, IL, Marc Weiss.....	3
9/14-15	Brief Therapy of Depression, Cedar Rapids, IA, Yapko.....	4
9/15	Introduction to Ericksonian Hypnosis, Chicago, IL, Weiss.....	3
9/19-23	Trancework, San Diego, CA, Yapko.....	5
9/21-22	An Introduction to Ericksonian Clinical Hypnosis, Philadelphia, PA, Janet Sasson Edgette.....	6
9/21-23	Ericksonian Hypnosis: Advanced Strategies for Beginners, Hamburg, WEST GERMANY, Jeffrey K. Zeig.....	7
9/24-27	Ericksonian Psychotherapy, Warsaw, POLAND, Zeig.....	8
9/28-30	Ericksonian Hypnotherapy, Stockholm, SWEDEN, Zeig.....	9
10/5-6	FUNDamentals of Ericksonian Hypnosis and Therapy, Pitsburg, PA, J.H. Edgette and Rodger Kessler.....	6
10/12-13	Reclaiming the Self: Ericksonian Hypnosis and Solution-Focused Therapy for Treatment of Sexual Abuse, Madison, WI, Yvonne Dolan.....	10
10/12-13	Harnessing Inherent Resources: Intermediate Ericksonian Hypnotherapy, Philadelphia, PA, Zeig.....	6
10/13	Self Hypnosis for Therapists, Chicago, IL, Weiss.....	3
10/13-14	Tales of Enchantment: A Workshop, Stephen Lankton, Miami, Beach, FL.....	11
10/17-21	New Directions in Ericksonian Psychotherapy, Boulder, CO, Stephen G. Gilligan.....	12
10/19-23	Clinical Hypnosis in Psychotherapy, Calgary, Alberta, CANADA, Yapko.....	13
10/19-29	Clinical Hypnosis (Introduction) San Diego, CA, Beletsis and Katz.....	2
10/20	Basic Training Program in Ericksonian Hypnosis and Psychotherapy, Chicago, IL, Weiss.....	3
10/25-26	Ericksonian Hypnotherapy, Baltimore, MD, Zeig.....	14
10/27-28	Reclaiming the Self: Ericksonian Hypnosis and Solution-Focused Therapy for Treatment of Sexual Abuse, Portland, OR, Dolan.....	10
10/27-28	Tales of Enchantment: A Workshop, Raleigh, NC, Lankton.....	11
11/1	Ericksonian Hypnotherapy, Evanston, IL, Zeig.....	15
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11/2-3	Fishing for Barracuda in Philadelphia: Strategic Family Therapy, Philadelphia, PA, Joel Bergman.....	6
11/2-12	Ericksonian Hypnotherapy (Advanced/Supervision), San Diego, CA, Beletsis and Katz.....	2
11/3-4	Ericksonian Hypnotherapy, Ontario, CANADA, Zeig.....	1
11/9	Advanced Supervision of Treatment of Sexual Abuse, New Orleans, LA, Dolan, Charlie Johnson.....	10
11/10-11	Tales of Enchantment: A Workshop, Atlanta, GA, Lankton.....	11
11/12-16	Introduction to Medical Hypnosis: UC-SD School of Medicine, San Diego, CA, Steven F. Bierman, M.D.....	16
11/16-18	Ericksonian Psychotherapy, Montreal, Quebec, CANADA, Zeig.....	17
11/17-18	Future Orientation in Therapy, Brussels, BELGIUM, Yapko.....	18
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11/28-12/2	Hypnosis and Directive Psychotherapy, Cologne, WEST GERMANY, Yapko.....	20
11/29-30	Introduction to Using Hypnosis in Couples and Family Therapy, Somerset, NJ, Lankton.....	21
12/1-2	Tales of Enchantment: A Workshop, Washington, D.C., Lankton.....	11
12/1-2	Frozen in Time: Solution-Oriented Treatment of Adults Sexually Abused as Children, Philadelphia, PA, William Hudson O'Hanlon.....	22
12/12-16	The Evolution of Psychotherapy: A Conference, Anaheim, CA.....	23
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1/18-20	Ericksonian Psychotherapy, Guadalajara, Jalisco, MEXICO, Zeig.....	25

Contact Information

- Dorothy MacDonald, 1380 Leigh Cross cent, Gloucester, Ontario, CANADA K1J 8E4; (613) 741-3331.
- Clinical Hypnosis Institute, Christopher Beletsis, Ph.D., 4545 Park Blvd., Suite 207, San Diego, CA 92116; (619) 542-0088.
- The Milton H. Erickson Institute of Northern Illinois, 5962 N. Lincoln Ave., Ste. 11, Chicago, IL 60659; (312) 274-0746.
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- Milton H. Erickson Institute of San Diego, 2525 Camino del Rio South, Suite 265, San Diego, CA 92108; (619) 295-1010.
- John Edgette, Psych. D., Ste. 8, Rosemont Plaza, 1062 Lancaster Ave., Rosemont, PA 19010; (215) 525-0223.
- Manfred Prior, Dipl. Psych. or Ortwin Meiss, Dipl. Psych., Milton H. Erickson Institut Hamburg, Eppendorfer Landstr. 56, 2 Hamburg 20, WEST GERMANY; Tel: 040 - 4 80 37 30.
- Krzysztof Klajns, PL-93-582 Lodz, Felsztynskiego 23, POLAND.
- Kjell Waara, M.Sc., Centrum for Hypnos & Psykoterapi, Sveavagen 76 nb og, S-113 59 Stockholm, SWEDEN; Tel: 08 - 31 26 50.
- Yvonne Dolan Seminars, 1360 Race St., Denver, CO 80206; (303) 266-8663.
- The Center for Personal & Family Development, 1221 W. Lakeview Ave., Pensacola, FL 32501; (904) 648-3089.
- Genesis II, 4640 Hygiene Rd., Longmont, CO 80501; (303) 823-5053.
- Robin Weatherly, Canadian Society of Clinical Hypnosis, Site 502, 10333 Southport Rd., S.W., Calgary, Alberta, CANADA T2W 3X6; (403) 258-3734.
- Hillel Zeitlin, LCSW, Milton H. Erickson Institute of Maryland, 618 Park Heights Ave., Baltimore, MD 21215; (301) 358-1381.
- Terrence Koller, Ph.D., Illinois Psychological Association, 1740 Ridge, Suite 200, Evanston, IL 60201; (708) 475-5551.
- S.F. Bierman, M.D., 1321 Stratford Ct., Del Mar, CA 92014; (619) 259-6790.
- Michel Kerouac, M.A., Institut Quebecois de Therapie et d'Hypnose Ericksoniennes, 33 Chemin Beaudette, N. Hatley, Quebec, CANADA; (819) 823-2061.
- Milton H. Erickson Institut of Belgium, 76 rue F. Merjay - B-1060, Brussels, BELGIUM; (02) 343-70-22.
- Institut Milton H. Erickson De Paris, 28 rue des Ecoles, 75005 Paris, FRANCE; (1) 43-29-83-49.
- Milton H. Erickson Institute of Colon, Nassestr. 32, 5000 Koln 41, WEST GERMANY; 02-21/46-56-00.
- Linda Adames, UMDNJ Center for Continuing Education 675 Haes Lane, Piscataway, NJ 08854-5635; (201) 463-4707.
- Dr. Robert Schwarz, IACT, P.O. Box 166, Ardmore, PA 19003; (215) 790-1414.
- The Milton H. Erickson Foundation, 3606 North 24th Street, Phoenix, AZ 85016; (602) 956-6196.
- Kentucky Association for Social Group Workers, John Lentz, Membership Chairman, KASGW, Star Route, Shepherdsville, KY 40165; (502) 241-8454.
- Juan Francisco Ramirez, Centro Mexicano de Programacion Neurolinguistica Progreso 271, S.J. Guadalajara, Jalisco, MEXICO; 011 52 36 47 05 53.

Conference Announcements

October 4-7, 1990 — American Association of Marriage and Family Therapy Annual Conference. To be held in Washington, D.C. For information, contact: AAMFT, 1717 K Street, N.W., Suite 407, Washington, D.C. 20006; (212) 429-1825.

November 5-7, 1990 — The 4th Annual Empowering Families Conference. To be held in Detroit. For information, contact: The Conference Center, 249 IMU, The University of Iowa, Iowa City, Iowa 52242; (319) 335-3231.

December 12-16, 1990 — The Evolution of Psychotherapy. To be held in Anaheim, CA. For information, contact: The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016; (602) 956-6196.

January 3-6, 1991 — The Kentucky Association for Specialists in Group Work, a nonprofit organization devoted to enhancing professional development in the helping fields, will present a three-day conference cruise to The Bahamas. The meeting is entitled "Spirituality, Sensuality, Self Care." Presenters are John Eichenberger, John Lentz, Kathy Saylor, Jane Thompson, Jim Thompson and Jeffrey Zeig.

For information, contact: KASGW, P.O. Box 4094 1387, Louisville, KY 40201; (502) 588-6927.

August 11-17, 1991—The International Society of Hypnosis 12th International Congress. To be held in Jerusalem, Israel. For information, contact: Morris Kleinhauz, M.D., P.O. B. 50006, Tel Aviv 61500, Israel; Tel. 972 3 654571, Tlx. 341171 KENS IL, Fax. 972 3 655674.

Every person has abilities not known to the self, abilities that can be expressed in trance.

Memories, thoughts, feelings, sensations are completely or partially forgotten by the conscious mind. Yet they are available to the unconscious and can be experienced within trance now or later whenever the unconscious is ready. [1976]

(In Erickson, 1980, Vol. I, chap. 22, p. 468)

instrumental, but things that are reflective of what kind of a child you were.
 Z — I think one of the things that shaped my life was I was physically very small; that was a very distinguishing characteristic. I entered puberty very late in life and I was always the smallest child. I was probably the smallest male in my high school graduating class; that may be an exaggeration, but it was pretty close. It wasn't until I was 18-years-old that I actually entered puberty. It was a very late development. But even then, I was very active and organizational.

In high school I was president of the Key Club, which was the Kiwanis off-shoot for high school students—it was a service organization. We went out and did good deeds in the community. Even before that, I was volunteering at a center for emotionally handicapped children. So, what I'm getting to is altruism; there's always been an emphasis in my mind, on doing altruistic things—doing some kind of service. I don't remember that it was especially encouraged by my family. But, doing good deeds was valued.

Creating the Erickson Foundation was an extension of this service orientation. Erickson was my mentor for six-and-a-half years from the time I first went to Phoenix in 1973 until he died in 1980. He was altruistic in the way that he trained me: Because I didn't have any money, he supplied training for free. Similarly, for more than seven years, I ran the Erickson Foundation without taking any remuneration. Only in the last couple of years have I taken remuneration, which is about the salary a secretary makes for working at the Erickson Foundation.

Y — It's quite a leap from political activism to studying with Erickson. How do you account for that transition?

Z — The organizing and altruism parts have always been a central thread. Now, rather than doing political organizing, I've been organizing around psychological issues. I was organizing things in college. I was very active in student government. I was part of a group who established one of the early call-in crisis intervention centers, the "Listening Ear," which still exists. It was there that I first met Stephen Lankton who also was quite active with the "Listening Ear." My training there was Rogerian listening skills and that solidified my interest in psychology. When I went to see Erickson in 1973, it was at the end of my counter-culture days. I had very long hair; if you were to pull my hair down, it would have reached to the middle of my back. I wore work shirts that I didn't tuck in, Levis and sandals. That was how I visited Milton Erickson for the first time. Probably, I was wearing my "dress" work shirt. When I went back to visit Erickson for the second time, I cut my hair to the way that it is now and I changed my style of dress. It was a rather abrupt transition as far as I remember.

When I visited Erickson in 1973, I was studying Transactional Analysis with Bob and Mary Goulding. So, one week I did Transactional Analysis in their Redecision Model, and the next week I did Ericksonian therapy because I had just visited

Milton Erickson.

One of the first presentations I ever did on Erickson was in early 1974 at the Western Institute for Group and Family Therapy directed by Bob and Mary. Part of the training in Transactional Analysis was having to do a presentation for the training group. At that time it was unclear whether I would move in the direction of Erickson or whether I would move in the direction of Transactional Analysis because I was so impressed with Bob and Mary's work and had gotten so much valuable learning from them.

Y — You said you weren't sure whether you were going to stay with Erickson or stay with the Gouldings. When did you make the commitment to focus on Erickson's work, and what exactly did you say to him that would motivate him to want to take you on as a serious student?

Z — I described in *Experiencing Erickson* how I met him. You don't want me to go over that, do you?

Z — Yes, I do.

Z — Let me add some details I did not previously describe. I was studying for my master's degree; it was a very good master's degree program at San Francisco State. In the first year you spent four days in class and one day in the field; the second year you spent four days in the field and one day in class. My field placement was one I invented at Sequoia Hospital in Redwood City at the psychiatric inpatient unit. I had previously worked with psychiatric inpatients and I wanted to continue that work. I was there half time and I also was at Redwood House which was part of The San Mateo County Mental Health System. I was there two days a week doing outpatient therapy.

The inpatient supervisor at Sequoia was a psychiatrist, Charles O'Connor, who was the chief of the unit. He knew something about hypnosis. I wanted to learn about hypnosis because I knew nothing about it. So, I asked him if he would teach me as part of our supervision. He invited me to his office and he did an induction of hypnosis on me, which actually scared the hell out of me. I was frightened of hypnosis. He started to do an eye fixation induction, and I started to get tunnel vision. That alerted me very quickly because I had no expectation that tunnel vision could happen. I didn't know now to deal with my vision becoming black. I've never had tunnel vision since then; it was a little traumatic for me.

But, he was a very good practitioner of hypnosis; I remember that I was fidgeting with my fingers. And, he was the first one to experientially introduce me to the idea of utilization. He told me as I was fidgeting with my fingers that I should watch the movement of my fingers. . . pay attention to the rhythm. . . the rhythm would change. . . increase and then slow down. . . and then I could go into trance. That was a startling concept to me, the way he utilized my behavior.

Because I wanted to learn more about utilizing hypnosis, I asked him what to read. He told me to read the only book on Erickson that was available at that time, which was Haley's compendium, *Advanced Techniques of Hypnosis and Therapy*. I got

a copy of the book and started reading the papers. This was incredible to me! I saw what Erickson had been doing compared with what I had been learning about Rogerian techniques and psychoanalytical approaches. I was mesmerized by what Erickson was doing. It was light years beyond anything I was familiar with or anything that I had conceptualized.

I wrote a flip letter to my cousin who was studying nursing in Tucson. I said, "Ellen, I started studying hypnosis. If you ever go to Phoenix, Ariz., you've got to visit Milton Erickson. This man is a genius. I just started studying his work." So, my cousin Ellen wrote me back and said, "Do you remember my old roommate, Roxanna Erickson?" Ellen had lived with Roxanna (one of Erickson's daughters). They had both been studying anthropology in Mexico. They met and they liked each other so they moved in together in San Francisco. So, I wrote a letter to Erickson and I wrote a letter to Roxanna. I sent Erickson a copy of a paper that I had submitted to the *American Journal of Clinical Hypnosis*. It was a paper on using a naturalistic Ericksonian technique to cure schizophrenics of their auditory hallucinations. That was actually my second paper; I published an earlier paper with my friend, Ellyn Bader, on Transactional Analysis, but that was my first paper on hypnosis. I asked Erickson if I could come and be his student, and he wrote and said that he wasn't taking any students. It was a very nice, inspirational letter, which I published in *Experiencing Erickson*. I wrote him back and said, "I understand you are not taking any new

students. Could I just come to visit you?" So, in November 1973, I went to a Society for Clinical and Experimental Hypnosis (SCEH) meeting to get some training, then drove from Southern California to Phoenix to meet Milton Erickson, and spent three days there as his house guest. I went having really no idea what I was going to talk to this man about, and I was intimidated because I thought Erickson had x-ray eyes, and he'd see my "neuroses" immediately.

That was my fantasy at the time. I didn't even know what I was going to say to him, but somehow I knew it was important that I go to Phoenix to meet Milton Erickson.

This was not characteristic of me, because I wasn't that assertive; I was more of a shy person. I went to Phoenix though, and I spent those three days with Erickson. I recorded them in *Experiencing Erickson*. Somehow, I guess, Erickson liked me, because after I went back home, I got an invitation to Kristi's wedding. This was very impressive to me, because I just spent a few days in Phoenix and here I was being invited to his daughter's wedding. So, I went! I was pretty incompetent at that point, not really knowing much about psychotherapy. Erickson must have seen something in me that he liked, because he integrated me into his life by inviting me to a family event. Subsequently, I traveled to Phoenix three or four times a year—whenever I could get to spend more time learning from him.

At first, it was just me and Erickson, because he wasn't popular; he was retired

Continued on next page

The Use of Hypnotic Trance To Achieve a Higher Quality of Pure and Disease-Free Status of Being

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then, and not that many people came to visit him. It was just about that time that Haley's *Uncommon Therapy* came out, and with it more popularity for Erickson. Then Bandler and Grinder's books came out—more popularity. But, at first it was just Erickson and me.

In March of 1979, I wrote Erickson a letter and gave him a proposal to organize the First Congress, indicating this would be the 1980 "First International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy." Now, I don't remember the word "Ericksonian" being used much at that time. Perhaps the first time the word "Ericksonian" appeared in print was in the title of that Congress. Erickson sat on the idea from March until June. Regularly, I'd ask him, "Do you want to have this Congress?" Only in June did he say, "Yes." Then, we started organizing it.

Sherron, my wife at that time, typed out the Congress proposal letter to Erickson. It was to be a birthday gift to him for all of the years that he had trained me for free. Actually, it really was self-development therapy with me, because as he was doing training, he also was doing therapy. I wanted to give him back a gift, which was to organize a congress and have it coincide with his 79th birthday so he would have one more opportunity for his friends to see him and one more opportunity for him to see his friends; I also wanted Erickson to see the impact of his work.

Erickson died nine months before the meeting, but at that time, we had 750 people registered. Never in history had there been 750 people registered for a hypnosis meeting. So, he got some of the birthday present.

Y — What would have happened if you hadn't done all that? What do you think would have happened to Erickson's work, Erickson's memory, and Erickson's family, if you hadn't been such a moving force in organizing to the extent that you did? A hypothetical question. . .

Z — Well, I think Erickson was good at having children. He had practice because he had eight of them! These are eight unique individuals; each of them has followed his own path. He helped his children develop their individuality, and in the same way he had junior colleagues, like Bob Pearson, Katy Thompson, Ernie Rossi, Herb Lustig, Joe Barber, Stephen Gilligan, and Stephen Lankton, and he helped them develop their uniqueness. He had someone like Ernie who is fabulous at taking the corpus of Erickson's knowledge and putting it into print. Then he had me, and I could be organizational, and set up the Foundation. Others were great teachers and great practitioners. Each of us had our own specific area of expertise. If I hadn't been there, I don't think that it would have made that much difference. There may not have been an Erickson Foundation, but there would have been experts out there teaching Erickson's methods.

Some of the other masters who were contemporaries of Erickson didn't have this facility of promoting and bringing out some of the unique individuality of their students. I think that some of their methods of doing therapy may be lost because of the lack

of this particular talent.

Y — Your response is an interesting one. It kind of understates in some ways your role. More important, from the outside, one of the criticisms that has been leveled against the "Ericksonians," people who overtly identify themselves as aligned with Erickson, is that they're not unique individuals, and in fact, they're all the same. They're collectively known as the "Purple Plague" that's viewed as cultish, that's viewed as "a bunch of folks on the West Coast who ride around in purple wheelchairs and imitate Erickson a lot and act strangely, and that they're really not making much of a contribution. What is it that these people are missing that you think they should know?

Z — Well, of course, I've heard that criticism, but I really can't see it as a cult. Although, some people really learned by modeling Erickson; they would model aspects of Erickson's communicational style.

Erickson was very clear about his uniqueness. He maximized his individuality. He maximized his individuality in the way that he dressed, the way he spoke, and the way he did therapy. He also encouraged his children, his students and his patients to bring forth their individuality. It was always a strong message to develop the uniqueness that is essentially you.

Now, besides that, every strong movement in psychotherapy has a strong father figure or a strong mother figure who has been a dominating force [starting] from Freud on. So, (I suppose) you could say, "There was a cult of Freudians and a cult of Jungians," but I think that would be a narrow perspective. You could certainly derogate an awful lot by labeling it as a "cult." Well, there are some good things that come from having a strong figure who breaks ground and paves the way for a new perspective. . .

Erickson was a strong figure who had an important message, so of course, there are groups that rebel against that message and point out some of the inadequacies and inaccuracies in the message. Those criticisms are important to listen to, and there are things to be garnered from them; they represent a balancing force so that things don't go askance.

Y — That's true when the criticisms tend to be rational. Now, let me throw two or three at you. . .

Z — I can tell I'm giving the wrong answer. . .

Y — You are. (Yapko and Zeig laugh.) Let me throw two or three specific ones at you, and just give me a one line reaction to it: **Herbert and David Spiegel, in a workshop I was at, and this is a direct quote, not a paraphrase, said: "If you're going to be an Ericksonian, you may as well wear a turban and put a pearl on your forehead."** Comment?

Z — Spiegel has an approach that is a standardized approach, and it is very easy to research and apply. Spiegel does his method with a dramatic flair and it's almost like seeing a great Shakespearean do Hamlet. Even done repeatedly it seems fresh and vibrant like it's being done the first time. But, if you go to Spiegel to stop

smoking, he does the Spiegel technique which he applies to every person. Erickson compared those kinds of approaches to an obstetrician delivering every baby with forceps.

Y — Ernest Hilgard made the comment that Erickson was lacking in scientific objectivity. Andre Weitzenhoffer said people get attracted to Erickson's work because they don't have to do anything; it's just "leaving it up to the unconscious to do the work." William Kroger has said that Erickson's work has been so analyzed in detail and distorted so as to be beyond recognition; he said he hung around Erickson for years and years and never saw Erickson do any of the stuff that he reads Ericksonians write about. All in all, it has put you in the position of being viewed as being a leader of, in essence, a rebel camp. I want to know how you see that position in relation to the position of others? How do you view your role as of being a shaping force of modern hypnosis?

Z — Well, I surely don't see it as rebel camp. The Erickson movement is much larger and enjoys more renown than the approaches of any of the critics you mentioned. Right now we have on the Erickson Foundation mailing list 14,000 professionals who get the newsletter on a regular basis. The major hypnosis societies have a few thousand members. The people who are interested in Ericksonian therapy are a diverse group. There are people from social work, psychology, counseling, psychiatry and from many different fields, not just hypnosis. Erickson's work seeps into family therapy, into strategic therapy, into interactional approach of MRI, into Neuro-Linguistic Programming, etc. So, I'm interested in the criticism, but I don't feel I have to defend Erickson against those criticisms. They're interesting criticisms to pay some attention to, but it's a sideline I don't want to spend a lot of my time defending against. I think there are some remarkable contributions that Erickson made, and I want people to see those contributions and evaluate them for themselves. So, we keep on organizing meetings. We'll show people what Erickson did, we'll demonstrate how we use and develop [his remarkable] methods; we have a message and we'll go out and teach this message. Of course people will throw rocks, but you can judge your success by the size of the boulders people throw at you. There are legitimate criticisms and the legitimate criticisms should be answered. But criticisms as "It's a cult;" and "You have to wear a turban to be an Ericksonian therapist" are the kinds of things that don't deserve to be commented on or deserve to be answered. They're just irrelevant sidelines.

Erickson's work is a corpus of important knowledge; there were things that Erickson did that no one else ever thought of. They were lenses for understanding human responsiveness and methods for developing human responsiveness that Erickson explored that no one else ever even dreamed of. That knowledge should be preserved, understood, and developed. That's what the Erickson Foundation is about.

Y — What do you think are one or two

of the biggest misconceptions about Milton Erickson?

Z — One misconception is about his research. I think Erickson was more of an anthropologist than a scientist in the tradition of chemistry and physics. Psychotherapy and psychology have been investigated as a discipline in hard sciences in the form of classical empirical research. Erickson was a field investigator, like an anthropologist who would go out in the field and then report the result. This was a marvelous way to learn something about human interactions. Yet that art of doing field experiments was discounted because it wasn't the kind of work that could be subjected to a t-test, so it hasn't been in favor. Well, recently, people like Bill Matthews are doing more of this type of research, more field experiments in communication. So, I think Erickson knew what he was doing. But, he wasn't doing empirical research at defining the nature of hypnosis as an event within an individual, for example, by [Theodore] Barber, [Andre] Weitzenhoffer, or [Martin] Orne. Erickson's research was from a different perspective. Haley made his point clearly. He said, "Whatever traditional psychiatry was doing, Erickson was doing the opposite." This was a man who had singular vision. He was going to follow his vision of developing Milton Erickson; people could accept him or not accept him, but he was going to stay true to his vision. He had a remarkable way of being confident in his own judgment and his own ability. For the most part, I think he was right. Now, many perspectives that he promoted that seemed so revolutionary have become part of mainstream psychiatry.

Y — So, succinctly, you'd say that people have the misconception that he wasn't a researcher when, in fact, he was.

Z — That was a misconception. In his early years he was known as more of a researcher than clinician.

Y — I remember you saying to me several years ago that you thought the Erickson movement had peaked out.

Z — That it would peak out in ten years. . . I was wrong. We've sold out meetings. This is an anomaly in psychotherapy. Meetings don't sell out. The 1985 Evolution Conference sold out. The Tenth Anniversary Conference sold out on Labor Day for a meeting two months later! We had originally intended it for a few hundred people; it was to be a small seminar that we would hold in an off-year of the congresses, but the meeting sold out. We upped registration to 450 people and we still had about 50 people on the waiting list! The interest in learning about Ericksonian methods is really there. So, I think that the Foundation should continue to be at the forefront of helping people learn more about Erickson.

There are a lot of projects that can be done through the Foundation. For example, we have Erickson's letters—some fabulous letters that Erickson wrote. He was a prolific correspondent, and perhaps even wrote with an idea that his letters would be historical documents. In 1937, Margaret Mead wrote Erickson a page and a half letter, saying—I've been referred to you by

Continued on next page

Ericksons Hold Second Family Reunion

The second Erickson family reunion was held July 25-28, 1990, in Mount Ida, Ark., at the Mountain Harbor Resort. The first reunion was held in August 1983.

This year's event was organized by the late Milton H. Erickson's oldest son, Albert, and a daughter, Roxanna Erickson Klein.

Elizabeth Erickson, Dr. Erickson's widow, wrote the following account:

"This (Mount Ida) is a beautiful forested area in the Ouachita Mountains. There are campgrounds and accommodations of many types—rooms in a lodge, cabins and condominiums. There is a large, beautiful lake, Lake Ouachita, with boating, swimming and fishing.

Interview continued

Abraham Maslow, who says you know something about hypnosis. My colleague, Jane Belo and I are studying ritual trance in Bali. Can you please send us some information?" Erickson wrote back a meticulous 14-page letter with a carbon, a perfect carbon, for Jane Belo describing the nature of hypnosis as he saw it and did it. Margaret Mead wrote back a half-page thank-you letter. Erickson responded with a 17-page letter elaborating on what he left out in his 14-page letter! Perfectly typed with a perfect carbon. This work has never been published.

There's historical correspondence with Bateson and some other figures like Weitzenhoffer, and some of the old renowned analysts like [Lawrence] Kubie. Right now, my colleague, Brent Geary, and I are editing some of these letters. They read like a history of 20th Century hypnosis. We want that information to get out.

I've been recording lots of interviews in order to do a biography of Erickson and illuminate some of his professional life. We have other writing projects that are more eclectic. Another colleague Michael Munion and I have co-edited a book called *What is Psychotherapy?* (Jossey-Bass, in press). We've asked experts to define psychotherapy from their unique vantage point. We want to branch out in the spirit of the Evolution Conference and integrate Ericksonian methods into the mainstream of psychotherapy. Erickson was never in favor of having a specific school of Ericksonian therapy. He believed that schools

"There were about 52 people who attended. Those present included many of his children, grandchildren and great-grandchildren. The oldest person attending was Dr. Erickson's sister, Mildred Erickson Nummerdor, aged 85 years, who came from Florida for the occasion with her daughter and son-in-law, Betty Jane and Larry Brunner. The youngest person was Jordan Wolfgang Klein, age four-months, son of Alan and Roxanna Klein.

"There were many informal gatherings, both indoors and out, and a good time was had by all. The weather was beautiful and the sun shone every day.

"Reunions are planned in the future at five-year intervals."

were limiting in and of themselves. So, there are lots of writing projects that we want to get out from the Foundation.

We have an archive of hundreds of hours of audio- and videotape of Erickson. Some of that we'd like to distribute so that people could become more aware of Erickson's contributions. We want to have a training center in Phoenix where people can come and really learn about Ericksonian methods—not just a sampler that one could get at a congress, but a place where one could come and really spend some time. We hope to develop that center in the future. So, the number of projects that we have in order to continue to get out the message is enormous. [We'll keep] doing our congresses and seminars. Most organizations hope that their annual meeting breaks even; they make their budget by being a membership organization. We're *not* a membership organization and we make our budget solely from these congresses and seminars. We use those funds to advance the work in a variety of ways, including books and other projects.

Y — Can you share a little bit about your personal life.

Z — I'm truly a pretty private person. In that sense, I keep my professional life and my private life separate. I don't think Erickson was any different in that regard; he also was a private individual. Even people like Haley who knew him very well didn't know much about his personal life.

Y — Thanks for the interview, Jeff.

Donations

The Milton H. Erickson Foundation has received \$372.50 in contributions since the last issue of *The Newsletter*.

A special thanks goes to Christopher Wright. We also would like to express our sincere gratitude to Robert Schwarz, a longtime supporter of The Erickson Foundation and its activities. He donated a portion of the proceeds to the Foundation from his meeting, The First Eastern Conference on Ericksonian Approaches to Hypnosis and Psychotherapy, held in July 1989.

We appreciate all donations to the Founda-

tion. Thanks also go to the following people:

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