



# The Milton H. Erickson Foundation NEWSLETTER

Editors: Roxanna Erickson Klein, R.N., M.S.  
Betty Alice Erickson, M.S., L.P.C.

3516 Euclid Avenue / Dallas, Texas 75205 / Telephone: (214) 371-1091

— BOARD OF DIRECTORS —

Jeffrey K. Zeig, Ph.D.  
Kristina K. Erickson, M.S., M.D.  
Elizabeth M. Erickson  
J. Charles Theisen, M.A., M.B.A., J.D.

The Milton H. Erickson Foundation, Inc.  
3606 North 24th Street  
Phoenix, Arizona, 85016-6500  
U.S.A.  
Telephone: (602) 956-6196  
FAX: (602) 956-0519

Vol. 13, No. 2

Summer, 1993

## I N T E R V I E W

### An Interview: Michael D. Yapko, Ph.D.

By Roxanna Erickson Klein, R.N., M.S.



*Michael D. Yapko, Ph.D., recently retired as Newsletter Editor, a position he held for six years. He is a clinical psychologist and marriage and family therapist in private practice in Solana Beach, Calif. and the Director of the Milton H. Erickson Institute of San Diego. Yapko is renowned for his workshops and methods of hypnosis and brief psychotherapy. Yapko has written numerous articles and books on depression including: Trancework: An Introduction to the Practice of Clinical Hypnosis, Free Yourself from Depression, Hypnosis and the Treatment of Depression, and When Living Hurts. He edited Brief Therapy Approaches to Treating Anxiety and Depression.*

### Volunteers Needed for Brief Therapy Congress

Openings for volunteers to assist with the December 8-12, 1993, Brief Therapy Conference in Orlando, Florida, are available.

In exchange for a waiver of registration fees, a limited number of spaces have been set aside for full-time graduate students from accredited programs to serve as volunteers. Volunteers serve in a variety of areas including monitoring meeting rooms, assisting with registration and continuing education and helping faculty and staff.

Selected volunteers will be asked to submit a \$50 deposit, which will be refunded after completing their participation in the meeting.

For additional information, please contact Diane Deniger, Volunteer Coordinator, The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; telephone (602) 956-6196; FAX: (602) 956-0519.

**Question: Will you please provide background information?**

**Yapko:** I was born in Richmond, Va., in 1954. I received my bachelor's degree in psychology from the University of Michigan, and went on to do my master's and doctoral work at the United States International University in San Diego. Professionally, I'm involved in many different projects, including writing, teaching, consulting and maintaining a clinical practice. I really enjoy all the different aspects of my professional life, and can't imagine *not* doing all those things.

**Question: What are your feelings about your contributions as editor of this publication?**

**Yapko:** It has been my privilege to contribute in a meaningful way to what I consider to be a very worthwhile goal — that of fostering an awareness of and interest in Ericksonian approaches. I feel lucky to have had the chance to work with the Foundation and experi-

*continued on page 3*

## Brief Therapy Conference Plans Progress

Plans for the Brief Therapy Conference are progressing well, with 50 experts in the field scheduled for presentations.

The Conference, entitled "Brief Therapy: Essence and Evolution," is scheduled December 8-12, 1993, in Orlando, Florida.

In addition to workshops, supervision panels, topical panels, debates and demonstrations, three keynote addresses are planned, featuring Cloé Madanes, William Masters and James Masterson.

Attendees will increase their therapeutic skills by learning the basic principles and techniques of brief psychotherapy; commonalities underlying successful clinical work; and the historical development of psychotherapeutic disciplines.

Attendance is limited to mental health

professionals with a minimum of a master's degree from accredited institutions. Full-time graduate students enrolled in accredited programs also are eligible to attend. Students must provide a certifying letter from their school or department on letterhead stationery indicating proof of full-time student status as of December 1993.

For registration information, see page 3 of this issue.



The Milton H. Erickson Foundation, Inc.  
3606 N. 24th Street  
Phoenix, Arizona 85016  
U.S.A.

ADDRESS CORRECTION REQUESTED

Non-Profit Org.  
U.S. Postage Paid  
Phoenix, Arizona  
Permit No. 813



## EDITOR'S COMMENTS



Betty Alice Erickson, M.S., L.P.C.

We wish to welcome our readers to a new perspective of the *Milton H. Erickson Foundation Newsletter*. It is our intent to continue some of the innovations of the previous editors, which serve as a base from which we can refine the *Newsletter* to meet the needs of the professional community.

Some of our initial changes include two new features:

"Speaking of Research" is our personal tribute to Dr. Erickson. Though his reputation was most widespread as a clinician, he was deeply committed to the advancement of hypnosis through scientific research. In order to make genuine progress in psychotherapeutic processes, scientific research is essential. This column will provide a forum wherein those participating in research can share ideas, and those who may not be involved in research can grow to appreciate its value.

"Introducing the Institutes" provides a brief profile of one or more of the 50 plus Milton Erickson Institutes affiliated with the Erickson Foundation. With this readers can learn about the diverse ways the Institutes are structured and the range of services they offer.

We will continue book and media reviews. We will direct our readers' attention toward resources from which they can learn more about approaches to psychotherapy and hypnosis pioneered by Dr. Erickson.

Our most important action will be our expansion of the contributor base. The views presented will reflect those of the broad and diverse group of professionals who have become interested in the work done and inspired by Dr. Erickson. Readers who wish to contribute should contact us directly.

The opinions presented herein do not necessarily reflect those held by the Foundation, or those of the editors. Our purpose is to encourage thoughtful



Roxanna Erickson Klein, R.N., M.S.

examination of valid ideas in this evolving field. By so doing, we can define in more precise terms the principles, constructs and methods that constitute an "Ericksonian" approach to therapy. This search is a central objective of the *Newsletter*.

Betty Alice Erickson, M.S., L.P.C. & Roxanna Erickson Klein, R.N., M.S.

## Fifth Congress Receives High Ratings

Ratings from the Fifth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy were "exceptionally high," according to Congress organizer Jeffrey K. Zeig, Ph.D. The Congress received an overall rating of 4.72 out of a possible 5.0.

"Participants were extremely pleased with the presentations," Zeig said. "The faculty made excellent contributions to the Congress, and we are proud of the results."

Attendees were asked to rate the Congress as to how well the program met the stated educational objectives, using the following scale: 1) Not at all, 2) A little, 3) Partially, 4) Mostly, 5) Fully. The mean ratings for types of programs are as follows:

Keynote addresses 4.40; Invited Addresses 4.46; Workshops 4.41; Short Courses 4.12; Accepted Papers 4.09; Dialogues/Trialogues 4.02; Demonstrations 4.39; Topical Panels 4.15; Supervision Panels 4.34; Conversation Hours 4.35; Group Inductions 4.21; Therapist Development Tracks 4.54.

The Congress was held in Phoenix, Arizona, December 2-6, 1992.

ANNOUNCING

## THE FELDENKRAIS® METHOD PROFESSIONAL TRAINING PROGRAM

Beginning October 1993  
with a ten-day  
segment in the  
San Francisco-Bay Area

Educational Directors  
**Elizabeth Beringer**  
**Dennis Leri, M. A.**  
**David Zemach-Bersin, M. A.**

*The Feldenkrais Method is an awareness based practice using movement to focus learning at the juncture of thought and action.*

Accredited by the  
**Feldenkrais Guild of North America**  
Sponsored by Feldenkrais Resources  
P.O. Box 2067, Berkeley, CA 94702

For More Information Write or Call  
**TOLL FREE 800-765-1907**

PAID ADVERTISEMENT

The University of California  
Santa Cruz  
Santa Clara Extension  
*presents*

**Jeffrey K. Zeig, Ph.D.**  
Ericksonian Psychotherapy

### Basic Training

**May 14-16, 1993**

in Santa Clara, Calif.

Open to professionals with  
a minimum of a Master's  
Degree and full-time  
graduate students in  
accredited programs.

*For information:*

University of California  
Santa Cruz  
Santa Clara Extension  
740 Front Street  
Suite 155  
Santa Cruz, CA 95060  
(408) 427-6610

New York Forum for  
Psychotherapy Cybernetics  
presents

## Reflecting Observations: Constructing the Psychotherapy of the Future Today

Heinz von Foerster  
Olga Silverstein  
Francisco Varela  
Ernest Rossi  
Graham Barnes

### A CONFERENCE FOR PSYCHOTHERAPISTS

October 1 - 3 New York City

For registration/information:  
Call or write Paul Lounsbury 161 W. 61st Street, NY, NY 10023,  
Phone (212) 581-0063; Phone or Fax (212) 662-1480  
Limited to 175 participants

PAID ADVERTISEMENT







## INTRODUCING THE INSTITUTES

By  
William Wade, M.Div., LPC, LMFT  
The Milton H. Erickson Institute  
of Houston

### THE MILTON ERICKSON SOCIETY FOR CLINICAL HYPNOSIS, GERMANY

The Milton Erickson Society for Clinical Hypnosis, Germany (MEG) was one of the first institutes to be organized for the purpose of teaching Ericksonian approaches to hypnosis and psychotherapy. It is one of the most impressive and active societies in the world today. The MEG has more than 200 members and 14 branches (Regionalstellen) actively conducting training programs throughout Germany, and twice a year publishes a newsletter, *MEG-a-Phon*, edited by Bernhard Trenkle, Dipl. Psych., with a distribution of 16,000 copies in Germany alone, with an additional 6,000 copies circulated worldwide. The MEG also publishes a scientific journal *Hypnosis und Kognition* (Hypnosis and Cognition) semi-annually and is a constituent member of both the European and International Societies of Hypnosis.

#### History

The MEG's origins date back to 1976 when Wilhelm Gerl, Dipl. Psych., and Burkhard Peter, Dipl. Psych., founded the Institute for Integrated Therapy. They used the institute as a vehicle to sponsor workshops which included John Grinder, Judith DeLozier, Paul Carter and Stephen Gilligan. It was during one of these workshops that Carter and Gilligan encouraged Gerl to write to Dr. Erickson and ask him for permission to attend one of his teaching seminars. Gerl asked his friend and colleague, Burkhard Peter, and Peter's then wife-to-be, Alida Jost, to attend the seminar with him. The three pilgrims set off for Phoenix.

During a week in September 1978, Gerl, Peter and Jost were guests in the Erickson's home in Phoenix, and engaged in numerous personal conversations with Dr. Erickson. During the last of these informal meetings, Dr. Erickson's guests from Germany discussed with him how they created the Institute for Integrative Therapy and how they planned to form a German Society to develop programs in Ericksonian approaches. Serendipitously they asked Dr. Erickson for his permission to use his name in conjunction with their society. Dr. Erickson replied, "You can use my name in any way you find appropriate."



Wilhelm Gerl

What an honor and vote of confidence it must have been for them to have the one they had travelled so far to see so freely give permission to use his name.

After Gerl, Peter and Jost left Phoenix, they decided that having received such a wonderful gift that a German Society bearing Erickson's name had to be formed. And as Gerl described, "Right there in the middle of Arizona's nowhere, we founded the Milton Erickson Society for Clinical Hypnosis of Germany."

The MEG was organized as a membership society rather than as an institute, per se, and in November 1978 officially formed a non-profit organization. Peter became the society's first president and Gerl its first vice president. From Munich, the society spread to 14 other cities through seminars and workshops conducted in these locations. Regionalstellen were run by colleagues living in each location.

Just five years after the society began, Peter asked his colleagues in the other cities to formally join the MEG and use the society as an umbrella organization. Each institute would function with a high degree of autonomy but remain connected in a cooperative fashion with the parent organization. Each of the regional institutes has maintained a separate identity, not only administratively but also with respect to a variety of special interests.

Bernhard Trenkle, director of the Rottweil Institute, who became the society's vice-president after Gerl resigned in 1984, describes the various interests of the Regionalstellen: The Munich staff has the strongest background in hypnosis, while he and Gunther Schmidt, who were trained as family therapists by Helm Stierlin, specialize in teaching Ericksonian approaches to family therapy. In Berlin, Wolfgang Lenk has combined Neuro-linguistic Programming with Ericksonian hypnosis, while the director of

the Frankfurt institute, Ulrich Freund, is a specialist in working with fairy tales. Hypnosis and the treatment of psychosomatic illnesses is being studied in Hamburg by Manfred Prior and Ortwin Meiss. This rich diversity and creativity has been a primary factor in the German Society's growth and expansion over its 15 year history.

#### Activities

The MEG offers three types of programs: training in clinical hypnosis, training in Ericksonian approaches to counseling, and training in dental hypnosis. The society also has sponsored a number of major conferences over the last decade. In 1984, the MEG sponsored the first German Congress of Ericksonian Hypnosis and Hypnotherapy in Munich, and in 1989 the first European Congress of Ericksonian Hypnosis and Psychotherapy in Heidelberg. In 1992, the MEG, together with the International Society of Hypnosis

and the Israel Society of Hypnosis, convened The Joint Conference: "Ericksonian Hypnosis and Psychotherapy: Arts, Facts, Artifacts" in Jerusalem, Israel. Burkhard Peter was instrumental in organizing each of these conferences, along with Gunther Schmidt for the 1989 European Congress.

In 1994 the MEG, along with the Milton Erickson Foundation, will sponsor the European Evolution of Psychotherapy Conference to be held in Hamburg under the organization of Bernhard Trenkle. In 1995 they plan to host the Second European Congress of Ericksonian Hypnosis and Psychotherapy.

Peter, Gerl, Trenkle, and Schmidt have published numerous papers on hypnosis in addition to their teaching and conference organizing activities.

The MEG is an impressive society and, as it celebrates its 15th year, has set a standard for other Erickson Institutes and Societies to emulate.



Dr. Milton Erickson with Wilhelm Gerl and Alida Jost when they came to Phoenix with Burkhard Peter.



## INTRODUCING THE INSTITUTES

### THE MILTON H. ERICKSON INSTITUTE FOR CLINICAL HYPNOSIS AND BEHAVIORAL SCIENCES OF NEW MEXICO

Similar to a number of the early Erickson Institutes, The Milton H. Erickson Institute for Clinical Hypnosis and Behavioral Sciences of New Mexico was formed following one of Dr. Erickson's teaching seminars.

On the advice of Daniel Araoz, Ed.D., who already had formed an Erickson Institute in New York, Norman Katz, Ph.D., and Brian Grodner, Ph.D., ABPP, made a trip to Phoenix to spend a week studying with Dr. Erickson. It was after that 1979 seminar that Katz and Grodner asked Dr. Erickson for permission to use his name in connection with a teaching institute they wanted to form. They were impressed with Erickson's ideas about hypnosis and believed his philosophy and techniques were the clearest and most effective they had experienced. Along with Robert Weisz, Ph.D., who would soon join them, Katz and Grodner formed one of the earliest Erickson Institutes.

The backgrounds of the founding directors ultimately would exert a strong influence on the unique style this institute would develop. Katz already had an extensive background in experimental and clinical hypnosis prior to his studying with Dr. Erickson. He had worked with Theodore X. Barber, Ph.D., of Harvard and had done research on experimental designs to determine the best way to induce and modify hypnotic susceptibility and responsivity. He also had conducted clinical studies on the use of hypnosis on depression and other problems. Katz also had been teaching workshops in hypnosis with Ericka Fromm, Ph.D., and other notables from the Society for Clinical and Experimental Hypnosis.

Grodner had come from a background in Gestalt Therapy and Neurolinguistic Programming and had just had his "Study Guide and Annotated Bibliography of Gestalt Therapy" published by the American Psychological Association. He was interested in sensory awareness and non-verbal communication as well as hypnotic elements in Gestalt therapy and NLP. Robert Weisz had been interested in transpersonal psychology, Shamanism, and native healing strategies around the world.

The goal of the founding directors of the New Mexico Institute was to trans-



Norman Katz, Robert Weisz and Brian Grodner.

ced specific hypnotic methods and to integrate their work into the wider field of behavioral sciences including the experimental method, anthropology and other methods of reaching altered states of consciousness.

The directors directed their efforts to synthesize and integrate diverse views in the hypnosis field. While respecting and honoring Erickson's work, the New Mexico Institute organizers do not limit themselves to teaching only what has come to be known as Ericksonian methods. They have sponsored several workshops featuring presenters who were not specifically related to hypnosis nor Ericksonian methods. They have worked with anthropologists, Shamanistic healers, Native American healers, and nonpsychiatric physicians to help them create bridges between their understandings of hypnotic phenomena, consciousness, behavior, health and wellness.

The institute has a loose connection to the University of New Mexico School of Medicine in that its directors are all Clinical Assistant Professors at the medical school and have taught physicians, residents, and medical students. Students have come from all over the world (as far away as New Zealand) and spend anywhere from three months to a year in their "tutorial apprentice program." Initially they see patients with the staff as clinical assistants and co-therapists and gradually take over cases for themselves.

Perhaps the strongest component of this institute is its dedication to sound research and its attempt to integrate research literature into its curriculum. Katz reminds his students that Dr. Erickson was a dedicated experimentalist as well as a healer and verified his techniques through rigorous documentation of in-depth case studies. Katz believes that clinicians should maintain a healthy skepticism toward their own

work so they can learn when they are dealing with authentic hypnotic phenomena versus the effects of their own or their patients' expectations. Perhaps in a true "Ericksonian" attitude of refusing to be tied down to one point of view or method, Katz challenges his students and other "Ericksonians" to push beyond the anecdotes of Dr. Erickson's work and examine the literature available in journals of hypnosis and hypnosis society meetings which take place each year. The New Mexico faculty believe this is important for the development of hypnosis as a true science as

opposed to a cult or set of magical beliefs. The institute directors are dedicated to continuing Erickson's work of exploring hypnotic phenomena and its importance for behavior and health. They are dedicated to training students and making a contribution to the well-being of the community in which they practice. They also believe the personal growth of their students is an important part of their program.

The New Mexico Institute currently is located in two cities: Santa Fe headed by Robert Weisz, and Albuquerque headed by Norman Katz and Brian Grodner.

Currently the Institute conducts a series of workshops designed to introduce and advance participants' skills in Ericksonian hypnosis. This culminates with a 15 week professional training program which offers therapists and medical personnel an opportunity to achieve a high level of sophistication in their ability to use hypnosis in a clinical situation. At the completion of the program, students are issued a certificate of completion.

This Institute certainly continues to expand the horizons of Erickson's work.

The Southern California Society for



Clinical  
Training  
Program

Los Angeles, CA  
July 31, Aug. 1, 28-29

Portland, OR  
August 6-8

Seattle, WA  
September 11-13

Reno, NV  
October 16-18

Fresno, CA  
November 13-15

Ericksonian Psychotherapy and Hypnosis

Presents

## Post Traumatic Stress Disorder: Beyond Survivor

with **Dr. Richard Landis**  
Author of *The Interactive Imageries Series*

A workshop that teaches  
effective and long-lasting procedures  
for working with adults with PTSD:

- Victims of Past Childhood Abuses
- Victims of Past Crimes
- Victims of Past Wars

For further  
information,  
write or call for a  
brochure:

SCSEPH Training,  
P.O. Box 6718,  
Laguna Niguel, CA  
92607-6718.

(714) 547-8120  
extension 2

FAX:  
(714) 495-5642

PAID ADVERTISEMENT



## UPCOMING TRAINING

(Note: The Erickson Foundation lists workshops as a service to its *Newsletter* readers. We cannot attest to the quality of training provided in these workshops.) A \$10 fee is required for each workshop submission.

DATE	TITLE/LOCATION/LEADER	CONTACT
<b>1993</b>		
5/22	Biofeedback, Hypnosis and Neurophysiologic Response in Health and Disease; San Francisco, CA; Faculty	1
5/22	Applying Direct & Indirect Hypnosis to Life Stressors; Berkeley, CA; N. Fiore	2
6/8-9	Ericksonian Hypnosis; Leipzig, GERMANY; Jeffrey K. Zeig	3
6/9-12	The Utilization of Experience: Process Perspectives in Ericksonian Hypnosis; Portland, OR; Brent B. Geary and Dennis Milholm	4
6/11-13	Development of the Therapist; Zeig; Berne, SWITZERLAND	5
6/12-13	Ericksonian Hypnosis in Psychotherapy: Preparing the Therapy, Preserving the Therapist; Albany, CA; Eric Greenleaf and Betty Alice Erickson	6
6/14-19	Phoenix Intensive Training Program — Intermediate; Phoenix, AZ; Geary	7
6/21-25	Phoenix Intensive Training Program — Supervision; Phoenix, AZ; Geary	7
6/25-26	Reclaiming the Self: Solution Focused Therapy and Ericksonian Hypnosis for the Treatment of Adult Survivors of Sexual Abuse and Other Traumas; Santa Fe, NM; Yvonne Dolan	8
6/26-27	Therapy in Language: Language in Therapy; Phoenix, AZ; Steve de Shazer	7
7/9-11	Third Eastern Conference on Ericksonian Hypnosis and Psychotherapy: Tools for Transforming Personal Experience; Philadelphia, PA; Faculty	9
7/19-23	Brief Therapy at Its Best; Palo Alto, CA; Richard Fisch, Paul Watzlawick and John Weakland	10
7/22-23	Ericksonian Hypnotherapy; Tokyo, JAPAN; Zeig	11
7/25-27	Annual Meeting of the Japanese Association of Brief Psychotherapy; Osaka, JAPAN; Faculty	11
7/26-27	Making Difference Work; Palo Alto, CA; de Shazer	10
9/10-12	Treatment of Sexual Abuse and Other Traumas: An Ericksonian Perspective; Montreal, Quebec, CANADA; Dolan	12
9/13-17	Ericksonian Principles of Hypnosis and Brief Psychotherapy; Tenby, Pembrokeshire, WALES; Geary	13
9/16-19	Semi-Traditional Clinical Hypnotism; Quebec City, Quebec, CANADA; Gaetan Nadeau and Andre Weitzenhoffer	12
9/19-21	Therapist Growth and Development; Vienna, AUSTRIA; Zeig	14
9/20-24	Ericksonian Principles of Hypnosis and Brief Psychotherapy; Tenby, Pembrokeshire, WALES; Geary	13
9/23-25	Ericksonian Psychotherapy; Rome, ITALY; Zeig	15
9/28-10/3	Ericksonian Psychotherapy; Rottweil, GERMANY; Zeig and Geary	16

### 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 about six to eight weeks later. All submissions must be double spaced.

Advertising copy should be sent to the

Erickson Foundation. All other materials, including articles, reviews, training events, announcements and other information should be sent to Co-Editors, Betty Alice Erickson-Elliott, M.S., L.P.C., and Roxanna Erickson Klein, R.N., M.S., 3516 Euclid, Dallas, TX 75205.

### Contact Information

1. Jan Brooks, SFAH-ERF, 615 17th St., San Francisco, CA 94132; (415) 282-3754.
2. Neil Fiore, Ph.D.; 908 Tulare Ave.; Berkeley, CA 94707; (510) 525-2673.
3. Ralph Lagel, M.E.G., Karl-Tauchnitz-Str. 25, O-7010 Leipzig, GERMANY; Tel/Fax: 011/49/341-32 85 03.
4. Association of Counseling Excellence, 9735 SW Shady Lane, Suite 304, Tigard, OR 97223; (503) 620-9877.
5. Susy Signer-Fischer, lic. phil.; Weisenbühlweg 20; CH-3007 Berne, SWITZERLAND; Tel. 011 41 31-45 53 94
6. Center for Psychological Studies, 1398 Solano Avenue, Albany, CA 94706; (510) 524-0291.
7. The Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500; (602) 956-6196; Fax: (602) 956-0519.
8. Santa Fe Rape Crisis Center, P.O. Box 16346, Santa Fe, NM 87506; (505) 986-9111.
9. Robert (Bob) Schwarz, Psy.D.; Institute for Advanced Clinical Training; P.O. Box 166; Ardmore, PA 19003; Tel: (215) 790-1414.
10. MRI, 555 Middlefield Rd., Palo Alto, CA 94301; Tel: (415) 321-3055.
11. Keiichi Miyata, M.A., Faculty of Education, Niigata University; 8050, Ikarashi Ni-No-Cho; Niigata-Shi, JAPAN 950-21; or Dr. Toshio Mori, Dept. of Mental Health, Faculty of Medicine, School of Health Sciences, University of Tokyo, Hongo, Bunkyo-ku; Tokyo, JAPAN; FAX: 81-3-5684-2236.
12. Gaetan Nadeau, M.D., The M.H. Erickson Institute of Quebec City; 646 Rene-Levesque Ouest; Quebec GIS IS8; (418) 681.3435).
13. Peter Scott Chinnery, Integrated Therapies & Trainings; 173 Southway, Guildford, Surrey, GUZ 6DJ ENGLAND; Tel: (0483) 502787.
14. Dr. Charlotte Wirl, Waldmeistergasse 43, 1140 Vienna, AUSTRIA; Tel: 011 43 222-914 17 96.
15. Camillo Loredi, M.D.; Centro di Studi e di Ricerca per la Psicoterapia; viale Regina Margherita, 37; 00198, Rome, ITALY.
16. Bernhard Trenkle, Bahnhofstrasse 4, 7210 Rottweil N., GERMANY.

### ZIST 20th Anniversary

ZIST, a German group that has organized one of the more comprehensive training programs in Ericksonian methods, celebrates its 20th Anniversary this year.

Among the programs offered are 30-day residential trainings and a two-year program featuring such faculty as Stephen Gilligan, Jeffrey Zeig, Ernest Rossi and Stephen Lankton and Carol Lankton.

ZIST was founded and is directed by Wolf Buntig.

### Conference Announcements

**July 9-11, 1993** — Philadelphia, PA. The 3rd Eastern Conference on Ericksonian Hypnosis and Psychotherapy. "Tools for Transforming Personal Experience." For information contact: Kim Minor, IACT, P.O. Box 166, Ardmore, PA 19003. (215) 790-1414.

**August 14-20, 1993** — Vienna, Austria. The 6th European Congress of Hypnosis. "Hypnosis — Connecting Disciplines." For information contact: Congress Secretariat, 6th European Congress of Hypnosis, Interconvention, Austria Center, Vienna. A-1450 Wien. (43) 1 2369 2643.

**August 22-27, 1993** — Paris, France. The Seventh World Congress on Pain. Contact: International Association for the Study of Pain; 909 NE 43rd St., Suite 306, Seattle, WA 98105 USA. Telephone: (206) 547-6409; Facsimile: (206) 547-1703.

**September 8-11, 1993** — Rio de Janeiro, Brazil. The Eighth Pan-American Congress of Hypnosis and Psychosomatic Medicine. Contact: Secretaria Executiva do Congresso a Rua Mexico, 148/504 - Centro- Rio de Janeiro, Brazil, Cep 20031-142.

**August 6-12, 1994** — Melbourne, Australia. 13th International Congress of Hypnosis. Contact: 13th International Congress of Hypnosis; P.O. Box 29, Parkville, Victoria, 3052, Australia.



## The Evolution of Psychotherapy: The Second Conference

edited by J.K. Zeig

New York: Brunner/Mazel, 1992, 202 pages

This is a good book. Jeffrey Zeig has a special talent to organize conferences in which leaders of a wide variety of psychological persuasions are willing to discuss with each other their differing theories and psychotherapeutic methods in an objective, non-hostile, explanatory manner.

The book is divided into six sections: Family Therapy, Cognitive-Behavioral Approaches, Humanistic Approaches, Psychoanalytic Therapies, Mind-Body Approaches, Contemporary Approaches, Social Issues, and Benediction.

Clóé Madanes and Paul Watzlawick both are Family Therapists. Madanes uses strategic therapy and believes problems of patients stem from the context of the family. At the same time, she advocates that the family should be viewed as the ultimate self-help group. She feels the therapist should intervene to reorganize pathological family constellations, and then quickly disengage, leaving family members to care for and protect one another. She advises "changing of memories" for people who have had cruel parents. When it could be therapeutically helpful, she also wants to change the hierarchical model of the family in which parents are thought of as powerful and in charge of more or less helpless children, into a networking model in which siblings, cousins, or even young children become the agents of change and suggest options to parents so family members could have better times together.

Watzlawick's chapter on "The Construction of Clinical Realities" is brilliant and elegantly written. He is a profound thinker who knows the history of science as well as philosophy. It is always an aesthetic pleasure to read or listen to Watzlawick, even if you do not agree with his conviction that reality "really" does not exist; that it is an arbitrary definition man has made, and therefore, the criterion of reality adaptation as a measure of mental health is fictitious. Therapy to him is reframing the patient's world view and constructing in the patient's mind an equally fictitious world which is less painful to him.

The two most important chapters in the section on Cognitive-Behavioral Ap-

proaches are those of Albert Ellis on "Revised ABC's of Rational-Emotive Therapy" and Donald Meichenbaum on Cognitive-Behavioral Therapy.

Ellis' method consists of forcefully ordering patients to change what he calls their "Irrational Belief Systems" about themselves, so they would feel and behave differently. He has an earnest and deep desire to help patients who suffer. But his voice is strident, dogmatic, and full of religious fervor when it comes to presenting or defending his RET.

Meichenbaum ("Evolution of Cognitive Behavior Therapy: Origins, Tenets and Clinical Examples") has a much wider horizon. He currently is a leader in the field of Cognitive-Behavioral Therapy (CBT). He raises questions about the adequacy of the highly directive, disputational, rationalist therapeutic approaches of Ellis, Lazarus, Beck and others. In his new model of CBT, he stresses a number of important and sensitive points, i.e., patients' thoughts are as much influenced by their feelings as their feelings are influenced by their thoughts. He is aware of the importance of the interpersonal relationship between patient and therapist, both the real and the transference one. In his form of Cognitive Behavior Modification, he really integrates the methods of psychoanalytic object relationship therapy with the systemic approaches and the technology of behavior therapy. His CBT is phenomenologically oriented, and the intent is to see the world through the client's eyes rather than to challenge, confront or interpret the client's thoughts. When one compares Meichenbaum's chapter with Judd Marmor's chapter on "The Essence of Dynamic Psychotherapy" one is struck by the fact of how close to psychoanalysis Meichenbaum's position is.

Judd Marmor, one of the most revered psychoanalysts in the country, discusses "The Essence of Dynamic Psychotherapy," that is short term psychoanalytic psychotherapy in which there is more interaction between the patient and the therapist than in classical psychoanalysis. Marmor's psychodynamic therapy is based on a biopsychosocial system orientation which uses the "Here and Now" patient-therapist relationship as a dynamic interpersonal framework in which the patient can learn to grow, and in which the emphasis is not so much on recovery of memories as on achieving greater feelings of self-worth and more effective techniques of adaptation. He also emphasizes flexibility in adap-

ting psychoanalytic techniques multimodally to the specific needs of each patient.

Masterson, in his usual masterful way, describes the differences in dynamics and in the psychoanalytic treatment between borderline and narcissistic patients, the field in which he pioneered as a psychoanalyst.

On the whole, this is a serious and interesting book, well worth studying carefully. The limited *Newsletter* space did not allow me to discuss every author's contribution.

— Reviewed by  
Erika Fromm, Ph.D.,  
University of Chicago

## The Evolution of Psychotherapy: The Second Conference

*This book, which is a compendium of selected addresses from The 1990 Evolution of Psychotherapy Congress held in Anaheim, CA, provides readers with primary source material from many different schools of thought. Additionally, there is discussion of each contribution by other members of the faculty.*

*Not all the approaches have clear ties to Dr. Erickson's work. Several, however, attribute the development of their views and approach directly to work done cooperatively with him. Three contributors who specially address Ericksonian concepts are Jeffrey Zeig, Ernest Rossi and Jay Haley.*

*Zeig presents his views of how Ericksonian therapy is built upon a principle of seeking and utilizing virtues that can be found in perceived faults. His innovative techniques are clearly built upon Erickson's methods. Zeig's effective writing is in addition to his remarkable organizational work, which has been vital to the growth of the Ericksonian movement.*

*Rossi, in his scholarly contribution, takes Erickson's work a step further. His chapter 'A Wave of Consciousness' ties trances and therapy to natural body rhythms.*

*Haley, too, builds beyond the foundational work done with Erickson. He draws parallels between Zen and Erickson's work, and illustrates these similarities with Zen parables.*

*The Erickson Foundation should be proud of its sponsorship of the Conference, and this important resource volume.*

## Monographs

Kristina K. Erickson, M.S., M.D., and I are pleased to have coedited the *Erickson Monographs*, number 9, entitled "The Essence of a Single Session Success." The majority of the issue features commentary from ten experts responding to a single brief therapy session.

The session featured a client suffering from chronic anxiety and severe anxiety attacks. Presentations from eminent practitioners analyze the therapy outcome. Articles are by Richard Fisch, M.D., William Matthews, Ph.D., Lynn Johnson, Ph.D., Robert Schwarz, Psy.D., Jane Parsons-Fein, ACSW, Bradford P. Keeney, Ph.D., Gregg Eichenfield, Ph.D., Carol Kershaw, Ed.D., Betty Alice Erickson-Elliott, M.S., L.P.C., and Robert Pearson, M.D.

There also are articles by Jay Haley, who discusses a 30-year-old kinescope film of Milton H. Erickson's work; Akira Otani, Ph.D., Jeffrey Feldman, Ph.D., and Janet Edgette, Psy.D.

*Monographs* Number 9 will be available at the Brief Therapy Conference, "Essence and Evolution," in Orlando, Fla., Dec. 8-12, 1993.

We are now soliciting articles for issue number 10. The issue concerns treatment of trauma and sexual abuse victims. Robert Schwarz, Psy.D., is co-editing the edition with me. Articles should be submitted by October 1, 1993. Questions concerning prospective articles can be addressed to Stephen Lankton, M.S.W., P.O. Box 958, Gulf Breeze, FL 32561; telephone: (904) 932-6819.

## Evolution Volume Translated to German

*The Evolution of Psychotherapy: A Conference* has been translated to German. Under the direction of Dirk Revenstorf, the translation was published by Duetsche Gesellschaft für Verhaltenstherapie (DGVT).

The book is available by writing DGVT, Postfach 13 43, 4500 Tübingen 1, Germany.

The English version, edited by Jeffrey K. Zeig, Ph.D., is available through Brunner/Mazel Publishers, Inc., 19 Union Square, New York, NY 10003.



## Hypnosis and the Treatment of Depressions: Strategies for Change

by Michael D. Yapko, Ph.D.  
Brunner/Mazel, 1992, 202 pages

*Hypnosis and the Treatment of Depressions* is a companion volume that extends Michael Yapko's earlier work, *When Living Hurts*, which contains strategic directives to help dysphonic patients. *Hypnosis and the Treatment of Depressions* is a highly readable, ten-chapter synthetic overview that indicates the ways in which hypnosis can be effective in the treatment of one of the most common clinical problems. Consistent with his status as an internationally renowned Ericksonian, Yapko places special emphasis on the use of strategic and indirect methods.

Yapko defines depression as "a learned phenomenon generated by how one organizes and then responds to the diverse experience of life" (p. 13). He reviews the findings of traditional hypnosis experts who mostly downplay the use of hypnosis for depression.

According to Yapko, both formal and informal hypnosis help patients amplify experiences and create useful resources. He views hypnosis as a method of experiential learning; insight is eschewed in favor of direct experience.

Befitting his Ericksonian orientation, Yapko suggests, "When the structure of the solution matches the structure of the problem, therapy is highly unlikely to succeed" (p. 120). Viewing therapy as a process of pattern disruption and rebuilding, Yapko offers practical treatment methods that facilitate their ends, such as therapeutic metaphors, surprise and confusion.

Yapko thoughtfully reviews salient literature regarding both hypnosis and depression. A strength of this book is its practical emphasis. For instance, Yapko outlines stages of treatment and describes interventions designed to elicit constructive expectancy in depressed patients. To recover from depression, the author maintains, patients *must* be able to orient to a positive future. Yapko demonstrates how hypnotic methods can be used even in the first session. Cases and transcripts are presented later in the text to clarify important points.

Michael Yapko does an admirable job of integrating modern cognitive views with Ericksonian approaches. With this volume, he clearly establishes himself as a major contributor to the literature in both depression and hypnosis. *Hyp-*

*nosis and the Treatment of Depressions* is highly recommended to the novice and expert alike. The book has a forward by Stephen Gilligan, and a four-hour companion audiotope set is also available through Brunner/Mazel.

— Reviewed by  
Jeffrey K. Zeig, Ph.D.,  
Director,  
The Milton Erickson Foundation

## A Concert for Four Hemispheres in Psychotherapy

by Teresa Robles

An English translation of the Spanish, *Concierto para Cuatro Cerebros*, published by the Instituto Milton H. Erickson de la Ciudad de Mexico, Mexico (1990) is reviewed. The translation is being considered for publication within the United States.

*Concierto para Cuatro Cerebros*, (Spanish) can be ordered from Editorial del Instituto Erickson de la Ciudad de Mexico, Nicolás San Juan 834-2 piso, Col. del Valle, Mexico, D.F. 03100.

This is a delightfully concise book comprising simple, straightforward techniques geared toward the clinician. As the author states, once she found theoretical/technical justification based on her personal convictions, she could then construct a frame for intervention.

Congruent with her personal style, Teresa Robles uses fluid technique that allows her to get rapport with her clients. Her clinical intuitions are integrated with experience and knowledge. She has systemized her clinical experience and background in Psychoanalysis, Constructivism, Systems Theory and Anthropology into an easily read masterpiece describing who she is and how she works experientially. The book consists of seven chapters within two major thrusts: how reality is constructed and how reality is re-constructed.

As stated in Dr. Robles' introduction, her book emerged from the need to propagate the content of workshops she and her colleagues have been doing at the Milton H. Erickson Institute of Mexico City. Robles believes her flexible theoretical background enriches and guides Ericksonian techniques, and enhances respect for the patient. Dr. Robles' book *A Concert for Four Hemispheres in Psychotherapy* was a pleasure to read.

— Reviewed by  
Michael K. Garza, Ed.D., L.P.C.  
Dallas, Texas

## VIDEOTAPES from The Fifth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

- E297-V1 **Workshop 13: Demonstrations I**, Camillo Lorieo, M.D.; Betty Alice Erickson-Elliott, M.S., L.P.C. .... \$75.00
  - E297-V2 **Workshop 27: Demonstrations II**, Yvonne Dolan, M.A.; Lynn Johnson, Ph.D. .... \$75.00
  - E297-V3 **Workshop 41: Demonstrations III**, Gene Combs, M.D. & Jill Freedman, M.S.W.; Gunther Schmidt, M.D. .... \$75.00
  - E297-V4 **D-8: Building Expectancy**, Michael Yapko, Ph.D. .... \$75.00
  - E297-V5 **D-10: Integrative Hypnotherapy**, Jeffrey Zeig, Ph.D. .... \$75.00
  - E297-V6 **D-11: Accessing the Imaginal World**, Joseph Barber, Ph.D. .... \$75.00
  - E297-V7 **D-12: The Role of Association and Dissociation in Co-Creating Experience In Therapy**, Stephen Lankton, M.S.W. .... \$75.00
  - E297-V8 **D-13: Hypnosis As Possibility and Empowerment**, Stephen Gilligan, Ph.D. .... \$75.00
  - E297-V9 **D-14: A Sensitive Fail-Safe Approach To Hypnosis**, Ernest Rossi, Ph.D. .... \$75.00
  - E297-V10 **D-15 Hypnotherapy To Empower Adults Abused As Children**, Carol Lankton, M.A. .... \$75.00
  - E297-V11 **Workshop 55: Demonstrations IV**, Scott Miller, Ph.D.; Michael Elkin, M.A. .... \$75.00
  - E297-V12 **Workshop 69: Demonstrations V**, Carol Kershaw, Ed.D.; Eric Greenleaf, Ph.D. .... \$75.00
- NOTE: All Workshops are 2 hours in length and the Demonstrations are 1 hour in length.
- Complete set of videotapes (12 tapes) ..... \$675.00 (save over 25%)

**PLEASE MAIL IN ENTIRE FORM**

Note: Please use this order form when ordering through the mail only.

The Milton H. Erickson Foundation, Inc.  
3606 N. 24th Street, Phoenix, Arizona 85016, U.S.A.  
Phone: (602) 956-6196 Fax: (602) 956-0519

Please allow four to five weeks for delivery.

**ELIGIBILITY:** These tapes may be purchased by 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); also by professionals with mental health related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Full-time graduate students in accredited programs in the above fields can purchase tapes if they supply a letter from their department certifying their student status.

**PLEASE CHECK THE BOX BY THE SESSIONS YOU WISH TO ORDER.**

# of videotapes _____ x \$75 .....	Sub-Total _____
PAL/SECAM _____ x \$15/tape .....	Sub-Total _____
Conversion .....	
Arizona Residents add 1.2% Sales Tax .....	Sub-Total _____
Video Shipping (U.S.A./Canada/Mexico) — \$2.00 per tape up to a maximum of \$24.00 .....	Sub-Total _____
International Video Shipping — \$8.00 per tape up to maximum of \$64.00 .....	Sub-Total _____
	<b>TOTAL</b> _____

Purchase orders accepted for purchases of \$100.00 or more. All mail orders must be accompanied by full payment in U.S. dollars. All sales are final.

Enclosed is my check for \$ \_\_\_\_\_ Charge this to my Credit Card: VISA  MasterCard

Account No. \_\_\_\_\_ Card Expiration Date: \_\_\_\_\_

Signature \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Degree: \_\_\_\_\_

Major: \_\_\_\_\_ University: \_\_\_\_\_

Lic./Cert. Type & Number: \_\_\_\_\_

**SEND ORDER FORM AND REMITTANCE TO:**  
The Milton H. Erickson Foundation, Inc.  
3606 N. 24th Street, Phoenix, Arizona 85016, U.S.A.  
Telephone: (602) 956-6196; fax: (602) 956-0519



**Milton H. Erickson, M.D.  
Explorer in Hypnosis  
and Therapy**

by Jay Haley and Madeleine Richeport  
Videotape 53 minutes, color  
Triangle Productions, P.O. Box 4342,  
Rockville, MD 20849-4342

This production is a collection of still photographs, old movies, and recently videotaped interviews that relate to the life and work of Milton Hyland Erickson. Erickson himself is represented only by scarce vintage footage, still photos, and a few cuts from videotapes taken in his later life. The interviews include colleagues, students, family members and patients. The complex style of this production is reminiscent of both the individual portrayed, and the depth of his work.

Born in a log cabin in 1901, Dr. Erickson's professional career spanned decades of societal change. The style of this presentation allows the viewer to appreciate the contributions that Erickson made within the context of the times in which they were developed. Among the many sources of information used is footage of Balinese trance dancers filmed

by Margaret Mead and Gregory Bateson in the 1930s. The visual images dramatically accompany a brief description of the work done jointly by Mead and Erickson. Also included are scenes of spiritist trance inductions in Brazil videotaped by Dr. Richeport. In the '60s and '70s, Erickson consulted with Richeport as he had done decades earlier with Dr. Mead. Seeing this anthropological research gives the viewer a deeper appreciation for the breadth of Erickson's work. It emphasizes Erickson's position that behavior cannot be broken down and categorized but should be viewed as part of a broad constellation.

Interviews with colleagues who were closely affiliated with Erickson during different stages of his life reflect Erickson's ability to influence people, significantly and positively, in a variety of different ways. Interviews with family members give insight into the unique and innovative ways he incorporated problem solving into daily life. Erickson's office, located in his home, made contact between family members and patients more common than in most practices. Each benefitted from these in-

teractions, some of which are entertainingly described in the interviews.

This production will be especially informative and inspirational to health professionals who are interested in Dr. Erickson's life and work. The shortcoming of the film is due to the nature of this type of documentary. Some of the filming was necessarily done in less than ideal conditions in terms of lighting, setting and formality. This however adds to the feeling of spontaneity and sincerity among the contributors.

I am personally most appreciative of the extensive efforts made by Dr. Richeport to obtain resource material that was not easily available and to ensure the accuracy of the facts presented. I am deeply grateful to both Haley and Richeport for the scholarly approach to this film which makes it an excellent portrayal of many aspects of the life of my late husband, Milton Erickson.

— Reviewed by  
Elizabeth Erickson,  
Member of the Board of Directors,  
The Milton Erickson Foundation  
Phoenix, Arizona

**European  
Evolution  
Conference  
Scheduled**

The Evolution of Psychotherapy Conference, sponsored by The Milton H. Erickson Foundation, will be presented in Hamburg, Germany, July 27-31, 1994.

The conference will feature faculty from the two previous conferences held in 1985 in Phoenix, Ariz., and in 1990 in Anaheim, Calif.

Conference organizer is Bernhard Trenkle, The Milton H. Erickson Institute of Rottweil, Bahnhofstrasse 4, 7210 Rottweil/N. GERMANY; telephone 49-741-41476. For additional information, write or call Mr. Trenkle or the Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500.



**EYE MOVEMENT DESENSITIZATION AND REPROCESSING  
1993 LEVEL I TRAINING SCHEDULE  
Francine Shapiro, Presenter**

**EMDR:** "This has all the indications of being a major new resource in behavior therapy."

**Joseph Wolpe, MD, Originator of Systematic Desensitization**

"EMDR is a powerful tool that rapidly and effectively reduces the emotional impact of traumatic or anxiety evoking situations. Consistent with Dr. Shapiro's current research, I have found the results of using EMDR to be stable over time."

**Roger Solomon, Ph.D., Dept. Psychologist Washington State Patrol**

**Trainer Consultant: US Secret Service and the F.B.I.**

"EMDR is by far the most effective and efficient treatment we have ever used with dissociative episodes, intrusive memories, and nightmares with Vietnam combat veterans."

**Howard Lipke, Ph.D., Dir., Stress Disorder Treatment Unit, No. Chicago Veterans Administrative Medical Center**

"EMDR is a new and exciting treatment method which is now assisting people with a wide range of psychological problems. It is also bound to be a breakthrough in our understanding of the neurological basis of mental processes."

**Robyn Robinson, Ph.D., Dir. Trauma Support Consultants**

**Founding Pres., Australasian Critical Incident Stress Association, Melbourne, Australia**

<b>DATES:</b>	<b>Denver, CO-Apr.17/18</b>	<b>Chicago, IL-May1/2</b>	<b>San Jose, CA-May14/15</b>	<b>Honolulu, HI-May22/23</b>
	<b>New York, NY-Jun.18/19</b>	<b>Portland, OR-Jun.27/28</b>	<b>San Francisco, CA-Sept.10/11</b>	<b>Seattle, WA-Oct. 2/3</b>
	<b>Philadelphia, PA-Oct.16/17</b>	<b>San Jose, CA-Nov.5/6</b>		<b>[CE Credits available in some states]</b>

The presenter, **Francine Shapiro, Ph.D., originator of EMDR**, has trained clinicians and researchers internationally. She was an invited speaker at the 1992 American Psychological Society Presidential Symposium on PTSD. She has made presentations on EMDR at the 1989 International Conference on Stress in Tel-Aviv, at the 1989, 1990, and 1991 national conferences of the Association for the Advancement of Behavior Therapy, and Society for Traumatic Stress Studies. She has published articles on EMDR in the *Journal of Traumatic Stress* (2,2,1989) and the *Journal of Behavior Therapy and Experimental Psychiatry*, (20,3,1989), *The California Psychologist* (1990), and the *Behavior Therapist* (1991).

The training will consist of lecture, live and videotaped demonstrations, and small group exercises. Participants will practice EMDR with direct observation and feedback. Special attention will be given to the creative formation of the specialized hierarchies which directly address the therapeutic needs of the clients.

Fee: \$285 [\$315 postmarked 15-30 days within seminar date; \$345 postmarked within 14 days of seminar date; CEU-add \$10.] For more information or registration, contact:

**EMDR \* PO Box 51010 \* Pacific Grove, CA \* 93950-6010 \* (408) 372-3900 \* FAX (408) 647-9881**

PAID ADVERTISEMENT



## Science: Who Needs It?

By  
Joseph Barber, Ph.D.  
Seattle, WA

With this new column, I hope to inspire in you a serious interest in research pertinent to hypnosis and psychotherapy.

Psychotherapy is an enterprise guided by a complex combination of art and science. Although the artfulness of a practitioner is the key to efficacy, this art must be informed by science. Medicine and psychotherapy are necessarily conservative, at least in the respect that new methods are viewed with skepticism. This is as it should be, since people's lives are at stake. Until a new method is demonstrated to be safe and effective, it remains the object of skepticism. So it was with hypnosis, for many years. Though Anton Mesmer's biological theory of what became known as hypnosis was mistaken, his work provoked other scientists to theorize, and demonstrate, that the efficacy of mesmerism was a consequence of psychological processes. The 200 years following the Franklin Commission's report of Mesmerism have included a repeated waxing and waning of interest in, and respect for, hypnosis.

The acceptance of hypnosis in our culture did not come as a result of clinical reports, but of more serious experimental research initiated in the '30s. The effect of having a scientific foundation cannot be overestimated. It is insufficient that someone simply "believe in" a particular theory or method. As scientifically derived evidence supports a particular theory or method, however, society can begin to trust and use it. Today, largely through efforts of scientists whose laboratory experiments demonstrated its efficacy, hypnosis is granted a credibility and respect by most educated people.

Credibility is threatened when claims are made which cannot be substantiated. This does not happen overnight, of course. I have heard "Ericksonians" say, flatly, that hypnotic phenomena, and psychotherapeutic methods, generally, are not amenable to scientific inquiry. I believe such attitudes are more than mistaken; they harm the good reputation of hypnosis and psychotherapy.

When grand claims for hypnosis are made, and then left unsubstantiated, people understandably begin to doubt the efficacy of hypnosis. We have clear evidence, for example, that hypnotic

methods are effective in the treatment of pain. We have no such evidence, though, that hypnosis is effective in the treatment of cancer, although it has been claimed to be so, by some. Perhaps hypnosis is effective in such treatment; we don't yet have a way to know. Until we have evidence supporting such a claim, how can it be in anyone's interest to make such claims?

While we have an increasing sophistication about the nature of hypnosis, there is still much that we do not understand. Only through research carried out in the laboratory and the clinical setting can we hope to discover answers to questions not yet answered. We have only partial answers to the following questions: They still require investigation:

What is hypnosis? There is no agreed-upon definition of hypnosis. In what other scientifically founded field is there no fundamentally accepted definition of the phenomenon? How can we tell when someone is hypnotized? At present, there is no reliable way of determining. What phenomena is it possible to produce or affect with hypnosis? How might hypnosis affect mood and emotion? Can hypnosis be used to affect the immune system? What are the processes or mechanisms that underlie the hypnotic experience? What is the importance of the interpersonal relationship to the hypnotic experience?

Obviously we need more research in the clinical setting. Clinical patients can have their hypnotic responsiveness measured, and their experience of hypnotic treatment can be elicited and recorded. Clinical results can be measured against these two indices. This may help settle the disparity between clinical and experimental accounts of the potential effect of hypnosis. We need to distinguish hypnotic effects from other clinical effects.

We need to observe and clarify the different uses of hypnosis in psychotherapy — for instance, in dynamic therapy compared with cognitive-behavioral therapy — and distinguish hypnotic from other nonhypnotic clinical effects.

I am hopeful that in thinking about research readers can recapture some of the excitement and wonder that brought them into this field. It is common for people who have worked with hypnosis for some time to become disillusioned. It isn't the magic bullet in therapy it may at first have resembled. Helping people change is harder than hypnotizing them, but there is no reason why that truth should obscure the dramatic and startling effects hypnosis can produce. Our effort should be to discover how to pro-

duce these effects more generally and more reliably and to learn how to use them.

Not all of us will carry out research. However, there are important responsibilities for those who will not: to respect the need for research; to respect the ingenuity of the investigators who create methods for studying complex, and seemingly unresearchable psychological phenomena; to take research results seriously; and to be informed by what research can tell us about psychotherapy and hypnosis, rather than holding to unsupported theories. Fur-

ther, all clinicians can take a scientific attitude toward their work; that is, they can question what they are doing, and how and why it works or doesn't work. There are many opportunities in the course of clinical practice to explore areas that come up unexpectedly. We also can accurately record who we treat, what we do, and what the long-term outcome is, and, thereby, become more effective clinicians.

Note: I am very grateful to Thurmon Mott, M.D., and Rodger Kessler, Ph.D., for their thoughtful comments on this essay. — J.B.



# hypnos

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

**International Editor:**  
P.O. Wikström, DDS  
Bastugatan 33  
S-118 25 Stockholm, Sweden  
Telephone and fax: +46-8 658 54 50  
(Fax: +46-586 420 65)

Send subscription inquiries to  
The SSCEH Central Office, P.O.B. 104,  
S-693 22 Degerfors, Sweden,  
or faxed to +46-586 420 65.  
Back issues of Vol. 1-18 are also available.  
FREE SAMPLE COPY ON REQUEST.

This is the SSCEH Journal - Journal of European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine. The ESH is a society of 28 federated national hypnosis societies. The ESH is working together 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.

**"AN EXCELLENT JOURNAL which ranks the top professionally."**

Harold B. Crasnik, Ph.D., USA Past President - American Society of Clinical Hypnosis.

**"The Society has one of the first-rate Journals, and it continues to improve."**

Campbell Perry, Ph.D.,  
Concordia University, Montreal, Canada,  
Past Editor - ISH News Letter.

**Subscription rate per vol. (4 issues):**  
Europe SEK 400 (about GBP £38, DM 110), overseas SEK 450 (about US\$ 70).  
Institutional: Europe SEK 450, overseas SEK 500. First-class mailed.

### A SELECTION OF PAPERS FROM THE LAST VOLUME

**Schafer:** The hypnotherapy of Irresistible Impulse Disorder - A Case of Pedophilia.  
**Peter:** So Let's Meet the Grave of Mesmer and be Mindful of Erickson.  
**Walker:** Problems in Hypnotically Elicited Evidence.  
**Moore:** Hypnosis and Healing - a pilot study.  
**Lundy:** Hypnosis and the Ability to Ignore.  
**Malmö:** Ego State Therapy: A Model for Overcoming Childhood Trauma.  
**Reinders:** Hypnosis in the Treatment of Writer's Cramp.  
**Van der Hart:** Pierre Janet's Treatment of Posttraumatic Stress.  
**Enqvist:** Preoperative Hypnotherapy and Peroperative Suggestions in General Anaesthesia.  
**Graham:** A Case Study in Science.  
**Wark:** Reading in Alert Trance.  
**Wester:** Hypnosis for Smoking Cessation.  
**Laurinaitis:** The Use of Hypnosis in a Cardiac Surgery Department - a report.  
**Bongartz:** Treatment of Phantom Limb Pain by "Animal Magnetism".  
**Migaly:** Hypnotic Pain Control and Patient Management in Dentistry.  
**Miller:** The Recovering Addicted Patient and the use of Hypnosis.  
**Gunnison:** Merging the Fantasy Door Approach with Hypnocounseling.  
**Simonton:** Psychoimmunology: The Mind, Counseling and Cancer.  
**Shorr:** The Existential Question and the Imagery Situation as Therapy.  
**Lodato:** The Application of Hypnosis in the Performance of a young swim team.  
**Krol/Mikhailova:** Submodalities in Trance-like States.

PAID ADVERTISEMENT



**Interview** *continued*

of — *how* people generate experience, whether symptomatic or not, is made possible when one is hypnotically well trained. Third, the emphasis on *how* someone generates experience rather than speculating *why* is an enormously valuable contribution that leads one to speculate less about motives and focus more on the client's abilities. Fourth, I think that Erickson's use of indirect communication in treatment represents a step forward and will continue to provide a deeper appreciation of the development of diverse potentials in clinical techniques.

**Question: What have you, as an individual, contributed to the advancement of Ericksonian psychotherapy?**

**Yapko:** I'd like to think I have contributed many different things on many different levels to the advancement of Ericksonian Psychotherapy. I am proud of my textbook, and I think my writings have interested people in the possibilities associated with Ericksonian approaches. I think I have an ability to explain how I do what I do. By being able to explain things in concrete and specific terms, I try to take the mystery out of much of the work and thereby make it more accessible to therapists. I routinely conduct workshops which represent another level of contribution by stimulating

individuals and groups to learn and to experiment with new approaches. A third level of contribution has been my role as *Newsletter* Editor. It was a time-consuming labor of love to create the *Newsletter* and I believe that my time has been well-spent.

**Question: Tell us about your newest book, *Hypnosis and the Treatment of Depressions*.**

**Yapko:** This is a book written on the use of clinical hypnosis to treat depressed individuals. For a variety of reasons, hypnosis was always thought to be too dangerous to use with depressed clients out of unrealistic fears that it might precipitate psychosis or even suicide. Or, it was assumed that hypnosis simply would not be beneficial. Given the intricate, depression-causing subjective view of the world that depressives typically have, however, hypnosis is an unusually relevant and powerful ally in treatment, when used skillfully. Hypnosis involves building frames of mind. Therefore, building more flexible and adaptive frames of mind hypnotically, makes a great deal of sense. More importantly, *it works!* This book was written to show how hypnosis could best be used in treatment, and how the concept that hypnosis is dangerous is obsolete.

**Question: This book, as well as your earlier books, focus on the problem**

**of clinical depression. How did you become interested in depression?**

**Yapko:** Because there is so much of it. And, more than most disorders, it is so clearly related to perspective, suggesting there is a great deal of room for facilitating change. When I first started studying depression, little was known about it. Yet, in a statistical sense, it was the most commonly diagnosed problem that people presented for treatment. In fact, depression was termed "the common cold of psychopathology." At that time, there was no cure for depression. The advice offered by many therapists at the time ranged from simply telling people to "Cheer up" to encouraging people to "go volunteer at a hospital so you can see people with *real* problems."

It became an important goal for me to develop a deeper understanding of who gets depressed and why. It became especially important to learn to do something about it. Over the course of the last decade, in particular, I have studied different treatment modalities for depression and their relative degrees of efficiency. The evidence I have found points in the direction of depression as primarily a learned phenomenon for most, though not all individuals. That is not to say there is no biological basis for depression, but it seems clear that for the majority of individuals, depres-

sion is learned and is therefore more malleable than if it were the "disease" that some people consider it to be.

My emphasis on pragmatism and attaining results led me to explore and experiment with different techniques to find out what approaches seem to work best. It is clear to me that treatment of depression requires active goal-oriented interventions aimed at specific patterns that have been described in detail in my books. They include things like a person's cognitive style, a person's ability to compartmentalize experiences, a person's primary temporal orientation, and a person's specific way of interpreting life experiences.

What I like to talk about in my workshops on depression is the notion of life as a Rorschach ink blot — an ambiguous stimulus that doesn't have any meaning in and of itself, but only the meaning that we give it. For example, it's my own projection that psychology is important. It isn't a statement about the objective importance of what I do. Clearly, other people don't see a value in psychology at all and still manage to live life successfully. I want to help the depressed person realize that his or her view is arbitrary and there are lots of other ways to respond to the Rorschach of life that

*continued on next page*



The Institute for Advanced Clinical Training, Inc.  
presents Two Exceptional Training Opportunities

**The 3rd Eastern Conference on Ericksonian Hypnosis and Psychotherapy: Tools for Transforming Personal Experience**

July 9-11, 1993 Philadelphia, Pa.

**Core Faculty:** Yvonne Dolan, Stephen Gilligan, Stephen Lankton, Ernest Rossi, Robert Schwarz, William O'Hanlon, and Jeffrey Zeig  
**Featuring:** Harry Aponte, Janet & John Edgette, Betty Erickson-Elliott, Carol Kershaw, Carol Lankton, Jane Parsons-Fein, Michael Yapko, & others

Intensive Clinical Workshops at Basic, Intermediate & Advanced Levels  
**July 8, Pre-conference Seminars:** Basics of Hypnotic Induction: a training for beginners with Robert Schwarz, PsyD. and  
**The Personal Growth & Development of the Therapist:** a training for more advanced Ericksonian Therapists with Jeff Zeig, PhD

Tuition Fee* postmarked prior to	May 15	after May 15
Thursday only (lunch not inc.)	\$140	\$165
Friday-Sunday	\$340	\$390
Thursday-Sunday	\$400	\$450
Group registrations: Groups of 3-4 10% off / Groups of 5+ 15% off		
All Group Registrations MUST be received in the same envelope		

**ADVANCES IN TREATING SURVIVORS OF SEXUAL ABUSE: Empowering the Healing Process II**

November 5-7, 1993 Washington, DC

**Faculty:** Mary Jo Barrett, Ellen Bass, David Calof, Yvonne Dolan, Bessel van der Kolk, Stephen Lankton, Richard Loewenstein, Wendy Maltz, Donald Nathanson, Mark Schwartz, Robert Schwarz, Suzanne Sgroi, Katherine Steele, Mary Beth Williams & others

Workshops at Fundamental, Intermediate & Advanced Levels

**November 4, Pre-conference Seminar**  
**Indirect Suggestion, Unwitting Therapist Influence & Other Iatrogenic Problems in Trauma Work,** with David Calof & Robert Schwarz, PsyD

Tuition Fee* postmark prior to	May 25	July 25	Sept. 25	after Sept. 25
Thursday only (lunch not inc.)	\$100	\$120	\$140	\$160
Friday-Sunday	\$270	\$320	\$370	\$420
Thursday-Sunday	\$340	\$390	\$440	\$490
Group registrations: Groups of 3-4 10% off / Groups of 5+ 15% off				
All Group Registrations MUST be received in the same envelope				

\*Tuition for both conferences include one Networking Lunch, Conference Workbook with handouts from all the workshops & a free gift  
**Student Volunteers Needed - Continuing Education Credits Will Be Available**  
**For Group & Student Rates, Brochure, Volunteer or other Information Contact Kim Minor or Dr. Robert Schwarz at I.A.C.T., Inc. at P. O. Box 166 / Ardmore / Pa / 19003 phone (215) 790-1414 or fax (215) 649-3739**



**Interview** *continued*

hold much greater promise and satisfaction for living life well.

**Question: What is your preferred modality for treating the average depressed client, and what is the role of hypnosis in the treatment process?**

**Yapko:** I am a strong proponent of active, experiential therapy. Every client is different of course, but I suppose I would describe what I do as cognitive behavioral therapy with an Ericksonian twist. I am a strong fan of the use of hypnosis in the therapy sessions and of the use of structures task assignments in between sessions. It seems clear to me that the most important and relevant learnings that need to be communicated to a particular client can't be restricted to a conscious level. I think it is a useful contribution to the field to integrate cognitive, interpersonal and behavior therapies, which have high rates of success in treating depression, with Ericksonian approaches which further enhance them by hypnotically utilizing more dimensions of the person's experience.

There are many ways I use hypnosis in the course of my sessions: reducing agitation and rumination, building rapport, encouraging flexibility in thinking or being able to view circumstances from a variety of different angles rather than just a single depressing one, and building expectancy. Knowing a person's orientation toward the future defines

them as either optimistic and upbeat or pessimistic and dysthymic. The idea of using hypnosis, specifically age progression techniques or what Erickson called "a pseudo-orientation in time", to build a positive sense of the future that is motivating and compelling and generates enthusiasm is an element of the work. I think that building realistic therapeutic hopefulness is a task in the treatment of depression, and I think hypnosis is eminently useful toward that end. Hypnosis is obviously valuable in lots of other ways too, but there are too many of them to mention here.

**Question: What are your current professional interests?**

**Yapko:** Recently I signed a book contract to write on the topic of suggested memories as they may relate to memories of sexual abuse and satanic ritual abuse that surface in the context of therapy. Over the course of the last year, I accumulated a great deal of research data about therapists' perspectives on suggestibility and memory. Hopefully, the research will encourage therapists to consider a little more carefully the nature of the interventions they employ, particularly when exploring traumatic episodes in a client's background. I am very excited about this. It is a controversial area and I expect it to generate a lot of interest and reaction.

**Question: Are you suggesting that therapists can sometimes create the**

**very problems that they then must treat?**

**Yapko:** There is no question that therapists' intentions are largely benevolent. But as is well-established in the clinical arena, clients tend to get absorbed into the therapeutic framework of whatever therapists they happen to be working with. This is hardly a new observation nor is it necessarily bad. Clients, when they get better, do so because they step into a new framework of living that works better for them. I am simply calling for a more in-depth examination of the largely unanswered questions about the nature of repression, the relationship between trauma and memory, and the relation between memory and memory-enhancing techniques like hypnosis and imagery and the surfacing of repressed memories. By giving greater consideration to the ways that therapists can inadvertently suggest experiences that are accepted as real by the client, I think that I can highlight how sensitive the nature of the work done is and how it must therefore be approached with great clarity and skill.

**Question: Is there anything else that you would like to comment on?**

**Yapko:** Yes, I think the final thing that I would like to say is that I'm really happy to have had the experience of being editor of the *Erickson Foundation Newsletter*.

Thanks for the interview.

## Donations

The Milton H. Erickson Foundation has received \$550 in donations since the last *Newsletter*.

Special thanks go to Mary I. Bast, Ph.D., Ronald E. Bobus, ACSW, Richard Fieber, M.S., and Stina Nelson, M.C.

The Erickson Foundation is a non-profit corporation and donations may be tax deductible within IRS guidelines.

Our thanks also go to the following:

- Joseph Altman, M.Ed.
- M. Jean Crume, M.S.W.
- Joan de Velder, M.S.W.
- Daniel H. Finlay, M.S.W.
- Reva Freedman, M.A.
- Samuel J. Gange, Ed.D.
- Lynne M.L. Fitzgerald, M.S.
- Nora Israelian Karparian, Ph.D.
- Alan Kauffman, Psy.D.
- Keith A. McErklean, C.S.W.
- Yoshiyuki Nakano, M.D.
- Deborah K. Ross, LAC, LMSW
- Gregg C. Simons, Ph.D.
- Lucille Slaughter, M.S.W.
- Regula E. Stewart, Ph.D.
- Auralie M. Tortorici, LCSW
- David A. Towers, Ph.D.
- Jerry Wellick
- Penny Wenczel, LCSW
- Allan D. Whiteman, M.S.W.
- James L. Widerman, Ed.D.

Please check:

### — NEWSLETTER / DONATION FORM —

\_\_\_\_\_ Please find my donation of \$ \_\_\_\_\_ to support the activities of The Milton H. Erickson Foundation. (The Foundation is a nonprofit corporation and donations may be tax deductible within IRS guidelines.)

\_\_\_\_\_ I have moved. Please correct my address on your mailing list as follows:

\_\_\_\_\_ I am not currently on your mailing list. Please add my name so that I may receive the NEWSLETTER and other information about activities of the Milton H. Erickson Foundation. (NOTE: Students must supply a letter from their department indicating full-time status in an accredited graduate program.)

**Eligibility:** The *Newsletter* is available 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 *Newsletter* also is available to professionals with mental health-related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Applications from graduate students in accredited programs leading to a degree in the above fields will be accepted if they supply a letter from their department on letterhead stationery certifying their full-time status.

\*Due to rising postal costs we ask a two-year subscription for overseas readers be defrayed with a \$20 donation. Thank you for your continued support.

We accept VISA \_\_\_\_\_ and MasterCard \_\_\_\_\_ Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

NAME: \_\_\_\_\_ DEGREE/DATE: \_\_\_\_\_

STREET: \_\_\_\_\_ MAJOR: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_ UNIVERSITY: \_\_\_\_\_

RETURN TO: The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016. Phone: (602) 956-6196; Fax: (602) 956-0519