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The Milton H. Erickson Foundation NEWSLETTER

Vol. 20, No. 2

Summer 2000

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INTERVIEW

Yvonne Dolan, M.A.

Interviewed by Dan Short, Ph.D.

Background: Yvonne Dolan, M.A., is not only a brilliant and accomplished practitioner but also is a compassionate and personable individual. A psychotherapist in private practice, she has a diversified caseload with a specialization in treatment of survivors of all types of abuse and trauma. A consultant and trainer to mental health and social service agencies as well as to psychiatric inpatient facilities, drug and alcohol treatment centers and battered women shelters, she is well known in the fields of Ericksonian hypnosis and Solution-Focused Therapy. Dolan conducts seminars throughout the world on the combined use of Ericksonian hypnotherapy and Solution-Focused Therapy.

Her publications include three books as well as numerous chapters and articles in professional books and journals on the use of Ericksonian hypnosis and Solution-Focused Therapy with special popu-



lations. Her carefully titled books give readers a glimpse of the wealth of information contained within. These are: One Small Step: Moving Beyond Trauma and Therapy to a Life of Joy (Papier Mache Press,

1998), A Path with a Heart: Ericksonian Utilization with Resistant and Chronic Clients (Brunner/Mazel, 1985), and Resolving Sexual Abuse: Solution-Focused Therapy and Ericksonian Hypnosis for Adult Survivors (Norton, 1991), which has also been translated into French. She is currently collaborating with Insoo Kim Berg on a book, Tales of Solution, with anticipated publication this year.

Dan Short (DS): Your contributions to Solution-Focused Therapy are known worldwide. How did you get started?

Yvonne Dolan (YD): I started practice in 1976 after having completed an internship at a suicide crisis center, and then graduated with a master's degree in psychology. It was at that time I realized I loved communicating with people. Each person

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Love and Intimacy:

The Couples Conference

The Milton H. Erickson Foundation is planning the fifth *Love and Intimacy: The Couples Conference*, Friday through Sunday, February 9-11, 2001, in San Francisco, Calif. The Conference will be held at the Cathedral Hill Hotel in downtown San Francisco.

The Conference will feature the leaders in the field of couples therapy including: Frank Dattilio, Lisa Firestone, Judith Jordan, Patricia Love, Ruth McClendon, Leslie Kadis, Peggy Papp, Janis Abrahms Spring, and Jeffrey Zeig. Elynn Bader, Helen Fisher, Harriet Lerner, and John Gray will give keynote presentations.

A four-hour *Laws and Ethics Program* will be included in the Conference and will run concurrently with the Couples Conference sessions. The course covers the necessary topics outlined by the Board of Psychology for license renewal. This special program will be presented by Alan Schefflin, JD, LL.M., MA.

Brochures for this meeting will be available in September. If you would like to receive a brochure please send your request to: The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; E-mail, mhreg@aol.com. Please indicate the Conference for which you are requesting a brochure.

A special registration price is being offered to Newsletter readers and past Conference attendees until October 2, 2000. Please see the ad on page 7 for further information and a registration form. A brochure will be automatically sent to all pre-registered attendees in September along with hotel and travel information.

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See VOLUNTEERS on page 7

EDITOR'S COMMENTS

"Keep it simple." This was the advice of my 10th grade English teacher. Her formula for good writing was captured in the acronym K.I.S.S. The second "S" was for those who thought their writing would look better if they included a lot of big words and flowery detail (Keep It Simple, Stupid). This is difficult advice. It seems more natural to strive for success by doing more and more, not by doing less.

In the feature interview (see front page), Yvonne Dolan describes herself as a minimalist. In her descriptions of skillful interactions with deeply wounded individuals, it is apparent that she is describing a means of achieving substantial influence with minimal encroachment. As Dolan talked about placing her hand over her mouth, to create therapeutic silence, I was reminded of numerous proverbs that describe the sage as a person of few words. (In contrast, a fool is described as someone whose mouth runs on endlessly, as a fountain.) As Dolan explained how she works with those who have been traumatized, I thought of the simplicity of reason that set Erickson's work apart. His use of common sense continues to defy even the most elaborate attempts to capture his genius in some theory or cookbook-style formula. Descriptions of complex metaphors, embedded suggestion and indirect communication can create the false idea that Erickson's approach is too complicated for practical application by others. While Erickson's masterful use of language was an undeniable aspect of his work, pragmatism and straightforwardness characterize the majority of his work.



Dan Short, Ph.D.

Over the years, I have found that the advice of my high school English teacher applies to any endeavor of communication or interpersonal influence. It does not matter how complex or ingenious your statements may be, if they lack clarity and common sense they will not fulfill their intent. While continuing to honor the amazing range of Erickson's ability, the Ericksonian movement, as a whole, would benefit from an increased focus on Erickson's use of common sense and clear communication. For this purpose, I am inviting our readers to think about a favorite case from Erickson that exemplifies his practical approach to problem solving. Using only four or five sentences, describe the aspects of the case that you find inspirational. I would like to compile these remarks into a Case Discussion. The actual case will be described in the words of Milton Erickson, with the discussion provided by our readership. Do not hesitate to send your comments by email to dshort@flash.net or by postal mail to Dan Short, 7424 Brentfield Dr., Dallas, TX 75248.

NEWS FROM THE FOUNDATION

Dan Short, editor of the *Milton H. Erickson Newsletter* for several years, has successfully defended his dissertation and has been awarded a Ph.D. in Counseling Psychology from the University of Massachusetts, Amherst. The title of his dissertation is *Consultation and Classroom Intervention: Mediation of Treatment Outcome Expectancies*.

During his tenure as editor, Dan has added interesting new features, increased the number of people con-

tributing to the *Newsletter* and provided a brilliant and steady hand of leadership. Among his important contributions has been his design of the online version of the *Milton H. Erickson Foundation Newsletter*, which has helped bring the *Newsletter* into the new millennium! Congratulations, Dan, on the successful completion of this next step in what we know will be a long and valuable career.

ADDITION OF GUEST EDITORS

The *Milton H. Erickson Foundation Newsletter* has evolved since its inception over 20 years ago. The Editorship continues to seek new ways to provide an interesting and informative publication for our many subscribers. Circulation has grown to more than 13,500 health professionals. The contributor base has grown, as well, and we are pleased with the feedback received from our readers.

Recently we have begun circulation of an online version of the *Newsletter*. This enables people to pull up selected features via the Internet and to refer to past material without having to rely on paper copies. This electronic edition is an extremely valuable addition to our many subscribers who live in areas where postal mail is not reliable (for free subscription send request to newsletter@erickson-foundation.org).

The Editorial Team is now preparing a new opportunity for the readership. To continue to be relevant to a diverse audience and to present the newest information, we are asking that even more people become involved. We have delineated the responsibilities of 'Guest Editors' who will be listed on the masthead of this widely circulated publication. Each Guest Editor will accept responsibility for one feature for one year (i.e., three issues). The material may be solicited from colleagues or friends or written personally. For more information about this opportunity, please contact Betty Alice Erickson at 3516 Euclid, Dallas, TX 75205.

LETTER TO THE EDITOR

Received April 26, 2000

From Ludwig Michael, M.D.

Dallas, Texas

I enjoyed your article in the *Erickson Newsletter* (see Vol. 20, No. 1, p. 17) on Avicenna. I hope you don't mind, too much, a different point of view. In general, the Arabian physicians contributed much to medicine, but their primary contribution was to preserve Greek knowledge. They did not particularly initiate inquiry nor advance medical thinking. Almost universally, Hippocrates is ranked as the greatest physician who ever lived, and second place goes almost universally to Galen.

Much of Avicenna's Canon is Galenist. As for the book itself, again almost universally Vesalius' *De Fabrica* is considered the most famous and important book in medicine. It did more for science, not just medicine, than almost any other book. It was published the same year as Copernicus! That doesn't detract from Avicenna, but it does take him off the top shelf!

Thanks again. I enjoyed your article.

Sincerely, Ludwig Michael

The Milton H. Erickson Foundation NEWSLETTER

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Linda Carr McThrall tenders resignation

Behind the scenes of every strong organization, there are individuals who work ceaselessly and whose contributions are rarely fully recognized. Linda Carr McThrall is one of these. She has been with the Erickson Foundation for over 14 years. Under her executive administration, the Foundation has hosted three of the largest psychological conventions ever held—the Evolution of Psychotherapy, which have more than 7,000 participants each conference. She has been a central figure in planning and executing 23 conferences including the three Evolution of Psychotherapy meetings, the Evolution of Psychotherapy Conference in Germany, and numerous International Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. In addition, Linda has planned educational meetings on Brief Therapy, Sex and Intimacy and Couples Therapy.

Initially joining the Foundation with a strong background in journalism, her responsibilities quickly grew to include management in virtually every area and every project or undertaking of the Foundation including the Newsletter, the on-going Hypnosis training at the Phoenix location, and the Archives. More importantly, perhaps, she also helped the Foundation establish the structure that facilitates its continued progress in its mission as an educational leader in Psychotherapy and the furtherance of Erickson's work.

Her wise and gentle style of leadership has helped foster a small team of dedicated workers who constitute the life-blood of the Foundation. The blending of the various personalities of people associated with, and important to, the Foundation has been an area in which Linda has excelled. Her communication skills and diplomatic expertise are hard to match.

It is with mixed feelings that all of us closely associated with Foundation accept her choice to leave the Foundation in favor of spending more time with her family. We are sure, however, David, her husband, and Elizabeth, her young daughter, will completely enjoy the extra time with her!

It's hard to pinpoint Linda's greatest contribution to the Foundation. However, her work in creating the structure that will help the Foundation to grow and move forward without her is a true gift. We will miss her.

IN THE WORDS OF ELIZABETH ERICKSON

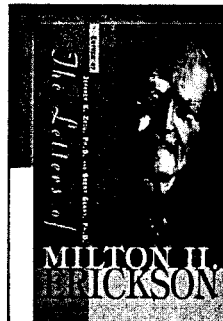
Editor's Note: The following letter from Mrs. Elizabeth Erickson was read on her behalf at the 2000, Evolution of Psychotherapy Conference by her granddaughter, Laurel Klein.

As an active member of the Board of Directors for the Milton H. Erickson Foundation, I am pleased that we have organized and sponsored this important and far-reaching event, The Evolution of Psychotherapy. While I would be honored to attend this meeting personally, I am not able to. Although I am still in good health, considering my age of 85 years, I no longer have a great deal of energy. I have asked that a few of my words be read.

My late husband always believed that the differing schools and frameworks of therapy should willingly share their perspectives. The process of giving your own ideas, and learning from other approaches enhances the field, and the welfare of society as a whole. Neither Milton nor I have believed that effective therapeutic

principles and approaches conflict with one another although, superficially, one might gain the impression that there is a certain amount of disharmony amongst them. Our perspectives are that differing views are merely different facets of concepts too broad to be completely understood. By studying various perspectives, one can gain insight and wisdom.

That is the purpose of this meeting: To broaden understanding and to provide each one of us with opportunities to reach beyond our own perspectives. I would like to express appreciation to Jeff Zeig, Ph.D., whose leadership, enthusiasm and ability to communicate have been invaluable in bringing this event together. I thank him, I thank the staff of the Milton H. Erickson Foundation, I thank the faculty and I thank you all for coming to this historic gathering. I shall be thinking of you all and sending my very best wishes.



Announcing the publication of The Letters of Milton H. Erickson

This new volume offers an unprecedented look into this master's life and work. The letters—to students, patients, and renowned colleagues such as Gregory Bateson, Stanley Milgram and

Margaret Mead—allow readers access to Erickson the man in a way that provides new insights into his awesome power as a clinician, a researcher, a theorist, and an individual.

But these letters—carefully collected by Jeffrey K. Zeig, Founder and Director of the Milton H. Erickson Foundation, and Brent B. Geary, Coordinator of Training for the Foundation—offer much more than a glimpse behind the scenes into the life. Through them, we also have a portal to the future. Erickson's contributions to psychotherapy have been described as engendering six main streams: strategic psychotherapy, the Mental Research Institute, solution-focused therapy, the psychobiological approach of Ernest Rossi, Neuro-Linguistic Programming, and the neo-Ericksonians. The rich and vast intellect of a creative genius emerges through these letters not to show us up, but to show us a better way.

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- EP00-CDV11 Brief REBT Demonstration - Albert Ellis, Ph.D.

Keynote Addresses

- EP00-K1 Timeless Healing: The Power and Biology of Belief Herbert Benson, M.D.
- EP00-K2 The Social Psychology of Self-Persuasion Elliot Aronson, Ph.D.

Invited Addresses

- EP00-IA11 Ray Corsini on Alfred Adler - Why I Am an Adlerian - Ray Corsini, Ph.D.; Discussant: Michael White, B.A.S.W.
- EP00-IA12 Core Tasks of Psychotherapy: What "Expert" Therapists Do - Donald Meichenbaum, Ph.D. Discussant: Jay Haley, M.A.
- EP00-IA21 Procedural Range in Gestalt Therapy Miriam Polster, Ph.D.; Discussant: Paul Watzlawick, Ph.D.
- EP00-IA22 Four Pathways to Connectedness: A Therapeutic Map - Erving Polster, Ph.D.; Discussant: Judd Marmor, M.D.
- EP00-IA31 Psychotherapy Isn't What You Think James F. T. Bugental, Ph.D.; Discussant: Mary Goulding, M.S.W.
- EP00-IA32 Fatal Freedom: Rethinking Suicide Thomas Szasz, M.D.; Discussant: James Masterson, M.D.
- EP00-IA41 Family Injustice and Social Action Therapy Cloé Madanes, Llc. Psychol.; Discussant: William Glasser, M.D.
- EP00-IA42 Multi-Storyed Lives Michael White, B.A.S.W.; Discussant: Albert Ellis, Ph.D.
- EP00-IA51 40 Years of Psychotherapy - A Personal Retrospective - Mary Goulding, M.S.W.; Discussant: Ernest Rossi, Ph.D.
- EP00-IA52 The Function of "Tele" in Interpersonal Relationship - Zerk Moreno; Discussant: Alexander Lowen, M.D.
- EP00-IA61 Cognitive Approaches to Psychosis Aaron T. Beck, M.D.; Discussant: Miriam Polster, Ph.D.
- EP00-IA62 Transference Focused Psychotherapy for Borderline Patients - Otto Kernberg, M.D.; Discussant: Aaron T. Beck, M.D.
- EP00-IA71 Profound Therapy: Helping Clients Get Better Rather Than Merely Feel Better Albert Ellis, Ph.D.; Discussant: Otto Kernberg, M.D.

- EP00-IA72 Reality Therapy in Action William Glasser, M.D.; Discussant: Irvin Yalom, M.D.
- EP00-IA81 Where You Feel the Body From the Inside, There is A Door - Eugene Gendlin, Ph.D.; Discussant: Jeffrey K. Zeig, Ph.D.
- EP00-IA82 Bioenergetic Analysis: A Body-Mind Therapy Alexander Lowen, M.D.; Discussant: Eugene Gendlin, Ph.D.
- EP00-IA91 Facilitating Brain Growth with Ericksonian Psychotherapy? - Ernest Rossi, Ph.D.; Discussant: Thomas Szasz, M.D.
- EP00-IA92 Interaction: Bridging the Human and Non-Human Worlds - James Hillman, Ph.D.; Discussant: Donald Meichenbaum, Ph.D.
- EP00-IA101 What Therapists Have in Common in Ideas and Practice - Jay Haley, M.A.; Discussant: Ray Corsini, Ph.D.
- EP00-IA102 Why "Therapists" Should Not Exist Jeffrey K. Zeig, Ph.D.; Discussant: Ervin Polster, Ph.D.
- EP00-IA111 Existential Psychotherapy: Theory, Practice, Teaching - Irvin Yalom, M.D.; Discussant: Cloé Madanes, Llc. Psychol.
- EP00-IA112 Therapy of "As If" - Paul Watzlawick, Ph.D.; Discussant: Zerk Moreno
- EP00-IA121 The Narcissistic Personality Disorder (Closet): A Developmental Self and Object Relations Approach - James Masterson, M.D.; Discussant: James Hillman, Ph.D.
- EP00-IA122 The Evolution of Analytic Psychotherapy: A Review of Developments Over a Practice Span of More Than 60 Years - Judd Marmor, M.D.; Discussant: James F. T. Bugental, Ph.D.

State of the Art Addresses

- EP00-SOA1 Love Before the Beginning Laura Huxley
- EP00-SOA2 Seven Principles for Making Marriage Work John Gottman, Ph.D.
- EP00-SOA3 Self-Efficacy: The Foundation of Human Agency Albert Bandura, Ph.D.
- EP00-SOA4 Mothers and Daughters: The Crucial Connection Harriet Lerner, Ph.D.

Workshops

- EP00-W1ab Cognitive Therapy of Severe Mental Disorders - Aaron T. Beck, M.D., Judith S. Beck, Ph.D. 2 tapes
- EP00-W2ab Exploring New Ericksonian Approaches to Facilitate Brain Growth - Ernest Rossi, Ph.D. 2 tapes
- EP00-W3 Family Violence Cloé Madanes, Llc. Psychol.
- EP00-W4ab Enlivening the Body, Freeing the Mind Alexander Lowen, M.D., Heiner Steckel, Dipl. Päd 2 tapes
- EP00-W5ab Interplay of Addictive Disorders Claudia Black, Ph.D. 2 tapes
- EP00-W6 Directive Therapy with Difficult Adolescents Jay Haley, M.A.
- EP00-W7ab Narrative Therapy Michael White, B.A.S.W. 2 tapes
- EP00-W8ab Action Produces "Insight" Paul Watzlawick, Ph.D. 2 tapes
- EP00-W9 Narcissistic Personality Disorder (Closet): A Developmental Self and Object Relations Approach - James Masterson, M.D.
- EP00-W10ab Common Factors in Different Approaches to Psychotherapy - Judd Marmor, M.D. 2 tapes

- EP00-W11ab The Initial Interview - And Beyond 2 tapes Mary Goulding, M.S.W.
- EP00-W12ab Ericksonian Hypnosis Demystified: Bringing Out the Best in Your Clients Jeffrey K. Zeig, Ph.D. 2 tapes
- EP00-W13ab EMDR as an Integrated Psychotherapy Approach: Accelerated Processing and Multifaceted Healing - Francine Shapiro, Ph.D. 2 tapes
- EP00-W14ab Focusing Partnerships Eugene Gendlin, Ph.D. 2 tapes
- EP00-W15ab Treatment of Adult Patients with Post-Traumatic Stress Disorder (PTSD) Donald Meichenbaum, Ph.D. 2 tapes
- EP00-W16ab The Therapeutic State: Consequences of the Alliance of the Mental Health Professions and the State - Thomas Szasz, Ph.D. 2 tapes
- EP00-W17ab The SELF-Developing Clinician: An Ericksonian Perspective - Jeffrey K. Zeig, Ph.D. 2 tapes
- EP00-W18 Couples Therapy in the New Age Peggy Papp, A.C.S.W.
- EP00-W19ab Psychotherapy: My Personal Odyssey - Group Therapy, Existential Psychotherapy and the Writing Life - Irvin Yalom, M.D. 2 tapes
- EP00-W20ab Healing Through Action Zerk Moreno 2 tapes
- EP00-W21ab Workshop on Rational Emotive Behavior Therapy - Albert Ellis, Ph.D. 2 tapes
- EP00-W22ab Basics of Jungian Archetypal Therapy with Special Reference to Depression James Hillman, Ph.D. 2 tapes
- EP00-W23ab Shaping and Re-Shaping the Self Erving Polster, Ph.D. 2 tapes
- EP00-W24ab Demonstrating Reality Therapy Based on Choice Theory William Glasser, M.D., Carleen Glasser 2 tapes
- EP00-W25ab The Management of Complications in the TFP Borderline Patients - Otto Kernberg, M.D. 2 tapes
- EP00-W27ab Family Therapy Salvador Minuchin, M.D. 2 tapes
- EP00-W28ab Gestalt Therapy: Use and Abuse of Techniques Miriam Polster, Ph.D. 2 tapes
- EP00-W30ab Fostering Greater Client Self-Recognition James F. T. Bugental, Ph.D., Molly Sterling, Ph.D., Myrtle Heery, Ph.D. 2 tapes
- EP00-W31ab Lessons in Adulthood Frank Pittman III, M.D. 2 tapes
- EP00-W32ab The Impact of Choice Theory on Psychotherapy Using Reality Therapy or Other Therapies as Models - William Glasser, M.D., Carleen Glasser 2 tapes
- EP00-W33ab Consultation on Family Therapy Salvador Minuchin, M.D. 2 tapes
- EP00-W34ab Couple and Relationship Therapy Using Rational Emotive Behavior Therapy Albert Ellis, Ph.D. 2 tapes
- EP00-W35ab Innovative Ericksonian Approaches to Facilitate Creative Consciousness - Ernest Rossi, Ph.D. 2 tapes
- EP00-W36ab Experiences in Psychotherapy Raymond Corsini, Ph.D., Frank Dumont, Ed.D. 2 tapes

Supervision Panels

- EP00-SP1 William Glasser, M.D., Cloé Madanes, Llc. Psychol., James Masterson, M.D.; Moderator: W. Michael Munion, M.A.
- EP00-SP2 Ray Corsini, Ph.D., Otto Kernberg, M.D., Jeffrey K. Zeig, Ph.D.; Moderator: Christine Padesky, Ph.D.
- EP00-SP3 Eugene Gendlin, Ph.D., Harriet Lerner, Ph.D., Salvador Minuchin, M.D.; Moderator: Michael Yapko, Ph.D.
- EP00-SP4 Claudia Black, Ph.D., Jay Haley, M.A., Judd Marmor, M.D.; Moderator: Betty Alice Erickson, M.S., LMFT

- EP00-SP6 Donald Meichenbaum, Ph.D., Ernest Rossi, Ph.D., Michael White, B.A.S.W.; Moderator: Jon Carlson, Psy.D., Ed.D.;
- EP00-SP8 Mary Goulding, M.S.W., John Gottman, Ph.D., Miriam Polster, Ph.D.; Moderator: Brent Geary, Ph.D.;

Conversation Hours

- EP00-CH1 Otto Kernberg, M.D.
- EP00-CH2 Donald Meichenbaum, Ph.D.
- EP00-CH3 James Hillman, Ph.D.
- EP00-CH4 Irvin Yalom, M.D.
- EP00-CH6 Thomas Szasz, M.D.
- EP00-CH6 Paul Watzlawick, Ph.D.
- EP00-CH7 Albert Ellis, Ph.D.
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- EP00-CH8 James Masterson, M.D.
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- EP00-CH12 Erving Polster, Ph.D.
- EP00-CH13 Miriam Polster, Ph.D.
- EP00-CH15 Salvador Minuchin, M.D.
- EP00-CH16 Michael White, B.A.S.W.
- EP00-CH17 Zerka Moreno
- EP00-CH18 Eugene Gendlin, Ph.D.

Clinical Demonstrations

- EP00-CD1 Therapist Use of Self in Integrative and Ericksonian Therapy - Jeffrey K. Zeig, Ph.D. (Also available on Videotape)

- EP00-CD2 Introducing A Client to Present Tense Self-Exploration - James F.T. Bugental, Ph.D. (Also available on Videotape)
- EP00-CD3 Cognitive Therapy - Aaron T. Beck, M.D.
- EP00-CD4 Facilitating Brain Growth in Ericksonian Therapy Ernest Rossi, Ph.D. (Also available on Videotape)
- EP00-CD6 Bioenergetics - Alexander Lowen, M.D. (Also available on Videotape)
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- EP00-CD10 Psychodrama - Zerka Moreno (Also available on Videotape)
- EP00-CD11 Brief REBT Demonstration - Albert Ellis, Ph.D. (Also available on Videotape)

Topical Panels

- EP00-TP1 Humor - Albert Ellis, Ph.D., Frank Pittman III, M.D., Zerka Moreno, Miriam Polster, Ph.D.; Moderator: Michael Yapko, Ph.D.
- EP00-TP2 Mind-Body Issues - Eugene Gendlin, Ph.D., Alexander Lowen, M.D., Ernest Rossi, Ph.D., Francine Shapiro, Ph.D.; Moderator: Bernhard Trenkle, Dipl. Psych.
- EP00-TP3 PTSD and Abuse - Frank Pittman III, M.D., Cloé Madanes, Lc. Psychol., Donald Meichenbaum, Ph.D., Francine Shapiro, Ph.D.; Moderator: Michael Yapko, Ph.D.
- EP00-TP4 The Initial Interview - William Glasser, M.D., Mary Goulding, M.S.W., Harriet Lerner, Ph.D., Alexander Lowen, M.D.; Moderator: Jon Carlson, Psy.D., Ed.D.
- EP00-TP6 Training Therapists I - Mary Goulding, M.S.W., Jay Haley, M.A., Ray Corsini, Ph.D., Erving Polster, Ph.D.; Moderator: Elyn Bader, Ph.D.
- EP00-TP6 Resistance - Albert Ellis, Ph.D., James Masterson, M.D., Zerka Moreno, Michael White, B.A.S.W.; Moderator: Christine Padesky, Ph.D.

- EP00-TP7 Training Therapists II - Aaron Beck, M.D., James F.T. Bugental, Ph.D., Salvador Minuchin, M.D., Irvin Yalom, M.D.; Moderator: Christine Padesky, Ph.D.
- EP00-TP8 Ethics - Mary Goulding, M.S.W., Cloé Madanes, Lc. Psychol., Thomas Szasz, M.D., Jeffrey K. Zeig, Ph.D.; Moderator: W. Michael Munion, M.A.
- EP00-TP9 Couple/Family Therapy - William Glasser, Ph.D., John Gottman, Ph.D., Salvador Minuchin, M.D., Peggy Papp, A.C.S.W.; Moderator: Ruth McClendon, M.S.W.
- EP00-TP10 The Goal of Therapy - Bert Hellinger, M.A., Dipl. Psych., James Hillman, Ph.D., Ray Corsini, Ph.D., Miriam Polster, Ph.D.; Moderator: Brent Geary, Ph.D.
- EP00-TP11 Role of Therapist/Role of Client - Claudia Black, Ph.D., James F.T. Bugental, Ph.D., Bert Hellinger, M.A., Dipl. Psych., Otto Kernberg, M.D.; Moderator: W. Michael Munion, M.A.
- EP00-TP12 Research in Psychotherapy - Albert Bandura, Ph.D., Aaron Beck, M.D., Eugene Gendlin, Ph.D., Donald Meichenbaum, Ph.D.; Moderator: Camillo Loriole, M.D.
- EP00-TP13 Therapeutic Neutrality vs. Social Commitment James Hillman, Ph.D., Cloé Madanes, Lc. Psychol., James Masterson, M.D., Thomas Szasz, M.D.; Moderator: Betty Alice Erickson, M.S., LPC, LMFT
- EP00-TP14 Patient/Therapist Relationship - Ray Corsini, Ph.D., Mary Goulding, M.S.W., Judd Marmor, M.D., Irvin Yalom, M.D.; Moderator: Brent Geary, Ph.D.
- EP00-TP16 Transference/Countertransference - Otto Kernberg, M.D., Judd Marmor, M.D., James Masterson, M.D., Erving Polster, Ph.D.; Moderator: Elyn Bader, Ph.D.
- EP00-TP16 The Therapy of Milton H. Erickson Jay Haley, M.A., Ernest Rossi, Ph.D., Paul Watzlawick, Ph.D., Jeffrey K. Zeig, Ph.D.; Moderator: Camillo Loriole, M.D.
- EP00-TP17 Schizophrenia/Severely Disturbed Patients Ray Corsini, Ph.D., Jay Haley, M.A., Otto Kernberg, M.D., Michael White, B.A.S.W.; Moderator: Ruth McClendon, M.S.W.
- EP00-TP18 Homework Assignments - Alexander Lowen, M.D., Miriam Polster, Ph.D., Paul Watzlawick, Ph.D., Jeffrey K. Zeig, Ph.D.; Moderator: Bernhard Trenkle, Dipl. Psych.

Dialogues

- EP00-D1 What Schools of Therapy Agree About Jay Haley, M.A., Erving Polster, Ph.D. Moderator: Ruth McClendon, M.S.W.
- EP00-D2 The Therapeutic Relationship Albert Ellis, Ph.D., Eugene Gendlin, Ph.D. Moderator: Elyn Bader, Ph.D.
- EP00-D3 Treatment of Severely Disturbed Patients Aaron Beck, M.D., Jeffrey K. Zeig, Ph.D. Moderator: Ruth McClendon, M.S.W.
- EP00-D4 Personality Disorders Otto Kernberg, M.D., James Masterson, M.D. Moderator: Michael Yapko, Ph.D.
- EP00-D6 Dealing with Social Violence Alexander Lowen, M.D., Cloé Madanes, Lc. Psychol. Moderator: Christine Padesky, Ph.D.
- EP00-D6 Family Therapy Salvador Minuchin, M.D., Zerka Moreno Moderator: Jon Carlson, Psy.D., Ed.D.
- EP00-D7 Nature and Challenge of a Narrative Perspective of Psychology - Donald Meichenbaum, Ph.D., Michael White, B.A.S.W.; Moderator: Elyn Bader, Ph.D.
- EP00-D8 Brief Therapeutic Interventions William Glasser, M.D., Paul Watzlawick, Ph.D. Moderator: Camillo Loriole, M.D.
- EP00-D9 Group Psychotherapy Miriam Polster, Ph.D., Irvin Yalom, M.D. Moderator: W. Michael Munion, M.A.
- EP00-D10 Critique of Therapy James Hillman, Ph.D., Thomas Szasz, M.D. Moderator: Bernhard Trenkle, Dipl. Psych.
- EP00-D11 Making Therapy Brief Mary Goulding, M.S.W., Ray Corsini, Ph.D. Moderator: Brent Geary, Ph.D.
- EP00-D12 Facilitating Neurogenesis in Psychotherapy Judd Marmor, M.D., Ernest Rossi, Ph.D. Moderator: Betty Alice Erickson, M.S., LPC, LMFT

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UPCOMING TRAINING

DATE	TITLE/LOCATION/LEADER	CONTACTS
2000		
8/4-6	Defiance: Reconciling the Internal Spiral/Big Sur, Calif./ Jeffrey K. Zeig, Ph.D.	1.
8/7-11	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> /Phoenix, Ariz/Brent B. Geary, Ph.D.	2.
8/12	Habit Control/Santa Clara, CA/Zeig	3.
8/24-26	Hypnotherapy- <i>Advanced</i> /University Austral of Chile/Raúl Miserda	4.
8/26-27	An Integrative Model of Ericksonian Therapy/Monterrey, NL, Mexico/Zeig	5.
9/1-3	Hypnotherapy/Puebla, Mexico/Zeig	6.
9/28-30	Hypnotherapy- <i>Advanced</i> /University Austral of Chile/Miserda	4.
10/2-7	Advanced Ericksonian Induction and The Future of Ericksonian Therapists/Munich, Germany/Invited Faculty	7.
10/10-11	Intermediate Training in Hypnotherapy/Krakow, Poland/Zeig	8.
10/21	Anxiety/Santa Clara, CA/Zeig	3.
10/23-27	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> /Phoenix, Ariz/Geary	2.
10/30-11/3	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - Intermediate/Phoenix, Ariz/Geary	2.
10/25-11/1	Hypnotherapy 2000/Pensacola Beach, Fla./Carol Lankton, M.S.W.	9.
10/26-28	Hypnotherapy- <i>Advanced</i> /University Austral of Chile/Miserda	4.
11/10-12	Hypnosis and Psychotherapy/Belo Horizonte, Brazil/Zeig	10.
12/2-3	Couples Workshop/Guadalajara, Mexico/Zeig	11.
2001		
1/12-14	Brief Therapy: Key Concepts in the Ericksonian Approach/Maia (near Oporto), Portugal/Zeig	12.

Contact Information:

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- The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Toll-free tel, 1-877-212-6678; tel, 602/956-6196; fax, 602/956-0519; E-mail, office@erickson-foundation.org; http://www.erickson-foundation.org
- Rita Wright, University of California Santa Clara; E-mail, rkwright@ucsc-extension.edu
- Raúl Miserda; E-mail, miserdaself@entelchile.net
- Lic. Ruperto Charles Torres, Instituto Milton H. Erickson de Monterrey, Rio Missouri #520 Ote., Col. del Valle, Garza Garcia, NL C.P. 66250, Mexico; tel, +52.3.56.27.30; E-mail, ccopycharles@medscape.com
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- Carol Lankton, M.S.W.; P.O. Box 958; Gulf Breeze, FL 32562; tel, 850/932-6819.
- IMHE-BH/ Jose Augusto & Angela Mendonca, Psy.D., Rua Conde Linhares, 837, Belo Horizonte/MG 30380-030, Brazil; tel/fax, +55.31.296.52.99; E-mail, institut@miltonerickson-bh.psc.br or agela@miltonerickson-bh.psc.br

- Juan Francisco Ramirez Martinez, MS, Centro Mexicano de Programacion Neurolinguistica, Juana de Arco 14, Vallarta Norte, 44690 Guadalajara, Jalisco, Mexico; tel, +52.3.615.8447; fax, +52.3.616.5653; E-mail, cmpnl@jal1.telmex.net.mx
- Ana Almeida, Instituto Milton H. Erickson de Portugal, Rua das Hortensias, Horta-Curia, 3780 Anadia, Portugal; E-mail, imhep@ismai.pt

* To submit a listing for *Upcoming Trainings*, please send dates, title of workshop, venue, city/state/country, list of presenters, and complete contact information. There is a \$10 fee for each workshop submission. Deadline for the 2000 Fall Issue (October/November), is September 1, 2000. All workshop submissions are subject to approval by the Erickson Foundation.

MEDIA OF NOTE

Sleep and Hypnosis

Introduced by
Mehmed Yucel Agargün, M.D

Associate Professor of Psychiatry

Editor-in-Chief, *Sleep and Hypnosis*

Sleep and Hypnosis is a multidisciplinary journal, published quarterly by Kure Iletisim Grubu A.S., Siracevizler Cad. 43/3 80260 Istanbul, Turkey.

The Journal covers the whole range of sleep, dreaming, and hypnosis research interests. Clinical, experimental, laboratory, psychological, epidemiological, and the normative studies relevant to sleep, dreaming, and hypnosis are welcomed for consideration. Contributors may be from many disciplines relevant to these fields. All papers undergo peer review by three or more referees.

An example of articles in the first volume include "Ericksonian Hypnosis: A Review of the Empirical Data," by William J. Matthews, James Conti, & Lorrie Starr; "The Virtues of Our Fault: A Key Concept of Ericksonian Therapy," by Jeffrey K. Zeig; "Sleep, Dream, Hypnosis and Healing," by Ernest L Rossi, and more. The Journal contains editorials, original articles, review articles, case reports, Letters to the Editor, and book reviews. Announcements and bibliography of recent literature in these areas may be published. Months of issue are January/March, April/June, July/ September, and October/December. Subscription rates: Personal subscription \$30.00, outside Turkey \$45.00, Institutional \$75.00, outside Turkey \$90.00. Single copies of the Journal or sup-

plements are \$15.50 (including postage and handling); prepayment is requested.

EDITORIAL CORRESPONDENCE to Mehmed Yucel Agargün, M.D., Yüzüncü Yil University School of Medicine Department of Psychiatry 65300, Van, Turkey. Tel: +90 432 216 47 06; Fax: +90 432 216 75 19; e-mail:mehmetyucel@turk.net.
www.sleepandhypnosis.com

An interview with Jeffrey K. Zeig, Ph.D., about the humor of Milton H. Erickson can be found in the January, February, March, 2000 (Volume IX, Number 1), *Humor & Health Journal*. The *Humor & Health Journal* is dedicated to humor and communicating its relationship with health – physical, psychological, social, and spiritual well-being. Waleed A. Salameh, Ph.D., is the Publisher/Editor of the *Journal*. For information on membership or subscription information, please contact *Humor & Health*, POB 16814, Jackson, MS 39236-6814; phone, 601.957.0075; fax, 619.460.4470.

Healing Asthma Naturally is now available for free download in Acrobat .PDF format at: <http://www.crosswinds.net/~dayal>

The book, *Healing Asthma Naturally*, deals healing Asthma using Mind-Body Therapy including self-hypnosis. If you would like to join the Asthma Heal list, please send an email to Dayal Mirchandani, M.D. at: dayal@crosswinds.net.

ASCH Scientific Meeting

The American Society of Clinical Hypnosis will hold the *43rd Annual Scientific Meeting*, March 23-27, 2001, in Reno, Nevada. For information: 43rd Annual Scientific Meeting, American Society of Clinical Hypnosis, 33 West Grand Avenue, Suite 402, Chicago, IL 60610.

The Fourth Nepal-German International Medical Conference was held March 13-18, 2000, in Kathmandu, Nepal. This complicated, cross-country, cross-cultural endeavor required concerted efforts from many people including Mrs. Renate Rana, Dipl. Psych, Mr. Frank Rana, Dr. med., B.N. Rana, and Dr. Dhruva Man Shrestha from Nepal. Many colleagues in Nepal furthered the efforts, including Dr. Paras B. Singh, and Mr. Prabhat Pradhan. Bernhard Trenkle, Dipl. Psych., was the organizing chairman from M.E.G. in Germany.

The themes emphasized included pain, hypnosis, orthopedics, ayurveda and rehabilitation. Faculty included Europeans, Nepalese and Americans with a keynote address by Prof. Dr. Dirk Revenstorf of Germany and an address by Dr. R. R. Koirala, M.D., on Ayurveda Pancakarma therapy and its role in present health care. Ceremonies were performed by local shamans and participants were privileged to attend a religious ceremony in a Tibetan monastery. The wealth of the presentations, the diversity of the cultural experience and the geographical surrounds were truly awe-inspiring.

WEB SITE

Articles (French) and discussions on Mental Health, can be found on the Canadian Web Site: www.Radio-Canada.ca-Zone Culture.

VOLUNTEERS NEEDED!

The Erickson Foundation currently is looking for volunteers for the upcoming Couples Conference in San Francisco. Full-time graduate students who are accepted as volunteers will have the Conference fee waived after successfully completing their assignment at the Conference. Volunteers assist with registration, continuing education procedures, with faculty and staff, as well as monitoring meeting rooms. All volunteers must send a \$75 deposit that will be refunded after they have completed participation in the meeting. Full-time graduate students interested in volunteering can apply by contacting the Erickson Foundation. Volunteer spaces are given on a first-come, first-serve basis.

PSYCHOLOGY ONLINE JOURNAL

www.psychjournal.com

A new monthly Internet periodical dedicated to the integration of the psychology and health – mind, body, spirit – connections. The format is conversational (interviews) and includes interviews with Dr. Larry Dossey, Drs. Gay and Kathlyn Hendricks, Dr. Jeffrey Zeig, Dr. Paul Pearsall, Dr. Rod Martin, and a forthcoming interview with Dr. Kenneth Pelletier.

LOVE AND INTIMACY: THE COUPLES CONFERENCE

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Special Evening Address by John Gray

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- ▽ Attendance is limited to professionals with a minimum of a masters degree in a mental health field.
- ▽ Full-time graduate students enrolled in accredited programs also may register.

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LOVE AND INTIMACY: THE COUPLES CONFERENCE

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INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute of Philadelphia: An Interview

with John Edgette, Ph.D.

by George W. Burns, M.A.

Director, Milton H Erickson Institute of Western Australia

The sun was spreading the day's last rays of gold across Phoenix. From the 18th floor of the Hyatt Regency, we watched the city light up for its December festivities. We sipped on a Californian Cabernet Sauvignon and cracked pistachio nuts. Could there be any more delightful way to meet a colleague and fellow institute director?

I have long thought that Ericksonian approaches attract a certain type of practitioner. True to its philosophy they seem to be practical, goal-oriented and caring. John Edgette, Ph.D., is no exception.

He and his wife, Janet Sasson Edgette, Psy.D., established the Milton H. Erickson Institute of Philadelphia in 1986. John believes this institute stands out from the crowd. "In what ways?" I inquired.

"We are both trained as generalists, and we will always be generalists," he replied, "but I find it invigorating, and a good idea from a business perspective, to have some specialist areas that are unique. First, there seems to be a need for work

with teenagers and their parents. Many therapists are really intimidated by teenagers. Second, there is a lot of opportunity in sports psychology." Here John and Janet vary from the norm. "Sport psychologists overly rely on relaxation and imagery. Few people in sports care to relax more. They want to think and experience differently. Imagery is often used as a weak substitute for more robust interventions such as hypnosis and the elicitation of hypnotic phenomena. We consider our work to be *clinical* sport psychology. We work with athletes in the same way that we would work with a person that had a fear of flying, or of public speaking, or who gets themselves into bad relationships. We do an Ericksonian-type analysis of what needs to happen. We find or develop resources and help the athletes control these resources. To that end, self-hypnosis is very helpful for them to get their fingers on the dials of experience so they can control how they act and react and perform as an athlete more easily."

These psychological interests are founded in personal passion. Janet is a professional equestrian rider with her aims set on international competition. John rides recreationally and finds it a stimulating metaphor. "Everything about horses is wonderful," he said with enthusiasm. "Riding is my best way of training as a therapist. I could go to seminar after seminar, but being on a horse, helping it learn how to regulate its

pace or jump a fence is a real education. I feel if I can get a 1200 pound animal to do what it perhaps doesn't want to do, there isn't a client on earth that I will be stuck with." Being a licensed clinical and sports psychologist, and previous polo player myself, I found that John and I had much to discuss.

But for the sake of the interview, I focused on the 'serious' questions about the Institute. "How is it structured?" I asked. "We are not set up as a society. We are set up as a group practice that has a body of knowledge, which we teach and use to serve the public. It is basically serving the professional community and providing therapy services to the lay community. We have two new associates, Michele Hyman and Joseph Dowling who are going to be doing some of the training with us."

Next, I asked John to tell me a little more about the Institute's teaching component. "We do a lot of training, not only in the Philadelphia community, but nationally and internationally. We have been to Russia three times, Croatia once, Canada once, and we have a trip planned to Cuba. We have been invited by a medical school in Cuba to come and teach hypnosis."

Next, I asked what he considers one of the highlights or primary achievements of the Institute. "We have a satellite supervision group in New York City that has been going for four and a half years. I am really

proud of that. It just seems that is an incredibly long time in the psychotherapy field to have anyone wanting to listen to what you have to say."

"One other thing I want to say is that we have been very appreciative of the support of Jeff Zeig, Ph.D. He did a number of trainings for us and really helped put the institute on the map. He really is very generous with his time and his intent to help people succeed."

I was curious to know what directions John saw the Philadelphia Institute heading in the future. "We are going to continue our training program and our psychotherapy services but focusing more and more on sport psychology and Janet's work with teenagers. Sport psychology is not only of interest to us but it makes sense from a business perspective. I have never had a golfer or a tennis player or a skier wonder about insurance reimbursement. They pay more readily and with greater enthusiasm than somebody with depression or anxiety. They have tremendous motivation. People will let their personal life and their marriage fall down, but the golf game - nah! They have standards and priorities!"

The Phoenix sky had darkened. Aircraft lights tracked rhythmically into the airport. I poured another glass of wine. What the heck that it was time for the VIP cocktail party. We drifted back to talking horses. "It is a joy for us to do this sort of work," said John.

LEADING CONTRIBUTORS

Rick Landis, Ph.D.

by Betty Alice Erickson, M.S.

Dallas, TX

Anyone who has been to an Ericksonian Congress, or to many of the other Conferences that the Erickson Foundation sponsors, has seen and probably talked to Rick Landis, Ph.D. He is the fixture in the Exhibit area, for the Southern California Society for Ericksonian Psychotherapy and Hypnosis (SCSEPH). Frequently he is found sitting in a booth, surrounded with an impressive array of exhibits. These include videotapes of Erickson at

work, books, audiotapes and videotapes of the outstanding training work done by the SCSEPH.

Landis' quiet and gentle demeanor, as he responds to questions, hides his dynamic personality, his sharp clinical skills and his ability to join productively with clients and colleagues. Through an ability to connect and network, he has developed friendships and professional relations with many of the people highlighted at these meetings. Even though those names are more recognized by the average therapist, Landis' contribution to the field is as impressive.

In 1977, he entered a partnership with Terry Argast, Ph.D., another major and long-term contributor to the field, as well as with Gary Ruelas, Ph.D., D.O., who subsequently became a physician. Their goal was to develop professional meetings to discuss clinical models of communication and therapy. These meetings, as well as those that have another focus, are still being held. The Orange County Society for Ericksonian Psychotherapy and Hypnosis was formed in 1984. Later, this group expanded into the SCSEPH. This group, with the addition of other hard-working and dedi-

cated individuals, is now an accomplished and valued institute.

Landis, and the original study group, made several trips to Phoenix to study directly with Erickson. Many of these sessions were taped and SCSEPH has developed those tapes into teaching materials.

Erickson took a special liking to Landis. Not only did they enjoy each other's wit and sense of humor, both shared an appreciation for a childlike sense of wonder and curiosity. This, as well as their delight in using the unexpected as an integrated element of therapy, cemented their relation-

continued on page 15

CONFERENCE NOTES

The 15th International Congress of Hypnosis of the International Society of Hypnosis (ISH) will be held October 2-7, 2000, in Munich, Germany. The Congress is hosted by the Milton Erickson Society for Clinical Hypnosis, Germany (M.E.G.). The Congress will consist of 200 Workshops (including Fundamental, Intermediate and Advanced levels), 300 Invited Papers, and state-of-the-art Keynotes will be presented. The Congress also will include eminent scientists and clinicians from the broader field of human sciences (philosophy, medicine, biology, poetry, and other relevant areas). For more information contact M.E.G., Burkhard Peter, Ph.D., Konradstr. 16, 80801 Munich, Germany; Web: //ourworld.com-[puter.com/homepages/milton_ericson](http://ourworld.com-puter.com/homepages/milton_ericson); E-mail: 106004.127@com-[puter.com](mailto:106004.127@com-puter.com); fax, +49.89.34029720.

Cloé Madanes, Frank Datillio, and Jeffrey Zeig will present a workshop entitled, *Three Voices*, in Tel Aviv, Israel, December 18-20, 2000. For workshop and lodging information, please contact Noga Rubenstein at: noga_n@netvision.net.il

The American Society of Clinical Hypnosis (A.S.C.H) will hold the 43rd Annual Scientific Meeting and Workshop: *Lifting the Veils Between Science and Practice in Mind-Body Science*, March 23-27, 2001, in Reno, Nevada. The Meeting also will include sub-themes for each day: Myths, Science and Art, Bridging Disciplines, and Inspiration and Transformation. The Conference offers participants different learning styles including lectures, demonstrations and experiential. For more information, please contact A.S.C.H. at 33 W. Grand Avenue, Suite 402, Chicago, IL 60610; phone, 312.645.9810.

The *First World Congress for Systemic Management* will be held May 1-6, 2001, in Vienna, Austria. The Congress will feature experts in cybernetics and systemic thinking, who will provide their most effective methods and research results dealing with new management tools, self-management methods, teamwork proceedings and organizational development/self-organization. The

presenters include Jeffrey Zeig, Humberto Maturana, Peter Senge, Stafford Beer, Stephen Lankton, Ernest Rossi, and Stephen Gilligan. For information, please visit web site: www.isct.net/worldcongress

Fields of Conflict - Fields of Wisdom: New Perspectives on the Dynamics in Families, Organizations, Ethnic Groups and Nations, will be featured at the Third International Congress for Family and Human Systems Constellations, May 1-4, 2001, at the Congress Center, Wuerzburg, Germany. In addition to lectures and workshops specifically focused on constellations, international experts in ethnic, religious and political conflict will present their work and explore the relevance of the constellation perspective for them. Presenters include Bert Hellinger, Arnold Mindell, Amy Mindell, Margret Rueffler, Vamik Volkan, and Don Beck. For more information, please contact The Wuerzburg Institute for Systems Constellations, Dr.med. Albrecht Mahr and Brigitte Mahr, Mittlerer Dallenbergweg 37 a, D-97082 Wuerzburg, Germany; phone, +49.931.7840100; fax, +49.931.7840101; E-mail, A.u.B.Mahr@t-online.de

The Fourth European Conference and the 15th Hungarian National Conference on Family Therapy 2001 entitled, *Through Time and Space*, June 27-30, 2001, will take place at the Budapest Convention Centre, in Budapest, Hungary. A few of the topics include: Family Therapy in Medicine; Family Therapy and the Social Sciences; Changing Approaches to Research in Family Therapy; Family Therapy in Different Cultural Context; Narrative, Language and Psychotherapy; Passions and Addictions; Couple Therapy, Sex Therapy, Pharmacology; The Systemic Approach in Non-Clinical Contexts, and many more. In addition, the Conference will offer a Scientific Program containing plenary lectures, workshops, posters and free papers. For information and registration, please contact the Hungarian Family Therapy Association, K'tv'lygi 't 4., H-1125 Budapest, Hungary; Phone/fax, +36.1.200.9844; Phone, +36.1.391.0313 or +36.1.391.0314; E-mail, familyth@matavnet.hu

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CASE REPORT

Rhonda's Reform

by John Lentz, D.Min
Jeffersonville, Indiana

Editor's Note: John Lentz, D.Min, is the Director of the Ericksonian Institute of Jeffersonville, Indiana. He also is the Chief Chaplain at the Kentucky Correctional Institution for Women, a position he has held for more than 20 years.

The client, whom I will call Rhonda, was an attractive, 28-year-old, incarcerated, white female. She had used prostitution to support herself and her drug habit. Rhonda desperately wanted to remain drug-free upon her release from prison. She also wanted to attract and maintain a positive relationship with a man.

This was her third time in prison and she knew this was probably her last chance to straighten out her life. When she began therapy she was angry, bitter, deceitful, and had difficulty maintaining interactive relationships. During her tenure in group therapy she turned her attitude and actions around completely. As she made changes, most staff, as well as inmates, came to like and appreciate her.

Like most prostitutes, she had been abused as a child. Also, she had suffered betrayal of every significant relationship in her early life and still did not believe that she could be forgiven or live in a "clean" way due to her past. As a result, she neither trusted nor believed that any "decent man" would want her. Sexual abuse and prostitution often involve disassociation between body and mind. Subsequent forgiveness is difficult because re-association needs to take place. Numerous obstacles often are present and forgiving self or receiving forgiveness from another requires a lot of trust.

Three months prior to her scheduled release from prison, as part of Rhonda's treatment in group, I asked her to write about how Mary Magdalene would have felt after her encounter with Jesus. I knew that religion was important to her because of how private and defensive she had been about her beliefs.

I explained to the group that Mary Magdalene was a prostitute who wanted to change her life and

approached Jesus for forgiveness. I asked Rhonda to read the Biblical account and write a monologue, suitable for performance, from Mary's perspective, inserting parts of her own history to make it more realistic.

In the Biblical passage Jesus forgives Mary. Therefore, Rhonda's monologue had to include forgiveness. By writing the monologue, she had to use one part of herself to forgive another. If she were to be successful, she would need to integrate her beliefs and her actions, as well as her emotions. She also had to perform with emotion to make her project believable. The emotional component was important because many prostitutes become so abstract about their religion that it has little bearing on actual life except to condemn.

What she wrote was excellent, far better than I had hoped. To solidify her experience, I asked her to perform it at the regular church service that next week. We had a costume created and she memorized her lines. Her performance went well. I then arranged for two community churches to invite her to present the monologue.

As a result of the performances, Rhonda felt the imagined forgiveness carried forth in the genuine appreciation from the church audiences. She began to believe and act like she could be accepted by what she thought of as "decent people."

She was released from prison and remained drug free. Approximately 18 months after she was released, she called to report that she was engaged to be married to an attorney. He not only accepted her but also loved her. Six months later, she called to say that she and her new husband were doing very well. In fact, she teased me about how well financially she was doing. She has remained out of prison.

DISCUSSION

by Gary W. Carruth, D. Min.
Dallas, TX

Elisabeth Schussler Fiorenza has suggested that when we revisit history from the feminist point of view, new insights emerge. In looking at

the person of Mary Magdalene, Fiorenza concluded that because she was privileged to have received the resurrection message she was, in fact, the Apostle to the Apostles. She was entrusted with the most important message ever delivered from a Christian point of view (Fiorenza, 1979, p. 195).

Lentz rightly suggests this model for Rhonda not just because the facts fit, but because it is the most profound example of trust and forgiveness within her understanding. Erickson thought "outside of the controlling box." He showed care and compassion for the people he helped. It is likely that the interventions in this case were successful because like many of Erickson's, they were specifically crafted for a unique person. They also carried the implied message that Rhonda was important and accepted.

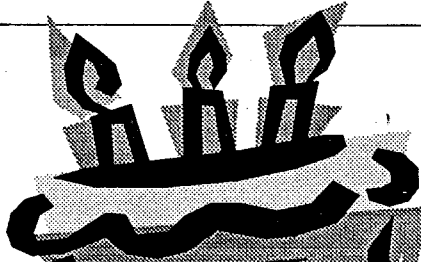
Further, Lentz recognizes the need for more than just an intellectual connection between Mary and Rhonda. Just as an actor temporarily becomes the character they play, Rhonda becomes Mary and experiences forgiveness. She has moved from religion to spirituality, from doubt and fear to trust. In short, she now has hope. In the Collected Papers, Erickson states, "In a situation where one feels seriously damaged there is an overwhelming need for a compensatory feeling of satisfying goodness" (p. 178). He also discusses psychotherapy from the perspective of using hypnosis and

psychotherapeutic suggestions to help patients "go through the inner process of reassociating and reorganizing...experiential life" in order to have effective change occur. As stated by Erickson, "... re-education is, of course, necessary, in terms of the patient's life experiences..." (Erickson, 1980, p. 39). However, the experiential method used by Lentz is not without risk. What would have been the next step had Rhonda not been able to perform?

Little is known about Magdalene following her Easter experience. Thankfully, Lentz does not leave us in the dark about Rhonda (although the outcome does sound a bit like the script from a Hollywood movie, *Pretty Woman*). Did the newfound forgiveness and trust Rhonda experienced give her the courage to fully disclose her past to her husband? Lentz doesn't tell us. Perhaps he doesn't know. Perhaps it is none of our business. For in the end, if Rhonda is to be our Apostle, we too must trust.

Reference:

- Elisabeth Schussler Fiorenza (1979). *Feminist Theology as a Critical Theology of Liberation in Mission Trends*, 4, New York: Crossroad.
- Erickson, M.H. (1980). *Innovative Hypnotherapy: The Collected Papers of Milton H. Erickson, Vol. IV* (edited by E. Rossi). New York: Irvington.



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Hypnosis and imagery in dance performance

by Christopher M. Faiver, Ph.D.

John Carroll University

Cleveland, OH

Editor's note: The following is a synopsis of the following article Faiver, C. & Thomas, K. (1997-1998). Hypnosis and imagery in dance performance. California Association for Counseling and Development Journal, 18, 25-30.

Many studies show that using hypnosis and imagery can help to enhance sports performance. While there are significant differences between athletic and artistic performance (such as an artist's interpretation and expression of movement and feelings), dancers are highly trained and disciplined athletes. Thus, many of the techniques used today for improving athletic performance can be used to enhance dance performance as well.

Four key areas where hypnosis and imagery may help dancers are: stress reduction, dance routine memorization, pain management, and performance enhancement through imagery.

A professional dance performance can produce emotional pressure from a variety of sources. These sources include the uncertainty of outcomes and the nature of competition; the act of participation, which encourages comparisons; and the need to succeed. One can easily apply hypnosis and imagery techniques to help reduce anxiety, enhance enjoyment, and improve performance. Operating on the principle of reciprocal inhibition, progressive muscle relaxation

is probably the primary example.

Dancers must memorize complicated and sophisticated material, often in a short period of time. Since memory is a function of attention and concentration, and hypnosis can be viewed as "super concentration," information that one consciously attends to and concentrates is stored in memory. Thus, the dancer consciously perceives that a dance routine needs committing to memory, then attends to the material to be memorized, fully concentrating on it (perhaps while in trance), then mentally rehearsing the material, and finally relating the material to similar material already stored in memory.

Pain serves a purpose: it tells a dancer that something is wrong. Pain should never be reduced or eliminated unless a physician determines that it is appropriate to do so. With this in mind, there are a number of hypnotic techniques available to a mental health clinician trained in hypnosis for pain management, such as disassociation from the painful source, distraction, time distortion, anesthesia, and, of course, relaxation techniques to break the pain cycle in order to reduce the perception of the painful stimulus. "Healing imagery" may also be helpful (i.e., imagining the afflicted area as healthy and functional).

Mental rehearsal may be particularly useful in preparation for the actual performance itself. Sports studies indicate that imaginal practice or physical practice alone does not produce the same level of performance as a combination of the two. Imaginal rehearsal cannot replace physical conditioning, but it has been demonstrated to enhance performance.

Since dancers seem to have an innate ability to utilize informal hypnotic-like techniques, a clinician could build upon what is already within the dancer's mental and behavioral repertoire. An Ericksonian approach, which is ultimately idiosyncratic to the dancer client, is especially helpful.



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Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols and Procedures and EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma by Dr. Shapiro, the originator of the EMDR method.

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B O O K R E V I E W

The Handbook of Constructive Therapies:

Innovative Approaches from
Leading Practitioners

Michael F. Hoyt, Editor

1998, San Francisco, Jossey-Bass

We live in a world where realities are constantly constructed for us. Politicians' speechwriters and spin-doctors reinterpret current events and even candidates' gaffes to their own advantage. Terrorists call themselves freedom fighters and portray themselves as victims. A pop psychologist tells us that men and women come from different planets. By and large, people believe them. They change their attitudes, opinions, and behavior based on good marketing. It is no surprise that there is now at least one shop that boasts 150 brands of gourmet water (it is no coincidence that Evian backwards, spells "naive"). Reality, it seems, is mutable.

Our clients come to us with rigid formulations of their own situations. They come stuck in their immutable reality. The unemployed husband sees himself as "a burden on the family" and chooses to ignore all that he

contributes. The frazzled mother of young children is certain that no one values her efforts.

Therapy consists of challenging fixed realities. "That's the way I am" the client says, explaining his or her self-defeating behavior. Our challenge is to bring him to the point where he sees alternatives and the opportunity for change. But how do we do this without becoming just another cynical salesman of a new set of beliefs?

The Handbook of Constructive Therapies contains 23 new articles written by selected practitioners and theorists of constructive therapy, some well-known, others less so. Hoyt invited contributors to help him produce a volume that was "both readable and useful," and he succeeded. His directions to contributors included the following: "Suppose tonight while you are sleeping, a miracle occurs, and the chapter you are doing is written! Tomorrow when you awaken, what will you find in the manuscript? What basic fundamental ideas will there be? What more advanced clinically sophisticated suggestions will aid therapists as they go beyond initial interventions? What bright ideas, new methods, and interesting discussions will you—as well

as other readers—be delighted to find? How will your thinking get stretched? What will be the tastiest part of the chapter, what spices will you add to the rest...?" (p.12) Hoyt's introduction offers guidelines for constructionist therapy and cautions therapists to be aware of their influence through the language they use and the assumptions they make.

In this collection, some of the contributors describe therapists as being in charge of the therapeutic process. Others view therapists as working hand-in-hand with clients, creating "the kinds of conversations that allow both parties to accept their creativities and develop possibilities when none seemed to exist before" (p. 47).

There are several particularly striking chapters. Some of my favorites were the chapter by Jeff Chang on social constructionist theory for children and their families, a candid article by Lynn Hoffman on setting aside the model in family therapy, Bill O'Hanlon's article on Possibility Therapy and two wonderful articles, each of which consists of a transcription of a conversation with the editor—one with Paul Watzlawick and one with Karl Tomm.

Fiedler (1950) found that despite theoretical differences, successful therapists seem to be doing more or less the same thing. Early in my education, I was told that one can inter-

pret the mechanism of change in any theory of therapy in terms of one's own preferred theory so that, for example, one could see the success of Freudian therapy through a behavioral lens, positing that the client becomes conditioned to producing the proper responses for his analyst. However, I was surprised to see Albert Ellis portraying his Rational Emotive Therapy as constructivist. His rationale is fascinating.

The volume is rich and varied. It is filled with new insights and formulations. It contains humor and candor. Therapists talk of failures as well as successes and much case material is included. The articles contained in this volume show an overarching respect for those we treat. They give us tools to help our clients release themselves from the constraints they have constructed that keep them from healthy functioning. They suggest ways in which we can avoid being the cynical salesmen of our own realities.

Reference:

Fiedler, F. E. (1950). A comparison of therapeutic relationships in psychoanalytic, non-directive, and Adlerian therapy. *Journal of Consulting Psychology, 14*, 436-445.

Reviewed by:

Rona Michelson, DSW
Modi'in Israel

B O O K R E V I E W

Reconnecting to the Magic of Life

By Joyce Mills, Ph.D.

1999, Kauai, Hawaii: Imaginal Press

236 pages

Joyce Mills, Ph.D., does in *Reconnecting to the Magic of Life*, what Julia Cameron did in *The Artist's Way*. Reading this book feels like spending beautiful time with a learned friend who integrates stories and ceremonies from many cultures including Hawaiian, Native American and Jewish. Where Julia Cameron uses the tasks of writing to enhance daily creativity, Mills utilizes storytelling and active play "Steppingstones" that can be tangible, three-dimensional objects to hold in your hand or images created for the heart. She instills an attitude of looking daily for magical moments with people and nature. "Where you stand you pray" encapsulates her beautiful in-the-moment style and direction of life and the work she does with clients.

Easily this book could have been called, *Transitions to the Magic of Life* as Mills embodies Milton H. Erickson's utilization principle through storytelling and metaphor. Her specialty is viewing difficult life transitions as opportunities for "Steppingstones" into greater love, creativity and depth of compassion for our relationships and selves. Poignant, loving stories are shared, such as the death or illness of a loved one, natural disasters, coming to creative terms of raising a

mentally or physically challenged child, moving 3000 miles away to make your dreams come true, facing personal rejection and more.

The metaphor of a butterfly's life particularly hit home. There are four stages of a butterfly's transformation: the Egg, the Caterpillar, the Chrysalis (Cocoon) and the Emerging Butterfly. Last year, my husband and I bought a house by the sea adjacent to a nationally designated estuary. As is my practice, I name our homes. This one is called, "Cocoon de Luz" which means *cocoon of light* in Spanish. It is a place we nurture what Mills calls "imaginal discs." This is a biological term describing cells that are genetically encrypted to propel the butterfly's transition from the chrysalis stage to the emerging butterfly, if all the conditions are right. I would imagine if butterflies have documented "imaginal discs," then surely we humans do, too.

As is the case with Mills, all great teachers seem to have the ability to make tangible a means of helping people uniquely identify and move from a boxed-in chrysalis stage to emerging as a butterfly. Her stories will make you laugh, cry and think. Without a doubt, the most touching story was at the very end, "The Banana Kiss." I suppose you will have to read this joyful book to the last page to find out what it is, or perhaps find it on her web site: www.drjoycemills.com.

Reviewed by:

Kathryn L. Rossi, Ph.D.
Los Osos, California

Room for Change: Empowering Possibilities for Therapists and Clients

by Evie McClintock, Ph.D.

1999, Allyn and Bacon

306 Pages

Evie McClintock, Ph.D., began writing this book in Greece, where she was born, and finished it in California, where she practices as a psychologist.

McClintock's metaphor of a "room" invites the reader into the therapy office, into the literal and figurative spaciousness of the clinical setting for the client. Possibilities of ways to be, to feel, to think, to perceive, and to change are conceived in the welcoming acceptance of this therapeutic space. These possibilities often are set in motion by generating the desired solutions to the problems from the outset.

McClintock emphasizes that therapy is an experience, co-created by therapist and client. She opens the way for novice therapists to learn about the need for making important choices in counseling with some of her biographical information in making her decision to become a therapist. Indeed, throughout the book, she illustrates by case examples or by personal experiences regarding the proceedings of therapy. However, she does include the caveat that it takes a self-conscious effort on the part of the therapist to keep her issues from clouding the client's issues.

This book represents her continuing connection with her clients. She sent letters to former clients that she was writing a book about therapy, asking if they were willing to reflect on their experiences and to answer some questions. "Was therapy helpful?" "What did she do and what did the client do (giving details) that were helpful?" "Was theirs a good match to work together and what made it so?" "What important things should therapists be taught?" She then used these client reports as examples and chapters in the book.

In describing the process of doing therapy, McClintock draws from a compilation of the core ideas of many strategic-systemic intervention techniques and styles. Her scope and depth of research of these varied approaches as change-agents is impressive. She discusses how she constructs an understanding of a client's situation and how her presence, engagement, and responsiveness influence the therapy.

McClintock does not offer one particular theoretical model of therapy as hers. Rather, she follows Milton Erickson's motto of improvising and using the style that works for that client at that moment. She reviews the models and elucidates her adaptations of the strategic-systemic work of Jay Haley and Cloé Madanes, the therapy of Milton Erickson, the strategic work of the Mental Research Institute, solution-focused therapy, narrative therapy, and self-relations therapy. In addition, ideas and practices of spiritual systems--Buddhism, Taoism, and Sufism have been incorporated in her approach to clients and therapy. Additionally, she emphasizes that her therapy "aims to be brief."

Each school of therapy provided valuable information for McClintock. She defines the value of each through its orientation to people and problems, its strategies of inquiry and intervention, role of therapist and client, and the challenges of each model. She gives due credit, as well as exemplifying by her client examples, what she has learned and taken from each model.

McClintock summarizes her view of the gains and limitations in studying Milton Erickson's work. She describes the necessary change in how the therapist views the client with a focus on "potentials" and "possibilities."

McClintock explains that there is more to learning to do therapy in Erickson's way than emulating his techniques. She came to see that much of Erickson's effectiveness was actually due to his personal qualities and not simply to his techniques.

McClintock describes how her study of Erickson's work raised questions and encouraged her to examine her own limitations and consider how she could turn them into assets and renew her interest in cultivating a mature presence in the therapy.

Finally, McClintock praises the personal and professional discoveries she made due to the teachings of Stephen Gilligan, in his Self-Relations approach

to psychotherapy, and of David Eddy, a supervisor, formerly working with Cloé Madanes.

This book contains such valuable and illuminating instruction on psychotherapy that it is hardly a text only for the novice therapist; all therapists can harvest rich rewards from this study.

Reviewed by:

Murriel Schulte, Ph. D.

Dallas, TX

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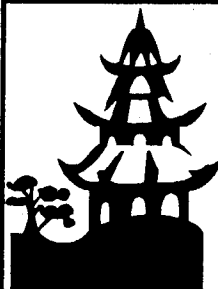
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BOOK REVIEW

Heads Up! Practical Sports Psychology for Riders, their Trainers and their Families

by Janet Sasson Edgette, Psy.D.

New York: Doubleday Equestrian Library

1996, 220 pages

Janet Sasson Edgette, Psy.D., is a clinical and sports psychologist with a well-rounded background in counseling services including extensive work with hypnosis. Co-director of the Milton H. Erickson Institute of Philadelphia, her teaching expertise in the psychotherapeutic arena is broad and well-rounded. She also is a highly accomplished horsewoman, trainer and competitor as well as being an influential teacher in the equestrian arena. A serious rider for more than 30 years, she has written extensively about this field and, at one point, hosted "Horse Sense," a radio talk show. Her web site, www.HeadsUpSport.com, details some of her current endeavors.

Edgette manages to bridge psychotherapy and the world of competitive horsemanship effectively. Her expertise provides her with a special advantage in working with athletes to plan and prepare an individualized program effective in preparing the student, and parents or spouses, for the intense mental demands of training and competition.

The book is organized in three sections: for the rider, trainers and instructors, and for everyone, including families of the riders involved in competitive riding circuits. Written in a straightforward manner, *Heads Up!* addresses general ideas, gives practical advice and details ways in which individual differences are regarded as tools. Generously illustrated with everyday anecdotes it shows practical applications for the tips and techniques outlined using a building block style that allows readers to immediately apply techniques and methods and then come back again and again.

One chapter is devoted to the use of mental rehearsal work as a means of affecting change. Mental rehearsal allows the rider to practice with imagination and imagery what to do differently, and how to do it differently. The importance of learning to develop skills and then relying on "auto-pilot" is emphasized. Edgette claims that exercising the imagination and keeping it fit enhances the development of imagery to help this mental rehearsal. She states that about 98 percent of top athletes use some sort of imagery in their preparation. She also debunks some of the myths that often discourage the learning athlete from practicing and using this valuable tool.

Edgette provides clearly written, step-by-step exercises to increase and enhance skills. In one example, she explains the competitor needs to select "mental weapons ... to deflect negative thoughts or influences that try ... intrude ... at unwanted times." (p. 109) Then she shows how to do just that.

This book is interesting to a wide audience. First, it is interesting to horsemen, riders, trainers and sportsmen in general. But it also is interesting to psychotherapists who can see a fine example of the metaphorical uses of psychotherapeutic principles wrapped in a field seemingly miles from the therapy room. When I read this book, I was reminded of a time when I watched a master trainer teach a horse. As I watched, I kept thinking of what a fine example of hypnotic interspersal technique I was watching. That experience kept cropping up in my mind as I read *Heads Up!* Horses are sensitive animals that respond overtly and clearly to minimal cues. As they are so alert and attentive to the cues of those around them, principles of working with horses provide an example for psychotherapists who have clients sensitive to the minimal cues of the therapist.

Heads Up! while ostensibly written for those in the competitive show circuit, has a broader appeal. Using sports horsemanship as her vehicle, complex psychotherapeutic principles are clearly demonstrated. Edgette then carefully explains what she has done. The psychologically sophisticated reader can understand the ideas and principles demonstrated and the average horseman can use the ideas for training. Edgette has unique insights gained from her experiences and these have provided her with fertile field for the reader.

Reviewed by:

Roxanna Erickson Klein, Ph.D., R.N.
Dallas, TX

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Exercises in Doing Therapy Briefly

Richard Fisch, M.D.

2 Audiotapes (BT96-W-22AB)

Staging: A Therapeutic Revolution

James Prochaska, Ph.D.

2 Audiotapes (BT96-W-24AB)

Redecision Therapy: A Format for Accessing Client's Childhood Strengths in Order to Resolve Traumas and Quickly Make the Changes Clients Want in their Present Lives
Mary Goulding

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ship.

As director of training at the SCSEPH, Landis, Argast and others in the group have developed a myriad of effective training programs. Using a variety of formats, they have developed some of the most creative approaches offered within the institute network. Not only do they have "standard" introductory and intermediate training programs in hypnosis but also offer workshops in other areas of therapy. Further, they have presented three-day retreats in which

intensive training is given. This format is modeled after the manner in which Erickson's students studied with him.

Landis has presented throughout the United States. Among his more memorable teaching engagements, was a visit to Moscow where he was responsible for a workshop of several days. The organizer later remarked that Landis' personable way of teaching and his high level of knowledge and preparation had made this a most gratifying and successful educational

venture.

A member of the exclusive magicians' club in Los Angeles, Landis has maintained a long-standing interest in magic. As magic and sleight of hand conceal actuality, one would never suspect that this quiet and unassuming gentleman had such depths of incisive intelligence and well-honed clinical skills — unless one listens carefully to him. Landis uses his genuinely nice personality and somewhat retiring demeanor to mask his brilliance and forceful self.

Over the years, Landis has advanced Ericksonian approaches tremendously in this niche that he created and developed. Who would suspect that a carefully positioned display would affect so many clinicians and consequently their clients and patients? Landis' strategic thinking and diligent labors over decades, combined with his networking abilities, has influenced countless people in the past, in the present and in the future. Thank you, Rick Landis, for all you have done.

FOREIGN BOOK REVIEW

Forum Annuel Colloque Francophone d'Hypnose et de Therapie Breve

1997, Ed Arbousier

(Proceedings of the first annual French Forum of Hypnosis and Brief Therapy)

It's in the French, Gallo-Roman, southeast town of Vaison-La Romaine, that the first Annual French Speaking Forum of Hypnosis and Brief Therapy, took place June 6-8, 1997. This event was organized by the dynamic Milton Erickson Institute of Avignon-Provence, under the Aegis of the French Confederation of Hypnosis and Brief Therapy. Approximately 350 participants attended this Forum, with 50 lectures and workshops.

The two volumes, now published by Arbousier Editions, are the transcripts of the different lectures and workshops that took place during the three days. It should be noted that this was a French speaking forum and not a French Forum. That is why in these two volumes works are presented not only by French professionals but also by professionals from Switzerland, Belgium, Canada and Mexico. This event is testimony to the ever-growing interest in the work of Milton Erickson in countries around the globe.

Targeted to a professional audience of psychologists, dentists, medical doctors, as well as social workers, these two volumes cover a variety of subjects, in theory and practice. It's the work of practitioners, describing their way of using hypnosis and Brief Therapy. Among these are works on chronic pain, surgery, depression, and incest. The large number of engaging topics makes it difficult to pick which to describe. Even the lectures that focus mainly on hypnosis still follow a trend of recognizing the interaction between hypnosis, Brief Therapy, and Cognitive-Behavior therapy.

In this book, Gerald Brassine, Social Worker, from the Milton H. Erickson Institute of Belgium, presents a study of intervention in cases of incest. The study describes the difficulty for the social worker to distinguish between two roles, one as a policeman and one as a therapist. In reality, it could be easy to mix these two different roles. As Brassine points out, this confusion during the intervention could lead to resistance from the family. Doubts in these cases are often present and the social worker needs to have a clear understanding of what she/he is doing, what his/her limits are and why she/he is doing it. In these par-

ticular cases, the framing of the intervention, as well as the way of asking the questions to the children must be carefully considered before the intervention so answers are not induced. Brassine then presents a model of intervention, how to avoid resistance from families, how to be clear with the goals of the intervention and its purpose.

Another work, by Bianchi, a composer of music and hypnotic trance, describes what is needed in a musical partition to induce trance. Bianchi gives a quick history of musicians (from Bach to Phill Glass or Steve Reich) using repetitive music and its relation to trance.

The reader also will find an interesting presentation on the use of hypnosis in vascular surgery, and the very important development of odonto-psychology and hypnosis.

"Hypnosis will be heard of in the next few years." It's with these words that the psychiatrist, Professor E. Zarifian (one of the leading members of the French University) concludes his preface to the Forum. The field of hypnosis is making progress. Hypnosis has made an official entry in prestigious hospitals and universities around the world. While still seeking to understand how it works, hundreds and thousands of professionals are using it to benefit their patients.

These two volumes include the work of professionals not well-known in the United States. They demonstrate the wide development and use of hypnosis and the increasing influence of Milton Erickson's approach to therapy. The text is easy to read. The summary is well organized and balanced with different views and opinions. In these two volumes, Erickson's work is everywhere, as a reference and as stimulation for new thinking and new attitudes toward problems encountered by patients. Regrettably, the two-volume set lacks an index. There also is some redundancy in some of the works but this is unavoidable in a publication of a Forum of this magnitude.

Without a doubt (and thanks to Patrick Bellet, M.D., the president of the French Confederation of Hypnosis and Brief Therapy) this publication will be the first of a long and interesting series, presenting and debating the future and practice of hypnosis in Europe, and France in particular. To anyone interested in the work of colleagues outside of the United States, and of the development of hypnosis in Europe, this work will be considerably meaningful.

Reviewed by:

Gerard Fitoussi, M.D.
Las Vegas, Nevada.

Editor's Note: This two-volume set is published in French. To obtain a copy, contact Patrick Bellet, B.P. 82, 84110 Vaison la Romaine, France.

AUDIOTAPE REVIEW

Redecision Therapy: A Format for Accessing Client's Childhood Strengths in Order to Resolve Traumas and Quickly Make the Changes Clients Want in Their Present Lives

by Mary Goulding, M.S.W.

Brief Therapy Conference,
December 1993

Audiotape BT93-W-13

Audiotape available on page ____

It isn't often that the title of the tape so effectively describes the content and provides a demonstration of the work. At the same time, *Redecision Therapy: A Format for Accessing Client's Childhood Strengths in Order to Resolve Traumas and Quickly Make the Changes Clients Want in Their Lives* is one of those tapes with a title that requires concentration. Give this tape some of your time. It is worthwhile, and some time and careful listening will be necessary to fully benefit from Mary Goulding's work and teaching.

In the beginning, Goulding presents some of the basics of Transactional Analysis and Redecision Therapy thinking, along with case examples of problems clients bring. The later portions of the tape are live demonstrations with

members of the audience that highlight some of the basic principles of the approach. Goulding presents a good overview of the Redecision approach, replete with case examples. The amount of theory she presents is unusual in that she does not ordinarily give this much to an audience that she has not already worked with. On her videotapes, she usually jumps right into the clinical work and often gives limited theoretical conceptualization of what she does. Therefore, this tape could well be used as a prelude to one of her videotapes.

Later in the session, Goulding uses a brief imagery exercise that is very effective in eliciting emotional reactions in members of the audience. Upon finishing the exercise, she invites audience members who want to change something about themselves to come work with her. She then begins the careful contracting for change, clarifies adroitly what the individual wants and proceeds to enable the clients to think and feel differently about themselves and about the issues they are working on.

This lecture, presented by one of the masters of the approach, is a good demonstration of how Redecision Therapy works. Goulding uses the entire audience as her resource and enables those members who are aware of issues about themselves to work with her. She uses a small group activity after the exercise to further enhance the safety of the group and enable those individuals who want to come forward and do individual work with her. This is the classic approach of one-to-one therapy in a group, and Goulding demonstrates how effective this approach can be. She clearly defines that she is demonstrating short-term therapy. She later describes this approach in the context of the bigger picture of therapy; when this strategy is part of an overall approach to therapy. She instructs that if short-term therapy is possible, do it. If short-term therapy is not possible, then the approach must be linked with other techniques that prepare clients for the Redecision approach. This tape on Redecision Therapy is as good as it gets.

Reviewed by:

John Gladfelter, Ph.D.
Dallas, Texas

Interview

continued from page 1

represented an entirely new world. Not too long after that, I read Jay Haley's book, *Uncommon Therapy*, and I was fascinated. I read everything about Milton Erickson that I could get my hands on. I was touched by his combination of optimism, pragmatism and his gentle humor. I thought this approach was so masterful and so well-suited to the rural setting in which I worked.

Another important influence was the work of Carl Whitaker, M.D. I was running a small, psychiatric day-treatment program in Wisconsin, when I first attended some of Dr. Whitaker's workshops. These workshops reinforced my belief in the importance of sensitivity and authenticity. Many of the clients who entered this facility had been diagnosed as psychotic. I felt that if the staff did not have compassion for these individuals, we would not make progress. The more disturbed a person is, the more empathy they need, and the more sensitive they are to the authenticity of the therapist. It troubles me that usually the least experienced people in our field are put in the position of working with the most difficult clients. It's amazing that

they do as well as they do.

After working at the day-treatment program, I moved to New Orleans and worked at a shelter for runaway and homeless teenagers, another experience, which I found very compelling. Beginning back then and continuing into the present, so many times I have been humbled and awestruck by the courage of my clients. These experiences have given me an unshakable faith in the resilience of the human spirit. Over and over again I have seen people move on with their lives to do so many brave, productive and downright amazing things despite suffering the ravages of a painful past. My work in this field has been a very uplifting experience and a real gift to my life.

DS: It does not always work this way. Some individuals seem to become less compassionate as they gain experience in trying conditions.

YD: Burnout sometimes interferes with compassion. Not because the therapist is not a good person, but because he or she is so weary. It is wearying to witness a lot of pain. This is a potentially serious problem. The same compassion that makes a person a good therapist also can result

in secondary post-traumatic stress, also known as compassion fatigue. Moreover, this is different from primary post-traumatic stress. Primary post-traumatic stress is the memory of things that have happened in your life. This needs to be sorted out from the pain you see in others. If you are having nightmares or flashbacks to things the client has said, that is probably secondary post-traumatic stress. However, if you are the protagonist in those nightmares, then you might need to deal with some of your own issues.

DS: How can this problem be dealt with?

YD: Clinical diversity is one way of preventing burnout. You gain valuable experience as you work with different types of problems. The other thing that makes a difference is having some sort of support system or supervision. I have paid for supervision for myself for years, not because I lack the skills necessary to do competent work, but because I want to share the responsibility of therapy. This is how I help others as I strive to help myself. This is an important way of preventing or mitigating secondary post-traumatic stress.

DS: What do you think is most important for working with indi-

viduals who have been traumatized?

YD: The most crucial goal is to help the client make the present and the future more vivid than the past. In order to overcome the effects of trauma, the person needs to move from where they have been to where they are going. In some circles, this may be considered a radical approach but I think it is a pragmatic approach. It is not that you should avoid talking about the past but you should avoid making the past the only thing that is discussed. If the majority of focus is on the past, then the message to the client is that the past is the only experience worth noting. Under these circumstances, the traumatic experience even becomes more powerful and the client becomes the victim of treatment as well as the victim of trauma.

DS: What do you do for someone who has been traumatized to the point that he or she can no longer experience the world as a good and safe place?

YD: Life itself often provides the best cure for the terrible things that happen in life. Getting involved in life again, on a day to day basis, can counterbalance the traumatic effects of the past by making the pre-

continued on next page

sent more vivid and compelling. Only in relationships do people directly experience human goodness and trustworthiness. Although when terrible things happen the natural tendency is to isolate, isolation is the last thing they need. As a therapist, I look for ways to gently invite the person back into the world. Human involvement is crucial. Relationships are what hurt but they are also a powerful vehicle of healing.

DS: What is Solution-Focused Therapy?

YD: Solution-Focused Therapy is the process of empowering the client to describe how they will know when things are better and then helping them to seek out and identify what they need to do to make that happen.

DS: What about clients who do not respond to this method?

YD: If a client cannot respond, probably something more is needed. However, I have learned over the years, it is important to question the client in a way that communicates you believe he or she has the answer. Then you pause. Even now, I must sometimes put my hand over my mouth, so that I stop and wait. I try to create a space in which the client will find his or her answer.

The people I see are women or men who have been beaten-up by life. Often they will precede an answer with the disclaimer, "I don't know." That seems to be a device for coping with the hesitation they are experiencing, perhaps it is a fear of criticism or of repeated failure. Often this pause precedes something valuable. So I stop, put my hand over my mouth, wait and listen. Initially I found this is difficult because silence is not highly valued in our American culture. Steve de Shazer and Kim Insoo Berg are so graceful and skilled at using silence therapeutically. Watching their work has helped me learn to be silent in a way that is therapeutically productive, and their approach has been a very important influence on the way I work.

DS: What is unique about the way you practice Solution-Focused Therapy?

YD: I am not sure how unique this is, but I deliberately act as a minimalist in my intervention style, especially when working with people who have repeatedly experienced hurtful and intrusive events. The more traumatized a person is, the more gentle and gradual I try to be when inviting

them to formulate a solution. This is especially important in the beginning. When working with someone who has been traumatized, and this is primarily the population with whom I work, I emphasize the importance of focusing on *very small steps*. Because the steps are extremely small, the client has no risk or fear of failing. I believe that what is most commonly interpreted as resistance, or low motivation, is actually fear of failure. Especially at the beginning of therapy, I like to have my clients identify and focus on steps that are so small that they even become a little impatient with me and say, "Well, I can do more than that!" Of course, I just praise whichever decision they make about how much to do, because they are now taking positive action and there is forward momentum.

The other way that my work is perhaps a little different than other solution-focused therapists is that I usually have my clients come up with an associational cue for comfort and security. In an Ericksonian fashion, the cue is different for each client. The simplest way to develop this type of association is to ask the question, "Instead of being in a place that you do not want to be, where would you rather be and what would you rather be doing?" The resulting cue may be an image or a word, but it can also be a physical object. I once was working with a woman who had multiple personalities and a previous therapist had already suggested she use a teddy bear as an associational device. However, I wanted to help her find something that would not imply any type of regression or dependency on me. While talking, I learned that the thought of a grandmother was comforting for her. Later, I began to make a doll that had a wizened old face and an apron with several pockets but I left it incomplete. I placed it in my office, to see if she would like it. When she saw it, she said that she liked it so I told her she could have it but she would have to finish it and make it her own. I suggested that she think about what had been helpful from her previous therapy, the things she really wanted to remember, and to place each of those memories in a pocket. So she finished the doll, and I enjoyed watching her create something for herself. I want my client's associational cues to be connected to them in some essential way. This is how they will develop a sense of competence and inner sanctuary that never goes away because it is a part of

who they are.

My job as the therapist is to provide the structure to free the client to do something to make their life better. The use of scaling in Solution-Focused Therapy provides a nice clear structure to help clients formulate what behaviors they need to do to make things better. Associational cues allow the client to feel safe and strong enough to carry out these behaviors and to soothe themselves when the therapist is not around anymore. That is why it is important to give clients something that is theirs, rather than something that is embedded only in the relationship with the

therapist. From the first moment we meet, I am planning for the day that my clients will leave (despite the fact that I very much enjoy working with them).

DS: How do you know when a client is ready for termination?

YD: I ask my clients after each session if they want to come in again and if so, what amount of time they want between now and the next session. It is not necessary for me to bring up the topic of termination during therapy because I have asked these questions since the beginning. Some clients I have seen, on and off, for as long as 15 years. I have seen

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AUDIOTAPE REVIEW

Staging: A Therapeutic Revolution

by James O. Prochaska, Ph.D.

Brief Therapy Conference,
December 1996

Audiotape BT96-W-24AB

Audiotape available on page _____

The audiotape, "Staging: A Therapeutic Revolution," is a lecture given at the 1996 Brief Therapy Conference in San Francisco by James Prochaska, Ph.D. Prochaska's delivery is balanced with leavening humor and intense passion for his subject. Prochaska believes that change comes in stages. In his words, to "jump" to an "Action Stage" before the client is prepared is to court failure. The five stages of change outlined by Prochaska are precontemplation, contemplation, preparation, action, and maintenance. Other concepts include decisional balance (the pros and cons of change), self-efficacy and the impact of psychosocial and biochemical variables of therapy. At this conference, the point emphasized is an expectation to advance a client from one stage to the next quickly and this must be presented as the goal. This goal allows for greater likelihood of the next stage being accomplished. Prochaska provides research findings to support this concept without losing sight of his audience's primary therapeutic bent. Types of interventions for each stage are well represented. There is good fit between

Erickson and Prochaska's work. For the experienced Ericksonian oriented therapist, there is a lot of validation. For the new therapist, some answers may give a head start. Pacing is all-important to both therapists. Through different methods, they both use the idea of the client developing a decisional balance. Both elicit the needs and desires of the client. Both assume the client may desire change.

Instillation of hope is vitally important. Prochaska's formulation of the techniques most efficacious at the various stages is helpful to the therapist. This and his group's work devising measures present the new therapist with valuable tools. Technically, there are the problems of not having the visuals to which Prochaska refers and sometimes the questions asked by the audience cannot be heard. These are minor flaws. Figuring out whether a pie chart or bar chart was used is not as important as the associated explanation. Referral to the URI web site will be most useful.

Prochaska is author/co-author of *The Transrational Approach*, other books and numerous articles on Stage Model of Behavior Change. He continues his work on defining how, when and under what condition people change their behavior. His group has a web site for a clear explanation of the work, <http://nick.uri.edu/research/cprc/cprc.html>.

Reviewed by:

Herb Margolis, LCSW
USMC Air Station, Iwakuni, Japan

AUDIOTAPE REVIEW

Exercises in Doing Therapy Briefly

by Richard Fisch, M.D.

Brief Therapy Conference,
December 1996

Audiotape BT96-W-22AB

Audiotape available on page ____

This two-part audiotape, "Exercises in Doing Brief Therapy," is an informative introduction to the methods of brief therapy for which Fisch and the Mental Research Institute of Palo Alto are so well-known. Richard Fisch, M.D., is part of MRI and co-authored the well-known books *Change and Tactics of Change*. In his introduction, he makes the important point that, by definition, brief therapy must focus on rapid identification of the problem as well as identifying unsuccessful attempts at solutions. These understandings from the client's perspective can often bring unexpected insights.

One of the numerous case examples given involved a female client who became angry with her husband when she discovered he was having an affair. The couple owned a business and the husband had been leaving work in the afternoons to conduct the affair. The therapist avoided making assumptions about the nature of the client's anger and carefully asked the client to describe the problem. The client's anger was not due to jealousy over her husband's unfaithfulness, but because he was jeopardizing the family business by leaving work early! The therapist was subsequently able to help the client solve that problem effectively.

The tapes contain an interesting role-play with an audience member and a subsequent discussion with illustrative case studies. Although this was slow-moving, it was similar to an actual therapy session with a client who hadn't really thought creatively about the problem. The volunteer, a 46 year-old man, presented his problem as worry about the possibility of losing his job. His worry and rumination caused him much distress as he obsessed over his family's financial security. In this part of the tape, we get to observe Fisch's methods of eliciting past ineffective interventions.

This focus on the failure of past interventions is an integral part of Fisch's conceptualization. His methods allow clients to acknowledge and relinquish ineffective behaviors thus opening the door for new behaviors. In this case, reassurance was identified as an ineffective intervention.

After the role-play, Fisch introduced a case example involving a nine year-old boy who refused to eat most foods because he was afraid of food poisoning. The boy's mother used reassurance to no avail (e.g., "Honey, it's safe to eat this food. I want you to quit worrying about it."). After the audience was made familiar to this case, they broke into small groups for discussion. The next few minutes should have been edited out. (The mumbling crowd noises made me think I was listening to an out take of the Beatles "Sgt. Pepper" album!) However, this pause provided a good time for listeners to stop the tape and consider their own effective interventions. This case study also would be an effective teaching tool in a study group.

The tape ends with a discussion between Fisch and the audience about effective brief therapy constructs and interventions. With prompting, Fisch elaborates on his own interventions in these two cases. Use of paradoxical interventions provided an unexpected approach to both these difficult demonstration problems. The discussion of Fisch's ideas and ways he generates solutions are particularly insightful.

Overall, I felt this tape was a good demonstration of Fisch's brief therapy techniques, although I felt the discussion could have been stronger. In the current therapeutic atmosphere of "Do More With Less," the methods demonstrated on "Exercises in Doing Brief Therapy" can help new students of therapy as well as seasoned professionals.

References:

- Fisch, R., Weakland, J., Segal, L. (1982). *The Tactics of Change*. San Francisco: Josey-Bass.
Watzlawick, P., Weakland, J., Fisch, R. (1974). *Change*. New York: W. W. Norton.

Reviewed by:

Arthur Joyce, R.N., Ph.D. Candidate
Denison, TX

CD ROM REVIEW

Pearls of Wisdom (2 CDs)

I: Misconceptions and Phenomena of Hypnosis

II: Teachings of Induction and Utilization in Hypnosis

Presented by Milton H. Erickson, M.D.

Philadelphia, Pennsylvania, August
1955

Distributed by The Milton H. Erickson
Foundation Inc.

1999 (68 minutes and 72 minutes)

This two, CD ROM set is the
first in a series of what promises to

be highly useful offerings for professionals interested in hypnosis. Milton H. Erickson, M.D., speaks across 45 years to communicate those timeless principles of hypnosis that he observed, discovered, and utilized. He emphasizes the paramount importance of protecting the patient and establishing trust as the very foundation of the cooperative relationship that is characteristic of hypnosis. Erickson's leadership is evident in his efforts to legitimize the medical and dental uses of hypnosis through this lecture tour and in his dismissing stage hypnotists as unfit teachers for physicians, dentists, and other professionals.

On the first CD ROM, Wendel Ray, Ph.D., provides a brief outline of the historical context of this presentation. Erickson begins by correcting a series of misconceptions about hypnosis. He asserts that no special pow-

continued on next page

A Rejoinder to the Book Review of Crazy Therapies

by Steve Franklin, MSW, LCSW

St. Louis, Missouri

In Joseph Barber's review of *Crazy Therapies* (see Vol. 18, No 2, p. 16), he asserts the book's theme as lamenting "medical care based on science rather than myth." Unfortunately, his review, and perhaps the book itself, seems to have fallen into the same trap regarding EMDR.

The only therapeutic method "debunked" in the review was EMDR. The author's comment was, "Contrary to its claims, this treatment has not been shown to be more effective than standard cognitive-behavioral therapy (Rosen, 1992)." Applying the degree of rigor requested by the authors of *Crazy Therapies*, I believe a prudent scientist would have noticed that eight years have elapsed since that citation, and more research might have been published in that time. And, his hunch would have been right. He could have done a quick check of the EMDR Web Site, clicked on "Controlled Studies," and found citations and summaries of 18 controlled studies published since 1992, more than 60 studies showing positive therapeutic results in 13 different types of client population, and more. He could have examined for himself the evidence offered by Shapiro to support her statement, "EMDR has had more published case reports and controlled research to support it than any other method used in the treatment of trauma," (Shapiro, 1999).

In his review, Barber stated, "We do not have to tolerate unsupported claims of treatment efficacy. The burden of proof rests upon whomever touts the treatment." I do not believe this gives license for those who doubt the efficacy of a treatment modality to use the same kind of sloppy science in casting aspersions against it.

Zeig's appended comment to the review acknowledged awareness that there might be more to the story but I believe a more responsible editorial intervention would have been to insist that Barber remove the reference to Rosen unless he could demonstrate that there was no further word on EMDR in the intervening years.

Reference:

Shapiro, F. (1999). *Controlled Studies*. EMDR Institute,
<http://www.emdr.com/apa.htm>

ers, knowledge, or abilities are required to learn hypnosis, that, "Hypnosis does not work miracles," and that, "Anything accomplished through hypnosis depends on work and attention given to the task at hand." He clarifies that hypnosis is a cooperative effort between the subject and the operator; wherein, "The subject has the capacity to respond to ideas and utilize all their critical understandings." Erickson explains that the operator directs those ideas and cooperates fully with the goals of the subject. He emphasizes, "Your orientation of dealing with your subject should concern your subject, not yourself." He cautions the fearful or novice therapist, "Instead of wondering, 'What should I do next?' you could be wondering, 'Would he really like to orient his hand?'" Erickson interweaves stories, anecdotes and metaphors in his description of the phenomena of trance, rapport, catalepsy, amnesia, remembering the past, selective amnesia, selective hallucinosis, dissociation, and the multiple meanings of words. Especially amazing and delightful is the demonstration of the induction of wide-awake trance with Lynn; "You're not in a trance, are you?"

Like Charles Willson Peale, seen lifting a curtain to reveal his world as an artist,¹ Erickson gives us a sound window onto his work, in *Teachings of Induction and Utilization in Hypnosis*. He begins by revealing his method of observation and teaching. He tells us about the importance of patient protection, guarding the needs and interests of the patient, teaching trust in your work from the very beginning, expanding your knowl-

Interview

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others for only one or two sessions in all. I believe that each person has his or her own rhythm of change and I suggest to my clients that they are uniquely qualified to determine what their needs are, and what needs to happen in therapy in order for them to know afterwards that it was a productive experience.

DS: What aspect of Erickson's work is most appealing to you?

YD: I have always been attracted to the Ericksonian utilization approach because I think it is such a wonderful perspective of optimism, flexibility and humor. Milton

edge of human behavior and hypnosis for the benefit of the patient, understanding what the hypnotic experience means to the patient, and understanding the meaningful need of the patient however masked by irrational behavior. He reviews, with many examples, the techniques of rehearsal, uncovering, dissociation, regression, time-distortion, revivification, crystal gazing or visualization, orientation to the past and to the future, trusting the unconscious mind to govern behavior, automatic writing, post-hypnotic suggestion; and the subjectivity of time.

Erickson's statement, "In hypnosis, there is a tendency for the person to behave as a total creature," represents a profound paradigm shift in understanding human behavior. No other 20th century scientist was more successful than Erickson in dealing with human holonomy;² those multiple levels of behavior patterns interacting as wholes and the laws governing change in their relationships. I invite you to listen and study the work of this man who made the unconscious mind a friend.

End Notes:

- 1 "The Artist in his Museum," by Charles Willson Peale, 1822, Pennsylvania Academy of Fine Arts, Philadelphia, PA
- 2 From the Greek: *holos* whole, *nomos* law, and *nemein* to manage or to distribute; consequently, holonomy is a system of laws governing wholes or the sum of knowledge regarding wholes.

Reviewed by:

Lawrence F. Berley, M.D.
Hingham, Massachusetts

Erickson, M.D., was able to embrace the client with undeniable confidence, which was communicated through the extraordinary things he was able to get people to do. This provides an important basis for success in therapy. I know through my own experience and through anecdotal reports, when clients are asked what aspect of therapy was most helpful, they will often respond, "You believed I could do it," or "You believed I could get better." We must be careful because what we don't ask is often more powerful than what we do ask. That is why in therapy it is dangerous when we do not ask clients about their

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Interview

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future. This sends the message that they don't have one. And, it is very difficult to defend yourself from a message of which you are not consciously aware. Every time we ask a question about how things are going for the client, it can be asked in a way that implies belief or doubt. This careful attention to word choice and the underlying meaning of language is an important part of Ericksonian therapy and one that I find immensely intriguing.

DS: What types of projects do you see for yourself on the horizon?

YD: Kim Insoo Berg and I are in the process of co-authoring a new book, *Tales of Solution*. The inspiration for this project came during a late-night discussion, while we were teaching together in Korea. We were commiserating about the fact that there are so many wonderful case stories that have never been told so we decided to write a collection of the tales that have inspired us. These are

tales of therapists working with limited financial resources, facing seemingly impossible circumstances, and still managing to move forward. Each case is an example of how the solution-focused approach can be applied.

We also provide some technical comments about what we think is remarkable or clinically significant about each case. I am really enjoying this project. In addition to the uplifting nature of the stories, it has been a delight to work with such a wise person as Insoo. (Note: Following this interview, the book was completed and will be published by W.W. Norton in Fall 2000.) After this book is finished, I plan to finally finish the novel I have been working on in fits and starts for the past three years. And, of course I'll continue to see clients and teach workshops. I am so lucky to have work that I love.

DS: Thank you, Yvonne, for sharing your ideas with us and for the important work that you do.

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The Milton H. Erickson Foundation, Inc., would like to thank the following colleagues for their generous donations since the last issue of the Milton H. Erickson Foundation Newsletter: Heidi Baldwin, Alan Gladsden, Psy.D., Susan Holladay, M.A., Susan Morrison, M.Ed., Patricia H. Quinn, M.S., Louise S. Ripley, MSW, Evi Shaw, M.A., Albina M. Tamalonis, Psy.D., David F. Wilson, MSW, and Caryle H. Zorumski, Ed.D. We thank you for your continued support of the Foundation and its activities.

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